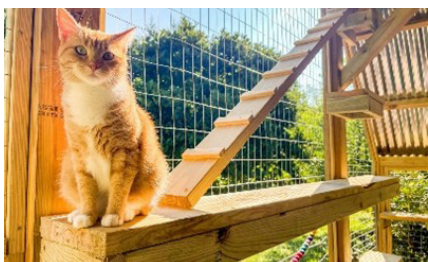
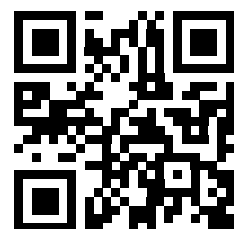




CITY OF VINCENT

WHAT'S ON

SCAN FOR MORE
INFORMATION



A BIRD SAFE VINCENT – CATIOS AND RODENTICIDES

Date: Saturday 17 January 2026

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville



Join us for a Bird Safe Workshop and learn practical ways to help protect our local birdlife. This session will cover important topics like the use of catios to reduce the impact of domestic pets on native birds and the dangers of certain rodenticides, which can harm birds of prey and other wildlife.

Stay after for a cuppa and a chat.



HEARING BUS

Date: Thursday 29 January 2026

Time: 9am – 3pm

Cost: FREE

Location: Outside the Community Centre,
99 Loftus Street, Leederville

Come along to the Hearing Bus and receive a free hearing check from Hearing Australia. The quick, easy assessment can detect and measure the severity of any hearing loss, helping you take the next steps to protect your hearing health. Friendly staff will be on hand to answer questions and provide advice.

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



GARDEN ECOLOGY – PLANT COMMUNITIES

Date: Wednesday 4 February 2026
Time: 5.30 – 6.30pm
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Curious about companion planting? Take your gardening skills to the next level and learn how to boost both the beauty and productivity of your garden. This workshop explores how plants naturally form communities in nature and why this is so important for our local biodiversity and a healthy garden.

Stay after for a cuppa and a chat.



TRY TAI CHI

Date: Wednesday 11 February 2026
Time: 10 – 11.30am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Experience the beauty and benefits of Tai Chi. Be guided through authentic Tai Chi and Qigong movements that help improve physical and spiritual balance.

Bring a drink bottle, wear comfortable clothes, and enjoy a peaceful start to your day.

Stay after for a chat and light refreshments.



BLACK COCKATOO CRISIS

Date: Thursday 26 February 2026

Time: 6.30 – 8.30pm

Cost: FREE

Location: Luna Cinemas, 155 Oxford Street, Leederville

Join us for a special screening of Black Cockatoo Crisis, a powerful documentary shining a light on the plight of Western Australia's endangered black cockatoos.

Discover the beauty of these iconic birds and the urgent conservation efforts working to protect them.

Stay after the film for a short discussion and a chance to learn how you can help make a difference.



UNDERSTANDING DIABETES AND REDUCING YOUR RISK

Date: Tuesday 3 March 2026

Time: 5.30 – 6.30pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Learn about diabetes, its types, risk factors, warning signs and practical lifestyle tips to manage type 2 diabetes. Find out how the NDSS (National Diabetes Services Scheme) can support you. This session is perfect for anyone living with diabetes, supporting someone, or wanting to stay informed.

Stay after for a cuppa and a chat.



STROKESAFE TALK

Date: Thursday 12 March 2026

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Don't miss out on your chance to learn how you could help save a life and reduce your stroke risk!

Join us to learn what a stroke is, how to recognise the signs, what to do if someone is having a stroke, and how you can prevent stroke.

Stay after for chat and light refreshments.



BUS TOUR – STIRLING COTTAGE – A STEP BACK IN TIME

Date: Tuesday 17 March 2026

Time: 9am – 3.30pm

Cost: \$55

Location: Community Centre, 99 Loftus Street, Leederville

Enjoy a scenic drive to North Dandalup Dam for morning tea then head to Harvey for a two-course fish and chip lunch at Stirling Cottage Kitchen. Explore Stirling Cottage and finish the day with wine tasting, browsing local produce and a visit to the Big Orange for a gold coin donation to charity.



KNOW THE BASICS – FIRST AID DEMONSTRATION

Date: Tuesday 31 March 2026

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Refresh your First Aid skills with St John WA. This session covers common everyday injuries and illnesses and combines theory with practical skills, including recovery position, CPR, and fracture management. Gain the confidence to safely help friends, family, and grandchildren.

Stay after for chat and light refreshments.



EATING HEALTHY ON A BUDGET

Date: Monday 20 April 2026

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Join us for this nutrition workshop and learn how to take charge of your health with good nutrition while keeping costs down. Eating well doesn't have to be time-consuming or expensive. Discover practical tips for meal planning, batch cooking, and making healthy choices that fit even a tight budget.

Stay after for chat and light refreshments.



FLOWER DOME WORKSHOP

Date: Thursday 23 April 2026

Time: 9.30 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Create your very own miniature flower dome to take home in this hands-on workshop. You'll learn simple arranging techniques and design tips while enjoying a relaxed and social morning with friends. All materials are provided – just bring your creativity!

Stay after for chat and light refreshments.

MOVE, MEET AND CONNECT



CHAIR YOGA

Date: Mondays, 2, 9, 16 and 23 February 2026
Mondays 9, 16, 23 and 30 March 2026
Time: 10 – 11.30am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Vincent Residents and Beatty Park Leisure Centre Members (60+) Only

As part of our commitment to healthy, active ageing, you are invited to try chair yoga. Led by a qualified instructor, it's suitable for beginners and those with physical limitations. Chair yoga helps improve flexibility, mobility, and mental clarity while reducing stress.

Stay after for a cuppa and a chat!



CHATTY CAFÉ

Date: Friday 30 January 2026 | Friday 27 February 2026
Friday 27 March 2026 | Friday 24 April 2026
Time: 10 – 11am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Looking for a friendly place to meet new people? Join us at Vincent's Chatty Cafe where everyone is welcome. Enjoy a relaxed catch-up with engaging conversation with no pressure or agenda.

Tea and coffee provided!



POLE WALKING

Date: 22 January 2026 | 19 February 2026
19 March 2026 | 16 April 2026
Time: 9.30 – 10.30am
Cost: FREE
Location: Hyde Park (meet at the Café)

Grab your hat and water bottle and enjoy a morning walk around beautiful Hyde Park. Pole Walking is a low impact, social cardio workout for people of all abilities and fitness levels.

Walking poles provided, or you can bring your own.

BEATTY PARK LEISURE CENTRE



ENERGYWISE

Date: Tuesdays and Thursdays (from 3 February 2026)
Time: 1.15 – 2.15pm
Cost: \$12 per class
Location: Beatty Park Leisure Centre,
220 Vincent Street, North Perth



Membership and multi-session pass options available. Seniors save 20% off full access memberships (with a valid Senior/Pensioner card) or take advantage of our Off-Peak membership.

Energywise offers older adults a variety of safe, supervised classes on land and water, tailored to all fitness levels. It helps improve physical health while providing a regular opportunity to socialise with a like-minded group.



CHAIR YOGA

Date: Wednesday Mornings
Time: 10.30 – 11.30am
Cost: \$5 per class
Location: Beatty Park Leisure Centre, Studio 2
220 Vincent Street, North Perth

Chair yoga is a gentle, adaptable form of yoga that uses a chair for support, making it ideal for older adults and those with limited mobility. It promotes flexibility, strength, balance and relaxation and is suitable for all fitness levels.

SENIOR SOCIAL SWIM CLASS

Date: Every Wednesday
Time: 8 – 8.30am
Cost: MONTHLY PAYMENT: Full Price: \$59.80 | CONCESSION: \$47.84
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 our fun and friendly swim instructors. 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 team at Beatty Park Leisure Centre on **9273 6080** or email reception.bp@vincent.wa.gov.au

SAFER VINCENT



FREE SOLAR SENSOR LIGHT

Helping you feel safe at home

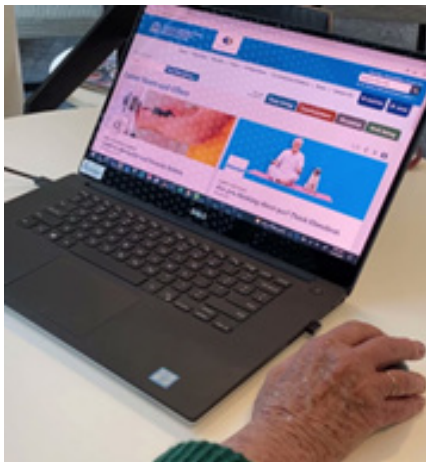
The City of Vincent is offering a free solar sensor light to residents who would benefit from a sensor light to help improve safety and peace of mind.

Each light comes with a bracket and easy-to-follow instructions for you to install. The light does not need any wiring, and installation is simple.

Sensor lighting can light up dark areas and discourage unwanted visitors.

This offer is available while stocks last and will be provided on a 'first come, first served' basis.

Request your light by contacting the City on **9273 6000**.



APPLY FOR A SAFETY AND SECURITY REBATE

If you are a WA Seniors Card member, did you know that you can apply to receive a Safety and Security Rebate? The rebate allows a claim of up to \$400 per household towards the purchase of eligible home security or safety items.

Contact the WA Seniors Card Centre on **1800 671 233** for more information.



KEEPING OUR STREETS BRIGHT AND SAFE

Streetlights help keep our community safe and welcoming at night.

Western Power looks after the installation and maintenance of most streetlights in the City of Vincent. If you notice a streetlight that isn't working properly, you can report it by calling **1800 622 008**.

In an emergency, every second counts. For urgent safety concerns such as damaged poles, electric shocks, or exposed wires, please call Western Power straight away on **13 13 51**.