

# Community Groups and 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

Updated August 2019



Front cover artwork © *Blue Poppies* by Marg Wall.

*Please note that the information contained in this brochure is for reference purposes only and is subject to change. This brochure is brought to you by Trinity School for Seniors (TSFS). TSFS is a separate organisation and not directly involved with any of the groups and organisations listed in this brochure.*

*All information is correct at time of printing, including all telephone numbers, addresses, and website URLs are accurate and active. TSFS make no warranty or guarantee concerning the information and materials given out by organisations or content found at websites, and we are not responsible for any changes that occur after this brochure's publication. If you find an error, please contact Trinity School for Seniors.*



## **Trinity School for Seniors**

*Companionship through Learning*

PO Box X2222, Perth WA 6847

Phone: (08) 9483 1333

Email: [Reception@tsfs.org.au](mailto:Reception@tsfs.org.au)

[www.perthunitingchurch.org.au](http://www.perthunitingchurch.org.au)

*We welcome your feedback and please contact Trinity School for Seniors if you would like more detailed information.*



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

This brochure has been produced with WA senior citizens in mind. It aims to help seniors find and access specific information relating to their age group within the Perth Metropolitan Area.

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

This brochure originally existed as a folder on the Trinity School for Seniors' Reception desk to assist our members to find activities and placement in organisations when demand for TSFS classes heavily exceeded supply. Over the years this folder grew to include contact information for various other services and support agencies relevant to our members' needs. In 2019, we have published this brochure as a condensed yet comprehensive version that we can now distribute amongst our members so they can keep this useful reference brochure on hand for whenever they are in need.

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 brochure assists WA seniors with connecting to helpful support resources and keeping active in their community.

# CONTENTS

LIFESTYLE & ACTIVITIES .....	5
ADVICE & INFORMATION SUPPORT .....	6
SUPPORT SERVICES .....	9
COMPUTER & TECHNOLOGY .....	14
EVENTS AND EXPOS .....	17
SENIOR SPECIFIC MEDIA.....	18
LIBRARIES .....	19
LOCAL COUNCILS OFFERING SENIOR PROGRAMS .....	21
WHO ARE WE .....	23
STAY IN TOUCH .....	24

# 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 .....	<a href="http://befriend.org.au/start-here">befriend.org.au/start-here</a>
City of Bayswater (Morley) Senior Centres .....	9271 5198
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.....	9231 0990
Kwinana Senior Citizens Centre.....	9419 2141
Laughter Clubs (Various locations) .....	<a href="http://www.laughwa.org.au">www.laughwa.org.au</a>
Laughter Yoga (Various locations) .....	<a href="http://www.laughteryoga.org">www.laughteryoga.org</a>
South Perth Citizens Centres .....	9367 9880
Manning Senior Citizens Centre .....	9450 6273
Mature Age Learning Association (MALA).....	9444 4902
Mens Shed (Various locations) .....	0438 388 337
Morley Senior Citizens Centre .....	9276 6108
Nedlands Affinity Club .....	9386 6170
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](http://www.actbelongcommit.org.au)**

*(Act-Belong-Commit is a mental Health Promotion Program that aims to increase individual and community wellbeing by increasing and strengthening connections between community members.)*

## **Alzheimer’s WA – [www.alzheimerswa.org.au](http://www.alzheimerswa.org.au)**

*(Alzheimer’s WA dementia experts work with those living with dementia and the organisations that care and support them.)*

## **Arthritis & Osteoporosis WA – [www.arthritiswa.org.au](http://www.arthritiswa.org.au)**

*(Arthritis & Osteoporosis WA aim to reduce 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](http://www.independentretirees.com.au)

*(AIR works to advance and protect the interests of self-funded retirees.)*

## **Beyond Blue – [www.beyondblue.org.au](http://www.beyondblue.org.au)**

*(Beyond Blue promotes good mental health, tackles stigma and discrimination, and provides support and information on anxiety, depression and suicide.)*

## **Cancer Council of WA Inc. – [www.cancerwa.asn.au](http://www.cancerwa.asn.au)**

*(Cancer Council WA offers confidential cancer related information and support.)*

## **Citizens Advice Bureau of WA Inc. (CAB) – [www.cabwa.com.au](http://www.cabwa.com.au)**

*(CAB offers low-cost legal advice appointments on a wide range of issues at locations around Western Australia, and help with preparing legal documents.)*

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

[www.cotawa.org.au](http://www.cotawa.org.au)

*(COTA WA promotes the interests of seniors, working towards an equitable, just and inclusive society which older people can flourish. Also provides a number of information seminars and community programmes including – Living Longer, Living Stronger; Seniors Housing Centre; Mall Walking; Cyber-crime for Seniors.)*

## **Consumer Credit Legal Service WA (CCLSWA) –**

[www.cclswa.org.au](http://www.cclswa.org.au)

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

# ADVICE & INFORMATION SUPPORT

## Diabetes WA Ltd – [www.diabeteswa.com.au](http://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 Incorporated – [www.grai.org.au](http://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 a quality life for older and ageing people of diverse sexualities and gender identities.)*

## Lifeline WA – [www.lifelinewa.org.au](http://www.lifelinewa.org.au)

*(Lifeline WA mission is to support Australians in personal crisis with 24 hour access to telephone support and suicide prevention services.)*

## Money Smart – [www.moneysmart.gov.au](http://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](http://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.)*

## National Public Toilet Map Australian Government Dept

[www.toiletmap.gov.au](http://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](http://www.strokefoundation.org.au)

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

## Office of the Public Advocate – [www.publicadvocate.wa.gov.au](http://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](http://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 elder abuse, please contact OPRS on:  
Mirrabooka 9440 1663 / Joondalup 9301 4413*

## Public Trustee WA

[www.publictrustee.wa.gov.au](http://www.publictrustee.wa.gov.au)

*(Public Trustee WA is a free & fee-based services relating to Wills & Enduring Power of Attorney, offering independent, professional trustee and asset management services to the WA community.)*

## Senior Housing Advisory Centre (SHAC)

[www.commerce.wa.gov.au/publications/seniors-housing-guide](http://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 to direct to the right help.)*

## Stay on Your Feet – 6166 7688

[www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)

*(Stay On Your Feet provides information and resources for older adults, their friends and family and health professionals to prevent slips, trips and falls.)*

## UnitingCare West

[www.unitingcarewest.org.au](http://www.unitingcarewest.org.au)

*(UnitingCare West provides a diverse range of holistic programs and services which support, serve and empower. Programs span the areas of community and family services, disabilities and youth, mental health, independent living and accommodation. UnitingCare West services work hard towards creating justice, hope and opportunity for all.*

## Welfare Rights & Advocacy Service WA (WRAS)

[www.wraswa.org.au/](http://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.)*



# SUPPORT SERVICES

## **Aged Care Guide – [www.agedcareguide.com.au](http://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.)*

## **City of Belmont**

*(City of Belmont offers community transport to residents over the age of 65. For further information contact City of Belmont. To access this service an assessment is required via My Aged Care.)*

## **Chorus – [chorus.org.au/aged-care](http://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)**

[agedcare.health.gov.au](http://agedcare.health.gov.au)

*(Commonwealth Home Support Program provides entry-level home support for frail older people who need assistance to keep living independently.)*

## **Dale Cottages Community Care – [dalecottages.com.au](http://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.)*

## **Death Café, Fremantle – [www.passionatelifeconsulting.com](http://www.passionatelifeconsulting.com)**

*(Death Café holds informal gatherings with the emphasis on sharing stories, experiences and fears about death and dying. While this is not intended as group therapy, the discussion is often therapeutic. Sessions run in association with Ava from Passionate Life Consulting.)*

## **Home Care Package (HCP) – [www.myagedcare.gov.au](http://www.myagedcare.gov.au)**

*(Home Care Packages are a Government funded Service for older Australians. They are designed for those with more complex care needs that go beyond what the Commonwealth Home Support Program can provide. Fees may apply.)*

# SUPPORT SERVICES

## Hospital Interim Service

*(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.)*

## Lorikeet Centre – [www.mifwa.org.au/our-services/lorikeet-centre/](http://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, tel no. 9237 8900.)*

## Memory Café – various locations

[www.alzheimerswa.org.au/about-dementia/supporting-person-living-dementia/memory-cafes](http://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.)*

## Nedlands Community Care

[www.nedlands.wa.gov.au/nedlands-community-care-0](http://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.)*

## People Who Care Inc. – [www.peoplewhocare.org.au](http://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](http://www.poopswa.org.au)

*(POOPS aim to keep people and their pets together, by providing a range of no-fee services including home visits, dog walking and transport to/from vet clinics or boarding kennels. They cater for people over 65 years of age.)*

## Rise Network – [www.risenetwork.com.au](http://www.risenetwork.com.au)

*(Rise Network Aged Care Support Service operates in the Armadale area. To access this service, an assessment is required via My Aged Care. For further information contact City of Armadale. Shopping and transport is included as part of their service.)*

# SUPPORT SERVICES

## Senior Psychological Services Australia

[seniorspsychology.com.au](http://seniorspsychology.com.au)

*(Senior Psychological Services offers psychological and counselling services for people over the age of 50 to help them through difficult times of transition and change.)*

## Senior Recreational Council of WA – [www.srcwa.asn.au](http://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](http://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 – 9253 5555

[www.shinecs.com.au](http://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.)*

## Silver Chain – [www.silverchain.org.au/wa/](http://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](http://www.solace.org.au)

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

## Southern Districts Support Association

[www.southerndistricts.org.au](http://www.southerndistricts.org.au)

*(Southern Districts Support Service operates in the Armadale area. 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.)*

# SUPPORT SERVICES

## St John's Community Transport Service – 9334 1300

[stjohnwa.com.au/ambulance-and-health-services/patient-transfer-service/community-transport-service](http://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.)*

## Stirling Community Care – 9205 7632

[www.stirling.wa.gov.au/Services/Home-and-Community-Care-HACC-services/Pages/default.aspx](http://www.stirling.wa.gov.au/Services/Home-and-Community-Care-HACC-services/Pages/default.aspx)

*(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 cleaning, assistance with meals, personal care, and respite for carers, accompanied shopping and social support.)*

## Red Cross Telephone Cross Service – 9325 5111

[www.redcross.org.au/get-help/community-services/telecross](http://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.)*

## Taxi User Subsidy Scheme (TUSS)

[www.concessions.wa.gov.au/Concessions/Pages/Taxi-Users%E2%80%99-Subsidy-Scheme---TUSS.aspx](http://www.concessions.wa.gov.au/Concessions/Pages/Taxi-Users%E2%80%99-Subsidy-Scheme---TUSS.aspx)

*(TUSS provides taxi travel at a reduced rate for people who have a severe and permanent disability that will always prevent them using conventional public transport.)*

## Technology Assisting Disability Western Australia Inc.

**(TADWA) – [tadwa.org.au](http://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.)*

# SUPPORT SERVICES

## Town of Bassendean – 9377 2190

[www.bassendean.wa.gov.au/community/community-services/seniors-disability-services.aspx](http://www.bassendean.wa.gov.au/community/community-services/seniors-disability-services.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.)*

*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](http://www.acnc.gov.au)*

# COMPUTING AND TECHNOLOGY

Apple Perth City Store – 6140 3800

Apple Garden City Store – 6557 6000

[www.apple.com/au/today/store/perthcity/](http://www.apple.com/au/today/store/perthcity/)

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

Ask Telstra Sessions – 9472 0104 or [admin@cotawa.org.au](mailto:admin@cotawa.org.au)

[www.cotawa.org.au/programs-projects/ask-telstra-sessions/](http://www.cotawa.org.au/programs-projects/ask-telstra-sessions/)

*(Get the most out of your phone, iPad or tablet, contact The Perron Centre, 61 Kitchener Avenue, Victoria Park. Bookings are essential as places limited)*

Bayswater Library – 9271 2340

[www.bayswater.wa.gov.au/library/library-events/adult-events](http://www.bayswater.wa.gov.au/library/library-events/adult-events)

*(Windows 10 workshops, More iPads and Q&A, Apps, Apps and More Apps)*

Be Connected

[beconnected.esafety.gov.au/](http://beconnected.esafety.gov.au/)

*(Online learning resource as well as a Network of community partners – the Be Connected Network – who offer in-person support to develop your digital skills)*

Cambridge Library – 9383 8999

[library.cambridge.wa.gov.au/Library-Services/Library-services](http://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](http://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

– 9432 9999 Wanjoo Lounge

[www.fremantle.wa.gov.au/activefreo](http://www.fremantle.wa.gov.au/activefreo)

*(Beginners Computing/Tech Help, part of Curious Program)*

City of Stirling – 9205 7740 Dianella

– 9205 7420 Scarborough

[www.stirling.wa.gov.au/Libraries/Whats-on-at-the-library](http://www.stirling.wa.gov.au/Libraries/Whats-on-at-the-library)

*(Seniors IT Support Group, part of Stirling Silver Program)*

# COMPUTING AND TECHNOLOGY

City of Vincent Library & Local History Centre – 9273 6090

[library.vincent.wa.gov.au/events/?c=12](http://library.vincent.wa.gov.au/events/?c=12)

*(Computers for Seniors Workshops)*

Cockburn Libraries –9411 3800 Spearwood & Success

–9411 3830 Coolbellup

[www.cockburnlibraries.com.au/events-list/ongoing-programs/tech-help-one-one-technology-help-library-members/](http://www.cockburnlibraries.com.au/events-list/ongoing-programs/tech-help-one-one-technology-help-library-members/)

*(One-on-one technology help)*

Connect Victoria Park – 9361 2904

[www.connectvictoriapark.org/content.aspx?page\\_id=4001&club\\_id=873726&action=cira&vm=MonthView](http://www.connectvictoriapark.org/content.aspx?page_id=4001&club_id=873726&action=cira&vm=MonthView)

*(“Tech Savvy” sessions for the first time user or those just lacking in confidence in their skills, fees apply)*

Council of the Ageing (COTA) – 9472 0104

[www.cotawa.org.au/programs-projects/computer-classes-2/](http://www.cotawa.org.au/programs-projects/computer-classes-2/)

*(One-to-one classes and one hour classes available, fees apply)*

Glyde-In Community Learning Centre – 9339 3964

[www.glydein.org.au/programme](http://www.glydein.org.au/programme)

*(One-on-one 30 minute technology sessions, fees apply)*

Joondalup Library – 9400 4707

*Book in for one-to-one introductory level assistance with digital technologies, including smart phones, tablets and online activities such as e-mail. Sessions are available at Duncraig, Joondalup, Whitfords and Woodvale. Days and times vary. Search for Keystrokes on the City’s Website at [Joondalup.wa.gov.au](http://Joondalup.wa.gov.au) for more information or call your local branch.*

Kwinana Senior Citizens Centre – 9419 2141

Harley Way, Medina, Perth, WA 6167

*(Weekly computer sessions)*

Melville Digital Hub Technology Training – 9364 0138

[www.melvillecity.com.au/things-to-do/libraries/digital-hub-technology-training](http://www.melvillecity.com.au/things-to-do/libraries/digital-hub-technology-training)

*(One-on-one, group sessions and six week courses)*



# COMPUTING AND TECHNOLOGY

**Nedlands Affinity Club – 9386 6170**

[nedlands.wa.gov.au/nedlands-affinity-club-%E2%80%93-positive-ageing](http://nedlands.wa.gov.au/nedlands-affinity-club-%E2%80%93-positive-ageing)

*(Computer support café providing one-on-one help, fees apply)*

**South Perth Learning Centre – 9367 1254**

[www.splc.org.au/programme](http://www.splc.org.au/programme)

*(Seniors Digital Club plus various computer training courses)*

**Town of Victoria Park Digital Hub Technology Training  
9329 4238**

[www.victoriapark.wa.gov.au/Around-town/Facilities/Digital-Hub](http://www.victoriapark.wa.gov.au/Around-town/Facilities/Digital-Hub)

*(Provides free computer courses and online training for the local community)*

**Wanneroo Library – 9405 5940**

[www.wanneroo.wa.gov.au/info/20004/community/209/growing\\_old\\_living\\_dangerously\\_gold/1](http://www.wanneroo.wa.gov.au/info/20004/community/209/growing_old_living_dangerously_gold/1)

*(Tech Help, part of Growing Older Living Dangerously (GOLD) program)*

# WA EVENTS AND EXPOS

## Care and Ageing Expo – 9228 9166

### 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.)*

*Exhibition held around August, for more details visit:*

[www.careandageingexpo.com.au](http://www.careandageingexpo.com.au)

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

*(Have a Go Day events are held across WA to acknowledge seniors.)*

*Various events, held around November, for more details visit:*

[www.srcwa.asn.au/have-a-go-day.html](http://www.srcwa.asn.au/have-a-go-day.html)

## Healthy Lifestyle Expo 50+

*(Healthy Lifestyle Expo 50+ is designed to promote and encourage healthy lifestyles and wellness opportunities for the over 55's community.)*

*For more details visit:*

[www.cockburn.wa.gov.au/Community-Support/Seniors-50/Seniors-Centre](http://www.cockburn.wa.gov.au/Community-Support/Seniors-50/Seniors-Centre)

## Senior Recreation Council of WA Program, events include:

- Age Care Games
- Seniors Exergaming WA
- Tech Savvy Seniors
- Seniors Information Activity Days
- Enchanted Garden Ball
- Seniors Concerts
- Seniors Camps
- LiveLighter Seniors Activity Information Day

*(For more details contact: SRCW, 9492 9773 or [www.srcwa.asn.au](http://www.srcwa.asn.au), or your local council for details.)*

## WA Seniors Week (Celebrations held in November)

*(WA Seniors Week Community Grants Program is administered by the Council on the Ageing WA with support from the State Government and Lotterywest.)*

*For more details visit: [www.haveagonews.com.au](http://www.haveagonews.com.au)*

# MEDIA FOR SENIORS

## Active Ageing News

[www.cotawa.org.au/activeageing/active-ageing-news/](http://www.cotawa.org.au/activeageing/active-ageing-news/)

*(Active Ageing Newsletter produced by Council on the Ageing WA.)*

## 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](http://www.haveagonews.com.au)

*(Have a Go News is a lifestyle paper targeting the mature demographic)*

## The Senior Newspaper

[www.thesenior.com.au](http://www.thesenior.com.au)

*(The Senior Newspaper is a free monthly publication specifically aimed at the mature reader)*

## WA Seniors Awards

[www.communities.wa.gov.au](http://www.communities.wa.gov.au)

*(WA Seniors Awards recognises the outstanding contribution of older Western Australians and are presented by the Council on the Ageing WA in partnership with the Department of Communities.)*

# 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.....	9399 0125
Ballajura Public Library.....	9207 8686
Bassendean Memorial Library.....	9279 2966
Bayswater Library, .....	9271 2340
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 .....	9297 9600
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 3800
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

Some Local Councils run programs specifically with Seniors in mind. 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 Councils 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 Community Centre (Coombe Avenue), Armadale and Roleystone Family Community Centres. Greendale Community Centres offers activities and outings which include table tennis, snooker/pool, art group, etc.*

## **City of Bayswater – Age Friendly Ambassadors**

*Free six week Fit for Life exercise classes for the over 50s. Plus various activities including bus trips, indoor bowls, mah-jong, computer classes, yoga, etc. Fees apply.*

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

*Free Art & Writers Club, Carers Support Group, iPad lessons, Movie & Travel club.*

## **City of Fremantle – What's On Program**

*Created for diverse interests, and people of all ages and abilities.*

## **City of Joondalup – Platinum50+ Adventure Program**

*Offers a wide range of exciting activities and excursions, to residents of the City of Joondalup or a member of City of Joondalup Leisure Centres, enrolments and costs apply.*

## **City of Kalamunda – Active Seniors Program**

*Fitness Programs for the over 50's include Zumba Gold, Living Longer Living Stronger and Social Table Tennis. Fees apply.*

## **City of Melville – Fit for Life Program**

*Fitness program for the over 55's activities include dancing, sport and recreation, lawn bowls, tennis, swimming, walking and cycling. Fees may apply.*

## **City of Nedlands – Nedlands Affinity Club Positive Ageing**

*Offers the opportunity for seniors to sample something new and make new friends. Members participate in weekly and monthly activities, costs apply.*

# LOCAL COUNCILS

## **City of Perth – Citiplace Community Centre**

*Provides a wide and varied range of activities and services for people over the age of 55 years and people with disabilities.*

## **City of Rockingham – Seniors Social & Wellbeing Program**

*Provides an opportunity for seniors to engage in weekly physical and social activities in a friendly group setting. Locations include Baldivis Recreation Centre and Golden Bay Coastal Community Centre.*

## **City of Stirling – Seniors & Autumn Clubs**

*Autumn/Senior Citizens Clubs operate from most of the City of Stirling's community centres and provide a meeting place for mature-aged people who wish to participate in social, educational and recreational activities.*

*Centres include:*

*Balga/Nollamara Pensioners Social Club Inc., Inglewood Senior Citizens Club, Dianella, Osborn, North Beach, Nollamara and Scarborough Autumn Club (9205 7940), Hamersley Autumn Club (9447 0455.)*

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

*Provides a range of fitness programs which include Dance to Music, Chair Yoga, Zumba Gold, Pilates and out 'n' about bus trips. Fees apply.*

## **City of Swan – Events for Seniors**

*Offers various activities including art, dance and digital tech classes, talks, swimming, Zumba gold, circuit training and Living Longer Living Stronger Program.*

## **City of Vincent – Well & Wise Program**

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

## **City of Wanneroo – Growing Old and Living Dangerously Program**

*Provides a range of exciting and challenging activities for people aged 50 years and over.*

## **Shire of Serpentine Jarrahdale – Activities for over 55+**

*Offers a variety of social, learning and recreational opportunities for over 55's including Zumba Gold, Seniors Morning Tea, Cyber Safety talk, Movies and outings. Locations include Serpentine Jarrahdale Community Recreation Centre, Byford, St Aidan's Community Centre, Byford, Koomal Mia Room and Mundijong.*



## Trinity School for Seniors

### Companionship through Learning

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

The Trinity School for Seniors (TSFS) provides over 100 courses for more than 600 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 (60 years and older), 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](mailto:Reception@tsfs.org.au)

**Office Hours:** Monday to Friday 9.00am – 3.00pm



**Trinity School for Seniors**



**Website:** [www.perthunitingchurch.org.au](http://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](mailto: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](http://www.perthunitingchurch.org.au)



**UCIC, Perth**