

Perth Community Organisations



Reference Brochure for WA Seniors Perth Metropolitan Area



Brought to you by Trinity School For Seniors
An Initiative of the Uniting Church in the City

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Welcome to the *Community Groups and Organisations Reference Brochure for WA Seniors.*

This booklet has been produced with WA senior citizens in mind. It aims to help seniors find and access specific information relating to their age group.

TSFS focus is to help our members stay connected to useful services on offer within the Perth Metropolitan Area.

Resources listed in this brochure relate to:

- Local Community Centres, Groups and Clubs
- Organisations, Support Agencies and Groups
- Computer and Technology
- Events and Expos
- Senior Specific Media
- Libraries
- Local Councils offering Senior Specific programs.

We hope this booklet assists WA seniors with connecting to helpful support resources and keeping active in their community.

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LIFESTYLE & ACTIVITIES

The following local Community Centres, Groups and Clubs may offer a mixture of the following activities:

- Art, Music, Handicrafts and Recreational Games
- Events, Social Outings and Lifestyle Activities
- Computing and Technology
- Health, Fitness and Wellbeing
- Language, Literature and Culture
- Nutrition, Cooking and Gardening
- Talks, Seminars, Lectures and Community Assistance

Beaufort Street Community Centre	9271 4461
Befriend Social Network	https://befriend.org.au/
City of Bayswater Senior Centres (Bayswater)	9271 5198
City of Bayswater Senior Centres (Morley)	9276 6108
Citiplace	9461 3550
Connect Victoria Park	9361 2904
Fremantle Arts Centre	9432 9555
Glyde-In Community Learning Centre	9339 3964
Herald Avenue Senior Citizens Centre.....	9259 1151
Bethanie Kwinana Social Centre (55 and over)	1300 883 893
Perth Laughter Clubs (Various locations)	www.laughwa.org.au
South Perth Senior Citizens Centres (55 and over)	9367 9880
Manning Senior Citizens Centre	9450 6273
Mature Age Learning Association (MALA).....	9444 4902
Men’s Sheds of WA (Various locations)	6381 5324
Nedlands Affinity Club – Positive Ageing	9273 3500
Samson Recreation Centre	9432 9992
South Perth Learning Centre	9367 1254
Tresillian Arts Centre	9389 1977
Victoria Park Centre for the Arts	6454 1803
University of the Third Age (U3A).....	6488 1857

Act-Belong-Commit

www.actbelongcommit.org.au

(Act-Belong-Commit is a community-based health promotion campaign that encourages people to be proactive about their mental health and wellbeing. This program aims to increase individual and community wellbeing by increasing and strengthening connections between community members.)

Alzheimer's WA

www.alzheimerswa.org.au

(Alzheimer's WA advocates, educates, supports, and engages Western Australians living with all types of dementia. They can help you stay independent and in your own home longer.)

Arthritis & Osteoporosis WA

www.arthritiswa.org.au

(Arthritis & Osteoporosis WA are committed to reducing the incidence and disabling effects of arthritis, osteoporosis, and related conditions in the people of WA.)

Association of Independent Retirees (AIR)

www.independentretirees.com.au

(AIR is a not-for-profit membership organisation who works to advance and protect the interests of fully or partly self-funded retirees.)

Beyond Blue

www.beyondblue.org.au

(Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health. They work to raise awareness of anxiety, depression, and suicide.)

Cancer Council of WA Inc.

www.cancerwa.asn.au

(Cancer Council WA empowers individuals to reduce their cancer risk. They fund research and provide cancer support services to ensure no West Australian has to face cancer alone.)

Citizens Advice Bureau of WA Inc. (CAB)

www.cabwa.com.au

(CAB offers low-cost legal advice appointments on a wide range of issues and prepare various simple legal documents. They provide information, referral, and simple legal advice on a broad range of issues.)

Council on the Ageing WA Inc. (*COTA for older Australians*)

www.cotawa.org.au

(COTA WA focuses on policy issues affecting seniors, they seek to promote, improve and protect the circumstances and wellbeing of older West Australians. They also provide programmes for Seniors including – Mentoring 2 Work Program, Navigating Aged Care, Mall Walking, Listening Posts which include Cybercrime and Scams, Technology, Health, Housing and Strength for Life which is an evidence based progressive strength training and exercise program.)

Consumer Credit Legal Service WA (CCLSWA)

www.cclswa.org.au

(CCLSWA provides legal advice and representation to consumers in WA in the areas of credit, banking and finance.)

Diabetes WA Ltd

www.diabeteswa.com.au

(Diabetes WA work to educate, inform and support people at risk of, living with and affected by diabetes.)

GLBTI Rights in Ageing Inc.

www.grai.org.au

(GLBTI is a WA community-based group with a mission to create a responsive and inclusive mature age environment that promotes and supports quality life for older people of diverse sexualities and gender identities.)

Lifeline WA

www.lifelinewa.org.au

(Lifeline WA is for all West Australians. Sometimes it helps to know that someone is listening and that you don't have to face your problem alone. Lifeline WA's mission is to prevent suicide, support people in crisis and reduce the stigmas, which can be a barrier to people seeking help. If you are experiencing a personal crisis, their dedicated Telephone Crisis Support volunteers can help. Call 13 11 14, 24/7.)

Money Smart

www.moneysmart.gov.au

(Money Smart offers free and impartial financial advice, guidance, and tools to help you make better financial decisions.)

My Aged Care

www.myagedcare.gov.au/service-finder/help-at-home

(My Aged Care can help you find information about aged care services and what you need to do to receive them. It is recommended that a family member, friend, or guardian is present when apply for an assessment. To get started register with My Aged Care, telephone 1800 200 422 or visit their website above.)

National Public Toilet Map Australian Government Dept

www.toiletmap.gov.au

The National Public Toilet Map website provides information on over 16,000 publicly available toilets across Australia, including accessibility, opening hours and facilities.

National Stroke Foundation

www.strokefoundation.org.au

(The Stroke Foundation partners with the community to prevent, treat and beat stroke. They support survivors to live the best possible life after stroke.)

Office of the Public Advocate

www.publicadvocate.wa.gov.au

(Office of the Public Advocate works to promote & protect the human rights of Western Australian adults with decision-making disabilities. Includes information relating to Enduring Power of Guardianship & Enduring Power of Attorney. If you are worried about someone who has a decision-making disability & think they may need a guardian or administrator, contact the Office of the Public Advocate Telephone Advisory Service (TAS) on 1300 858 455.)

Older People Rights Services (OPRS)

www.nsclegal.org.au

(OPRS offers a specialist legal service for seniors that offers legal assistance and social work to those experiencing elder abuse or are at risk of abuse by family members, friends, or carers. If you are experiencing abuse, phone: 9440 1663.)

Public Trustee

www.publictrustee.wa.gov.au

(Public Trustee offers independent, professional trustee and asset management services to the Western Australian community. These include Will and Enduring Power of Attorney drafting, deceased estate administration, and personal trustee administration services.)

SUPPORT SERVICES

Senior Housing Advisory Centre (SHAC)

www.commerce.wa.gov.au/publications/seniors-housing-guide

(SHAC is a free, independent information and advice service covering the full range of housing options for seniors in WA. SHAC does not directly offer housing, but it is an invaluable source of information for seniors.)

Stay on Your Feet

www.stayonyourfeet.com.au

(The Stay on Your Feet program aims to reduce falls and falls related injuries amongst older adults living in the community and encourages confidence in independent living. Telephone 6166 7688.)

Welfare Rights & Advocacy Service WA (WRAS)

www.wraswa.org.au/

(WRAS WA is a legal centre that provides independent advice, information, referral, representation and advocacy in relation to Centrelink, Family Assistance, Tenancy and Social Security prosecution matters.)

Aged Care Guide

www.agedcareguide.com.au

(Aged Care Guide is an internet search engine which may help you locate a nursing home, retirement village or home care in Australia. Telephone 1800 200 422.)

City of Belmont

www.belmont.wa.gov.au/live/community-groups/seniors

(City of Belmont offers community transport to residents over the age of 65. To access this service an assessment is required via My Aged Care. For further information on Programs and Services, Housing for Seniors and Local Support Services contact City of Belmont.)

Chorus

www.chorus.org.au/aged-care

(Chorus supports those who need help in later life to live independently and remain in their own home. They work alongside the Commonwealth Home Support Program and Home Care Package Program.)

Commonwealth Home Support Program (CHSP)

www.agedcare.health.gov.au

(Commonwealth Home Support Program provides entry-level home support for older people who need some help to stay at home.)

SUPPORT SERVICES

Dale Cottages Community Care

www.dalecottages.com.au

(Dale Cottages in partnership with the City of Armadale provide a Community Centre that caters for the community's needs and social wellbeing through interaction and inclusion. Their program assists people to remain living at home for as long as possible. They offer transport and personal assistance such as attending medical appointments. For further information contact City of Armadale. To access the service, an assessment is required via My Aged Care.)

Perth Death Café

www.facebook.com/PerthDeathCafe/

(Perth Death Café holds informal gatherings with the emphasis on sharing stories, experiences and fears about life, death and dying. While this is not intended as group therapy, the discussion is often therapeutic. Check out this Facebook page for photos, posts, events and affirmations.)

Home Care Package (HCP)

www.myagedcare.gov.au

(HCP are a Government funded Service for older Australians. HCP are one of the ways that older Australians can access care services to get some help at home. They are designed for those with more complex care needs that go beyond what the Commonwealth Home Support Program can provide. Fees may apply.)

Hospital Interim Service 9222 4134

(If you find yourself with no immediate family support upon discharge from a public hospital, the hospital, with the help of a social worker, will organise an Interim Service to help with cleaning, meals, transport. Only available to the over 65's and is a temporary measure until the person has been assessed by My Age Care. This service is NOT available for persons attending a private hospital.)

Link and Grow Supports

www.facebook.com/linkandgrowsupports/

(Link and Grow Supports people on their NDIS (National Disability Insurance Scheme) Journey. They specialise in building the capacity of individuals, families and carers so that they can make informed decisions about life choices. For more details visit their Facebook page.)

Lorikeet Centre

www.mifwa.org.au/our-services/lorikeet-centre/

(Lorikeet Centre is a community centre which supports people living with mental illness. Address: 104 Cambridge Street, West Leederville. Telephone 9237 8900.)

SUPPORT SERVICES

Memory Café – various locations

www.alzheimerswa.org.au/about-dementia/supporting-person-living-dementia/memory-cafes

(In association with Alzheimer's WA, Memory Café offers people living with dementia an informal and social space where people can feel welcomed and accepted, remain socially active and make new friends.)

Nedlands Community Care

www.nedlands.wa.gov.au/nedlands-community-care-0

(Nedlands Community Care is a Commonwealth and Council-funded CHSP service that can assist with domestic chores, personal care, social support, transport, gardening, and respite. Telephone 9386 6170.)

People Who Care Inc.

www.peoplewhocare.org.au

(People Who Care Inc. provides essential care services at home and in the community throughout the Perth metropolitan area, includes domestic assistance, garden maintenance, social support, shopping support and transport.)

Pets of Older Persons (POOPS) WA Inc.

www.poopswa.org.au

(POOPS provides a fee-free pet care service for elderly or disabled pet owners. Get in touch if you are a pet owner who is over 65, palliative care patients of any age, or people with disabilities who need assistance with caring for their pet.)

Rise

www.risenetwork.com.au

(It's never too late to start living a great life. If you're an older person, Rise can offer you a range of different activities and support. Are you looking to get a bit more active? Do you want to make some new friends and socialise more? Could you do with some help maintaining your garden or home? Do you need some transport arranged? Rise has a whole range of social group activities across Perth including fitness, holiday excursions and men's club. Telephone 6274 3700.)

Northern Suburbs Community Legal Centre (NSCLC) –

<https://www.nsclegal.org.au/legal-help>

Speak to Judy Joukador who is a formally trained volunteer peer educator advocating for the protection of older people's rights. Through the Purple Road initiative, she will explain to seniors what elder abuse is, hear first-hand accounts of elder abuse and provide support. World Elder Abuse Awareness Day is held each year of the 15th of June. Telephone 9440 1663.)

SUPPORT SERVICES

OPAN – Older Persons Advocacy Network – 1800 700 600

opan.org.au/stayconnected

OPAN organisations aim to ensure older people, their families & representatives:

- *can effectively interact with the aged care system, including My Aged Care and the Aged Care Complaints Commissioner (ACCC)*
- *can better transition between aged care services*
- *are enabled and empowered to make informed decisions about the care they receive*
- *can exercise their right to choice in accessing & receiving aged care services*
- *have their aged care rights better understood, recognised and upheld*
- *have their aged care needs more optimally met due to the intervention of advocacy support*
- *are better informed about the care options available to them*
- *are supported to increase their capacity to self-advocate*
- *are supported to resolve problems or complaints with aged care providers in relation to the aged care services they receive*
- *are supported with information and advice about their aged care rights and responsibilities*
- *are supported to address issues that impact their ability to live in their own homes, with the aim of preventing premature admission to aged care facilities and focusing on wellness and enablement.*

Senior Recreational Council of WA

www.srcwa.asn.au

(Senior Recreational Council of WA is a non-government organisation supporting seniors' involvement in sport and recreation for the over 50's. For further details see the WA Events and Expo section.)

Senior Services Guide

www.seniorservicesguide.com.au

(Senior Services Guide is an internet search engine that provides information on services and activities for older Australians, such as activities, bathing, cleaning, gardening, handyman, laundry, meals, shopping, social support, transport etc.)

Shine

www.shinecs.com.au

(Town of Claremont advocates Shine Community Services which is a not-for-profit approved and accredited provider of aged care – supporting residents within the Mosman Park, Cottesloe, Claremont, and Peppermint Grove locale. Fees may apply. Telephone 9253 5555.)

SUPPORT SERVICES

Silver Chain

www.silverchain.org.au/wa/

(Silver Chain is a privately run provider of in-home and aged care support for older adults wanting to live healthy and independently in the comfort of their own home.)

Solace Grief Support Group WA Inc.

www.solace.org.au

(Solace Grief Support Group WA Inc. provides grief support for those grieving the death of their spouse, partner or fiancé.)

Southern Districts Support Association

www.southerndistricts.org.au

(Southern Districts Support Service operates in the East Metro Region. They promote independence with information for those thinking about and those who may require aged care services and support. They can help with transport and get individuals out and about in their community. For further information contact City of Armadale. To access this service, an assessment is required via My Aged Care.)

St John's Community Transport Service

stjohnwa.com.au/ambulance-and-health-services/patient-transfer-service/community-transport-service

(St John's Community Transport Service offers cost effective community transport for the elderly and people with moderate disabilities, as well as their care, to and from hospital, specialist, and other health-related appointments. Telephone 9334 1222 or 9334 1300.)

Stirling Community Care

www.stirlingcommunitycare.com.au/

(Stirling Community Care provides home help for older people, people with disabilities, and their carers requiring a little extra help to live at home. Services include home support, transport, home delivered meals, day clubs, social activities and carer respite. Telephone 9205 7652.)

Red Cross Telephone Cross Service

www.redcross.org.au/get-help/community-services/telecross

(Red Cross Telephone Cross Service provides a daily telephone call to check on your wellbeing through a service known as Telecross. Telecross is for people who live alone and are at risk of an accident or illness that may go unnoticed. Telephone 9325 5111.)

SUPPORT SERVICES

Taxi User Subsidy Scheme (TUSS)

www.transport.wa.gov.au/aboutus/taxi-user-subsidy-scheme.asp

(The TUSS is a subsidy available to certain eligible people with disability travelling in on-demand rank or hail (taxi) vehicles. TUSS participants can receive up to 75% of eligible tax fares. For those people who have a severe and permanent disability that will always prevent them using conventional public transport.)

Technology Assisting Disability Western Australia Inc.

(TADWA)

www.tadwa.org.au

(TADWA is a not-for-profit organisation who provide services which will enable you to stay safe whilst you are out and about as well as making changes in your home. Their core services include Recreation & Mobility, Home Modifications, Custom Solutions, Therapy Services and Technology and Computer Services. Fees may apply.)

Town of Bassendean

<https://www.bassendean.wa.gov.au/community/community-services/community-transport.aspx>

(Offers community transport to individuals who have a pension (any sort) and wish to get to the shops once a week or to appointments. For those with greater need, contact the Town of Bassendean for more information. To access more comprehensive services, an assessment is required via My Aged Care. Telephone 9377 2190)

Uniting WA

<https://unitingwa.org.au/>

(Uniting WA provides services such as children & family services, disability, mental health and homelessness to people in the Perth Metro area.)

VisAbility

<https://www.visability.com.au/services/services-by-age/seniors/>

(VisAbility supports Seniors living with low or no vision who wish to live independently at home, get out and about, make life easier and more enjoyable. Whatever support you require in your senior years, they're here for you. Telephone 9311 8202)

Please note some organisations mentioned in this brochure are registered with the Australian Charities and Not-for-profits Commission. For further information visit: www.acnc.gov.au

COMPUTING AND TECHNOLOGY

Apple Perth City Store – 6140 3800

Apple Garden City Store – 6557 6000

<https://www.apple.com/au/retail/perthcity/>

<https://www.apple.com/au/retail/booragoon/>

(Daily classes using various Apple devices – FREE, bookings required.)

Armadale Library – 9394 5125

<https://www.armadale.wa.gov.au/events/technology-buddies>

(Students from Dale Christian School will be able to assist you with your technology troubles.)

Bayswater Library – 9271 2340

<https://www.bayswater.wa.gov.au/arts-and-leisure/libraries/programs-and-events>

(eLearning includes Information Security and Avoiding Scams workshop, Digital Assistants and the Smart Home, Microsoft Office workshops, Computing for Beginners and 1 to 1 technology help.)

Be Connected –

beconnected.esafety.gov.au/

(Be Connected is an Australian Government initiative aimed at increasing the confidence, skills, and online safety of older Australians in using digital technology. Be Connected adopts a community-centred approach to assist individuals aged 50 years and over, who have little or no experience with digital technology.)

Cambridge Library – 9383 8999

library.cambridge.wa.gov.au/Library-Services/Library-services

(IT Classes for \$10 per one-hour session, get one-on-one IT tuition on a subject of your choice.)

Citi Place Community Centre – 9461 3550

www.perth.wa.gov.au/living-community/community-facilities/citiplace-community-centre

(Computer training, plus loads more activities and services available.)

City of Fremantle – 9432 9676 Meeting Place

– 1300 693 736 Wanjoo Lounge

<https://www.fremantle.wa.gov.au/venues-events-and-activities>

(Over 55s 1-1 Tech Help (free, no booking) plus other community activities.)

COMPUTING AND TECHNOLOGY

City of Stirling – 9205 8555

www.stirling.wa.gov.au/Libraries/Whats-on-at-the-library

(Be Connected Tech Help, trained Librarian and Volunteers are available for one-on-one sessions, to help with basic computer and tech questions, such as internet searching, using email, online resources and more. Sessions are held at Dianella, Inglewood, Karrinyup, Mirrabooka, Osborne, and Scarborough.)

City of Vincent Library & Local History Centre – 9273 6090

library.vincent.wa.gov.au/events/?c=12

(Tech help with Technologically Speaking, book a 15-minute session to receive technology related help. Plus, lots of other activities on offer.)

Cockburn Libraries – 9411 3800 Spearwood

– 9411 3840 Success

– 9411 3830 Coolbellup

<https://www.cockburnlibraries.com.au/events-for-adults/>

(Internet and Email Essentials, bookings essential.)

Connect Victoria Park – 9361 2904

https://www.connectvictoriapark.org/content.aspx?page_id=4002&club_id=873726&item_id=1439819

(“Tech Savvy” one-hour sessions by appointment only, for the first-time user or those just lacking in confidence in their skills, fees may apply.)

Council of the Ageing (COTA) – 9361 2904

<https://www.srcwa.asn.au/programs/tech-savvy-seniors/>

(Initiative for Seniors which aims to gently introduce Seniors to the benefits of modern technology. One-hour sessions by appointment only.)

Consult a Geek – Ruth Faulkner Library, 9477 7150

<https://www.belmont.wa.gov.au/docs/ecm/ruth-faulkner-library-consult-a-geek.pdf>

(Consult a Geek! Volunteer tutors can assist with the basics of using computers and mobile devices, teach you how to access information online and share skills around connecting with friends and family on social media.)

Dale Cottages Community Activities, 9399 5393

(Computer lessons, Monday & Friday, contact Greendale Library on the above number.)

COMPUTING AND TECHNOLOGY

Glyde-In Community Learning Centre – 9339 3964

www.glydein.org.au/programme

(One-on-one 30-minute sessions for help with a problem or project of your choice, fees apply. Selection of other tech classes available e.g., iPhone/iPad class.)

Joondalup Library – 9400 4707

<https://www.joondalup.wa.gov.au/kb/resident/technology-training-through-the-libraries-3>

(Keystrokes is a personalised, one-to-one, volunteer facilitated session to teach introductory computer skills such as internet navigation, connecting with App stores and other basic technology skills. Participants need to have access to a device and bring it with them to the session. Participants are expected to have some basic knowledge. Digital drop-in offered on the first and third Friday morning of each month at the Woodvale library. For more information call your local branch.)

Kwinana & Wellard Tech Time – 9236 4320

<https://www.kwinana.wa.gov.au/city-life/things-to-do/what-s-on/2021/april/kwinana-tech-time>

(Would you like to better understand how to use technology in a fun and casual way? Want to meet like-minded people and share ideas? Then join one of these sessions and discover the many ways to use technology.)

Morley Library – 9272 0980

<https://www.bayswater.wa.gov.au/arts-and-leisure/libraries/programs-and-events>

(eLearning workshops will explain how to get the most out of podcasts and online learning. Bookings required.)

Melville Digital Hub Technology Training – 9364 0115

<https://www.melvillecity.com.au/things-to-do/libraries/technology-training>

(One-on-one or group sessions, bookings essential.)

Nedlands Affinity Club – 9386 6170

<https://www.nedlands.wa.gov.au/sites/default/files/Computer%20Support%20Cafe%202019.pdf>

(Make the most of one-on-one help with your iPhone, iPad, tablet, or laptop. Suitable for beginners and anyone who needs to work their way around their PC or Mac as well as learning more about emails and Facebook. Bring along your own device. Classes designed for senior residents in the City of Nedlands, members and non-member welcome, fees apply.)

COMPUTING AND TECHNOLOGY

South Perth Learning Centre – 9367 1254

www.splc.org.au/programme

(Various computer training courses, booking essential.)

Tech Savvy Seniors

<https://www.telstra.com.au/tech-savvy-seniors>

(Tech Savvy Seniors program helps build the skills and confidence to use computers, tablets, and smartphones. It includes self-teach online videos; how-to guides and more.)

Town of Victoria Park Digital Hub Technology Training
9373 5507

www.victoriapark.wa.gov.au/Around-town/Facilities/Digital-Hub

(Tech Savvy Classes and One-on-One Digital Literacy Support, free, booking essential.)

Wanneroo Library – 9405 5940

https://www.wanneroo.wa.gov.au/info/20004/community/209/growing_old_living_dangerously_gold

(Tech Help, free one-on-one help answering any technology issues you have. Check out the Growing Older Living Dangerously (GOLD) program which provides a range of exciting and challenging activities for people aged 50 years and over, living in the City of Wanneroo.)

WA EVENTS, EXPOS & MEDIA

Care and Ageing Expo – www.careandageingexpo.com.au

Perth Convention and Exhibition Centre

(Care and Ageing Expo showcases products, services, information, and education available for the care and support of the ageing Australian consumer. Telephone 9201 9888)

Exhibition held around August, for more details visit:

The Council on the Ageing (COTA) – <https://www.cotawa.org.au/>

(Click on the link to view awards and events.)

Have a Go Day (Part of WA Seniors Week), Burswood Park

(Have a Go Day is a free event for the over 45's which attracts an estimated attendance of 16,000 participants and 220 exhibitors. The main one-day event is held in November and supported by Seniors recreation Council of WA Inc.)

Senior Recreation Council of WA Program (SRCWA) –
<https://www.srcwa.asn.au/event/have-a-go-day-2021-a-livlighter-event/>

Programs include:

- LiveLighter Aged Care Games
- LiveLighter Seniors Activity/Information Days
- Have a Go Day
- Pole Walking
- Tech Savvy Seniors
- Seniors Exergaming WA
- SRCWA Senior Ball & Camp Quararup

(For more details contact: SRCW, Telephone 9492 9773.)

WA Seniors Week (Celebrations held in November)

WA Seniors Week is a week-long celebration held annually in November for older adults. During Seniors Week, events and activities are held across Western Australia (provided by some Shires) to acknowledge seniors and show our appreciation for their valued contribution to society. The main event is Have a Go Day which is supported by the Seniors recreation Council of WA Inc. For more details visit: <https://www.srcwa.asn.au/have-a-go-day/>

WA EVENTS, EXPOS & MEDIA

Capital Community Radio 101.7fm

(Capital Community Radio station dedicated to providing music and information to the Seniors of the Greater Perth area and beyond.)

Have a Go News – www.haveagonews.com.au

(Have a Go News is a lifestyle paper targeting the mature demographic. Pick up the latest paper copy from Trinity School for Seniors Reception or visit their web page.)

The Senior Newspaper – www.thesenior.com.au

(The Senior Newspaper is a free monthly publication specifically aimed at the mature reader. Pick up the latest paper copy from Trinity School for Seniors Reception or visit their web page.)

LIBRARIES

Libraries are very good sources of local knowledge. They are well worth contacting due to their community connections, plus they usually run free events. Library details as follows:

Amherst Library.....	9498 9498
Armadale Library.....	9394 5125
Ballajura Public Library.....	9207 8686
Bassendean Memorial Library.....	9279 2966
Bayswater Public Library	9272 0951
Beechboro Library	9207 8585
Belmont Public Library	9477 7150
Bentley Library	9231 0695
Bull Creek Public Library.....	9364 0150
Bullsbrook Public Library.....	9207 8989
Cambridge Public Library, Floreat.....	9383 8999
Cannington Library	6350 7350
Canning Bridge Library	9364 0121
Claremont Public Library.....	9285 4353
City of Perth and History Centre Library	9461 3500
Clarkson Library.....	9407 1600
Coolbellup Library	9411 3830
Dianella Public Library.....	9205 7740
Duncraig Library	9400 4790
Ellenbrook Community Library	9207 8787
Forrestfield Public Library	9257 9975
Fremantle City Library.....	9432 9766
Girrawheen Public Library.....	9342 8844
Grove Library.....	9286 8686
Guildford Public Library.....	9207 8880
High Wycombe Public Library	9257 9974
Inglewood Public Library.....	9205 7700
Joondalup Library.....	9400 4707
Kalamunda Library	9257 9969
Karrinyup Public Library	9205 7400
Kelmscott Public Library.....	9394 5810
Kenwick Public Library.....	9397 3099

LIBRARIES

Knowledge Centre, Gosnells	9391 6000
Kwinana Public Library	9236 4300
Lesmurdie School Community Library (part of High School) ...	9257 9976
Manning Public Library.....	9474 0822
Mary Davies Library, Baldivis	9591 0800
Maylands Public Library	9208 2450
Melville Civic Square Public Library.....	9364 0138
Midland Public Library	9267 9020
Mirrabooka Public Library.....	9205 7300
Morley Public Library	9272 0980
Mount Claremont Public Library.....	9383 1462
Mundaring Public Library	9290 6780
Nedlands Library	9273 3644
Osborne Park Public Library	9205 7900
City of Perth Library and History Centre	9461 3500
Riverton Library.....	9231 0944
Ruth Faulkner Library, Belmont	9477 7150
Rockingham Central Library	9528 8683
Safety Bay Library.....	9528 8611
Scarborough Public Library	9205 7420
South Perth Library	9474 0800
Spearwood Public Library.....	9411 3800
State Library of Western Australia, Perth	9427 3111
Subiaco City Library.....	9237 9300
Success Public Library.....	9411 3840
Thornlie Public Library	9251 8750
Victoria Park Library	9373 5500
City of Vincent Library, Leederville	9273 6090
Wanneroo Public Library.....	9405 5940
Warnbro Community Library	9528 8577
Whitfords Library	9400 4870
Willagee Public Library.....	9364 0170
Willetton Public Library.....	9229 9540
Woodvale Library	9400 4180
Yanchep/Two Rocks Library	9561 1110

LOCAL COUNCILS / GROUPS

Some Local Shires run programs specifically with Seniors in mind, they may even operate a community bus for local groups and organisations to hire. We have listed a few below but there may be others. If you hear of any, please let us know and we will add them to this list.

Local Shires running senior specific programs include:

City of Armadale – *Positive Ageing Sessions*

Sessions can be accessed via the City of Armadale Community Centres which include:

- *Greendale Centre, 9399 5393 (Coombe Avenue)*
- *Roleystone-Karragullen Senior Club, 9397 5203 (Jarrah Road)*
- *Westfield Kelmscott Senior Club, 9350 5204 (Harold King Community Centre.)*

For programs and events visit the Library's What's On page.

City of Bayswater – *Age Friendly Ambassador Program*

Are you an older adult looking to get more involved in your community? The City's Age Friendly Ambassadors are there to help. Whether you're looking to get active, join a social group, or just find out more about what's on happening near you, your local Age Friendly Ambassador can help. Call 9270 4107 for more information.

Bayswater has two community centres where residents aged over 50 can take part in a range of activities, events and programs helping connect them with their community. For more information and locations please contact:

- *Bayswater, 27 King William St, Bayswater WA 6053, 9271 5198*
- *Morley Community Centre, Building A/6A Blades Cl, Morley WA 6062, 9276 6108.*

City of Cockburn – *Age Friendly Initiatives for the over 50's*

If you're 50 and over, take a look at Cockburn Seniors Centre who host a range of outings and courses. Located on 9 Coleville Cres, Spearwood WA 6163, ring 9411 3877 for more information.

City of Fremantle – *What's On Program*

Created for diverse interests, and people of all ages and abilities. For more information ring 1300693736 or visit <https://www.fremantle.wa.gov.au/whats-on>

LOCAL COUNCILS / GROUPS

City of Gosnells – Activities & events for seniors (55+)

Offers programs for Seniors designed to increase skills and provide opportunities to create connections with others, activities include Green Thumb Collective, Pickle ball, Ukuroos (Ukulele Club), Ultimate Frisbee and Addie Mills Centre. For more details visit: https://www.gosnells.wa.gov.au/Lifestyle/Get_involved/Seniors

City of Joondalup – Over 50's fitness program, plus many more activities and groups for the over 55's

Offers a wide range of activities and excursions, to residents of the City of Joondalup or a member of City of Joondalup Leisure Centres, enrolments and costs apply. Click link for more information regarding 55+ Activities, Groups and Support Guide.

<https://www.joondalup.wa.gov.au/wp-content/uploads/2021/06/55-Activities-Groups-and-Support-Guide.pdf>

City of Kalamunda – Fitness programs for the over 50s

Fitness Programs for the over 50's includes Zumba Gold, Live Active, Strength for Life, Stretch & Tone, Yoga Gold and Social Table Tennis. Fees apply. Age Friendly Community Centres includes Jack Healey Centre, 9257 9958, Hartfield Park Recreation Centre, High Wycombe Community & Recreation Centre, Ray Own Sport Centre and Maida Vale Hall/Netball Centre, 9359 1700

City of Melville – Age Friendly Activities & Events for over 55's

Contact 9364 0666 or 1300 635 845 for further information

City of Nedlands – Nedlands Affinity and Waratah Social Club

Nedlands Affinity Club

Offers a large program of activities and events for the mind, body and soul aimed at the over 55. Annual Membership required. For more details contact 9386 6170

Waratah Social Club

Offers social club outings, to partake you must be CHSP eligible. To be assessed contact My Aged Care on 1800 200 422

City of Perth – Activities & Services for people 55 years and over

Provides a wide and varied range of activities and services for people over the age of 55 years, and people with disabilities. For more details contact 9461 3550.

LOCAL COUNCILS / GROUPS

City of Rockingham – Age-friendly initiatives for the over 60's and LiveWell sport program

Autumn Centre provides an opportunity for people over the age of 60 to pursue personal interests and create support networks. Activities include arts, crafts dance, fitness, and gaming. Wellbeing services are also available these include massage, podiatry, Bowen Therapy and hairdressing, group fitness sessions also available and include aerobics, chi ball, Pilates, TNT and yoga. Fees apply. For more details telephone 9528 8560 or visit

<https://rockingham.wa.gov.au/community/seniors/autumn-centre>

LiveWell is exclusively for the over 50's and anyone with a disability and who wants to stay physically fit, telephone 9591 0888 for more details, fees apply.

City of Stirling – Seniors & Autumn Clubs

Autumn, Pensioner and Senior Citizens Clubs operate from most of the City of Stirling's community centres. They provide a meeting place for senior residents, who wish to participate in social, educational, and recreational activities. Membership and fees may apply. For details contact 9205 7940 or 9447 0455.

City of Subiaco – Gold Events for the over 50's

Provides a range of age-friendly classes specially designed for the more mature participant. Activities include Chair Yoga, Zumba Gold, Gold Fitness and Gold Pilates. Fees apply. For more information call 9237 9339.

City of Swan – Events for Seniors

Offers various active sessions includes fitness sessions, aquatics, Zumba Gold and Living Longer Living Stronger program. For more details visit

<https://www.swan.wa.gov.au/Your-Community/Seniors>

City of Vincent – Seniors Community Groups and Clubs

Offers a variety of social, learning, and recreational opportunities for older adults.

City of Wanneroo – Growing Older Living Dangerously GOLD

Provides a range of exciting and challenging activities for people aged 50 years and over, living in the City of Wanneroo. To participate registration is required.

<https://www.wanneroo.wa.gov.au/info/20004/community/185/seniors/2>

LOCAL COUNCILS / GROUPS

Shire of Serpentine Jarrahdale – *Providing Seniors with activities and events*

Offers a variety of age inclusive community events and workshops. Includes exercise groups, health and wellbeing, social groups and arts and crafts. Click on the link to view comprehensive information relating to Aged Care, Home Care and Your Retirement Living.

<http://www.sjshire.wa.gov.au/community/your-community/programs/seniors.aspx>

Silver Salties – *Outdoor Activities for older adults*

Silver Salties is a physical activity and social connections initiative for older Australians. Includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf regardless of their age, weigh, mobility, fitness and experience.

Host organisation: Trigg Island Surf Life Saving Club, 350 West Coast Drive, Trigg, WA 6029. Contact telephone 9447 3556 or visit their web site at <https://sls.com.au/silver-salties/>

Trinity School for Seniors

Companionship through Learning

An inclusive community for older adults aged 60 and over to share mutual interests, enhance friendships and participate in lifelong learning.

Trinity School for Seniors (TSFS) provides over 100 courses for more than 500 attendees over five days during a term, and over four terms per year. The School is located in the heart of the City and easy to access via public transport.

TSFS was started in 1979 and is a mission outreach of the Uniting Church in the City. The School is a recreational facility for older adults providing education and a mutual support network which meets the physical, emotional, social, intellectual, pastoral and spiritual needs of Seniors in the wider Perth community.

The objects of the Trinity School for Seniors are to provide:

Companionship: by conducting activities for students which enhance friendships and the sharing of mutual interests;

Learning: through structured learning programmes for students which increase their skills and knowledge and their capacity to contribute meaningfully to community life;

Well-Being: through the conduct of activities and structured learning programmes for students which assist them to remain physically and mentally healthy.

Come and be a part of our community. It is a great place to make new friends and learn new skills.

STAY IN TOUCH

Trinity School for Seniors

Reception: Level 1, 72 St Georges Terrace, PERTH WA



Postal Address: PO Box X2222 PERTH WA 6847



Telephone: (08) 9483 1333



E-mail: Reception@tsfs.org.au

Office Hours: Monday to Friday 9.00am – 3.00pm



[Trinity School for Seniors](#)



Website: www.perthunitingchurch.org.au

Uniting Church in the City

Reception: Level 1, 97 William St, PERTH WA



Telephone: (08) 6103 4222



E-mail: admin@ucic.org.au

Office Hours: Monday to Thursday 8.30am – 4.30pm
Friday 8.30am – 4.00pm



[Uniting Church in the City, Perth](#)



Website: www.perthunitingchurch.org.au



[UCIC, Perth](#)