

## Fees and charges 2026-2027

- Instant coffee, tea and milk are free
- Soft drink can from the cafe \$3
- Bottle soft drink \$5
- Soup/Entree/dessert \$6 each
- Biscuits \$1
- Fruit cake \$1
- Casual membership fee 50+ \$10.00
- Meals two course \$15
- Main meal only \$11.50
- Cafe hot option \$9
- Cafe sweet option \$6

Menu	
Assorted sandwiches	From \$7.50
Assorted toasted sandwiches	From \$7.50
Salad plate	\$6.50
Meat and salad plate (with x 1 meat)	\$7.50
Extra meat/tuna/curried egg	\$2.50 each
Soup	\$6
Pizza	\$8
Garlic bread	Small \$2.50 Large \$4


Tea and coffee	Cup	Mug
Flat white/latte/cappuccino	\$5	\$5.50
Long black	\$4	\$4.50
Pot of tea for one	\$4.50	N/A
Pot of tea for two	\$5.50	N/A
Hot chocolate	\$5	\$5.50
Iced coffee (without ice-cream)	\$6	N/A
Iced coffee (with ice-cream)	\$6.50	N/A

### Seniors Centre Cafe

Tuesdays and Thursdays  
9am–1pm  
Orders from 8.30am–12.45pm

**More classes available! Please see timetable from July 2026.**

9 Coleville Crescent Spearwood, WA 6163  
T 08 9411 3877  
E [csc@cockburn.wa.gov.au](mailto:csc@cockburn.wa.gov.au)  
[www.cockburn.wa.gov.au/seniorscentre](http://www.cockburn.wa.gov.au/seniorscentre)

 This information is available in alternative formats upon request

City of  
**Cockburn**

wetlands to waves

Cockburn Seniors Centre

# Newsletter

## Winter 2026



## Membership

We value your attendance here at the Centre and look forward to you renewing your membership.

Current members can pay their 2026-2027 membership from Monday 6 July 2026 - 14 August 2026. (6 - Six weeks)  
2026-2027 memberships will open to the wider community on Monday 17 August 2026.

Memberships are valid from 6 July 26 to 14 August 27 at a cost of \$100.00 per member.



[www.cockburn.wa.gov.au/seniorscentre](http://www.cockburn.wa.gov.au/seniorscentre)

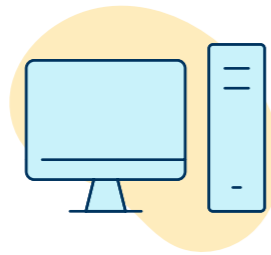


This information is available in alternative formats upon request

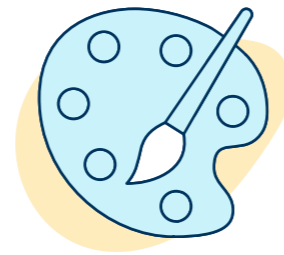


## Activities

- Over 50 activities to join in weekly
- Over 30 **FREE** activities.



## Programs



## Courses



## Cockburn Seniors Centre - Services

### Hairdresser

Monday, Tuesday and Friday - by appointment only.

- Tuesdays and Fridays with Lilly please call 0403 716 015 to make an appointment
- Mondays every 3 weeks, 1.30-4.30pm with Julie please call 0439 999 283 to make an appointment.

### Dietician

- Wednesdays 9am-3pm with Shuhui please call 0481 793 347 to make an appointment.

To find out what activities are free, visit the website [www.cockburn.wa.gov.au/seniors](http://www.cockburn.wa.gov.au/seniors) or come and see us in the Centre for a guide.

**We're open Monday to Friday**  
drop in and enjoy the Centre.

