

Activities

Free Women's Activity Hub

SEPTEMBER

Create a Family Birthday Reminder Plaque

Wednesday 11 Sept
10am - 11.30am

Location:
Bunnings Bibra Lake

Keep track of all those birthdays of your family members and friends in a fun and visual way.

You'll be guided through creating your own reminder plaque which you can decorate as you wish. All materials provided.



OCTOBER

Decorate a plant for your garden with rope and twine

Wednesday 9 October
10am - 11.30am

Location:
Bunnings Bibra Lake

A great gift for a family member, friend or even yourself!

You'll be guided through how to decorate a plant pot with rope, twine and other types of strings to help highlight the beauty of your favourite plant.

All materials provided.



Women's Activity Hub Cont.

OCTOBER

Construct and decorate a nesting box for birds in your garden

Wednesday 23 October
10am - 11.30am

Location:
Bunnings Bibra Lake

You will have the opportunity to put together a wooden nesting box for birds/animals in your garden and decorate it as you wish.

All materials provided.



NOVEMBER

Minimalist Textured Art on Canvas

Wednesday 13 November
10am - 11.30am

Location:
Bunnings Bibra Lake

Explore your creativity with texturing materials and paint on canvas to make your own masterpiece!

All materials provided.



Free Information Sessions

SEPTEMBER

Let's Talk about Aged Care Services

Thursday 5 Sept at 9.30am

An expert from Department of Health and Aged Care will tell you about: What Commonwealth funded services are and how to find them. The different types of aged care services and assessment process. The recent reforms in aged care and what quality care services look like.

Reducing Plastic at Home

Thursday 12 Sept at 9.30am

Join this interactive "Sustainable September" workshop to learn more about plastic waste management and how you can start reducing plastic in your home.

You'll also make your own multipurpose cleaning product and laundry detergent.

Please bring along an empty bottle.

OCTOBER

Cockburn Care

Thursday 10 October at 9.30am

During this information session you'll find out about how staff at Cockburn Care are dedicated to supporting you to live the life you want, in your own home and to stay connected to your community with a wide range of services.

NOVEMBER

Fashion & Waste

Thursday 14 November at 9.30am

Australia is the 2nd largest consumer of new textiles in the world after the USA!

During this session, the City's Waste Education team will provide some rather hair-raising information about the impact of such buying habits.

Cafe Specials

SEPTEMBER

Thursday 5th

Spring High Tea | \$18

Doors open at 11am

Includes: savoury and sweet delights and tea or coffee



OCTOBER

Tuesday 1st

Day of the Older Person | \$15

Chicken parmigiana

Includes: dessert and tea or coffee

orders from 8.45am - 12.45pm



NOVEMBER

Thursday 28th

Christmas Market Stalls

Food and drink available for purchase on day

No bookings required


Fish & chips | mixed sandwiches | dessert of the day


Doors open 8.30am - 1.30pm




What's on Morning Tea

If you are NEW to the Centre or just want to know more about what's going on, come along for morning tea. Everyone is welcome!

 Wednesday 25th September 9.30am

 Wednesday 30th October 9.30am

 Wednesday 27th November 9.30am

Centre Closure

Monday 23rd September 2024

King's Birthday Public Holiday

3 - Course Themed Lunches

SEPTEMBER

Father's Day

Monday 2 September | \$18

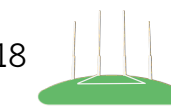
Doors open 11.30am



Footy Finals

Monday 30 September | \$18

Doors open 11.30am



OCTOBER

Oktoberfest

Monday 7 October | \$18

Doors open 11.30am



Anti-Poverty

Monday 14 October | \$18

Doors open 11.30am



NOVEMBER

Melbourne Cup

Tuesday 5 November | \$27

Doors and Sweeps open 9.30am



Remembrance Day

Monday 11 November | \$18

Doors open 11.30am



*illustration by Annette Anderson

Activities

Art Classes

WITH VICKI

SEPTEMBER

Perspective and composition

3 week course \$30.00

Dates of course: 2, 9 & 16

1.30pm – 3.30pm

Learn basic and simple techniques to gain an understanding of perspective and composition. Your artwork will improve, along with your confidence.

Students to bring: A3 sketchpad, HB, 2B pencils



OCTOBER

Let's Draw Landscapes

4 week course \$40.00

Dates of course: 7, 14, 21, 28

1.30pm – 3.30pm

We go back to learning drawing techniques, mark making, blocking, and tonal values. Everyone loves a nice landscape.

Students to bring: A3 sketchpad, HB, 2B pencils



NOVEMBER

Print Making

4 week course \$40.00

Dates of course: 4, 11, 18, 25

1.30pm – 3.30pm

Let's play with simple easy printmaking techniques, including relief prints and gel printing. Prepare for Christmas with card making ideas and unique artwork for gifts.

Students to bring: Teacher will provide materials. Participants to bring rags/paper towelling, wet wipes, sketchpad, tape

Free

Macrame

Wednesday starting 16 October

Free Activity - 6 weeks

Dining Room

9:00am - 11:00am

Book in for this lovely free course with Tania to learn the art of macrame and/or improve the skills you already have. See reception for the materials list and to register your name. Limited spaces available.



Friendship

Friendship Group

Tuesdays & Thursdays

Free to Attend

Activity Room

10.00am - 12.00pm

This group is open to any members who are looking to meet new people. It's now on Thursdays as well, so if you cannot come along on Tuesday then you are very welcome to attend on a Thursday.

Support

Carer's Support Group

Last Tuesday of every month

Wet Craft Room

10.00am - 12.00pm

Are you caring for someone? Caring is often an isolating experience and often selfless with no time for you. The Carer's Support group is a group of Carers that regularly catch up once a month at the centre and also enjoy the occasional outing together to enjoy some respite as well as friendship.

Fitness

Fitness choices available at the Seniors

Fit for Life
Yoga

Pilates

Dance Fitness
Belly Dancing

Chair Yoga

Tai Chi

Beginners Belly Dancing

Table Tennis

Strictly Ballroom
Social Dancing



Slimmer's Friends

Every Friday
8.45am - 9.15am
Computer Room

A group setup to help you keep yourself accountable on your own personal health journey. A place to share healthy recipes and talk about good food choices.



Free

Concert Afternoon

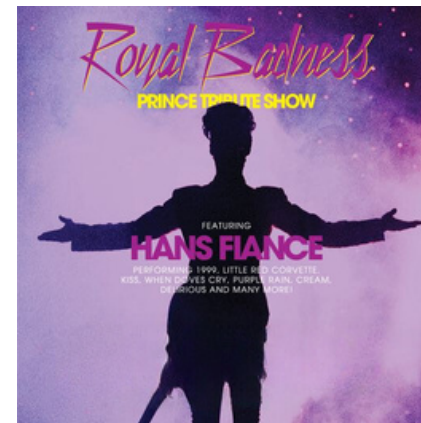
Friday 27 September

Main Hall 1.00pm - 3.00pm

Royal Badness

Prince Tribute Band featuring

Hans Fiance



Free

Christmas Markets

Thursday 28th November

Main Hall 8.30am - 1.30pm

Join us for our annual Cockburn Seniors Centre Christmas Markets.

There will be an array of great items to purchase from the many stalls. Please be sure to bring along cash with you as most vendors will only accept cash.

Food and beverages will be available for purchase from 8.30am - 12.30pm



Free

Tech Savvy Seniors

USEFUL APPS FOR YOUR DEVICES EVENT

Friday 23rd August
Main Hall 1.30pm - 2.30pm

Computer applications are making life easier and we'd love to show you some great apps available to you for your devices at our next Tech Savvy Event.



SMART TV'S EVENT

Friday 20th September
Foyer 1.30pm - 2.30pm

Do you have a smart TV and want to know how to use all the features on it?

Come along to this event and hear from our tech savvy team.



IPAD/IPHONE FAMILIARISATION COURSE

COMPUTER ROOM
1.30 - 2.30

Fridays 8, 15, 22, 29 November

Do you have an iPad or iPhone? Book in for this four week course to learn how to get the most out of these devices.



Free

Quiz



Fridays | 1.00pm - 3.00pm
13th September, 11th October,

8th November

Prizes for the winning team. Come along on your own and names for each table will be drawn at 1pm.

Bingo



Fridays | 1.00pm - 3.00 pm
20th September, 18th October,

15th November

\$2.50 per book
(3 or 6 books only)

Eyes down at 1.15pm.



*illustration by Annette Anderson