



CITY OF VINCENT

SENIORS WEEK: 7 – 14 NOVEMBER 2021

All events below are **FREE** to attend at the **City of Vincent Community Centre**, 99 Loftus Street, Leederville.

MACRAME PLANT HANGERS

Date: Tuesday, 9 November 2021
Time: 10.00am – 11:30am

In this workshop, you'll learn the beautiful, knotted art of Macrame from the talented Bree from Knots Just Cords.

SENIORS MORNING TEA

Date: Wednesday, 10 November 2021
Time: 10.00am

Come along and meet new people in a friendly relaxed environment. Morning tea provided.

ON THE MOVE FITNESS SESSION

Date: Wednesday, 10 November 2021
Time: 11am – 12pm

Come and try this exercise class for seniors. It is designed to help you improve your physical health and give you the opportunity to socialise with likeminded people at the same time.

CHAIR YOGA

Date: Thursday, 11 November 2021
Time: 12:30pm – 1:30pm

Chair Yoga is a specific form of yoga therapy which is practiced sitting on a chair or standing using a chair for support. Please wear loose, comfortable clothes for these classes.

SOUND BATH MEDITATION SESSION

Date: Friday, 12 November 2021
Time: 1pm – 2pm

Immerse yourself in a guided meditation featuring frequency minded music. This session is perfect for people who find it challenging to focus their thoughts and calm a busy mind.

REGISTRATION IS ESSENTIAL

To register for any of these session or events please email communitycentre@vincent.wa.gov.au or call **6112 5808**