

Art Classes WITH VICKI

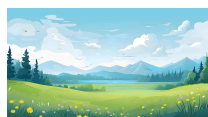
Landscape Drawing

4 week course: \$40.00

Dates of course:

9th, 16th 23rd & 30th June
1.30pm – 3.30pm

This course will teach you the basics of understanding composition and perspective when drawing landscapes. All welcome, suitable for beginners.



Students to bring: HB and 2B pencils, eraser, A3 sketchbook. Teacher will advise each week if any other materials are required.

Watercolour Painting

4 week course: \$48.00

Dates of course:

7th, 14th, 21st & 28th July
1.30pm – 3.30pm

Learn the basics of watercolour in a safe and non-stressful environment. Learn at your own pace.



Students to bring: Teacher will provide materials for the first week. After first week you will need to provide your own materials, teacher will advise you what you need to purchase.

Working with Ink

4 week course \$48.00

Dates of course:

4th, 11th, 18th and 25th August
1.30pm – 3.30pm

Learn to draw with ink using both pens and brushes and other drawing tools. This course is designed to free you up and show you the wonderful world of free sketch.



Students to bring: A3 sketchbook & HB pencil.

Free

Tech Savvy Seniors

Android Familiarisation Course

Thursdays starting 19 June

Free Activity - 3 weeks

Dining Room

1.00pm - 2.30pm

Please register for this event

Do you own an Android device? Come along to our free Android course to learn more about the features on your device. Please bring your device to the class each week. Run by our Tech Savvy team.



Do not
forget

Memberships

Membership renewals (for current paid members) will start from **Monday 9 June 2025**. The cost of membership for the 2025/2026 financial year will be **\$51.50** per member.

New members will be able to register and join from July 1st 2025.



Free

Macrame with Tania

Tuesdays starting 7 May

Free Activity - 6 weeks

Dining Room

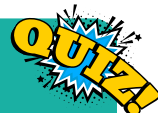
9.00am - 11.00am

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.



Free

Quiz



Fridays | 1pm - 3pm

13th June, 11th July,

8th August

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

Bingo



Fridays | 1pm - 4pm

20th June, 18th July and 15th

August

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

Eyes down at 1.15pm
No entry after 1.00pm



Come along to our Christmas in July **MEGA BINGO** Friday 18th July
1pm for your chance to win big!

\$100 Visa card up for grabs on the last game

Cafe Specials

JUNE \$15.00

Tuesday 17th

Pizza Day

Dining between 9am and 1pm

Includes: sweet and tea or coffee

JULY \$16.50

Tuesday 29th

International Friendship Day

Dining between 9am and 1pm

Bangers and mash with onion gravy

Includes: sweet and tea or coffee

AUGUST \$16.50

Tuesday 19th

Chicken Parmi Day

Dining between 9am and 1pm

Includes: sweet and tea or coffee




What's on Afternoon Tea


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


All members are welcome, please register

1.30pm- 2.30pm

Seniors Centre - Computer Room

 Friday 27th June

 Friday 25th July

 Friday 22nd August



Centre Closure

Monday 2 June 2025

Centre closed for WA Day

Public Holiday

Friday 29 August 2025

Centre closed for Volunteer

Appreciation Lunch



3 - Course Themed Lunches

JUNE

\$18

French Inspired Luncheon

Friday 20th June

Doors open 11.30am

JULY

\$30

Christmas in July Luncheon

Wednesday 16th July

Doors open 11am

AUGUST

\$19.50

Mexican Inspired Luncheon

Monday 4th August

Doors open 11.30am

\$19.50

Indian Inspired Luncheon

Friday 15th August

Doors open 11.30am



Games

Carpet Bowls
Every Monday (10.00am) and
Thursday (1.00pm)
Main Hall

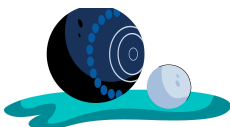
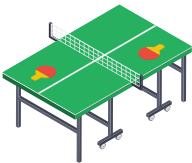


Table Tennis
Every Monday - Beginners
(1.15pm) and Friday Advanced
(1.00pm)
Main Hall



Darts
Every Tuesday (9.15am) and
Friday (9.15am)
Dining Room



Scrabble
Every Tuesday (10.00am)
Computer Room



Games Cont'd

Bridge
Every Wednesday 12.00pm
Computer Room



Bolivia (Canasta)
Every Wednesday (1.00pm)
Activity Room



Chess
Every Thursday (8.30am)
Dining Room



Progressive Whist
Every Thursday (12.30pm)
Activity Room

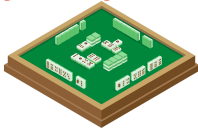


Pool
Available anytime, just tee it
up with another member.
Foyer



Games Cont'd

Mahjong
Beginners and Advanced
Every Friday (9.45am)



Quiz
Once a month, refer to the back
page for more information



Bingo
Once a month, refer to the back
page for more information



Free Information
Sessions

LiveUp - Discover the Upside
of Ageing
Thursday 12th June
9.30am - 10.30am
Reigster at Reception



Daily lifestyle choices determine up to 75% of how people age. By making healthy choices daily, you can live well and remain independent. LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay active, independent and socially connected as you get older. A representative from LiveUp will provide information about how they can support you to discover the upside of ageing and will talk about the LiveUp website which is packed with information and resources, helpful product suggestions, local activities and groups to help you take control of how you're ageing.

Free Information
Sessions Cont'd

Waste Education
Monday 7th July
9.30am - 10.30am
Register at Reception



Reducing plastic waste in your everyday life
An expert from the City's Waste Education Team will explain:
·What is Plastic Free July and how does it work
·Innovative and practical solutions to reduce the use of plastic items in your home and when you're out and about
·Ideas for reusing or repurposing items to help reduce the amount of single use plastics going to landfill
You'll also have the opportunity to ask any questions you have about recycling, sustainability, waste management, etc.

Advocare
Thursday 14 August
9.30am - 10.30am
Register at Reception



How can Advocare assist you in your Aged Care journey?
You'll learn about how Advocare can help you with:
• How to get help with resolving Aged Care issues and services
• How to connect to essential services, such as Care finders
• How to use Home Care Check In to stay safe and independent at home for longer
• How Volunteer Visitors can provide companionship and support
• Identifying Elder Abuse and how to address concerns

Advocare is the Seniors Peak body in WA and offers free, confidential and unbiased services to support older persons. Advocare empowers older people by providing information and choices, enabling them to make informed decisions and live life on their terms.

Women's Activity
Hub

Cockburn Seniors Centre
Make your own 'cool' oven mitt
Monday 16 June
12.30pm - 2.30pm
Register at Reception



Keep your hands cool and protected from hot items when you proudly use your handmade oven mitt at home. The City's Waste Education team will guide you through the process of cutting and sewing your oven mitt from old jeans and/or other recycled fabrics. Have fun, learn new skills and help reduce textile waste going to landfill. All materials provided. Bring your own old jeans/recycled fabric if you wish.

Bunnings Cockburn Central -
Make a Garden Chandelier
Thursday 26th June
11.30am - 1.00pm
Register at Reception



Take your outdoor styling up a notch by making your own Garden Chandelier that will help enhance and add interest to your garden or outdoor space. All materials provided.

Bunnings Bibra Lake -
Decorate and personalise a
wooden chopping board
Wednesday 9th July
10.00am - 11.30am
Register at Reception



Food can look great when it's displayed on a chopping board. It's so 'down to earth' and rustic! Often a 'plain' cutting board does a great job, but why not have the option of having one that's a little fancier to help make your food look even more amazing? During this workshop you'll paint your own design onto a wooden chopping board which will then be sealed with a food-safe sealant. All materials provided.

Cockburn Seniors Centre
Goddess Glow Workshop
Thursday 17th July
1.30pm - 2.45pm
Register at Reception



Join spice alchemist Rutchi from Inner Spice where you'll find out about the magical healing properties of spices to improve gut, aid digestion and reduce inflammation. Understanding the secrets of spices has the power to lift us from feeling low energy, time constrained and stressed, to a place of rejuvenation and vitality, bringing balance and serenity to our everyday life. You'll learn the art of crafting spice remedies and culinary delights, indulge in a special spiced tonic and be treated to take-home samples and a digital guide. All materials provided.

Cockburn Seniors Centre
Discover the secrets of
fermentation and how it can
improve your gut health
Monday 4th August
10.00am - 1.00pm
Register at Reception



Christy, a Certified Gut Health & Results Coach will take you through:
• An introduction to gut health and the microbiome
• Fermentation theory to help participants understand the process
• A hands-on demonstration of making sauerkraut
• Demonstrations of ferments like beet kvass and ginger carrots
• Practical tips for incorporating fermented foods into your daily life
You'll also take home:
• A 1L jar of sauerkraut they've made during the workshop.
• A small jar of starter to begin other ferments at home.
• A workbook with recipes and fermentation guidelines.
• Post-workshop online community support.
All materials provided.