

CITY OF VINCENT



SENIORS COMMUNITY CALENDAR

Your essential guide to social activities happening in
and around the City of Vincent for the over 65's

FEBRUARY – MAY 2019

VINCENT.WA.GOV.AU/WELLANDWISE

This booklet is available in alternative formats upon request



CITY OF VINCENT

ALTERNATIVE FORMATS

This booklet is available in alternative formats upon request in electronic format, hardcopy in standard and large print, audio format and by email.

For further information or assistance, please contact the City of Vincent:

Telephone: (08) 9273 6000
Email: mail@vincent.wa.gov.au
Website: www.vincent.wa.gov.au

LANGUAGE ASSISTANCE

National Relay Service (NRS): 133 677 TTY/ voice calls or
www.relayservice.com.au

Speak and Listen: 1300 555 727

Translating and Interpreting Service: 131 450



Please note that any activity you undertake is at your own risk. If you have any health or other concerns, you should seek independent medical advice before participating. The City of Vincent accepts no responsibility for any loss or damage suffered, either directly or indirectly, arising out of reliance on information contained in this publication and participation in any activity advertised.

All information is correct at time of printing.
Times and dates are subject to change.

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Sunday
3 FEB
From 6pm
Movie starts
at 7.45pm
FREE

**WA Housing Centre Sunset Movie:
ET: the Extra-Terrestrial
Hyde Park, North Perth**

Enjoy the family classic ET: the Extra-Terrestrial in the scenic surrounds of Hyde Park as we transform some of Vincent's best parks and gardens into outdoor cinemas over the summer season.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Sunday
10 FEB
1pm - 4pm
FREE

**The Memorial Men Stories
ANZAC Cottage, 38 Kalgoorlie Street, Mount Hawthorn**

To celebrate the anniversary of the construction of ANZAC Cottage, this open day will focus on the stories of the Memorial Men, who built their own memorial. There will be two talks at 1.45pm and 2.45pm.

For more information visit www.anzaccottage.com.au or www.facebook.com/AnzacCottage, phone Anne Chapple on 0411 445 582 or email chapan@highway1.com.au.



Alice Nelson
Image: Nicole Boenig-McGrade

Wednesday
6 FEB
10am -
11.30am

**Library Forum: The Children's House with Alice Nelson
City of Vincent Library and Local History Centre**

The City of Vincent Library welcomes WA author Alice Nelson to talk about her latest novel, The Children's House. Alice was named one of the Sydney Morning Herald's Best Young Australian Novelists for her first novel, The Last Sky. Bookings are essential.

For more information or to book visit www.library.vincent.wa.gov.au, phone 9273 6090 or email libadmin@vincent.wa.gov.au

Sunday
10 FEB
From 6pm
Movie starts
at 7.45pm
FREE

**WA Housing Centre Sunset Movie: The Princess Bride
Braithwaite Park, Mount Hawthorn**

Inconceivable! The City of Vincent and the WA Housing Centre will transform some of Vincent's best parks and gardens into outdoor cinemas over the summer season.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Sunday
10 FEB
FREE

**Leedy Palooza
Leederville Town Centre**

Leedy Palooza returns to the Leederville Town Centre with food, drink and entertainment for the whole family to enjoy.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Sunday
17 FEB
From 6pm
Movie starts
at 7.45pm
FREE

**WA Housing Centre Sunset Movie: Up
Kylla Park, North Perth**

Love Disney Pixar movies? Enjoy Up in Kylla Park as we transform some of Vincent's best parks and gardens into outdoor cinemas over the summer season.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Sunday
17 FEB
FREE

**Leedy Palooza
Leederville Town Centre**

Leedy Palooza returns to the Leederville Town Centre with food, drink and entertainment for the whole family to enjoy.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Tuesday
19 FEB
7am - 9am
FREE

Pop Up Bike Dr Sessions
Stuart Street Reserve, Stuart Street Perth
The Bike Dr will give your bike a quick check over, fix any problems or diagnose any bigger issues so you can ride on in confidence. RSVP not required.
For more information visit www.events.vincent.wa.gov.au, phone 9273 6000 or email activetransport@vincent.wa.gov.au

Thursday
21 FEB
7am - 9am
FREE

Pop Up Bike Dr Sessions
Perth Bicycle Network Route, 80 Loftus Street (Corner Carr Street) West Perth
The Bike Dr will give your bike a quick check over. RSVP not required.
For more information visit www.events.vincent.wa.gov.au, phone 9273 6000 or email activetransport@vincent.wa.gov.au

Sunday
24 FEB
4pm - 9pm
FREE

Leedy Streets Open
Leederville Town Centre
Leederville Town Centre is closed to cars and opened up for fun with food, fashion and entertainment.
For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Sunday
24 FEB
From 6pm
Movie starts at 7.45pm
FREE

WA Housing Centre Sunset Movie: Back to the Future
Hyde Park, Corner Vincent and William Street Perth
Join Marty McFly in Hyde Park as we transform some of Vincent's best parks and gardens into outdoor cinemas over the summer season.
For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Wednesday
27 FEB
7am - 9am
FREE

Pop Up Bike Dr Sessions
Weld Square, Corner Newcastle and Beaufort Street, Perth
The Bike Dr will give your bike a quick check over. RSVP not required.
For more information visit www.events.vincent.wa.gov.au, phone 9273 6000 or email activetransport@vincent.wa.gov.au

Friday
1 MAR
7am - 9am
FREE

Pop Up Bike Dr Sessions
Bourke Street, Principal Shared Path, Leederville
The Bike Dr will give your bike a quick check over, fix any problems or diagnose any bigger issues so you can ride on in confidence. RSVP not required.
For more information visit www.events.vincent.wa.gov.au, phone 9273 6000 or email activetransport@vincent.wa.gov.au

Sunday
3 MAR
4pm - 9pm
FREE

Leedy Streets Open
Leederville Town Centre
Leederville Town Centre is closed to cars and opened up for fun with food, fashion and entertainment.
For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.



Image: Australian War Memorial P00197.013

Sunday
3 MAR
1pm - 4pm
FREE

Women in War
ANZAC Cottage, 38 Kalgoorlie Street, Mount Hawthorn
This Open Day is dedicated to the stories of women and the roles that they have played in wartime. Talks at 1.45pm and 2.45pm will reveal the multitude of roles and some of the stories that have involved women in wartime. Women who have served during wartime are welcome to come along and share their stories.
For more information visit www.anzaccottage.com.au or www.facebook.com/AnzacCottage, phone Anne Chapple on 0411 445 582 or email chapan@highway1.com.au

Sunday
3 MAR
10am - 9pm

Hyde Park Fair
Hyde Park, Corner Vincent and William Street Perth

What's not to love about Perth's longest running community fair? It's a weekend filled with live entertainment, arts and crafts, carnival rides, international food, workshops, market stalls plus boutique beer and wine.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Monday
4 MAR
10am - 5pm

FREE

Wednesday
6 MAR
11am - 1pm

Share, Learn and Connect: Useful legal advice presented by Legal Aid
Library and Local History Centre, Lounge

Legal Aid WA will discuss issues such as inheritance, loans and reverse mortgages, powers of attorney, advanced health directives, wills, the State Administrative Tribunal (SAT), granny flat arrangements, grandchildren (access), making personal decisions, elder abuse and how Legal Aid WA can help.

The session will be followed by a light lunch.

Places are limited and bookings are essential.

This is a City of Vincent initiative, supported by the Department of Communities.

For more information visit www.vincent.wa.gov.au, email Community.Partnerships@vincent.wa.gov.au or phone 9273 6000.

Wednesday
13 MAR
10am - 11.30am

FREE

Library Forum: Close the Gap Day
City of Vincent Library and Local History Centre

Join us as we acknowledge National Close the Gap Day (21 March 2019) with Curtin University guest speakers Anna Haebich and Darryl Kickett. Anna Haebich is a John Curtin Distinguished author and has written about many Aboriginal topics and experiences from the past and present. Darryl Kickett is a Noongar Elder who has dedicated himself to improving life for Aboriginal people.

For more information visit www.library.vincent.wa.gov.au, phone 9273 6090 or email libadmin@vincent.wa.gov.au

Saturday
16 MAR
8am - 12pm

Bike Week - Bike Market
Barlee Street Carpark, Mount Lawley

Book a stall to sell or just pop down to browse an amazing array of bikes and bike accessories plus classic bikes, road bikes, kid's choppers and more. The event raises funds for the BIKES FOR HUMANITY charity. Free to the public – stall fees for sellers.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Wednesday
20 MAR
7am - 9am

FREE

Bike Week - Vincent Bike Week Breakfast
Axford Park, Mt Hawthorn

Come along to Axford Park for an annual celebration of bike riding. Join in the fun and enjoy a delicious free BBQ breakfast + free coffee. Bike mechanics in attendance.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Thursday
21 MAR
4pm - 6pm

FREE

Bike Week - Bike wash
Bourke Street Principal Shared Path, Leederville

Pop on down to the Mitchell Freeway end of Bourke Street and the bike mechanics will give your two (or three) wheels some TLC including a bike wash to make your pride and joy sparkle.

For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Thursday
21 MAR
9.30am - 3.30pm

Well and Wise Over 65's Bus Outing: Lake Leschenaultia and John Forrest National Park
Chidlow

Please see page 14 for further details.

Wednesday

3 APR

10am - 11.30am

FREE

Library Forum City of Vincent Library and Local History Centre

The guest speaker for April's Forum was still to be confirmed at the time of print.

For more information visit www.library.vincent.wa.gov.au, phone 9273 6090 or email libadmin@vincent.wa.gov.au



Saturday

6 APR

8am - 11am

FREE

Native Plant Sale and Sustainability Pop Up Hub Outside the City of Vincent Library and Local History Centre

As part of the City's green sustainable initiative, a variety of discounted native plants are available to Vincent residents. The plants cost \$1.00 for tube stock and \$5.00 for limited 130mm pots. Horticulturalists and sustainable design experts will be in attendance, along with information on solar PV and battery storage, composting and water saving ideas.

For more information visit www.vincent.wa.gov.au or phone 9273 6000.

Sunday

7 APR

1pm - 4pm

FREE

The ANZAC Cottage Movement ANZAC Cottage, 38 Kalgoorlie Street, Mount Hawthorn

After ANZAC Cottage was constructed, there was an "ANZAC Cottage Movement" which raised money for the construction of more ANZAC Cottages. At 1.45pm and 2.45pm we will explore what the Movement was and what they did.

For more information visit www.anzaccottage.com.au or www.facebook.com/AnzacCottage, phone Anne Chapple on 0411 445 582 or email chapan@highway1.com.au

Wednesday

10 APR

11am - 1pm

FREE

Share, Learn and Connect: Downsizing in Retirement Library and Local History Centre, Lounge

The Seniors Housing Advisory Centre will provide independent information on the benefits and costs of various retirement housing options. An opportunity to connect with other seniors over a light lunch will follow.

Places are limited and bookings are essential.

This is a City of Vincent initiative, supported by the Department of Communities.

For more information visit www.vincent.wa.gov.au, email Community.Partnerships@vincent.wa.gov.au or phone 9273 6000

Friday

19 APR

FREE

City of Vincent Match Leederville Oval, Vincent Street, Leederville

AFL match at Leederville Oval. For more information visit www.vincent.wa.gov.au or phone 9273 6000 closer to the date.

Thursday

25 APR

10.45am

march

11am service

FREE

ANZAC Day ceremony Axford Park, Mount Hawthorn

Join us as we remember our ANZACs and pay tribute to service people around the world.

For more information visit www.vincent.wa.gov.au or phone 9273 6000

Thursday

25 APR

3pm - 6pm

FREE

ANZAC Day Sunset Service ANZAC Cottage, 38 Kalgoorlie Street, Mount Hawthorn

ANZAC Day is commemorated at historic ANZAC Cottage. At 4pm there will be a free wreath making workshop for children, followed by a Sunset Service commencing at 5.15pm.

For more information visit www.anzaccottage.com.au or www.facebook.com/AnzacCottage, phone Anne Chapple on 0411 445 582 or email chapan@highway1.com.au

Please note: with anticipated large crowds attending please park either at Britannia Reserve or at Braithwaite Park.



Wednesday
1 MAY
9.30am - 12.30pm
\$5

Writing Workshop: Who, What & Why? The Plotting Triangle
City of Vincent Library and Local History Centre

This hands-on interactive workshop will equip participants with the tools for plotting a novel/la, and is suitable for people at any stage of a writing project. For more information or to book visit www.library.vincent.wa.gov.au, phone 9273 6090 or email libadmin@vincent.wa.gov.au

Thursday
2 MAY
9am - 3.30pm

Well and Wise Over 65's Bus Outing: Roleys on the Ridge and Armadale Wildlife Centre
Armadale

Please refer to page 14 for further details.

Sunday
5 MAY
Times TBC

Mount Hawthorn Streets & Lanes Festival
Mount Hawthorn Town Centre

Join the folks of Mt Hawthorn as the streets and lanes burst with activities, food, pop up bars, live music, arts and more. For more information visit www.events.vincent.wa.gov.au or phone 9273 6000.

Wednesday
8 MAY
11am - 1pm
FREE

Share, Learn and Connect: Service Providers in Vincent Library and Local History Centre, Lounge

Come along to find out more about the services available to seniors in Vincent, followed by an opportunity to connect with other seniors over a light lunch.

Places are limited, bookings essential.

This is a City of Vincent initiative, supported by the Department of Communities.

For more information visit www.vincent.wa.gov.au, email Community.Partnerships@vincent.wa.gov.au or phone 9273 6000.

Sunday
12 MAY
1pm - 4pm
FREE

The Ugly Men's Association
ANZAC Cottage, 38 Kalgoorlie Street, Mount Hawthorn

The Ugly Men's Association was very active during and after World War I, providing assistance to wives and mothers of servicemen by maintaining, renovating and in some cases, building homes and offering training courses for returned veterans.

For more information visit www.anzaccottage.com.au or www.facebook.com/AnzacCottage, phone Anne Chapple on 0411 445 582 or email chapan@highway1.com.au

Monday
27 MAY
10am - 1pm
FREE

LiveLighter Seniors Activity and Information Day
Loftus Recreation Centre, Upper Function Room

Come and try carpet bowls, mini golf, seated hockey, quoits, pole walking and more. Everyone is welcome and free morning tea and lunch will be provided. Please wear comfortable clothing and footwear. **Bookings are essential.**

For further information and to register, visit www.srcwa.asn.au or phone Dawn Yates on 9492 9773.

Presented by the City of Vincent in partnership with the Seniors Recreation Council of WA (Inc).

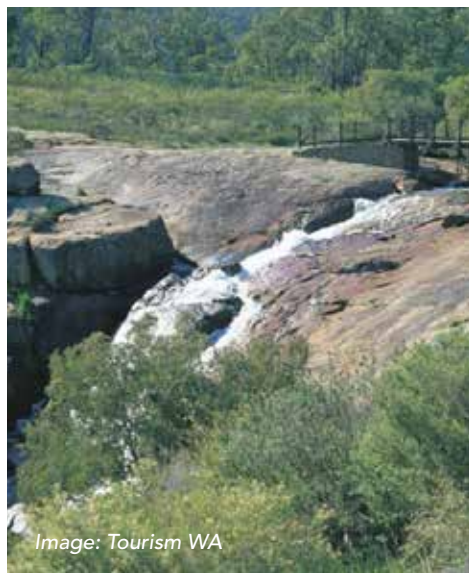


Image: Tourism WA

Lake Leschenaultia and John Forrest National Park

Thursday 21 March | 9.30am - 3.30pm
\$32 per person

A great day out in the hills with morning tea at Lake Leschenaultia and free time to explore the beautiful landscape. Enjoy lunch at the John Forrest Tavern amongst the birds and kangaroos, with free time after lunch to observe the kangaroos and take a stroll. On our way home we will visit Morish Nuts and Mondo Nougat in the Swan Valley.

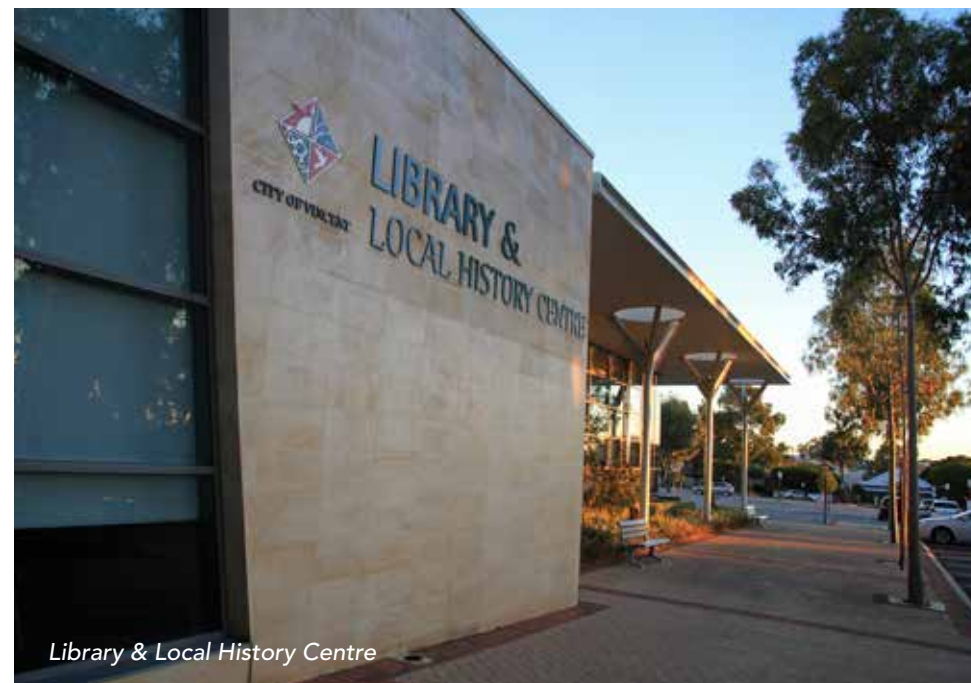


Roleys on the Ridge

Roleys on the Ridge and Armadale Wildlife Centre

Thursday 2 May | 9am - 3.30pm
\$39 per person

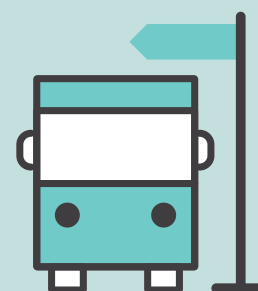
After enjoying morning tea at a scenic location, we make our way to Armadale Reptile and Wildlife Centre with over 70 species on display including snakes, lizards, fruit bats, dingoes and more. Lunch will be at Roleys on the Ridge in a beautifully scenic atmosphere. After lunch we do some wine tasting at Jadran Wines and visit the Gem Shop factory in Orange Grove.



Library & Local History Centre

Phone the City of Vincent on 9273 6000 to book your place on the bus. **Please note that payment must be received before your place is reserved.** Let us know when booking if you have any specific mobility, accessibility or dietary requirements or require a carer to attend with you. Due to high demand, residents may register for one trip only per Well & Wise calendar.

All outings depart from outside the City of Vincent Library and Local History Centre. Passengers are required to make their own way to meet the bus.



**SPACES ARE LIMITED
AND REGISTRATION
IS ESSENTIAL**



CITY OF VINCENT

VINCENT EVENTS OCT - MAY



ALL EVENTS ARE FREE

Join us for an epic season of events
events.vincent.wa.gov.au

ALL VINCENT EVENTS ARE SUPPORTED OR DELIVERED BY THE CITY OF VINCENT.

REGULAR EVENTS & EXTERNAL COURSES

BEATTY PARK LEISURE CENTRE

220 Vincent Street, North Perth
Phone: 9273 6080

EnergyWise

- **Tuesdays & Thursdays**
1pm - 2.15pm

EnergyWise offers the most diverse exercise program in Perth for over 50s. The program uses 'cross training' techniques in water and on land and incorporates the latest fitness trends in a safe and social environment. Meet at 1pm in the Lounge Café. Casual class rate is \$10, which includes a refreshment from the café after class. A 20 multi-entry pass is \$155.

The first 50 residents to mention 'Well and Wise' when booking will receive free entry to their first class.

For more information visit www.beattypark.com.au or phone 9273 6080

BEAUFORT STREET ARTISAN MARKETS

Mary Street Piazza, corner Beaufort and Mary Streets, Mount Lawley

- **Second Sunday of every month**
9am - 2pm

The Beaufort Street Artisan Markets are a free public market showcasing locally made art and products.

For more information visit www.beaufortstreet.com.au or email beaufortstartmarket@gmail.com

BETHANIE WEST PERTH LIVING WELL CENTRE

40 Violet Street West Perth

- **First Monday of every month**

The Bethanie West Perth Living Well Centre holds open days every month for people to come in for morning tea and have a look at the centre. The centre provides services for seniors including outings, activities, and exercise programs.

For more information phone 13 11 51 or visit www.bethanie.com.au

CRAFT BOUND

Classes run from North Perth Town Hall, 22-26 View Street North Perth

- **Second Sunday of every month**
9am - 2pm

Craft Bound provides opportunities to learn a variety of crafts with no membership fees. Through a series of workshops, masterclasses, demonstrations, guest speakers and meet-ups, Craft Bound will ensure you make new friends whilst learning new skills. All adults are welcome, from complete novices to experienced craft masters.

For more information visit www.craftbound.com.au, phone 0422 972 251 or email hello@craftbound.com.au

CITY OF VINCENT LIBRARY AND LOCAL HISTORY CENTRE

99 Loftus Street, Leederville
Phone: 9273 6090



City of Vincent Library Writers' Group

- Fortnightly, Tuesdays 1pm - 3pm

The City of Vincent hosts a fortnightly Writers' Group on a Tuesday afternoon from 1pm to 3pm in the Local History Centre (located in the Library).

All skill levels are welcome. If you are interested, simply come along, as no bookings are required.

- Thursday Afternoon Bookclub 2.30pm

- Friday Morning Bookclub 10am

Contact the library for more information.



Computer workshops for seniors

Throughout 2019 the City of Vincent Library and Local History Centre will be hosting monthly two hour workshops targeted at people with very basic or no computer experience. These workshops will be held in the Library's Media Room where participants will have hands on access to computers.

Workshops are limited to 15 attendees and bookings are essential.

Dates for 2019 were still to be confirmed at time of print.

For more information visit library.vincent.wa.gov.au, phone 9273 6090 or email libadmin@vincent.wa.gov.au



KYILLA COMMUNITY FARMERS MARKET

Kyilla Park, Cnr Clieveden and Hunter Street, North Perth

- Every Saturday 8am - 11.30am

Taste and buy fresh, seasonal produce at the popular Kyilla Farmers Market where local farmers, bakers and more come together to inspire your weekly menu!

For more information visit www.kcfm.com.au or email kyillamarketmanager@gmail.com

LOFTUS COMMUNITY CENTRE

99 Loftus Street, Leederville
Phone 9328 3098

Seniors Activities

The Loftus Community Centre offers a wide variety of activities for the 50+. Membership gains you access to a range of free or heavily discounted activities and events throughout the year and is only \$15 per year.

For more information visit www.loftuscommunitycentre.org.au phone 9328 3098 or email info@loftuscommunitycentre.org.au



Ageless Yoga

- Friday 10:30am - 11:30am

A beautiful, gentle and transformative experience, based in classical Yoga, but practiced sitting in a chair, or with standing movement postures including breathing exercises and meditation.

Ballroom Dancing – New Program

- Mondays 12pm - 3pm

Australian New Vogue, English Modern & Classical sequence 3, English Original Old Time.

Encompassing Waltz, Quickstep, Foxtrot, Saunter, Tango, Salsa and Mambo.

Cost \$4 per session.



Chess Club

- **Thursdays 9am - 12pm**
All levels
- **Mondays 12pm - 3pm**
Advanced players

All levels catered for in this very social chess club. Come along and meet some new friends over a cuppa and a game. Cost \$4 per session.



Craft

- **Wednesday 9am - 12pm**

Bring along your own craft project, be it knitting, crocheting or embroidery. Work on your project over a cuppa and a chat. Cost \$4 per session.



Crazy Tea Pot Cosies

- **Monday 9.30am - 11.30am**

Calling all Crochet Addicts and Knitters Anonymous. Tired of hooking endless granny squares? Can't bring yourself to knit yet another scarf? Come along and use your skills with a hook and needle to make some crazy new creations. Create a tea cosy with so much flair and originality that you'll want to wear it on your head, not on your tea pot!

Please note: A sense of humour is a pre-requisite for this course, however if you have lost yours we can provide laughter training. Cost \$4 per session.

Doll and Toy Collectors

- **Every 4th Saturday of the month 12pm - 3pm**

Join fellow collectors of dolls and toys, from modern to vinyls and learn more and share ideas with like minded people.

For more information phone Paula on 0437 020 938 or Betty on 0417 710 936 or email dollandtoyclubwa@yahoo.com

Leadlighting

- **Wednesdays 9am - 12pm**

Beginners and experienced leadlighters welcome. Beginners start on a small project guided by Wil and Angela. No project is too big or small in this friendly, and welcoming class. Cost \$6 per week.

Loftus Walking Group

- **Thursdays 9am - 10am**

Meeting every Thursday at 9am at the Loftus Community Centre, this friendly walking group, led by the delightful Lucy, goes for a walk and then returns to the centre to enjoy a cuppa. Cost: **Free** (you must be a member of the centre to participate).

Mothersong

- **Fridays 4pm - 5:30pm**

Sing under a cone of harmony. The ability to read music is not necessary to participate, just a love of singing. For more info contact Celia on 0409 202 764.

Move For Life

- **Wednesdays 11am - 11:45am**

Focusing on gentle movement that incorporates light weights to increase strength, create ease of movement/flexibility and protect joints. Fun class with great people, laughter and music. Cost \$5 per session.

For more information contact Ruth on 0459 708 476.



Parkinsons WA and Ging Mo Academy Tai Chi

- **Mondays 10:30am - 11:30am**

For all people with a neurological condition and their partners/carers. For more information contact Gawain on 0412 920 002.

Perth Laughter Club

- **Wednesday fortnightly 1pm - 2pm**

Laughter Yoga is a group session of aerobic activity which turns fake laughter into real laughter. The brain cannot differentiate between fake and genuine laughter and yet the benefits are the same.

For more information contact admin@laughwa.org.au

Table Tennis

- **Tuesdays 9am - 12pm**
- **Thursdays 9am - 12pm**
- **Fridays 12pm - 4pm**

Join this very social and casual table tennis group. Catering for beginners through to the experienced table tennis player. Cost \$4 per session.

Tai Chi with Robert Chew

- **Mondays 9am - 10am**

Tai Chi is a soft, gentle and easy to follow exercise which integrates deep breathing to open energy meridian points, strengthening and energising the vitality of life force. These classes will improve body dynamics, co-ordination and balance and reduce the risk of fall injuries whilst cultivating mind and body. Cost \$10 per class.

For more information phone Robert 0432 722 738.

LOFTUS RECREATION CENTRE

Corner Loftus and Vincent Streets, Leederville

Seniors Exercise Program

- **Mondays and Thursdays, 10.30am - 11.30am**

A supervised seniors' fitness class to improve health, quality of life and fitness for the over 50's. Prior to participation, you must take part in a pre-exercise program and appraisal session so that the trainers can develop a program to suit individual needs.

The first 30 residents who mention 'Well and Wise' when taking out a Seniors Membership at Loftus will have the first month of their membership fees waived, with zero start-up costs.

For more information visit www.loftusrecreationcentre.com.au or phone 9227 6526.

MOUNT HAWTHORN HAWKERS MARKET

Axford Park, Mount Hawthorn

- **Friday, weekly, 5pm - 9pm**

The Mount Hawthorn Hawkers Market offers boutique hawker-style street food cuisine that is affordable, fresh and tasty to eat.

For more information visit www.facebook.com/MountHawthornHawkersMarket, phone 0415 649 265 or visit www.hiewa.com.au

NORTH PERTH COMMUNITY GARDEN

10 Farmer Street North Perth

- **Sundays, summer from 4pm - 6pm; winter from 3pm - 5pm**

The North Perth Community Garden is a member based organisation that provides a place for City of Vincent residents to come together and garden in a communal environment. Come along to the meet and greet most Sundays in summer from 4pm - 6pm and 3pm - 5pm in winter.

For more information visit northperthcommunitygarden.org or email northperthcommunitygarden@gmail.com

REPAIR CAFE

Academy Café, inside The Mezz, 148 Scarborough Beach Road, Mount Hawthorn

- **Every third Saturday of the month from 10.30am**

Want to reduce your waste, save money and prevent household items from ending up in landfill? Head to Repair Café Perth at the Mezz every third Saturday of the month where expert volunteers will help repair your broken items.

For more information, visit www.facebook.com/repaircafepert or www.repaircafepert.org.au or email info@repaircafepert.org.au

ROSEWOOD RESIDENTIAL CARE LEEDERVILLE

5 Britannia Road Leederville
Phone: 1300 971 771

Rosewood Community Choir

- **Every Friday at 11am**

Rosewood Residential Care conducts an official choir directed by Dorothy Ebel every Friday morning at 11am in the ground floor activity room. All singers are invited to join the group, no experience required!

For more information visit www.rosewoodcare.org.au or phone 1300 971 771.

SWEET THURSDAY COMMUNITY SINGERS

Highgate Primary Junior School, Bulwer Avenue, Highgate

- **Tuesdays 7pm - 9pm**

The Sweet Thursday Community Singers is a sociable non-audition choir that sings a wide range of contemporary, ethnic and traditional songs. We welcome newcomers who enjoy singing and would like to sing in a small friendly choir.

For more information email sweetthursdaysingers@gmail.com or phone 0405 630 036.

VINCENT MEN'S SHED

10 Farmer Street, North Perth

The Vincent Men's Shed provides a safe, friendly and welcoming environment where everyone is able to work on meaningful projects at their own pace in the company of others.

- **Mondays 8.30am - 12.30pm**
- **Tuesdays 8.30am - 4pm**
- **Thursdays 8.30am - 12.30pm**
- **Saturdays 9am - 4pm**

For more information visit www.vincentmensshed.wamsa.org.au or email vincentmensshed@wamsa.org.au



This list provides details of venues listed within this booklet only. For a comprehensive list of City of Vincent facilities, please visit www.vincent.wa.gov.au/parks-and-facilities

Academy Café
Inside The Mezz, 148 Scarborough Beach Road, Mount Hawthorn

ANZAC Cottage
38 Kalgoorlie Street, Mount Hawthorn
P: 0411 445 582

Axford Park
130 Scarborough Beach Road, Mount Hawthorn

Beatty Park Leisure Centre
220 Vincent Street, North Perth
P: 9273 6090
E: reception.bp@vincent.wa.gov.au
W: www.beattypark.com.au

Beaufort Street Community Centre
715 Beaufort Street, Mount Lawley
P: 9271 4461

Bethanie West Perth Living Well Centre
40 Violet Street, West Perth
P: 13 11 51

Braithwaite Park
Corner Scarborough Beach Road and The Boulevard, Mount Hawthorn

City of Vincent Library and Local History Centre
99 Loftus Street, Leederville
P: 9273 6090
E: library@vincent.wa.gov.au
W: www.library.vincent.wa.gov.au

City of Vincent Administration and Civic Centre
244 Vincent Street (corner of Loftus Street), Leederville
P: 9273 6000
E: mail@vincent.wa.gov.au
W: www.vincent.wa.gov.au

Highgate Primary School
147 Lincoln Street, Highgate

Hyde Park
Corner Vincent and William Street, Perth

Kyilla Park
Clieveden Street and Union Street, North Perth

Leederville Oval
Vincent Street, Leederville

Leederville Town Centre
Corner Oxford Street and Newcastle Street, Leederville



Library & Local History Centre

Loftus Community Centre
99 Loftus Street, Leederville
P: 9328 3098
E: info@loftuscommunitycentre.org.au
W: www.loftuscommunitycentre.org.au

Loftus Recreation Centre
Corner Loftus Street and Vincent Street, Leederville
P: 9227 6526
E: loftusreception@belgravialeisure.com.au
W: www.loftusrecreationcentre.com.au

Mary Street Piazza
Corner of Mary Street and Beaufort Street, Highgate

Mount Hawthorn Town Centre
Scarborough Beach Road, Mount Hawthorn

North Perth Community Garden
10 Farmer Street, North Perth
E: northperthcommunitygarden@gmail.com
W: www.northperthcommunitygarden.org

North Perth Town Hall
24-26 View Street, North Perth

North Perth Lesser Hall
24 View Street North Perth

Oxford Street Reserve
100 Oxford Street, Leederville
P: 9273 6000

Rosewood Residential Aged Care
5 Britannia Road, Leederville
P: 1300 971 771
W: www.rosewoodcare.org.au

Vincent Men's Shed
10 Farmer Street, North Perth
E: vincentmensshed@wamsa.org.au
W: www.vincentmensshed.wamsa.org.au

Weld Square
Cnr Newcastle and Beaufort Street, Perth



COMMUNITY SAFETY RESOURCES

The City's Community Partnerships team have a range of free community resources available to residents including:

- Personal alarms
- Graffiti wipes kits
- Solar motion sensor security lights
- Data dot property marking kits
- Scooter locks

For more information or to apply for a resource please contact the Community Partnerships team on 9273 6000 or email community.partnerships@vincent.wa.gov.au



LIBRARY BOOKS ON WHEELS

Library Books on Wheels (formerly known as Housebound Readers Service) delivers books to people who are physically unable to make it into the Library.

Delivery occurs every three weeks and book selections are personalised just for you.

These include:

- Regular and large print
- Fiction/non-fiction books
- Books on CD
- DVDs
- Magazines
- Music CDs
- Jigsaws

This service runs on Tuesdays, every three weeks, between 9am and 11am.

For more information call the Library on 9273 6090, email library@vincent.wa.gov.au or visit www.library.vincent.wa.gov.au

Loftus Community Centre is an incorporated not for profit organisation, one of only a few "unfunded" community centres in Western Australia.

The Centre is also regarded as one of the best of its kind in Western Australia and is conveniently located at 99 Loftus Street in the City of Vincent.

Our Vision

A dynamic organisation, providing hubs that connect people in our community.

Our Purpose

Foster community engagement to enhance quality of life by facilitating access to relevant activities and services

Our Values

- Respectful, honest and open
- Community focused and responsive
- Professional and accountable
- Collaborative, inclusive and embracing of diversity.

Loftus Community Centre provides a venue for fostering community engagement by enhancing quality of life through facilitating access to community programs in response to identified needs and priorities of the City of Vincent and broader communities.

You can become involved and support our community by:

- Becoming a **MEMBER** of Loftus Community Centre
- **PARTICIPATING** in our programs
- **PARTNERING** with our organisation for shared benefit
- **CONNECTING** your community program

Should you be interested in any of these opportunities, why not get in touch with us:

info@loftuscommunitycentre.org.au

Phone:
9328 3098

Office Hours:
Monday - Friday 9am - 3pm





SILVER CHAIN COMMUNITY CONNECTIONS

Silver Chain Community Connections is a volunteer program aimed at reducing social isolation and loneliness amongst Silver Chain clients.

Silver Chain are currently looking for volunteers to help people to reconnect with their local community

What sort of participation is required?

Volunteers are matched with clients and the volunteer will help them to access local activities and support the clients until they feel happy participating independently.

What skills or qualifications do I need?

Compassion, empathy and the ability to make social connections in the local community with people who are socially isolated or may be experiencing loneliness. You also need to hold a current motor vehicle driver's licence and have access to a reliable, roadworthy and registered motor vehicle with a minimum of third party insurance.

How do I apply?

Email volunteer@silverchain.org.au or phone 9242 0242.

If you would like a community connections volunteer to help you get out and about again and to be more involved in your local community please email volunteer@silverchain.org.au or call 9242 0119.



PATRONATO SIAS WA MCL INC.

Patronato Sias WA's main role is to assist culturally and linguistically diverse clients and pensioners with their rights and obligations in relation to social and welfare assistance.

The services of Patronato Sias WA are free of charge and anyone is welcome to make use of them in the matter prescribed by bilateral conventions, as well as Australian and Italian legislation.

Patronato Sias can offer assistance with:

- Pensions administered or regulated by Centrelink, INPS or
- Under bilateral agreements between Australia and other European countries, USA and Canada
- Declaration of Life Certificates

- ATO authorised taxation help
- Income declaration for overseas pensions
- Preparation of wills, testaments and powers of attorney,
- Enduring powers of attorney
- Justice of the Peace services.

Patronato Sias WA MCL Inc. operates weekdays 9am to 3pm.

248 Fitzgerald Street,
Perth WA 6000

Phone: 9227 7918

Fax: 9227 5749

Email: aus.perth@patronatosias.it



STAY IN TOUCH

Local events are advertised on the events page of the City's website and through our e-Newsletter.

To subscribe, please visit www.vincent.wa.gov.au/subscribe.
Alternatively, you can email your details to mail@vincent.wa.gov.au with 'e-news' as the subject.

Do you know someone who may like this Well and Wise Calendar?
Would you prefer to receive this via email? Do you have suggestions or information that could be included in the next calendar?

Please contact the City of Vincent:

Phone: 9273 6000

Email: mail@vincent.wa.gov.au

Website: www.vincent.wa.gov.au/wellandwise

In person during business hours at:

244 Vincent Street (corner of Loftus Street), Leederville

