



CITY OF VINCENT

WHAT'S ON

SEP – DEC 2026

SCAN FOR MORE INFORMATION



TRANSITIONING TO RETIREMENT WORKSHOP

Date: Monday 7 September 2026
Time: 5.30 – 7.30pm
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Retirement is a unique transition that can bring mixed emotions, including anticipation and loss. This session aims to build self-awareness, clarify priorities and support planning for a balanced, fulfilling and purposeful next chapter. Focusing on the emotional impact and activity planning.

Light refreshments provided. Bookings essential.
Priority given to City of Vincent residents.



POPPY MAKING WORKSHOP – CROCHET AND COLOUR

Date: Wednesday 9 September 2026
Time: 10am – 12pm
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Join us for a morning of craft and conversation as we paint, crochet and colour red and purple poppies as part of the Poppy Project 2026, in recognition of those who have served in conflict and peace keeping operations and the animals that have served alongside them.

Light refreshments provided. Craft materials provided or you can bring your own.



HEALING WITH HERBS

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

Learn about kinder ways of living with Perth City Farm and how your everyday herbs have benefits to your health and lifestyle. Prepared homemade calendula salve is included for you to take home.

Light refreshments provided. Bookings essential.
 City of Vincent residents only



JUST JAM MAKING MUSIC TOGETHER

Date: Tuesday 15 September 2026
Time: 10 – 11.30am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Come along to a fun and inclusive drumming session and play at your own pace. No experience is needed. This session is open to all ages and abilities, focusing on connection, creativity and enjoyment.

Light refreshments provided. Bookings essential.
 City of Vincent residents only.



USE IT OR LOSE IT

Date: Thursday 17 September 2026
Time: 9.30 – 11am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

This Physio led workshop will focus on simple, low cost, everyday movements that support mobility, balance and confidence in daily activities. Exercises will be adaptable to individual ability levels and will emphasise safe, functional movement rather than structured exercise routines.

Wear comfortable clothes, shoes and bring a water bottle.
 Light refreshments provided. Bookings essential.



INTERGENERATIONAL STORY TIME

Date: Monday 21 September 2026
Time: 10.45 – 11.45am
Cost: FREE
Location: Braithwaite Park, 197 Scarborough Beach Road, Mt Hawthorn

Come along for a joyful morning of stories, giant games and morning tea. Meet new friends, bring along a parent, grandparent or older neighbour and connect with your community over a story and morning tea.

This is a free family-friendly event for all, from newborns to those aged 100+. Chairs will be provided or bring your own picnic rug. Light refreshments provided.



BUS TOUR – SWAN VALLEY CULINARY ADVENTURE

Date: Wednesday 30 September 2026
Time: 9am – 3.30pm
Cost: \$60
Location: Pick up and drop off – Community Centre, 99 Loftus Street, Leederville

The adventure begins with morning tea at Woodbridge Riverside Park, enjoying its peaceful riverside setting followed by a visit to Moorish Nuts, Mondo Nougat and House of Honey where you will sample a range of tasty treats. Lunch is a two-course meal at Pasta in the Valley. On the way home, you will visit Margaret River Chocolate Factory.

Bookings essential. City of Vincent residents only.



MENTAL HEALTH WEEK | 3 – 10 OCTOBER



STRESS CASCADE WITH LUMA

Date: Tuesday 6 October 2026
Time: 5 – 6.30pm
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Delivered by LUMA, this talk explores how chronic stress disrupts hormones (especially cortisol), affecting sleep and heart health. Learn to recognise stress signals, interrupt the stress cycle and gain practical tools to improve sleep and long-term health.

Light refreshments provided. Bookings essential.
Priority given to City of Vincent residents.



PAT AND A CHAT WITH GREYHOUNDS AS PETS

Date: Thursday 8 October 2026
Time: 9.30 – 11.30am
Cost: FREE
Location: Hyde Park

Beyond getting us outdoors, dogs are key to building stronger communities and boosting our health. They help lower blood pressure, increase physical activity and provide crucial emotional support. For Mental Health Week, Greyhounds as Pets will visit Hyde Park.

Meet some wonderful greyhounds and enjoy a stress-relieving pat. Join us and experience the unique “Grey love”!

No bookings required.



LAUGHTER YOGA

Date: Friday 9 October 2026
Time: 10 – 11.30am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Discover why laughter feels so good in this Laughter Yoga workshop combining movement, laughter and deep breathing. Learn the benefits and simple ways to add more laughter to daily life. No mat required. Standing and seating options offered.

Light refreshments provided. Bookings essential.
Priority given to City of Vincent residents.

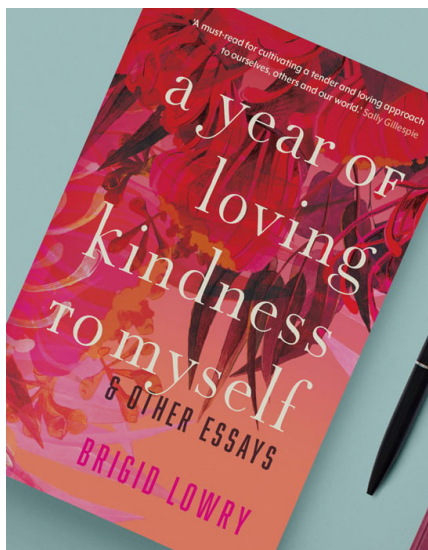


DISABILITY ACCESS AND INCLUSION WORKSHOP

Date: Wednesday 28 October 2026
Time: 10 – 11.30am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

We are developing our next Disability Access and Inclusion Plan 2027-2032 and want to hear what matters most to our community. Join us to share your experiences, ideas and suggestions to help make Vincent a more accessible, welcoming and inclusive place for everyone.

Light refreshments provided. Bookings recommended.



LIVING GRACIOUSLY: AN AUTHOR TALK WITH BRIGID LOWRY

Date: Thursday 5 November 2026
Time: 5.30 – 6.30pm
Cost: FREE
Location: Library and Local History Centre, 99 Loftus Street, Leederville

Join author Brigid Lowry for insights into ageing gracefully and gratefully. From navigating the quirks of creaking joints to pondering life's mysteries, Brigid reminds us to approach life with humour and kindness.



POPPY PROJECT INSTALLATION AND MORNING TEA

Date: Friday 6 November 2026
Time: 10am – 12pm
Cost: FREE
Location: Keith Frame Reserve, 99 Loftus Street, Leederville

Pop down to Keith Frame Reserve and place a poppy on our community display in recognition of Remembrance Day 2026. Enjoy a free morning tea and take a moment to reflect and remember those who have served our country in conflict and peace keeping operations. Lest We Forget.

No bookings required.

SENIORS WEEK | 8 – 15 NOVEMBER



PRESERVING THE HARVEST: SUMMER PRODUCE

Date: Monday 9 November 2026
Time: 10 – 11.30am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Join this live cooking demonstration to learn practical food preservation techniques for summer produce. Gain new skills, discover creative ideas and take home inspiration to use in your own kitchen.

Bookings essential. Priority given to City of Vincent residents.



INTERGENERATIONAL STORIES IN PARK

Date: Tuesday 10 November 2026
Time: 10.30am – 12pm
Cost: FREE
Location: Braithwaite Park, 197 Scarborough Beach Road, Mt Hawthorn

Bring your grandies to a delightful park story time with acclaimed author-illustrator Karen Blair. Enjoy warm, cheeky tales, bring a picnic rug and join creative play celebrating grandparents.

Light refreshments provided. Bookings essential. Priority given to City of Vincent residents.



UP YOU GET! – FALLS PREVENTION WORKSHOP

Date: Wednesday 11 November 2026
Time: 10am – 12.30pm
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Discover how to stay steady, strong and independent. This workshop combines gentle movement, practical floor recovery skills and expert tips to help you reduce falls risk, build confidence and keep enjoying everyday life.

Bookings essential. Light refreshments provided. Priority given to City of Vincent residents.

MOVE, MEET, CONNECT AND DISCOVER



REACH CLINIC

Date: Wednesday 25 November 2026
Time: 10am – 2pm
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Roaming Education and Community Health (REACH) will be providing a pop-up service for 15min health checks. The checks include; blood pressure, pulse, oxygen saturation, blood glucose, girth and type 2 diabetes risks. Enrolled nursing students from North Metro TAFE will provide the checks, along with health education to help you achieve optimal health.

Bookings essential. City of Vincent residents only.



CHATTY CAFE

Date: Last Friday of the month (September – November)
Time: 10 – 11am
Cost: FREE
Location: Community Centre, 99 Loftus Street, Leederville

Looking for a relaxed spot to meet new people? Come along to Vincent's Chatty Cafe where everyone is welcome! Enjoy a cuppa and great conversations with your neighbours. No pressure, no agenda, just a chance to connect and have a laugh.

Tea and coffee provided.



ENERGYWISE

Date: Tuesdays and Thursdays
Time: 1.15 – 2.15pm
Cost: \$12 per class or membership available
Location: Beatty Park Leisure Centre, 220 Vincent Street, North Perth

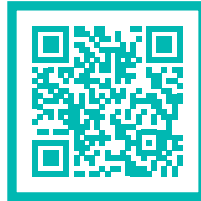
Energywise offers older adults a variety of safe, supervised classes on land and water, tailored to all fitness levels. It helps improve physical health while providing a regular opportunity to socialise with a like-minded group.

Contact Beatty Park on 9273 6080 for more information.



TELEREDI – PHONE SUPPORT DURING EXTREME HEAT EVENTS

Stay safe, informed and connected. Extreme heat can be dangerous, not just uncomfortable. Australian Red Cross TeleRedi offers free phone support to help you stay well during heatwaves. When you're indoors, TeleRedi connects you with a friendly volunteer who will check on your wellbeing, share helpful advice, and link you to extra support if needed.



This service is ideal for people who live alone, are frail or housebound, have a disability or chronic illness, are recovering, experiencing mental illness, or feel vulnerable. Carers are also encouraged to register.

Phone: 1800 188 071 | Email: teleredi@redcross.org.au



HAVE YOUR SAY! DISABILITY ACCESS AND INCLUSION PLAN

We are seeking community input on our next Disability Access and Inclusion Plan 2027-2032.

We want to hear from people with lived experience of disability, family members, carers, support workers and people working in disability advocacy and service provision.

Have your say between Friday 11 September and Friday 20 November 2026. Simply head to [imagine.vincent.wa.gov.au](https://www.imagine.vincent.wa.gov.au) and complete the online survey, email community.development@vincent.wa.gov.au or call on **9273 6000**.

A paper copy of the survey is available for collection at the Main Administration Building, 244 Vincent St, Leederville. Surveys are available in alternative formats upon request.

SMS EVENT REMINDERS



We are now sending SMS reminders before events. If you are registered to attend an event and receive a text from us, simply reply YES or NO to confirm if you will attend.

Please note this service is for attendance confirmation only and we cannot reply to messages. For booking changes or questions call **9273 6000** or email community.development@vincent.wa.gov.au



CITY OF VINCENT

For more information about these events or to book, you can call the Community Development team on **9273 6000** or email community.development@vincent.wa.gov.au

Available in other formats and languages upon request.