

Free  
Women's  
Activity Hub

SEPTEMBER

Create your own unique terrarium  
Wednesday 10 Sept  
10am - 11.30am  
Location: Bunnings Bibra Lake  
Booked Out/  
Waitlist Available  
Terrariums are a great way to brighten any indoor space and are easy to care for, as they only need occasional watering and can be placed out of the way of curious little hands and paws! They also make impressive gifts, even for those who don't consider themselves green thumbs. During this workshop, you'll create your very own terrarium that is unique to you.  
All materials provided.



OCTOBER

Boomerang Bags  
Monday 13 October  
12.30pm - 2.30pm  
Location: Cockburn Seniors Centre  
Booked Out/  
Waitlist Available  
Boomerang Bags are a re-usable and sustainable alternative to plastic bags. They're made using recycled fabrics that may otherwise go straight to landfill. An expert member of the City's Waste Education team will guide you through the process of cutting and sewing your own re-usable bags from 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.

Women's  
Activity Hub Cont.

OCTOBER

Decorate your own Terracotta Centrepiece for your table  
Thursday 23 October  
11.30am - 1.00pm  
Location: Bunnings Cockburn Central  
Booked Out/  
Waitlist Available  
Assemble and create a special centrepiece for your Christmas table, a special event, or even just for everyday!  
All materials provided.



NOVEMBER

Decorations, Decorations  
Wednesday 12 November  
10am - 11.30am  
Location: Bunnings Bibra Lake  
Booked Out/  
Waitlist Available  
Just in time for the upcoming festive season, have some fun making easy clay ornaments to decorate your home or give away as gift tags or gifts. Get those creative juices going!  
All materials provided.



Free  
Information  
Sessions

SEPTEMBER

Sustainable September  
Why reduce waste?  
Monday 8 Sept at 9.30am  
An expert from the City's Waste Education team will explain:  
·What is Sustainable September  
·Ideas on how to reduce waste and be more sustainable  
·The link between over consumption and waste with climate change  
You'll also have the opportunity to ask any questions you have about recycling, sustainability, waste management, etc.

OCTOBER

Voluntary Assisted Dying  
Thursday 9 Oct at 9.30am  
Voluntary Assisted Dying (VAD) is the legal process for someone who has met specific criteria to access medication that allows them to choose the manner and timing of their death.  
During this session the WA VAD Statewide Care Navigator Service will guide you through:  
·What VAD is and the eligibility criteria  
·An overview of the process  
·The lived experience of VAD for people and their families  
You will also have the opportunity for discussion and to ask questions.

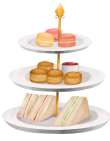
NOVEMBER

Ways to help you feel more positive and able to get the most out of your life.  
Thursday 13 November at 9.30am  
HelpingMinds will help you to find out ways to: Build resilience, mental fitness, nourish your character strengths and self-care, increase your knowledge and understanding about living a mentally healthy lifestyle, including protective factors, How to check in with a friend and access important support services if required

Cafe Specials

SEPTEMBER

Thursday 18th  
Spring High Tea | \$27  
Doors open at 11am  
Includes: savoury and sweet delights and tea or coffee



OCTOBER

Thursday 2nd  
Footy Finals | \$16.50  
Presentation at 12.30pm for Footy Tipping Competition  
Includes Sausage roll, chips and salad, brownies and tea or coffee



NOVEMBER

Tuesday 11th  
Remembrance Day | \$16.50  
Between 9am - 1pm  
Includes sweet and tea or coffee



Thursday 27th  
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

Cafe Closure

Tuesday 28th October 2025  
The Cafe will be closed on this date for one day only



3 - Course  
Themed Lunches

SEPTEMBER

Father's Day  
Monday 8 September | \$19.50  
Doors open 10.30am



OCTOBER

Oktoberfest  
Monday 6 October | \$19.50  
Doors open 10.30am



NOVEMBER

Melbourne Cup  
Tuesday 4 November | \$27  
Doors and Sweeps open 9.30am  
Food service from 11am



Centre Closure

Monday 29th September 2024  
King's Birthday Public Holiday

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.  
Everyone is welcome!  
Computer Room

- \*Friday 26th September 1.30pm
- \*Friday 31st October 1.30pm
- \*Friday 28th November 1.30pm





# Activities

## Art Classes

WITH VICKI

### SEPTEMBER

#### Learn to Draw

4 week course \$48

Dates of course: 1, 8, 15 & 22

1.30pm – 3.30pm

If you're a beginner, learn the basics. If you are intermediate or more experienced, learn more detailed techniques.

**Students to bring:** A3 sketchpad, pencils



### OCTOBER

#### PASTELS

4 week course \$48

Dates of course: 6, 13, 20 & 27

1.30pm – 3.30pm

If you like getting messy, this is for you! Soft pastels! We will be doing landscapes and florals.

**Students to bring:** Pastels and Sketchbook. If new to class, teacher will provide pastels for the first week only.



### NOVEMBER

#### Portraiture

4 week course \$48

Dates of course: 3, 10, 17 & 24

1.30pm – 3.30pm

Understand basic facial structure. Easy to learn techniques. Suitable for all levels of experience.

**Students to bring:** Sketchbook and HB & 2B pencils

Free

## Macrame

Wednesday starting 22 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

Tuesday - Activity Room

Thursday - Dining Room

10.00am - 12.00pm

This group is open to any members who are looking to meet new people. There are two days a week that you can catch up and connect in the friendship group setting at the Seniors Centre and also some scheduled outings as well. All members are welcome.

Support

## Carer's Support Group

Last Tuesday of every month

Wet Craft Room

10.00am - 12.00pm

Are you caring for someone? The Carer's Support group is a group of Carers that regularly catch up once a month at the Seniors centre and also enjoy the occasional outing together too. It's a great group for enjoying some respite and friendship.

## 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 with a weekly weigh in too.



## Kitchen/Cafe Hand

Our wonderful centre is looking for some help in our Kitchen and Cafe.

If you are interested in becoming a volunteer and helping out, please speak with Kayla or Jo for more information and about other volunteer places we may have.



\$10

## Afternoon

# DANCE

Friday 31 October

Main Hall 1.00pm - 3.00pm

\$10 a ticket

Book at Reception

Don't miss out...



## Christmas Markets

Thursday 27th November

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 Events

Setting Up

Laptop/Device

Thursday 4<sup>th</sup> September

Computer Room

1pm - 2pm

Learn how to set up your laptop & device.

Attendees need to bring their own laptop or devices.

Passwords & MFA

Thursday 18<sup>th</sup> September

Computer Room

1pm - 2pm

Learn how to change your passwords and set up Multi-factor Authentication (MFA)

Data Storage

Thursday 23<sup>rd</sup> October

Computer Room

1pm - 2pm

Learn how to store your data



Downloading & Editing

Photos

Thursday 20<sup>th</sup> November

Computer Room

1pm - 2.30pm

Attendees to bring their own device either phone or tablet



Free

## Quiz QUIZ!

Fridays | 1.00pm - 3.00pm

12th September, 10th October,

14th 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

19th September, 17th October,

21st November (Mega Bingo)

\$2.50 per book

(3 or 6 books only)

Eyes down at 1.15pm.



Come along to our November MEGA BINGO Friday 21st for your chance to win big!

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

