

What's Happening in Mandurah

All Abilities Move Your Body Outdoor Fitness

Come and try our inclusive outdoor fitness class, featuring accessible equipment at local parks.

Learn how to strengthen your muscles and improve balance, tailored to diverse needs. All while enjoying a free healthy morning tea and take-home resource bag.

Who: All older adults (60+) are welcome. People with a disability and support workers. Aboriginal and Torres Strait Islander people (45+)

Date: 2 & 9 May

Time: 9.30am–11am

Location: Keith Holmes Reserve, Mandurah

Heartfelt Sewing

Supporting the 1000 hearts projects.

This is a free community and kindness project stitching the beautiful 1000 heart felt pocket hearts.

No experience is necessary, materials provided.

First Friday of every month at Lakelands Library - 10am to 12pm. No booking required.

Date: Friday 2 May (recurs every 1st Friday of the month)

Time: 10am–12noon

Location: Lakelands Library and Community Centre, 49 Banksiadale Gate, Lakelands

Growing from Scraps— Food for thought

Learn how to transform kitchen leftovers into thriving gardens with simple and sustainable techniques. From regrowing vegetable scraps to composting kitchen waste, discover the power of waste diversion in creating a greener, more sustainable future. Attend our FREE Waste Diversion & Growing from Scraps Workshop.

Date: Tuesday, May 21

Time: 10-11am

Location: Mandurah Library, 331 Pinjarra Rd, Mandurah

Booking essential: www.eventbrite.com.au/e/growing-from-scraps-food-for-thought-workshop-tickets-845503954087

Lakelands Volunteer Expo

National Volunteer Week is held between the 15 to 26 May, the week recognises the vital support that the millions of volunteers in our country provide to their communities and encourages people to consider volunteering.

Come and join this free event at the Lakelands Shopping Centre. This event aims to assist local community groups in their recruitment of new volunteers, increase visibility for local community groups within the broader community and celebrate volunteers and the amazing work they do.

Date: Friday, 24 May

Time: 9.30am -1.30pm

Location: Lakelands Shopping Centre, 49 Mandurah Rd, Lakelands

Welcome to May! Despite the onset of winter, there's plenty happening at the Seniors Centre to keep spirits high.

From the Hearing Bus visiting to informative sessions by Services WA (Centrelink), and a scenic Wannadoo Bus Tour to the Mount Flora Museum in Waterman's Bay, there is something for everyone. Plus, don't miss out on the Grey Matters Quiz and our new Let's Make Music Group. Take a look through our upcoming calendar and we look forward to seeing you soon.

Let's extend a warm welcome to our newest team members, Linda Blackshaw and Chloe Burman! Linda joins us as our Centre Administration Assistant, while Chloe is here to help with data entry and administration. Let's make sure they feel right at home with a friendly hello.

We're equally excited to introduce Joanne Dunn, who kindly steps in for our coordinator, Lisa Gardiner, during her leave this month. Don't forget to say hello to Jo and wish Lisa a well-deserved break!

As Australia gears up for National Volunteer Week (NVW), which runs from May 20 to 26 with the theme of "Something for Everyone," we're reminded of the invaluable contributions of our dedicated volunteers. Their unwavering passion and commitment truly make our Seniors Centre the exceptional place it is.

Volunteers play a vital role in every aspect of our Centre, from staffing the cafe and kitchen to assisting with transportation and reception duties.

So, next time you're enjoying a treat or booking an appointment, be sure to share a smile and a thank you.

A heartfelt thank you to all the incredible volunteers who generously give their time to our community. Your efforts make a significant difference in the lives of so many, and we are profoundly grateful. Happy Volunteer Week!

Warm regards,
The Seniors Team

MEET YOUR VOLUNTEER - Kevin Perkins—Kitchen & Events Officer

What is your favourite sport?

Soccer – I used to play professionally in Wales.

Where would you like to travel to and why?

Boston. I have wanted to go there since I have been watching the tv show 'Cheers'.

What do you like to do in your spare time?

Go beach walking, swimming and I am addicted to playing Solitaire online.

Kev loves volunteering at the Centre and loves being in a busy kitchen, with lots of laughs and interesting stories.










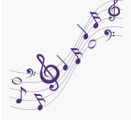

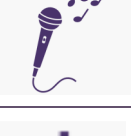

Celebrate with us National Volunteer Week 20–26 May 2024



Upcoming Events Calendar

Some events may be subject to change or cancellation. Check our Facebook group for updates.



DATE & TIME	IMAGE	EVENT NAME	DESCRIPTION	VENUE	COST	BOOKINGS
Wednesday 1 May 1.15pm—3pm		Moira Scott in Concert	Experience the captivating vocals and authentic storytelling of Moira Scott, the renowned county singer. Don't miss out on her unforgettable performance!	Seniors Centre, Main Hall	\$5 members \$10 non-members	Tickets at the door
Thursday 2 May 12.30pm—1.30pm		Lets Make Music Group	Discover the joy of handchime music with Carol from Handbells in Pell! No experience necessary, it's a team effort, only two notes per person—come and learn something new and have fun.	Seniors Centre, Craft Room	Free	Book at Admin
Friday 3 May 4pm—6pm		Sundowner by the Bay	Come and enjoy our beautiful Mandjar Bay water views with a drink, great company and Karaoke with Sharona from Start the Party entertainment. BYO drinks and nibbles.	Seniors Centre, Dining Room	Free	Book at Admin
Monday 6 May 8.30am—2.30pm		Hearing Bus	Hearing Australia is coming to the Centre. Come aboard for FREE hearing checks.	Seniors Centre Bus zone	Free	Book at Admin
Tuesday 7 May 1pm—2pm		Services Australia (Centrelink) information Session	Come and meet Donna, your local Aged Care specialist officer and hear more about how they can help you.	Seniors Centre, Craft Room	Free	Book at Admin
Thursday 9 May 1pm—2.30pm		Decorative bottle lights workshop	Come and join Mandurah Filipino-Australia Multicultural Community Group to learn how to create a beautiful bottle with twinkle lights..	Seniors Centre, Craft Room	\$5 per person	Book at Admin
Wednesday 22 May 8.30am—4pm		Wannadoo Bus Trip	Discover history on a Wannadoo bus trip from the SS Kwinana at Kwinana Beach to Mount Flora Regional Museum, with lunch at Mia Cucina Italian Café and a visit to Mia Flora Nursery for plants before heading home.	Mandurah Terrace pick up	\$95 per person	Book at Admin
Thursday 30 May 12.30pm—1.30pm		Let's Make Music Group	Discover the joy of handchime music with Carol from Handbells in Pell! No experience necessary, it's a team effort, only two notes per person—come and learn something new and have fun.	Seniors Centre, Craft Room	Free	Book at Admin
Friday 31 May 1.30pm – 3pm		Grey Matter Quiz	Test your Grey Matter at our monthly quiz. Get a table together (5-6 people) or come by yourself. You might even win a prize! (Please note the change of date due to Easter)	Seniors Centre, Dining Room	\$2 per person	Book at the reception desk
Wednesday 5 June 1.15pm—3pm		Gary Lynn in concert	Save the date—Join us for a delightful afternoon with Gary Lynn, presenting timeless songs by Frank Sinatra, Dean Martin, Tony Bennett, Sammy Davis Jr., Bobby Darin, Perry Como, and more, transporting you to an unforgettable era of classic tunes.	Seniors Centre, Main Hall	\$5 members \$10 non-members	Tickets at the door
Friday 7 June 4pm—6pm		Sundowner by the Bay	Save the date—Come and enjoy our beautiful Mandjar Bay water views with a drink, great company and Karaoke with Sharona from Start the Party entertainment. BYO drinks and nibbles.	Seniors Centre, Dining Room	Free	Book at Admin