

Cockburn Seniors Centre Activities and Events

July – August 2017



Welcome to the Cockburn Seniors Centre

There are a broad range of programs and activities to promote physical activity, social connection and mental wellness for over 50's.

This brochure covers information on our:

- Outings
- Courses
- Events
- Seminars.

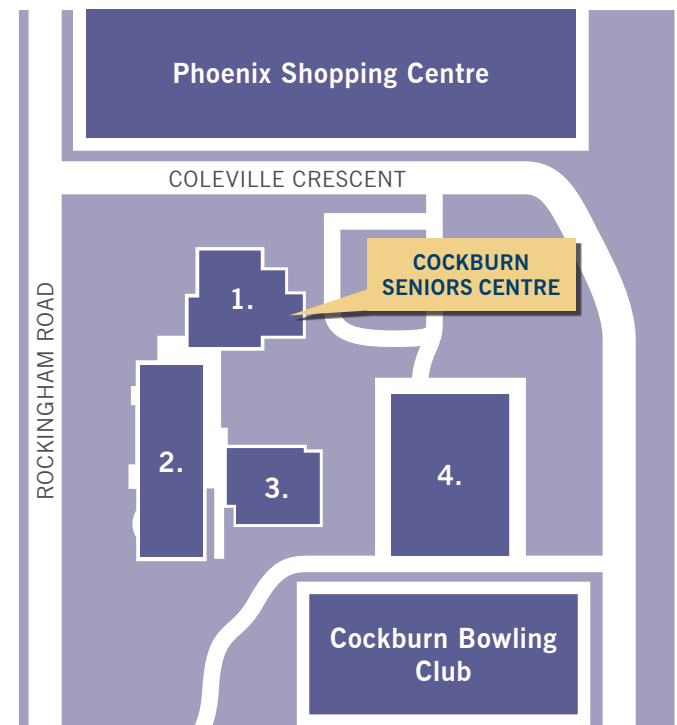
Be sure to drop in to our dining room for delicious meals Monday, Wednesday and Friday. Enjoy the amazing café, open on Tuesdays and Thursdays from 10am–2pm.

The Centre also has many classes and activities. Please pick up our latest timetable, July–December 2017.

We hope to see you enjoying these at the Cockburn Seniors Centre soon.

Positive age friendly initiatives for over 50's

Contact information



1. Cockburn Seniors Centre
2. City of Cockburn Administration Building
3. Spearwood Public Library
4. Public Parking

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



This information is available in alternative formats upon request



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OUTINGS

Booking open dates:

July Outings from 6 June 1.30pm

August Outings from 10 July 1pm




\$40

Kalamunda Morning Musical

Wednesday 5 July 9.15am–3pm

Silky vocalist Andrew Simpson recreates the voice of Gene Pitney, one of the best-loved music stars of the 1960s, with classics including Twenty Four Hours from Tulsa, Town Without Pity, and many more. Lunch at Embers woodfired. Contact Centre for lunch menu options. Morning tea included.

Boshack Farm Visit

Wednesday 12 July 8.30am–5pm \$90

Located near Bolgart, east of Toodyay, join us as we explore this farmstay. Feed the horses, hear about Dreamtime and try your hand at water divining. Roast lamb lunch followed by chocolate pudding with custard. Morning tea included.

Derbal Yerrigan Ferry Cruise

Thursday 13 July 9am–3pm \$56.50

Join with a Nyungar guide on a unique 1920s style, solar electric ferry, to explore the culture and history of the Whadjuk people of the Derbal Yerrigan (Swan River). Learn some local language, hear Dreamtime stories and enjoy the picturesque view. Lunch can be purchased at Elizabeth Quay or Perth City.

Please note: ferry is not accessible to wheelchairs.



\$8.50

WA Police Academy Tour

Wednesday 26 July 8.15am–3pm

This 2 hour walking tour of the WA Police academy gives an insight into what it takes to pass new recruit training. Wear good shoes. Lunch can be purchased at Lakeside Joondalup.

Constitution Centre of WA & Electoral Office

Thursday 27 July 9.15am–2.30pm \$8.50

The Constitutional Centre of Western Australia - the only one of its kind in Australia - provides a unique opportunity for everyone to examine their political inheritance and understand how they can make a contribution to the State's democratic development. Lunch not provided.

Kalamunda Morning Musical

Wednesday 2 August 9.15am–3.30pm \$32

Best known for covering all the great jazz and swing crooners, join Earl Cole as he brings you the best of the Rat Pack. Lunch at High Wycombe Tavern. Contact Centre for lunch menu options. Morning tea included.



\$6.50

Lawrence Wilson Art Gallery

Thursday 3 August 12.45–4pm \$6.50

Located within the beautiful grounds of the University of WA, this purpose built gallery is regarded as one of the finest university galleries in Australia, hosting 3 different collections.

Beverley

Wednesday 9 or 16 August 8.30am–4.30pm \$37

Situated on the banks of the Avon River, Beverley is one of the oldest settlements in WA. Marvel at the varied architecture along the main street, before lunch at the Beverley Hotel. Roast beef lunch followed by chef's dessert of the day.

Boulevard Hotel

Thursday 17 August 10am–2.30pm \$40

Enjoy morning tea at Perry Lakes Reserve, before heading to the refurbished Floreat Hotel for a yummy 2 course upscale bistro lunch. Contact Centre for lunch menu options. Morning tea included.

York/Greenhills Tavern

Thursday 31 August 9am–4.30pm \$42

Stroll through historic York and buy a cuppa in one of the cafes. Roast lunch is at Greenhills Inn, including a talk about the Inn and Post Office.

COURSES



\$30

Drawing – Play with Pastels (4 weeks)

Mondays 3–24 July, 1.30–3.30pm

Enjoy the feel of using pastels to create masterpieces. Bring sketch book and HB pencil.

Language classes – German Beginner (8 weeks)

Thursdays 6 July–24 August, 10am–12pm

\$20

Learn to speak some basic German with Tafe lecturer, Syed Ahmed. Bookings Essential.

iPad course (3 Weeks)

Wednesdays 12–26 July

10am–12.00pm

FREE

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

Computer Classes – Beginners (6 Weeks)

Thursdays 13 July–17 August, 10am–12pm

\$45

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

Computer Classes – Online Shopping and Payments (2 Weeks)

Thursdays 13–20 July, 12.30–2.30pm

\$15

Not sure how to recognise if a shopping site is safe? Learn what to look for and how to make secure payments using PayPal and other methods.

Mosaics (8 Weeks)

Thursdays 20 July–7 September, 1–3pm

\$40

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

Computer Classes – Introduction to Social Media (2 Weeks)

Thursdays 27 July–3 August, 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!

Basket Weaving (5 Weeks)

Thursdays 3–31 August, 1.30–3.30pm

FREE

Make your own beautiful woven basket using traditional techniques, as taught by local Nyungar artist Sharyn Egan. Venue Jean Willis Centre, Cnr Healy Road and Ingram Street Hamilton Hill. Bookings Essential 9411 3877.

Drawing – Let's Draw Animals (4 Weeks)

Mondays 7–28 August, 1.30–3.30pm

\$30

Join Vicki as you explore this diverse range of creatures. Bring sketch book, HB and 2B pencils.

iPad course (3 Weeks)

Wednesdays 9–23 August

10am–12.00pm

FREE

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

Computer Classes – File Explorer (2 Weeks)

Thursdays 10–17 August, 12.30–2.30pm

\$15

Wondering where you saved that photo or document? Learn how to organise files into folders, use a USB and cloud storage.

EVENTS



FREE

Classic Movie Club – hosted by Bob Edwards

Sunday 2 July

9am

'Dolly Sisters' & 'I Confess' – followed by a quiz with prizes.

NAIDOC Week – Flag Raising Ceremony

Monday 3 July

10am–11.30am

FREE

Be part of Reconciliation and attend the ceremony. Village Green, Cockburn Seniors Centre.

Sundowner

Friday 7 July

4–7pm

\$2

Live entertainment.

NAIDOC Week – Family Dance

Friday 14 July

5.30–8pm

FREE

Alcohol free event, live entertainment, free food. Everyone Welcome! RSVP essential by Monday 10 July 9411 3444.

Christmas in July Lunch

Tuesday 18 or Wednesday

11.30am

\$22

19 July

Join your friends for a yummy 3 course Christmas lunch, with live entertainment by Cloud Nine (Tuesday) and Peter Delle Coste (Wednesday).

Movie Meal Deal – 'A Street Cat Named Bob'

Friday 28 July

12pm

\$10

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

Sundowner

Friday 4 August

4–7pm

\$2

Live entertainment by Indiana

Classic Movie Club – hosted by Bob Edwards

Sunday 6 August

9am

FREE

'Cover Girl' & 'High Sierra' – followed by a quiz with prizes.

Open Day

Saturday 12 August

10am–1.30pm

FREE

Come and see all on offer at Cockburn Seniors Centre. Bring your friends along to try some classes or activities, live entertainment, stalls, Devonshire teas, sausage sizzle and more.

Movie Meal Deal – 'Hidden Figures'

Friday 25 August

12pm

\$10

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

Winter Carvery Lunch

Wednesday 30 August

11.30am

\$15

Join us for a yummy roast carvery lunch, with all the trimmings.

SEMINARS



FREE

Understanding Your Tax and MyGov online

Monday 17 July

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.

Turning Your Can'ts into Cans

Monday 21 August

9.30am

FREE

Dorothy James will provide an enlightening seminar about how you can make the most of every day. Morning tea provided, bookings essential for catering purposes.

OTHER



Cockburn Community Care Service

Fridays

11am–1pm

FREE

Do you need Home Help or Community Support? A Cockburn Community Care Coordinator will be able to provide advice on the types of support available and help you make a referral.

NAIDOC Week – Our Language Matters

Monday 3–Friday 7 July

9am–4.30pm

FREE

A picture paints a 1000 words, the Seniors Centre will exhibit posters as part of NAIDOC Week to express the year of "Our Language Matters". We will interpret the poster into the Nyungar Language – come and try to speak the Nyungar language.