



CITY OF VINCENT

# WHAT'S ON

SCAN FOR MORE  
INFORMATION



## POPPY MAKING WORKSHOP

**Date:** Tuesday 2 September 2025

**Time:** 9.30am – 12pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville



Join us for our community poppy installation project, where we aim to build on last year's success and create a larger display of commemoration. We are inviting the community to come together and contribute, adding to the growing number of handmade poppies.

All supplies provided together with light refreshments



## STAY ON YOUR FEET – FALLS PREVENTION PRESENTATION

**Date:** Tuesday 9 September 2025

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for a presentation with tips and strategies on how to prevent slips, trips and falls as we get older.

This presentation is suited to older adults, their friends and families.

Stay after the presentation for a chat and light refreshments.

FOR MORE INFORMATION SCAN QR CODE | BOOKINGS ARE ESSENTIAL | PRIORITY GIVEN TO VINCENT RESIDENTS

# DEMENTIA ACTION WEEK



## SHALL WE DANCE

**Date:** Monday 15 September 2025  
**Time:** 10 – 11.30am  
**Cost:** FREE  
**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for a lively morning of line dancing to raise awareness for dementia. Whether you're a seasoned dancer or just starting, out, everyone is welcome to take part in the fun, connect with others, and support a great cause.

Stay after for a chat and light refreshments.



## A VERY PUZZLING MORNING

**Date:** Tuesday 16 September 2025  
**Time:** 10 – 11.30am  
**Cost:** FREE  
**Location:** City of Vincent Library & Local History  
Centre Lounge, 99 Loftus Street, Leederville

Challenge your mind and have fun at our jigsaw puzzle competition. Join us for a morning of friendly competition, puzzle-solving excitement and your chance to win super prizes. Come alone or bring a friend.

Stay after and enjoy a chat and light refreshments.



## THE STITCH CIRCLE

**Date:** Wednesday 17 September 2025  
**Time:** 10 – 11.30am  
**Cost:** FREE  
**Location:** Community Centre, 99 Loftus Street, Leederville

Whether you're keen to try your hand at knitting and crocheting or already love the rhythm of the needles, come along and join the fun! Learn new techniques, get inspired, and enjoy some great conversation along the way. It's a wonderful way to relax, get creative, and connect with friendly faces in your community.

Stay after and enjoy a chat and light refreshments.



## INTERNATIONAL DAY OF SIGN LANGUAGES

**Date:** Tuesday 23 September 2025

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

To observe International Day of Sign Languages this year, come and meet Auslan instructor with lived-experience, Kim Kossenbergh who will teach us some basic Auslan. We will then put this new-found knowledge to good use with a friendly game of 'Charades'.

Stay after for a chat and light refreshments.



## RETIREMENT AND ITS TAX IMPLICATIONS

**Date:** Thursday 25 September 2025

**Time:** 10 – 11am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for an informative session exploring the Australian superannuation and retirement system. You'll learn how to minimise tax and maximise your super in the lead-up to retirement, how to fund your lifestyle using both superannuation and the age pension, and ways to maximise your age pension entitlements. We'll also cover smart investment strategies to help make the most of your super during retirement.

Stay after for a chat and light refreshments.



### CHATTY CAFE

**Date:** Friday 26 September 2025  
**Time:** 10 – 11am  
**Cost:** FREE  
**Location:** Community Centre Foyer,  
99 Loftus Street, Leederville

Looking for a friendly place to meet new people and have a chat? Come along to Vincent's Chatty Cafe, where everyone is welcome! We will be hosting a relaxed and welcoming catch-up. Enjoy a cuppa, light refreshments, and engaging conversations with your neighbours – all with no pressure or agenda.

Light refreshments will be provided.



### MOONCAKE FESTIVAL 2025

**Date:** Saturday 4 October 2025  
**Time:** 10am – 1pm  
**Cost:** FREE  
**Location:** Community Centre, 99 Loftus Street, Leederville

In partnership with Perth Asian Community Centre, join us for a joyous celebration of the Mooncake Festival, a time-honoured tradition that brings families and communities together under the full moon. Enjoy delicious mooncakes, vibrant cultural performances and activities.

Everyone welcome. Light lunch provided.

**Registrations essential.**



## CHAOS TO CONTROL

**Date:** Saturday 11 October 2025

**Time:** 10am – 2.30pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join artist Tania Ferrier to learn how to draw images from your mind's eye. Attendees will learn the technique of stretching paper and how to begin drawings and paintings through a technique of random mark making with charcoal and acrylic paint.

Suitable for beginners and experienced drawers.  
Light refreshments will be provided.



## CARERS WELLNESS EVENING

**Date:** Tuesday 13 October 2025

**Time:** 5.30 – 7.30pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for a calming evening of health and mindfulness. This is your chance to relax, unwind, and focus on you. Enjoy activities that nourish your body and mind, connect with others who understand the caring journey, and indulge in some well-deserved self-care. You do so much for others, now it's time to treat yourself

Stay after for a chat and light refreshments.



## STAY ON YOUR FEET – 6 WEEK INTRO TO EXERCISE PROGRAM

**Date:** 15 October – 19 November 2025

**Time:** 9.30 – 11am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us to learn exercises and activities to help maintain and improve strength, balance and gait, and how they can be incorporated into simple exercises in everyday life.

Go at your own pace and learn exercises specific to your individual needs to stay active, and stay on your feet.

Registrations essential and a six-week commitment is required.  
Stay after for a chat and light refreshments.



## SENIORS TECH EXPO

**Date:** Friday 17 October 2025

**Time:** 10am – 1pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

As part of National Get Online Week, come along to the Seniors Tech Expo, a relaxed, interactive event where you can wander through a variety of stalls, chat with friendly experts, and discover useful tools, services, and gadgets to help you stay connected, informed, and safe online.

This event is delivered in partnership with the Seniors Recreation Council of WA.

Light refreshments will be provided.



## BIRD WALK AND TALK AT HYDE PARK

**Date:** Saturday 18 October 2025

**Time:** 8 – 9.30am

**Cost:** FREE

**Location:** Hyde Park

Join us for a relaxing Bird Walk & Talk at Hyde Park with bird expert Dr Rochelle Steven. Discover the park's diverse birdlife and enjoy a peaceful stroll through one of Vincent's most iconic green spaces.

Wear comfy shoes, dress for the weather, and bring water and binoculars if you have them.



## BUS TOUR – DAMS, HILLS, AND BISTRO

**Date:** Thursday 30 October 2025

**Time:** 9am – 3.30pm

**Cost:** \$60

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for a morning of sightseeing and commentary on the history, attractions, and the bauxite mines of the area. You will first stop for morning tea at the North Dandalup Dam then head to Bistro on the Dam overlooking Serpentine Dam, where you will sit back and enjoy a tasty two course lunch. Afterwards feed the 28's or if you're lucky a resident Kookaburra. We will stop for some farm fresh strawberries on the way home.

Places are limited and bookings are essential. Remember, one bus tour per resident per year.



## CHATTY CAFE

**Date:** Friday 31 October 2025

**Time:** 10 – 11am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Looking for a friendly place to meet new people and have a chat? Come along to Vincent's Chatty Cafe, where everyone is welcome! We will be hosting a relaxed and welcoming catch-up. Enjoy a cuppa, light refreshments, and engaging conversations with your neighbours – all with no pressure or agenda.

Light refreshments will be provided.



## POPPY PROJECT INSTALLATION & MORNING TEA

**Date:** Friday 7 November 2025

**Time:** 10am – 12pm

**Cost:** FREE

**Location:** Keith Frame Reserve, 244 Vincent Street, Leederville

To commemorate Remembrance Day, The City of Vincent is inviting the community to our upcoming Poppy Project Installation.

We will honour Remembrance Day with a grand display of poppies made by the loving hands of the Vincent community.

A symbol of remembrance, poppies will be woven together to adorn one of the towering trees outside the Vincent Administration Building as a tribute to those who have served.

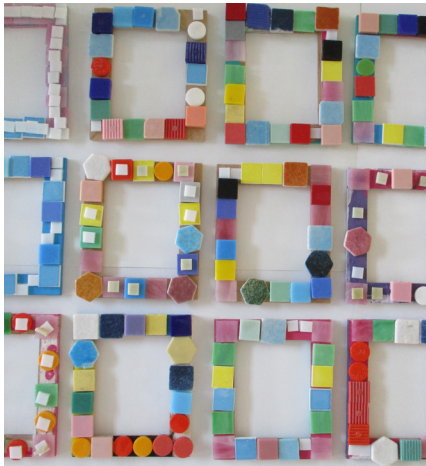
Light morning tea will be provided.

FOR MORE INFORMATION SCAN QR CODE | BOOKINGS ARE ESSENTIAL | PRIORITY GIVEN TO VINCENT RESIDENTS



# SENIORS WEEK

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## MOSAIC ART WORKSHOP

**Date:** Monday 10 November 2025  
**Time:** 10 – 11.30am  
**Cost:** FREE  
**Location:** Community Centre, 99 Loftus Street, Leederville

Get creative and have fun making your own unique coasters and picture frames from colourful stones! Our friendly workshop leader will guide you through simple mosaic techniques – no experience needed.

Stay after for a chat and light refreshments.

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## COME AND TRY PICKLEBALL

**Date:** Tuesday 11 November 2025  
**Time:** 10 – 11.30am  
**Cost:** FREE  
**Location:** Loftus Recreation Centre, 99 Loftus St, Leederville

Pickleball is a paddle sport you can learn in minutes and play for a lifetime. It brings together elements of tennis, badminton, and ping pong to create a sport that's fun for all ages and skill levels.

Stay after for a chat and light refreshments.

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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 **9273 6000** or via email at [community.development@vincent.wa.gov.au](mailto:community.development@vincent.wa.gov.au) or visit [vincent.wa.gov.au/events](https://vincent.wa.gov.au/events)

If you are receiving this flyer via post, please consider the environment and ask for it to be emailed instead. Send us an email at [community.development@vincent.wa.gov.au](mailto:community.development@vincent.wa.gov.au) with your request to change the delivery method.



## MUSICAL MORNING TEA WITH ARANMORE COLLEGE CHOIR

**Date:** Wednesday 12 November 2025  
**Time:** 10.30 – 11.30am  
**Cost:** FREE  
**Location:** Vincent Library & Local History Centre,  
99 Loftus Street, Leederville

Enjoy a morning of music and connection as Aranmore Catholic College students perform for our senior community, followed by a relaxed morning tea at the library.



## UNDERSTANDING OSTEOPOROSIS

**Date:** Thursday 13 November 2025  
**Time:** 10am – 12pm  
**Cost:** FREE  
**Location:** Kambarang Room – Community Centre,  
99 Loftus Street, Leederville

Learn how to spot the signs and reduce your risk of Osteoporosis with Arthritis WA. This session covers key topics like risk factors, prevention, diagnosis, treatment, and self-management. Plus the difference between Osteoporosis and Arthritis.

Stay after for a chat and light refreshments

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## CHRISTMAS CARD MAKING

**Date:** Wednesday 26 November 2025

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Get into the festive spirit and join us for a fun and creative Christmas card-making session! Whether you're a seasoned crafter or just looking to try something new, this is a great chance to create personalised cards for your loved ones while enjoying some holiday cheer in a relaxed, social setting. All materials are provided, and everyone is welcome!

Stay after for a chat and light refreshments.



## CHATTY CAFE

**Date:** Friday 28 November 2025

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre Foyer,  
99 Loftus Street, Leederville

Looking for a friendly place to meet new people and have a chat? Come along to Vincent's Chatty Cafe, where everyone is welcome! We will be hosting a relaxed and welcoming catch-up. Enjoy a cuppa, light refreshments, and engaging conversations with your neighbours – all with no pressure or agenda.

Light refreshments will be provided.



## INTRODUCTION TO CHAIR YOGA

**Date:** Monday 1 December 2025

**Time:** 10 – 11am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for chair yoga, a gentle and accessible practice perfect for those with limited mobility, achy joints, or anyone recovering from injury or illness. All are welcome to participate and enjoy the benefits of movement in a comfortable, supportive setting!

Stay after for a chat and light refreshments.



## PAINT AND SIP

**Date:** Tuesday 9 December 2025

**Time:** 9.30am – 12pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Release stress and emotions, while also flexing your creativity muscles with Paint and Sip Art Class. Sip on your cuppa or a glass of non-alcoholic bubbles, sample some cheeses, and be creative with the canvas.

All art supplies will be provided, and morning tea will be served.

Stay after for a chat and light refreshments.

# CHAT WITH OUR COMMUNITY DEVELOPMENT TEAM

EVERY THURSDAY FROM 10AM TO 12PM

Whether you're looking for support, want to get more involved locally, or just have a question, we're here to help. No appointments needed, just drop in to the Vincent Community Centre. We'll be there 3 September until 3 December as a trial.



# BEATTY PARK LEISURE CENTRE



## SENIOR SOCIAL SWIM CLASS

**Date:** Every Wednesday  
**Time:** 8 – 8.30am  
**Cost:** FULL PRICE \$59.80  
CONCESSION \$47.84 per month  
**Location:** Beatty Park Leisure Centre,  
220 Vincent Street, North Perth

Our Senior Social Swim class is dedicated to over 55's who want to swim with like-minded people in a social environment. Develop your swimming skills, improve your endurance and learn vital survival skills, guided by your fun and friendly swim instructor. As part of your enrolment, enjoy complimentary access to our five heated pools, plus a 10% discount at our Swim Shop.

For more information and to book contact the swim school team on **08 9273 6082** or email [swimschool@vincent.wa.gov.au](mailto:swimschool@vincent.wa.gov.au)



## AQUA FITNESS

At Beatty Park, we offer a variety of aqua aerobics classes. Whether you're after a low impact workout, a fat-burning cardio workout or dance-style workout, we have an aqua fitness program to suit people of all ages and abilities.

Members can book a spot in any of our Aqua Fitness classes via our member portal. If you're not a member, simply rock up a little early and pay for your class at our front desk.

For information, aqua class timetables, or to book contact **9273 6080**



## ENERGYWISE

**Date:** Tuesdays and Thursdays  
**Time:** 1.15 – 2.15pm  
**Cost:** \$12 per class  
**Location:** Beatty Park Leisure Centre

Beatty Park's Energywise exercise program is the perfect fitness solution for people over 50. Classes are either in the pool or in the group fitness studio, you can try a range of different classes in a safe, supervised and supportive environment.

For more information or to book contact **9273 6080** or visit [beattypark.com.au/fitness/seniors-fitness-classes](http://beattypark.com.au/fitness/seniors-fitness-classes)