

Spring 2021

Cockburn Seniors Centre

Activities

EVENTS

Lunch Specials

Footy Finals Lunch

Wednesday 29 September \$15

Midday – 1.30pm

Come and enjoy a special 3 course meal as we celebrate the end of the footy season. Beer and wine available for purchase. Bookings and payment essential

International Day of Older Persons

Friday 1 October \$15

Midday – 1.30pm

The International Day of Older Persons is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world. We will be honouring the day with a special three course meal. Bookings and payment essential

Oktoberfest

Wednesday 6 October \$15

Midday – 1.30pm

The occasion for the first Oktoberfest was in 1810 at the wedding of the Bavarian Crown Prince Ludwig to Princess Therese of Sachsen-Hildburghausen. We will be celebrating the occasion and all things German with a hearty 3 course meal. Bookings and payment essential

World Pasta Day

Monday 25 October \$15

Midday – 1.30pm

Whether you prefer rigatoni, angel hair, or pappardelle, you'll love this lunch! 3 courses of pasta based meals for your enjoyment. Bookings and payment essential.

Melbourne Cup

Tuesday 2 November \$15

Midday – 1.30pm

Come and celebrate the race that stops the nation with a sumptuous 3 course meal. Beer and wine available for purchase.

Sweeps available from 9am.

Doors open 10.30, and Lunch service starts at 11.30.

Race on the big screen at 12.00

Bookings and payment essential

Thanksgiving Lunch

Wednesday 24 November \$15

Midday – 1.30pm

Lets get together to focus on, and give thanks to, all of the good things that have happened in the last 12 months. Delight in a wonderful 3 course meal surrounded by your Seniors Centre friends. Booking and payment essential.

Café Specials

Complimentary tea or coffee

Thursday 16 September

9 Coleville Crescent Spearwood WA 6163 9411 3877 csc@cockburn.wa.gov.au
cockburn.wa.gov.au/seniorscentre

Tuesday 19 October
Thursday 28 October
Tuesday 23 November
9am – 1pm

Spend \$4 or more on food in the café and receive a complimentary drink.

Fathers Day Special
Tuesday 7 September \$10
9am – 1pm

Take advantage of our special Fathers Day meal combination of a Hamburger, Chips, Tossed Salad, Cake and a Tea or Coffee

Queens Birthday
Tuesday 28 September \$10
9am – 1pm

Celebrate coming back from a long weekend in honour of the Queen by having a special meal of Fish and Chips, Garden Salad, Cake and a Tea or Coffee

Bubble and Squeak Combo
Thursday 14 October \$10
9am – 1pm

Special meal deal: Bubble and Squeak, Chips, Cake and a Tea or Coffee

Remembrance Day
Thursday 11 November \$10
9am – 1pm

Special meal deal: Pesto Pasta Salad, Tossed Salad, Cake and a Tea or Coffee

Sundowner
4 - 7pm \$5

BYO food and drinks (no spirits allowed). Soft drink and food available to purchase on the night. Shuttle bus available for pick up and return home, bookings before the event are essential. Pre-booking and payment required before the night.

Indiana
Friday 3 September
Spring Rolls with Sweet Chilli Sauce

Chain Reaction
Friday 1 October
Roast Pork and Gravy Rolls

Rockin' Rod
Friday 5 November
Fish Bites with Chips and Tartare Sauce

Quiz
1-3pm Free

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

Friday 10 September
Friday 8 October
Friday 12 November

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Bingo

1 - 3pm \$2 per book

Eyes down at 1.15

Friday 17 September

Friday 15 October

Friday 19 November

Concert

"Seniors Got Talent"

Friday 29 October FREE

1 – 3pm

Includes afternoon tea. Limited tickets available, bookings essential

Movie Meal Deal

The Dry (2020)

Friday 24 September

The Courier (2021)

Friday 22 October

The War with Grandpa (2020)

Friday 26 November

Hearing Checks

3rd Tuesday of the month - FREE

10.30 – midday

Contact Sharon: 0437 802 693

COURSES

Art Classes

Mixed Media

3 Weeks - \$24

Monday 6, 13 & 20 September

1.30 – 3.30pm

Students to bring an A3 sketch book, HB and 2B pencil to every lesson.

Bookings and payment essential

Basic Print Making

4 Weeks - \$32

Monday 4, 11, 18 and 25 October

1.30 – 3.30pm

Students to bring gloves, rags and a protective apron to each session.

Bookings and payment essential

Acrylic Painting

6 Weeks - \$48

Monday 1, 8, 15, 22 and 29 November

6 December 1.30 – 3.30pm

Students to bring soft an A3 sketch book to every lesson.

Bookings and payment essential

Computer Classes

9 Coleville Crescent Spearwood WA 6163 9411 3877 csc@cockburn.wa.gov.au

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Computer for Beginners

6 Weeks - \$48

10.00 – midday

Thursday 4, 11, 18, 25 November and 2, 9 December

Learn how to navigate a computer, create a document and use the internet. Bookings and payment essential

iPad for Beginners

4 Weeks - \$32

12.30 – 2.30pm

Thursday 4, 11, 18, 25 November

Learn how to set up your iPad, download & use apps with touch, add an email account, create a backup and more. Bookings and payment essential

FREE INFORMATION SESSIONS

Financial Counselling

Monday 6 September

9.30am

Do you want to take more control over your finances or have a financial issue you need help with? Attend our Information Session about the Financial Counselling services that the City of Cockburn offers to all residents.

Waste Education

Monday 4 October

9.30am

Would you like to be smarter about how you dispose of your waste and feel better about how you're helping the environment? Attend one of our Information Sessions about some of the innovative waste reduction initiatives on offer to all residents of Cockburn

'Your Leisure Years'

Monday 1 November

9.30am

Presented by RAC: For those approaching or already in their retirement years, this presentation includes information and advice on; Personal security, Securing your home, Preparing for road trips and staying safe, Travelling safely with grandchildren, Exploring Western Australia, Mobility for the future

CALENDAR

September

Friday 3 September

Sundowner – Indiana

Monday 6 September

Information Session – Financial Counselling

Tuesday 7 September

Café Special – Fathers Day

Friday 10 September

Quiz

Thursday 16 September

Café Special – Free tea or coffee*

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Friday 17 September
Bingo

Friday 24 September
Movie Meal Deal – “The Dry”

Monday 27 September
Closed – Queens Birthday

Tuesday 28 September
Café Special – Queens Birthday

Wednesday 29 September
Lunch Special – Footy Finals

October

Friday 1 October
Lunch Special – International Day of Older Persons

Friday 1 October
Sundowner – Chain Reaction

Monday 4 October
Information Session - Waste Education

Wednesday 6 October
Lunch Special – Oktoberfest

Friday 8 October
Quiz

Thursday 14 October
Café Special – Bubble and Squeak

Friday 15 October
Bingo

Tuesday 19 October
Café Special – Free tea or coffee*

Friday 22 October
Movie Meal Deal – “The Courier”

Monday 25 October
Lunch Special – World Pasta Day

Thursday 28 October
Café Special – Free tea or coffee*

Friday 29 October
Concert – “Seniors Got Talent”

November

Monday 1 November

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Information Session - 'Your Leisure Years'

Tuesday 2 November
Lunch Special – Melbourne Cup

Friday 5 November
Sundowner – Rockin' Rod

Thursday 11 November
Cafe Special – Remembrance Day

Friday 12 November
Quiz

Friday 19 November
Bingo

Tuesday 23 November
Café Special – Free tea or coffee*

Wednesday 24 November
Lunch Special – Thanksgiving

Friday 26 November
Movie Meal Deal – "The War with Grandpa"