

# WA Seniors Week

**Mandurah Seniors and Community Centre**  
*Dandjoo Kaadadjan Mia*

**13 – 18 November 2023**

To celebrate WA Seniors Week, we're hosting a number of exciting activities for all of Mandurah's amazing seniors community to take part in!



# Glenn Mitchell

## The best seat in the house

Join us as we officially kick off Seniors Week with our special guest, Curtin Radio presenter, and esteemed sports broadcaster, Glenn Mitchell. He'll be sharing captivating behind-the-scenes anecdotes from the Olympic Games, Commonwealth Games, and cricket tours he has covered.

**Date:** Monday 13 November

**Time:** 1.30pm – 3pm

**Location:** Main Hall

Mandurah Seniors and Community Centre

**Cost:** Free

**No bookings required**





## Bernard Carney's 'The Beatles' singalong concert

Get ready for a delightful afternoon of music and nostalgia with Bernard Carney's "The Beatles Singalong Concert"!

Join us as we gather to sing along to timeless Beatles classics.

**Date:** Wednesday 15 November

**Time:** 1.15pm – 3pm

**Location:** Main Hall  
Mandurah Seniors and  
Community Centre

**Cost:** Free

**No bookings required**



## Seniors Week: Cafe and Dining Specials

The Coffee Spot Café offers freshly made delicious food to order from 9am – 1pm with cuppa and cake specials available from \$3.50.

The Dining Room has a special week of roasts at \$14 for two-courses. Call the lunch desk on 9550 3793 by 10.30am to book your meal.

# Calendar of events

## Open Week

<b>Mon – Sat 13 – 18 November 9am – 4pm</b>	Come and see what all our members love about our Centre! Local residents over 55 can enjoy members' prices all week! Our weekly timetable is packed with over 40 activities to join, and more than half are free to attend.	Seniors Centre	Become a member today
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## Seniors Week Menu

<b>Mon - Fri 13 – 18 November</b>	The Coffee Spot Cafe offers delicious foods made fresh to order from 9am - 1pm, with the Dining Room offering two-course meals from \$14. A special week of roasts will be on offer and daily Café cake specials from \$3.50.	Seniors Centre	Orders in person or by calling 9550 3793 before 10.30am
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## Friendship Group Morning Tea

<b>Monday 13 November 10am – 11am</b>	Join us for a warm and welcoming Friendship Group morning tea filled with laughter and delicious treats.	Seniors Centre, Dining Room	Free. Bookings essential 95503799
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## Glenn Mitchell – The Best Seat in the House

<b>Monday 13 November 1.30pm – 3pm</b>	Don't miss an afternoon with sports broadcaster Glenn Mitchell, sharing behind-the-scenes stories from the Olympics, Commonwealth Games, and cricket tours. This special event marks the official opening of Seniors Week.	Seniors Centre, Main Hall	Free. No bookings required
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## WayFairers Celebration Morning Tea

<b>Tuesday 14 November 9.45am – 11.30am</b>	Join us in celebrating the WayFairer Project, supported by the City of Mandurah and facilitated by Inclusion Solutions. Connecting older adults with community clubs, allowing them to share their skills and talents, fostering inclusion and growth.	Seniors Centre, Dining Room	Free. Bookings essential 95503799
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## Safety Matters for your health and wellbeing

<b>Tuesday 14 November 1pm – 3.30pm</b>	Our expert presenters from Injury Matters, PBF Australia and Prof. Anne Marie Hill will tackle critical topics such as home and personal safety, as well as techniques for getting back to your feet after a fall.	Seniors Centre, Craft Room	Free. Bookings essential 95503799
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## Happy Walking Seniors Group – Walk along the foreshore

<p><b>Wednesday 15 November 10am – 11am Meet at 9.45am</b></p>	<p>Step out with the “Happy Walking Seniors Group” and enjoy a refreshing stroll along Mandurah’s beautiful foreshore. Embrace the joy of walking together, celebrating health, friendship, and the vibrant spirit of our senior community. Put on your sneakers and be part of this wonderful walk!</p>	<p>Seniors Centre, meet in Foyer</p>	<p>Free. Bookings essential 9550 3799</p>
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## Bernard Carney’s ‘The Beatles’ singalong concert

<p><b>Wednesday 15 November 1.15pm – 3pm</b></p>	<p>Get ready for a delightful afternoon of music and nostalgia with Bernard Carney’s “The Beatles Singalong Concert”! Join us as we gather to sing along to timeless Fab Four classics.</p>	<p>Seniors Centre, Main Hall</p>	<p>Free. No bookings required</p>
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## Seniors Week Mega Bingo

<p><b>Thursday 16 November 12pm - 3pm Eyes down 12.45pm</b></p>	<p>Play 20 games from \$3, with lunch and refreshments available for purchase. Enjoy a fun filled afternoon with lots of door prizes on offer!</p>	<p>Seniors Centre, Main Hall</p>	<p>\$3 for \$20 games. No bookings required</p>
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## Chair Yoga session

<p><b>Thursday 16 November 1pm – 2pm</b></p>	<p>Experience the tranquility of Chair Yoga! Join our FREE senior-friendly session to improve flexibility and well-being.</p>	<p>Seniors Week, Craft Room</p>	<p>Free. Bookings essential 9550 3799</p>
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## Seniors Week Expo – Looking after your mind, body and wellness

<p><b>Friday 17 November 10am – 2pm</b></p>	<p>Look after your mind, body, and wellness at our Seniors Week Expo! With a diverse range of local community groups and organisations attending, the event will feature a variety of stalls offering valuable resources and expert guidance to enhance your well-being.</p>	<p>Seniors Centre, Main Hall</p>	<p>Free</p>
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## Glitter and Gold Cabaret

<p><b>Saturday 18 November 6pm – 11pm</b></p>	<p>Dress to impress and join us for a spectacular Seniors Week Cabaret, a dazzling celebration to conclude the week! Let us entertain you with an evening filled with music, dance, and laughter.</p>	<p>Seniors Centre, Main Hall</p>	<p>Tickets \$59 Book at Admin</p>
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# Seniors Week Expo

Looking after your mind, body and wellness

Join us at our Seniors Week Expo! With a diverse range of local community groups and organisations attending, offering a variety of valuable resources and expert guidance to enhance your well-being.

**Date:** Friday 17 November

**Time:** 10am – 2pm

**Location:** Main Hall

Mandurah Seniors and Community Centre

**Cost:** Free

**No bookings required**



# Glitter and Gold Cabaret

Join us for a spectacular Seniors Week Cabaret, a dazzling celebration to conclude the festivities! Let us entertain you with an evening filled with live music, 2 course meal, dancing and laughter.

Saturday 18 November  
Event commences 6.30pm  
Doors open at 6:00pm

Tickets \$59  
Available from Seniors Centre  
Administration. Bookings essential

Mandurah Seniors and Community Centre  
Dress Code: Dress to Impress

## Free parking



ACROD parking and wheelchair accessible bathrooms available.

### **Mandurah Seniors and Community Centre**

A: 41 Ormsby Terrace, Mandurah

P: (08) 9550 3799

[www.mandurah.wa.gov.au/seniors](http://www.mandurah.wa.gov.au/seniors)