



CITY OF VINCENT

WHAT'S ON FOR SENIORS



EDUCATION SESSION – BREASTSCREEN WA

Date: Thursday 1 June 2023

Time: 10am

Cost: FREE

Venue: Community Centre, 99 Loftus Street Leederville

BreastScreen WA are presenting an interesting and informative education session covering a range of topics, including what is breast cancer, risk factors for breast cancer and how to be breast aware.



BUS TOUR – NEW NORCIA

Date: Thursday 15 June 2023

Time: 8.45am – 4pm

Cost: \$50

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

Enjoy morning tea in Bindoon on your way to New Norcia. Visit the historic church and enjoy the magnificent architecture of the town before a three course "Monk's lunch" with a glass of wine. There will be time to visit the gift shop and museum. Please note the venue has an entry fee of \$10 applied at the time.

To secure a seat on the bus we require payment at the time of booking. Bookings are limited to one tour per Vincent resident each calendar year.

For registration and payment please call **9273 6000**.



MOVE IMPROVE REMOVE WORKSHOP BY INJURY MATTERS

Date: Thursday 27 July 2023
Time: 10 – 10.45am
Cost: FREE
Venue: Community Centre, 99 Loftus Street, Leederville

This Move Improve Remove presentation will cover the Stay On Your Feet key messages for preventing falls. Information covered includes tips and strategies for preventing falls and Move Your Body including information on how to build balance and strength.



STROKE SAFE TALK – FIGHTING STROKE TOGETHER

Date: Thursday 10 August 2023
Time: 10am
Cost: FREE
Venue: Community Centre, 99 Loftus Street, Leederville

In recognition of National Stroke Week, come along and learn how to identify

- What a stroke is and how to recognise the signs of stroke.
- What to do if someone is having a stroke.
- How to prevent stroke in you or the people you love.



SAFETY FOR SENIORS PRESENTATION

Date: Friday 25 August 2023
Time: 10am
Cost: FREE
Venue: Community Centre, 99 Loftus Street, Leederville

Join police, rangers and the City's Safer Vincent Advisor for this informative session focusing on

- personal, home and vehicle security
- reporting crime and suspicious activity
- current community crime prevention programs and initiatives

Stay for a coffee and a chat afterwards and collect a free community safety pack.

Attendees will also go in the draw to win a door prize!



HEARING CHECKS BY HEARING AUSTRALIA

Date: Thursday 7 September 2023
Time: 9.30am – 1pm
Cost: FREE
Venue: Community Centre, 99 Loftus Street, Leederville

Come along to the Hearing Australia pop-up and receive your free hearing check. The hearing check can detect and measure the severity of hearing loss.



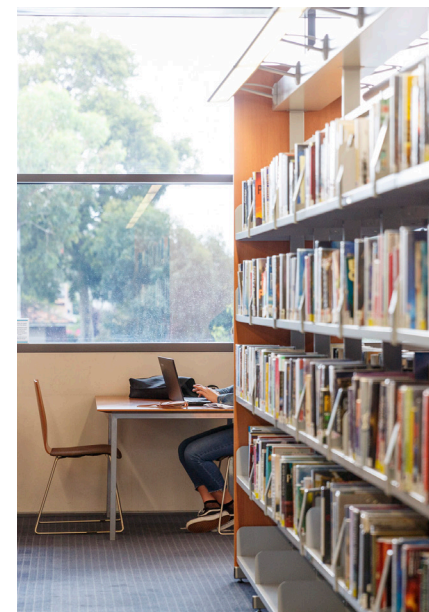
BUS TOUR – KINGS PARK FESTIVAL AND WIRELESS HILL WILDFLOWERS

Date: Wednesday 20 September 2023
Time: 9am – 3.30pm
Cost: \$30
Pick up and Drop off: Community Centre, 99 Loftus Street, Leederville

You'll make your way to Wireless Hill for a delightful morning tea. Afterwards, you will go on a guided walk to see the spider orchids and kangaroo paws whilst learning about Wireless Hill. You will then travel to Point Walter before arriving at Fisherman's Harbour in Fremantle to enjoy some fish and chips for lunch at the Twin Fin. Finally, you will be taken to Kings Park for some free time to enjoy the magnificent wildflower displays.

To secure a seat on the bus we require payment at the time of booking. Bookings are limited to one tour per Vincent resident each calendar year.

For registration and payment please call **9273 6000**.



BOOKS ON WHEELS

Date: Every three weeks on a Tuesday
Time: 9 – 11am
Cost: FREE

The City believes that everyone should have access to our library items – even if you are housebound and can't make it into us. That's why we offer our Books on Wheels service, where you may qualify to borrow from our full range of items if you are temporarily or permanently unable to visit the library or are a live-in carer.

For more information, please email libadmin@vincent.wa.gov.au or call **9273 6097**.



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 **6112 5843** 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.

If you are already receiving this by email, we will be moving on from emailing the flyer as an attachment to a streamlined MailChimp mailout. Look out for more information on this in the coming months.