



CITY OF VINCENT

WHAT'S ON FOR SENIORS



INTERACTIVE STAY ON YOUR FEET® PRESENTATION WITH TAI CHI CLASS

Date: Friday 19 April 2024

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Come along and join us for a presentation by Stay on Your Feet® on the importance of moving your body to prevent falls, accompanied by a 40-minute tai chi class. Enjoy a morning tea with your fellow participants after the session.

Please wear appropriate exercise clothing, comfortable shoes and bring a water bottle to keep hydrated. If you have any health or mobility concerns, please see your GP and advise the instructor on the day.



MULTICULTURAL SENIORS EXPO

Date: Friday 26 April 2024

Time: 10am – 1pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

In partnership with Chung Wah and Perth Asian Community Centre, we invite seniors from multicultural backgrounds to come along and learn about services and support available in their community. Enjoy free entertainment, activities, and light refreshments



LIVELIGHTER INFORMATION AND ACTIVITY DAY

Date: Monday 13 May 2024

Time: 10am – 1pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

In partnership with the Seniors Recreation Council, we are hosting a LiveLighter Information and Activity Day. Come along and take part in a variety of activities with a wide selection of static displays offering senior specific information. Light refreshments will be provided during the event.



WORLD ELDER ABUSE DAY PRESENTED BY ADVOCARE

Date: Friday 14 June 2024

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

In recognition of World Elder Abuse Day, Advocare will present information on protecting the rights of older people. Following the presentation there will be a morning tea.

Topics of discussion will include:

- The Charter of Age Care Rights explained
- Access to aged care advocacy assistance
- Advocare's programs
- Information on elder abuse helpline



Registration is essential as places are limited at these events.

For more information or to register for any of these events, please contact the Community Development team on **6112 5838** or via email at community.development@vincent.wa.gov.au or visit vincent.wa.gov.au/events

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BUS TOURS



MURALS AT WAROONA

Date: Thursday 2 May 2024

Time: 9am – 4pm

Cost: \$49

Pick up and drop off: Community Centre,
99 Loftus Street, Leederville

The day will commence with morning tea at Edenvale Homestead before reaching Waroona. Here you can wander the streets of the township exploring the art murals and antique shopping. Lunch and dessert will be provided at the Drakesbrook Hotel and is included in your ticket price.



RAVENSWOOD BUSH EXPERIENCE

Date: Wednesday 5 June 2024

Time: 9am – 3.30pm

Cost: \$45

Pick up and drop off: Community Centre,
99 Loftus Street, Leederville

Touring the township of Jarrahdale you will hear the remarkable history of the area before stopping at Langford Park for morning tea. Making the journey through the forest and across Serpentine Dam towards the Murray River. Lunch at the Ravenswood Hotel is included in your ticket price.

To secure a seat on our bus tours, we require payment at the time of booking. Bookings are limited to one tour per Vincent resident each calendar year. For registration and payment please call **9273 6000**.

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NATIONAL RECONCILIATION WEEK 2024

Now More Than Ever #NRW2024

Reconciliation Week is a time for all Australians to learn about Aboriginal stories, cultures, and achievements. Join us for a yarn and celebrate Noongar heritage at a range of free cultural events.

TRADITIONAL ABORIGINAL ART WITH DJURANDI DREAMING AND JUSTIN MARTIN

Date: Monday 27 May 2024
Time: 5 – 6.30pm
Cost: FREE
Location: Community Centre,
99 Loftus Street, Leederville

TOTEM WEAVING WITH SHARYN EGAN

Date: Tuesday 28 May 2024
Time: 4.30 – 6.30pm
Cost: FREE
Location: Community Centre,
99 Loftus Street, Leederville

BUSHTUCKER TALK AND TASTING WITH DALE TILBROOK

Date: Wednesday 29 May 2024
Time: 5 – 7pm
Cost: FREE
Location: Community Centre,
99 Loftus Street, Leederville

ABORIGINAL HISTORY, DREAMTIME STORIES AND BUSH TOOLS WITH GREG NANNUP

Date: Thursday 30 May 2024
Time: 5.30 – 6.45pm
Cost: FREE
Location: Community Centre,
99 Loftus Street, Leederville

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