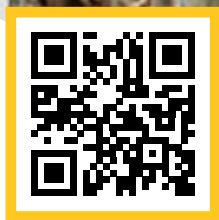




CITY OF VINCENT



WHAT'S ON FOR SENIORS



PURPLE ROAD COMMUNITY CRAFT DAY

Date: Wednesday 7 & 21 May 2025

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Purple Road is an awareness campaign aimed at encouraging individuals to share their stories in observance of World Elder Abuse Awareness Day. Every year, the campaign symbolically represents hundreds of elder abuse experiences through the creation of purple “roads” – textile artworks that capture and unite narratives surrounding the issue of elder abuse.

Join us for a morning filled with creative fun of craft, knitting and crocheting purple flowers for our Purple Road project. Don't know how to knit or crochet? Come and learn from our friendly, crafty community. Bring your friends and family along to craft, connect, and celebrate community.

All supplies provided together with light refreshments.



LIVELIGHTER INFORMATION AND ACTIVITY DAY

Date: Friday 16 May 2025

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.



LONELINESS AWARENESS WEEK: THE CONNECTION QUEST SCAVENGER HUNT

Date: Wednesday 11 June 2025

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Looking for a fun way to meet new people and explore your community? Join us for an exciting scavenger hunt designed to bring people together. Whether you're new in Vincent or just looking to expand your social circle, this event is perfect for everyone. Come alone or bring a friend and get ready to embark on an adventure-filled morning.

Stay after and enjoy some morning tea.



WISE UP, RISE UP AGAINST ELDER ABUSE – PRESENTED BY ADVOCARE

Date: Friday 13 June 2025

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

In recognition for World Elder Abuse Day, Advocare will provide information on understanding elder abuse, types of abuse, how to recognise the signs of elder abuse (in self and others), how to protect yourself, and where you can go for help.

Link up with services, including:

- WA Police – Community Policing
- Advocare – Peak body for seniors in WA
- Elders Rights WA
- Older People's Rights Legal Service
- Relationships Australia

Stay after and enjoy some morning tea.

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** or book online **vincent.wa.gov.au/events**



PLANNING FOR THE FUTURE – DELIVERED BY ELDERS RIGHTS WA (LEGAL AID)

Date: Wednesday 2 July 2025

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Everyone wants to live a long and happy life, but what happens if things don't go according to plan? Events that impact your own life, or those close to you, can make a big difference to your future. This free information session offers insights to the legal options available to record your choices and decisions, and why these are important to consider.

Stay after and enjoy some morning tea.



ROCKIN BOPS INTERGENERATIONAL JAM & JIVE

Date: Friday 18 July 2025

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

An intergenerational music event with a performance from Rockin Bops of 50s and 60s classic hit songs. Come solo or bring your grandchild/ grandparent to join the fun. Recommended for children ages 2 – 5 years old.

Stay after and enjoy some morning tea.

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 or book online vincent.wa.gov.au/events



POPPY MAKING WORKSHOP

Date: 22 July & 12 August 2025

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

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

Let's unite in this meaningful project to honour and remember, creating something truly special as a community.

All supplies provided together with light refreshments.



INTERNATIONAL SELF-CARE DAY

Date: Thursday 24 July 2025

Time: 10am – 12pm

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

To celebrate and promote the value of self-care, we are hosting a self-care sound bath and relaxation morning aimed at promoting mindfulness and meditation. The act of a sound bath creates an echoing sound and can recalibrate how the body exists amongst the disruptions of noise pollution, making individuals feel calmer and more relaxed.

Stay after and enjoy some morning tea.

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 or book online vincent.wa.gov.au/events



LIVING ARRANGEMENTS FOR OLDER PEOPLE – DELIVERED BY ELDERS RIGHTS WA (LEGAL AID)

Date: Tuesday 5 August 2025

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

As life changes, you may consider a variety of different options about the place you call home, including living with family members. You might not want or need as much space, or you may require some assistance so that you can continue to live in your home for as long as possible. These decisions can involve significant amounts of money or very valuable assets. This free information session will explore the benefits and risks of shared living, and how older people can protect themselves in these arrangements.

Stay after and enjoy some morning tea.



TERRARIUM MAKING WORKSHOP

Date: Wednesday 27 August 2025

Time: 10 – 11.30am

Cost: FREE

Location: Community Centre, 99 Loftus Street, Leederville

Discover the art of creating your own miniature garden in our hands-on terrarium workshop. Perfect for plant lovers of all skill levels, this workshop will guide you through the process of designing and maintaining a beautiful, self-sustaining terrarium.

All supplies provided together with light refreshments.

VOLUNTEERING OPPORTUNITY

The Older People's Rights Service (OPRS) at Northern Suburbs Community Legal Centre is always on the lookout for skilled older peer volunteers who love public speaking and delivering community presentations. These volunteer positions would suit retired teachers or health professionals or anyone else who would like to raise awareness and educate seniors on the mistreatment of older people (elder abuse).

If you are interested in finding out more, please email us on oprs.volunteers@nsclegal.org.au

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 or book online vincent.wa.gov.au/events



BUS TOURS



LAST DROP ELIZABETHAN

Date: Thursday 22 May 2025

Time: 9am – 3.30pm

Cost: \$55 per person

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

You will make your way through the Perth Hills to Mundaring Weir where you will enjoy morning tea and free time to have a walk on the dam. You will continue through the hills to the Bickley Valley and the fruit growing areas, and stop at Raeburn Orchard for an opportunity to purchase some fruit and maybe even some Cider tastings. You will continue on through Roleystone and Churchman's Brook before arriving at The Last Drop Elizabethan, for a two-course meal. After lunch you will head to Jadran Wines for some wine tasting before slowly making your way home.

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

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 or visit 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 with your request to change the delivery method.



AGE FRIENDLY VINCENT

We want to hear from you. The City of Vincent is hosting consultations to gather feedback on how we can create a more age friendly community. Your input will help shape services, programs, and spaces that cater to the needs of seniors.

Join us in making Vincent a better place for people of all ages.

AGE FRIENDLY VINCENT – COMMUNITY CONSULTATION

SESSION ONE	Date: 8 April 2025 Time: 10am – 12pm Venue: Floreat Athena Football Clubrooms, 46 Britannia Road, Mt Hawthorn Cost: FREE
SESSION TWO	Date: 9 April 2025 Time: 10am – 12pm Venue: Forrest Park Croquet Club, 66 Harold Street, Mt Lawley Cost: FREE
SESSION THREE	Date: 10 April 2025 Time: 10am – 12pm Venue: North Perth Bowling Club, 10 Farmer Street, North Perth Cost: FREE
SESSION FOUR	Date: 10 April 2025 Time: 5.30 – 7.30pm Venue: Vincent Community Centre, 99 Loftus Street, Leederville Cost: FREE

Stay after these consultations and enjoy some light refreshments and a chat.

Can't make it to any of the consultations, but still want to be involved? Simply scan the QR code, visit [imagine.vincent.wa.gov.au](https://www.imagine.vincent.wa.gov.au) or drop in to the City administration centre and pick up a hard copy survey.

For more information and to RSVP please contact the community development team at community.development@vincent.wa.gov.au or call us on **9273 6000**.

BEATTY PARK LEISURE CENTRE



SENIOR SOCIAL SWIM CLASS

Date: Every Wednesday
Time: 8 – 8.30am
Cost: Full price \$58 | Concession \$46.40 per month
Location: Beatty Park Leisure Centre,
220 Vincent Street, North Perth

Our Senior Social Swim class is dedicated to over 55s 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 per cent 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



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