

Cockburn Seniors Centre

Courses, Outings, Seminars and Events
November – December 2017

Welcome to the Cockburn Seniors Centre

We have a broad range of programs and activities to promote physical activity, social connection and mental wellness for over 50's, including:

- Outings
- Courses
- Events
- Seminars.

Be sure to drop in to our dining room for a delicious meal which are served on Mondays, Wednesdays and Fridays. Enjoy the amazing café, open on Tuesdays and Thursdays from 10am–2pm.

The Centre also has many exercise classes, social activities, groups and various services on offer, so pick up our latest timetable, July-December 2017.

See you at the Cockburn Seniors Centre!

Positive age friendly initiatives for over 50's

COURSES

Computer Classes – Introduction to Social Media (2 Weeks)

Thursdays 2-9 November, 12.30-2.30pm

\$15

Ever wondered what Facebook, Instagram, Twitter and Snapchat are and how they are used? Want to be able to connect through different platforms with people all over the world? Bring your smartphone and/or tablet along and learn more!

Computer Classes – Beginners (6 Weeks)

Thursdays 2 November–7 December, 10am-12pm

\$45

Never turned on a computer before? This is your introduction to the wonderful world of the internet.

Art–Paint with Water Colours (4 Weeks)

Mondays 6-27 November, 1.30-3.30pm

\$30.00

Enjoy the feel of using watercolours to create your masterpieces. First week materials are provided.

iPad course (3 Weeks)

Wednesdays 8–22 November, 10am -12pm

FREE

Learn how to set up your iPad, download and use apps with touch, add an email account and create a backup. Absolute beginners only.

Random Acts of Kindness

Thursday 9 November, 9.30-10.30am
FREE

Laura Beacham is an expert delivering “Random Acts of Kindness” Channel seven has recognised her good deeds on Today Tonight. Laura will teach and provide you with a gift to conduct your own “Random Act of Kindness”.

Computer Classes – Using File Explorer (2 Weeks)

Thursdays 16-23 November, 12.30-2.30pm
\$15

Creating new folders to save that photo or document? Learn how to organise files into folders, use USB and cloud storage.

Mosaics (8 Weeks)

Thursdays 23 November-21 December, 1-3pm
\$40

Continuing students only. Bring along your broken crockery and turn it into something special.

iPad course (3 Weeks)

Wednesdays 29 November-13 December, 10am -12pm
FREE

Learn how to set up your iPad, download and use apps with touch, add an email account and create a backup. Absolute beginners only.

Computer Classes – Camera/Phone Transfers (2 Weeks)

Thursdays 30 November-7 December, 12.30-2.30pm
\$15

Bring along your phone or digital camera and learn how to transfer photos onto a computer/USB and organise into folders, ready for printing or storage.

Art-Print Making – (3 Weeks)

Mondays 4-18 December, 1.30-3.30pm
\$30

Join Vicki as you learn the intricacies of print making. Week one materials provided.

EVENTS

Sundowner

Friday 3 November
4-7pm
\$2
Live entertainment.

Classic Movie Club – hosted by Bob Edwards

Sunday 5 November
9am
FREE
The Seven Year Itch (1955) and The Last Picture Show (1971) - followed by a quiz with prizes.

Melbourne Cup Lunch

Tuesday 7 November

11.30am

\$15

Enjoy a delicious lunch whilst watching the Melbourne Cup.

Movie Meal Deal – ‘A Dog’s Purpose’

Friday 24 November

12pm

\$10

Three course lunch included, lunch served 12pm, movie on the big screen 1pm

Classic Movie Club – hosted by Bob Edwards

Sunday 3 December

9am

FREE

On Moonlight Bay (1951), The Flame and the Arrow(1950) Burt Lancaster followed by a quiz with prizes.

Sundowner

Friday 1 December

4-7pm

\$2

Live entertainment.

Christmas Lunch

Tuesday 12, Wednesday 13 December

11.30am

\$22

Join your friends for a yummy Christmas lunch, with live entertainment.

SEMINARS and OTHER

Seniors Centre Art Exhibition

Monday 30 October – Friday 3 November 2017

Seniors Week 2017 is a special time of celebration for Western Australian seniors. The City of Cockburn appreciates seniors valued contribution to society. During Seniors Week 2017 our very own senior’s art pieces will be ‘shown off’ within the centre.

Cockburn Community Care Service

Tuesday or Fridays, 11am-1pm

FREE

Do you need Home Help or Community Support?

A Cockburn Community Care Coordinator will be available to provide advice on the types of support available and help you make a referral.

Laughter Session

Thursday 9 November, 10.15-11.15am \$5.00

Laughter is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. A class to be enjoyed – just let go and don’t take yourself too seriously.

Understanding Your Tax and MyGov online

Monday 20 November

9.30am

FREE

Presented by the Australian Taxation Office, you'll be shown how to register for and use your myGov account online, as well as gain a better understanding of tax rates, claims and your super.

Morning tea provided, bookings essential for catering purposes.

Christmas Karaoke

Friday 8 December 2-4pm

FREE

Join in and sing Christmas Carols.

OUTINGS

November bookings open Thursday 5 October 1pm

December bookings open Monday 6 November 1pm

Seniors Week

Have a Go Day - Burswood

Wednesday 1 November 8.30am-2pm

FREE

Held at the beautiful Burswood Park, Have A Go Day provides activities and information specially for over 45's. Hosted by Seniors Recreation Council, stall holders and demonstrations provided by community groups, government agencies and commercial operators. Byo lunch from one of the food vendor's onsite

Yanchep Inn

Tuesday 14 November 9.15am – 3.15pm \$34.50

The Yanchep Inn is the ideal places to enjoy lunch whilst watching the wildlife go by. Enjoy time perusing the gift shops or visiting the koala boardwalk in the park before the chef's roast of the day.

Stirling Cottage Harvey

Thursday 23 November

8.45am-4.00pm

\$32.00

First stop, Waroona, where you can purchase your own morning tea at the Country Café, then on to Harvey. Visit Stirling Cottage, with its display honouring May Gibbs, creator of the Gumnut Babies, who lived in the area. Enjoy a delicious lunch and a wander around the beautiful gardens. See centre for lunch choices.

Swan Valley Tour

Wednesday 29 November

9.15am -3.15pm

\$37.50

Enjoy a fun packed day visiting a few of Swan Valleys famous venues. First stop at Cape Lavender where you can purchase gifts or buy coffee/cake followed by a stop at the Margaret River Chocolate Factory. Lunch is at Penny Garden then our final stop is the Mondo Nougat. Contact Centre for lunch choices.

Kalamunda Morning Musical

Wednesday 6 December

9.15am–3pm

\$40

Christmas with Zane & Friends

Zane and his good friends return for a very special Christmas show featuring lots of festive favourites and creating a magical yule-tide atmosphere to end a wonderful year. Lunch at Embers woodfired. Contact Centre for lunch menu options. Morning tea included.

Crown Casino

Thursday 7 December

10am-3.30pm

\$10

Travel by bus to Crown Casino and use your time as you wish. Test your luck on the tables or just explore the complex and surrounds. Gaming and lunch voucher for Carvers, Noodlers 88 or Snax included.