A directory of sport and recreation for over 50’s

Add life to your years

Sponsored by:

lotterywest

Department of Sport and Recreation
Department for Communities

Have a Go

2012–2014
WELCOME to the 18th edition of Add Life to Your Years, Seniors Recreation Council of WA’s directory of sport and recreation opportunities for over 50’s. Seniors Recreation Council’s ethos is “Healthy Ageing Through Activity” and all activities listed in this directory are measured against that ethos. This directory provides an easy-to-use reference for seniors to explore the wide range of opportunities available to provide a lifestyle that is socially, mentally and physically active. Due to the increasing size and costs involved, both time and financial, this directory is now published biennially.

However, the information on the Council’s website www.srcwa.asn.au is updated monthly.

All the evidence continues to show that staying active as you age, both physically and mentally, helps to maintain a good state of wellbeing across all aspects of life. Physical exercise is important for maintaining strength, flexibility and balance and can often have added benefits such as the opportunity to meet new people.

Being active and finding 30 minutes of exercise every day can greatly reduce the risk of life-threatening diseases such as hypertension and diabetes.

Organisationally Seniors Recreation Council of WA endeavours to continue to expand and improve its service to Seniors of Western Australia across the state. It is encouraging to see the entries in this directory which refer to groups around the regions. Working closely with the State Government’s Department of Sport and Recreation and Department for Communities, the Council helps to promote the active ageing message to our seniors.

The Council is greatly appreciative of the support of Lotterywest, Department of Sport and Recreation, Department for Communities and Have a Go News, all of which helps to make the publication and delivery of this directory free to Seniors statewide.

“Find thirty minutes of physical and/or mental activity every day for good health”. 
Seniors Recreation Council of WA Inc.
Tel: 9492 9773
is an Active Australia Provider, a member of the WA Sports Federation
and is proudly supported by:

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ISSN 1445-8845
Monthly updates of the Information listed in this directory are available at:
www.srcwa.asn.au
Pole Walking

The fun, convenient walking activity.

Renowned as the one exercise that engages the whole body in the activity of walking

There is no age barrier, Pole Walking suites everyone, from Seniors to the younger person. Whether it be walking as a group or couple or individuals, when you get out and use the poles you will find yourself striding forward in health.

Pole walkers use modified ski poles to work the upper body by applying force to the ground with each stride. This form of walking provides a whole body work out, strengthening back, leg and arm muscles. Adding the poles to your walking can increase stability, reduce neck and shoulder tension, exercise right and left brain function, all whilst improving heart and lung health.

For more information on Pole Walking contact Dawn at the SRC office on 9492 9773 for an obligation free pole walking demonstration for individuals or groups. Walking poles are available from the SRC Leederville office for purchase.

Warming up and cooling down is recommended for exercise in general, refer to page 36 of this booklet for an effective warm up routine.
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Seniors Recreation Council of WA Inc.

The Seniors Recreation Council of WA (Inc.) (SRC) is a voluntary, autonomous organisation supporting seniors’ clubs and groups which provide sport and recreation services in the community.

The Council’s ethos is “Healthy Ageing Through Activity” which is achieved through major events, club liaison, community/regional development, and in promoting activities for seniors to all levels of Government, other service providers and the wider community.

SRC takes great pleasure in presenting this edition of Add Life to Your Years. It is a vital publication in the promotion of sport and recreation for Seniors.

The production of Add Life to Your Years is strongly supported by Lotterywest, the Department of Sport and Recreation, Have A Go News, and the Department for Communities. The research necessary to ensure that the information is accurate at the time of going to print is very time consuming and we are most grateful to Mary, Dawn and other council members for the painstaking effort they gave to this task.

Our major events/activities are:

• Have a Go Day
• Seniors Ball
• Pole Walking
• Branch Activities
• Indoor Bowls Tournament
• Be Active Aged Care Games
• Seniors Activity / Information Days
• Tech Savvy Seniors Program

Crime Prevention and Community Safety

The WA Police has District Crime Prevention officers in the metropolitan area and also in the country districts.

People seeking advice about precautions for their personal safety, safety at home, security devices, safety when out shopping, road safety, etc, should contact their local police station and ask for the Crime Prevention Officer for their suburb.

You can also join Neighbourhood Watch WA at www.nhw.wa.gov.au

For police assistance phone 131 444  www.police.wa.gov.au
For more information or to discuss any issues please contact:

**State Office**
Seniors Recreation Council of WA Inc.
Hugh Rogers (State President)
Dawn Yates (Executive Officer)
246 Vincent Street, Leederville Western Australia
PO Box 329 Leederville WA 6903
Tel: 9492 9773, Fax: 9492 9775
info@srcwa.asn.au
www.srcwa.asn.au

**Avon Branch**
President: Karen Ducat
RMB 448/920, Northam WA 6401
Tel: 9622 3886
monabri@bbnet.com.au

**Bunbury Region**
President: Merv Mancer
PO Box 1532, Bunbury WA 6231
Tel: 9795 7354 Fax: 9795 9123
srcbunburyregion@hotmail.com

**Esperance**
President: Brian Pearce
PO Box 768, Esperance WA 6450
Tel: 9071 1430 Fax: 9071 7803
brian.pearce33@bigpond.com

**Great Southern**
TBA

**Mid West Branch**
President: Betty O’Callaghan
PO Box 107, Coorow WA 6515
Tel: 9952 1002
bettycam2@hotmail.com

**Peel**
President: Jan McGlinn
26 Peel Parade,
Coodanup WA 6210
Tel: 9535 4749
dmc56456@bigpond.net.au

**Perth**
President: Frances Laws
20 Wendron Street,
Cloverdale WA 6105
Tel: 9277 4784
flaws@iprimus.com.au

**Rockingham**
President: Denise Benison
31 Chelmsford Avenue,
Rockingham WA 6172
Tel: 9593 4802
keithdenise43@bigpond.com

**South-West Capes**
Act. President: Terry Barter
C/- PO Box 1615,
Margaret River WA 6285
Tel: 9758 7325
terry_barter@yahoo.com.au
Department of Sport and Recreation

To enhance the quality of life of Western Australians through their participation and achievement in sport and recreation.

Department of Sport and Recreation
246 Vincent Street, Leederville, Western Australia
PO Box 329, Leederville WA 6903
Tel: 9492 9700, Fax: 9492 9711
www.dsr.wa.gov.au
info@dsr.wa.gov.au

Gascoyne
4 Francis Street
PO Box 140, Carnarvon WA 6701
Tel: 9941 0900, Fax: 9941 0999
gascoyne@dsr.wa.gov.au

Goldfields
106 Hannan Street
PO Box 1036, Kalgoorlie WA 6430
Tel: 9022 5800, Fax: 9022 5899
goldfields@dsr.wa.gov.au

Great Southern
22 Collie Street, Albany WA 6330
Tel: 9892 0100,
Fax: 9892 0199
greatsouthern@dsr.wa.gov.au

Kimberley
Upper Level Govt. Offices
Cnr. Konkerberry & Messmate Drive
PO Box 1127, Kununurra WA 6743
Tel: 9166 4900, Fax: 9166 4999
kimberley@dsr.wa.gov.au

Mid West
Midwest Sports House
Cnr Edward & Horwood Rd
PO Box 135, Geraldton WA 6531
Tel: 9956 2100, Fax: 9956 2199
midwest@dsr.wa.gov.au

Peel
Suite 3, The Endeavor Centre
94 Mandurah Terrace
PO Box 1445, Mandurah WA 6210
Tel: 9550 3100, Fax: 9550 3199
peel@dsr.wa.gov.au

Pilbara
2/3813 Balmoral Road
PO Box 941, Karratha WA 6714
Tel: 9182 2100, Fax: 9182 2199
pilbara@dsr.wa.gov.au

South West
80A Blair Street
PO Box 2662, Bunbury WA 6231
Tel: 9792 6900, Fax: 9792 6999
southwest@dsr.wa.gov.au

Wheatbelt
298 Fitzgerald Street
PO Box 55, Northam WA 6401
Tel: 9690 2400, Fax: 9690 2499
wheatbelt@dsr.wa.gov.au

Narrogin (Wheatbelt)
Level 2 Govt Offices
11-13 Park St
PO Box 54, Narrogin WA 6312
Tel: 0429 881 369, Fax: 9881 3363
wheatbelt@dsr.wa.gov.au
Encouraging older Western Australians to lead active, healthy and productive lives is a key commitment of Western Australian Department for Communities.

The Seniors Recreation Council publication, *Add Life to Your Years*, also promotes positive ageing, helping older people make informed choices by increasing awareness and access to resources and services.

The Department for Communities provides the Seniors Information Service, a telephone helpline to enable people to find out more about the services and programs available to them. The service is staffed by volunteers who respond to hundreds of calls a week. Issues include the WA Seniors Card Centre, which is administered by the Department, concessions, health, accommodation, home maintenance and transport. The service operates between 9.00am and 3.00pm weekdays on 6551 8800 (metro) or 1800 671 233 (country).

The WA Seniors Card Centre is now located at Level 2, 140 William Street, on the corner of the Murray Street Mall directly above the Perth Underground Train Station (entry is from lifts in arcade off Murray St Mall). It offers an easily accessible and convenient location for seniors to find out more about seniors’ programs and services, including the WA Seniors Card.

The Seniors Card Centre also runs the Volunteer Speakers Program to help community groups and other organisations find out more about retirement planning including the range of concessions and options available to them.

Through programs like Bendigo Bank Seniors Week Festival and the WA Seniors Awards, the Department for Communities continues to highlight the important contributions our seniors make to our community as carers, mentors, teachers, in the paid workforce or as volunteers.

The WA Seniors Card Centre is located at:

Level 2 140 William Street,
Perth WA 6000
(entry is from lifts in arcade off Murray St Mall).
For more information, visit:
www.communities.wa.gov.au
Injury Control Council of Western Australia

Who are we?
The Injury Control Council of WA (ICCWA) is the peak not for profit organisation involved in injury prevention and community safety promotion in Western Australia.
Our mission is to reduce the incidence, severity and effect of injuries through the promotion of safe and healthy communities.

What do we do?
ICCWA works in partnership with individuals and organisations involved in injury prevention and community safety at the local, state, national and international levels.
ICCWA aims to facilitate liaison between community-based agencies, to work closely with government departments, to improve communication between these sectors and to support research in the area of injury prevention.

ICCWA targets all levels of government, the injury prevention sector, academics and researchers, the media, the general public, at risk groups, students and other stakeholders.

Injury Control Council of Western Australia, City West Lotteries House
2 Delhi Street, West Perth WA 6005
Tel: (08) 9420 7212
Fax: (08) 9486 7955
iccwa@iccwa.org.au
www.iccwa.org.au

Stay On Your Feet WA®
Falls are the number one injury issue for people aged over 60 years of age in Western Australia. One in four people aged over 60 years will fall at least once a year – a third of whom will sustain a serious injury. Falls can also have a devastating effect on independence and mobility, however, falls are not an inevitable part of getting older and they can be prevented. Stay On Your Feet WA® is a community-based falls prevention program based on active and healthy ageing.

The program embraces the principles of positive ageing, which recognise that growing older is part of living and the need to foster a positive attitude throughout life towards ageing.

Stay On Your Feet WA® aims to assist people over the age of 60 to maintain their independence and mobility by reducing their risk of falling, via falls prevention information and how to access specialist referral.

Increasing the numbers of seniors participating in physical activity is a means for reducing the risk of falling and is one of the Nine Steps To Stay On Your Feet WA®.

The Stay On Your Feet WA® Falls Resource Information Centre has been established by ICCWA with funding from the Department of Health WA and forms part of the State Falls Prevention Health Network to provide a single point of access for information and tools on falls prevention.

For more information, please contact the Stay On Your Feet WA® Falls Resource Information Centre on (08) 9420 7212 or check out: www.stayonyourfeet.com.au.
Add Life To Your Years - Metropolitan

ADVENTURERS

Action Outdoors Association Inc. (AOA)
Tel: 9487 2548
info@aoa.asn.au
www.aoa.asn.au
Multi-activity club for adults offering fun, fitness & friendship outdoors.

ADVICE and INFORMATION CENTRES

Citizens Advice Bureau, Perth
Tel: 9221 5711
nola@cabwa.com.au
www.cabwa.com.au
Autonomous independent body providing free, confidential, impartial information & a referral service to any person or organisation.

Continence Advisory Service of WA Inc.
Tel: 9386 9777
info@continencewa.org.au
www.continencewa.org.au
Provides information, education and advice on bladder and bowel health issues to clients, their families, carers, health care professionals and special needs groups.

ANGLING

The Surf Casting and Angling Club of WA Inc.
Tel: 9209 2117
surfcast@iinet.net.au
www.surfcasters.iinet.net.au
Promotes fishing, dry casting, competition, fun & fellowship through activities for all ages.

Recfishwest
Tel: 9246 3366
recfish@recfishwest.org.au
www.recfishwest.org.au
Encourages & promotes recreational fishing. Sponsors the scientific study and management of fish, conserving their environment & ecology.

ANIMALS

Dogs’ Refuge Home
Tel: 9381 8166
gensec@dogshome.org.au
www.dogshome.org.au
Seeks committed & active volunteers to help with dog walking, puppy socialising, admin & fundraising.

ARCHERY

AIM (Adults in Motion) Over 50’s Archery Group
Tel: 9385 6959 or 9277 1553
maureenbradford@bigpond.com
www.aimarcherywa.com.au
Meets Mon, Tues, Wed & Thurs at various locations.

Archery WA
Tel: 9248 8585
www.archerywa.com.au
State umbrella society for a number of local clubs.
ASTRONOMY

The Astronomical Society of WA Inc.
Tel: 9364 9603
aswa@aswa.info
www.aswa.info
Astrophotography, library, practical workshops, loan equipment, camps.

ATHLETICS

Masters Athletics WA
Tel: 6468 7720
valerie.millard@iinet.net.au
www.mastersathleticswa.org
Fitness through social & competitive events for the over 30s.

AUTUMN / COMMUNITY CENTRES

Balga Autumn Club
Tel: 9344 3215
Indoor bowls, bingo, snooker, billiards, boot scooting, computing, Tai Chi & outings.

Dianella Autumn Club
Tel: 9349 5695
Indoor bowls, bingo, table tennis, bridge, oil painting, old time dancing, outings, hairdressing, podiatry.

Inglewood Seniors Club
Tel: 9205 7765
Bingo, indoor bowls, painting, concerts, cards.

Maylands Autumn Club
Tel: 9271 2705
dale.shenton@bayswater.wa.gov.au
www.bayswater.wa.gov.au
Indoor bowls, physio class, computer lessons, outings and much more available on site - appointments necessary.

Nollamara Autumn Club
Tel: 9342 7417 or 9343 5812
gaiel@iinet.net.au
Indoor bowls, computer classes, painting, line dancing, Tai Chi, outings.

North Beach Autumn Club
Tel: 9205 7460
Indoor bowls, bingo, scrabble, cards, dancing.

Osborne Autumn Club
Tel: 9440 3228
breen@iinet.net.au
Bingo, carpet bowls and much more.

Scarborough Autumn Club
Tel: 9448 0908
jackwilk@bigpond.net.au
Carpet bowls, bridge, canasta, Tai Chi, dancing, concerts, mah jong, bingo & lunches.

BADMINTON

Badminton Association of WA Inc.
Tel: 9409 4433
bawa@badmintonwa.org.au
www.badmintonwa.org.au
Promoting Badminton in WA.

Wallabies Badminton Club
Tel: 9307 1355
caroleallender@iinet.net.au
Meets at Ocean Ridge Community Centre on Wednesdays 12 noon.

BIRDS

Avicultural Society of WA Inc.
Tel: 9245 3225
secretary@aviculturalsocietywa.com
www.aviculturalsocietywa.com
Guest speakers, discussion, videos.
Birdlife Western Australia  
Tel: 9383 7749 or 9444 8920  
wa@birdlife.org.au  
www.birdlife.org.au  
Opportunity to assist with conservation projects.

**CAMPING**

Department of Sport and Recreation, Camps (for hire)  
Tel: 9492 9999 (Bookings)  
9492 9700 (Reception)  
Fax: 9492 9711  
campinfo@dsr.wa.gov.au  
www.dsr.wa.gov.au

**CAMP SITES:**

Bickley Outdoor Recreation Camp  
Hardinge Road, Orange Grove 6109

Ern Halliday Recreation Camp  
Whitfords Avenue, Hillarys

Pt Walter Rec. & Conference Centre  
1 Stock Road, Bicton 6157

Woodman Point Camp  
O’Kane Court, Munster 6166

**CANOEING**

Leisure Paddlers 45 Plus  
Tel: 0412 219 254  
baqs@bigpond.com  
Paddles at different metro locations on Tue. Potential new members require own sit on or sit in kayak.

Over 45 Social Canoe Club  
Tel: 9456 2467  
gramar@iinet.net.au  
Paddle on Fri, Kayaks available for beginners.

Over 55 Canoeing Club  
Tel: 9409 3813  
peterlucy@tadaust.org.au  

www.over55canoeclub.org.au  
Welcomes new members. Camps & social functions throughout the year.

**CARAVANNING**

WA Association of Caravan Clubs Inc. (Caravanwest)  
Tel: 9302 4787  
edtamlin@iinet.net.au  
www.caravanclubswa.asn.au  
Represent 32 caravan & motorhome clubs.

**CLUBS:**

Adventurers Caravan & Camping Club Inc.  
Tel: 0417 816 029  
john@dacaps.com.au

Bi-Tone Westcoast Caravan Club Inc.  
Tel: 9537 7827 or 9331 1267  
pj.burston@bigpond.com

Breakaway Motor Camper Club  
Tel: 9361 1452  
franjon@iinet.net.au

Country Roads Caravan Club Inc.  
Tel: 9400 3418  
clairekilroy@gmail.com

Family Wanderers Caravan Club Inc.  
Tel: 9409 3787

Family West Caravan Club Inc.  
Tel: 9574 4426  
kylea@timberden.com.au

Gypsy Rovers Touring Club of WA Inc.  
Tel: 9256 2224  
churls@iinet.net.au
Jaybird Roadrunners Caravan Club Inc.
Tel: 9309 5415
kshufflebotham@bigpond.com

Leisure Seekers Caravan Club
Tel: 0419 195 987
leisureseekers@gmail.com

Masonic Touring Club of WA Inc.
Tel: 9459 3691
rhodges3@bigpond.com

Motorised Camper Club of WA Inc.
Tel: 9451 4626
morosmith@bigpond.com

Rangeview Caravan Club of WA Inc.
Tel: 9399 7446
janetwaters@amnet.net.au

Redgum Caravanners Inc.
Tel: 9447 8374
cburrows@iprimus.com.au

Rolling Wheels Caravan Club Inc.
Tel: 9414 5064

Sandgroper Caravanners Inc.
Tel: 9388 3750
helenbizzill@hotmail.com

Sunnywest Caravanners Inc.
Tel: 9490 8858
ian.townson5@bigpond.com.au

Sunset Coast Caravan Club Inc.
Tel: 9448 8600
psmsmm@iinet.net.au

Swan Caravan and Camping Club Inc.
Tel: 9386 4828
delwillmott@iinet.net.au

The Caravan Club of WA Inc.
Tel: 9349 8166
vmac@aarch.net.au

The Jayco Owners Club of WA Inc.
Tel: 6363 6406
hboat@iinet.net.au

West Coast Jayco Club Inc.
Tel: 9459 5392
ennyone@optusnet.com.au

West Side Caravanners Inc.
Tel: 9453 9837
bvhowdy@bigpond.com

Western Wanderers Caravan Club Inc.
Tel: 9291 8384
ygreig@iprimus.com.au

CARD GAMES

Bayswater Senior Citizens Centre
Tel: 9271 5198
lynda.blackie@bayswater.wa.gov.au
Players meet 1st & 4th Mon of month
9.30am - 2.30pm for Samba. Thur
9.30am - 2.30pm for canasta.

Bridge Association of WA Inc. (BAWA)
Tel: 9383 3198
bawaxo@gmail.com
www.bawa.asn.au
Governing body for bridge in WA.

Canning Districts Bridge Club Inc.
Tel: 9259 0065
murielkilian@bigpond.com
Sessions Tue 10.15-2pm, Wed
7.15-10.30pm.
City of Melville Bridge Club Inc.
Tel: 9364 9109
playatmbc@iinet.net.au
www.melvillebridgeclub.org.au
Plays 6 days a week, some evenings. Lessons available.

Community Bridge Club
Tel: 9371 7323
Plays duplicate contract Bridge on Tue & Fri nights, Sat afternoons.

Fremantle Bridge Club
Tel: 9335 5774
dave.parham@bigpond.com
www.fremantle.bridge-club.org
Duplicate bridge. Sessions on various days and times.

Gosnells District Bridge Club Inc.
Tel: 9398 6080
alanbyrne2210@yahoo.com.au
Sessions Mons & Weds, 7.30pm.

Maylands Bridge Club
Tel: 9275 5857
maylandsbridge@gmail.com
www.maylands.bridge-club.org
Mon, Wed & Thur.

Nedlands Bridge Club
Tel: 9386 8166
officenbc@westnet.com.au
www.nedlandsbc.org
Duplicate Bridge Mon–Sat.

Northern Districts Bridge Club
Tel: 9409 4534
Duplicate bridge, Mon & Thur.

Rockingham Bridge Club Inc.
Tel: 9591 3444
rockbrig@bigpond.com
Various session times available.

West Australian Boardgaming Assn Inc.
Tel: 0422168346
contact@boardgamegeek.com
www.boardgamegeek.com/guild/308
Promotes board/card games via a range of public events in WA.

CARING ASSOCIATIONS

Alzheimer’s Australia Ltd.
Tel: 9592 7675
jean.freind@alzheimers.org.au
www.alzheimers.assn.au
Provides information on Alzheimer’s Disease & support for carers of persons with dementia.

Bulup Kulung
Tel: 9271 6043
Provides a support service specifically for aged and disabled Aboriginal people.

Carers Association of WA Inc.
Tel: 1300 227 377
info@carerswa.asn.au
www.carerswa.asn.au
The peak body representing the interests of all carers in WA.

Grandparents Rearing Grandchildren WA
Tel: 9376 1475
kayebendle@iinet.net.au
www.grandparentsrearinggrandchildren.org.au
Meet 2nd Tue of month.

Northern Friendship Group Inc.
Tel: 9404 7332
Couples & singles meet monthly to organise social activities.
Rockingham Sound Day VIEW Club
Tel: 9527 2911
valeriebuckley@westnet.com.au
Meet 1st Thur of month 11.30am.

Subiaco Community Services
Tel: 9237 9320
city@subiaco.wa.gov.au
www.subiaco.wa.gov.au
Provides home & community care services.

VIEW Clubs of Australia (Voice Interests and Education of Women)
Tel: 9448 2814
colson@netspace.net.au
Committed to supporting ‘The Smith Family’ to help disadvantaged Australian children by unlocking opportunities through education and learning.

CARPET/INDOOR BOWLS

Bayswater Senior Citizens Centre
Tel: 9271 5198
lynda.blackie@bayswater.wa.gov.au
Tue & Wed 12.30 - 3pm for social & competition bowls.

Bedford Bowling Club
Tel: 9370 2454
bedfbowl@highway1.com.au
www.bedfordbowlingclub.com.au
Breakfast bowls, social & lawn bowls – pennants.

Carramar Seniors Indoor Bowls Club
Tel: 9305 6262 or 0423 135 778
ddcockayne@bigpond.com
Meets Mon & Wed 10–3pm.

Western Australian Carpet Bowls Association Inc. (WACBA)
Tel: 9344 3215
barbaraprice7@bigpond.com
34 member clubs. Competition & social matches.

COLLECTING

Daytime Stamp Club
Tel: 9341 3576
First Thur of month, 1–4pm.

Northern Districts Stamp Club
Tel: 9342 1989
www.w-a-p-c.com
Meet 2nd Mon of month at 6.30-9pm.

Philatelic Society of Western Australia
Tel: 9354 5153
robmac88au@yahoo.com.au
www.p-s-w-a.com
Meets 7.30pm, 3rd Tue of month.

Rock ‘N’ Roll Record Collectors’ Club
Tel: 9458 5864
royals@iinet.net.au
www.rockrecordsperth.websitewizard.com
Meets 2nd Wed of month at 7.45pm. Guest speaker and supper. Visitors welcome.

Tin Collectors Club Inc.
Tel: 9586 3029 or 0403 006 871
loraine.c@optusnet.com.au
Caters for people interested in collecting tin items such as tea, biscuit, lolly tins; toys & trays.
Vintage Wireless and Gramophone Club of WA
Tel: 9364 6912
info@vwgc.org.au
www.vwgc.org.au
Conservation & restoration of old wireless, gramophone, associated equipment & memorabilia.

West Australian Card Collectors’ Club
Tel: 9451 6505 or 9271 8570
Meets last Sat of month at 1.30pm.

Western Australian Philatelic Council
Tel: 9592 9108
www.w-a-p-c.com
Parent group for 15 metro & country stamp clubs.

COMMUNICATION SKILLS
Toastmasters International
Tel: 0401 011 212
www.toastmasters.org.au
Gain self-confidence, develop communication skills, learn the arts of speaking, listening & thinking.

COMPUTERS
City of Perth Library
Tel: 9461 3500
www.perth.wa.gov.au
Introd to internet & social networking.

Crossways Community Services, First Click Program
Tel: 9399 2531

Perth PC Users Group Inc.
Tel: 9276 4218
gorgil51@perthpcug.org.au
www.perthpcug.org.au
Non-profit organisation helping others learn about PCs.

CONSERVATION
Armadale Gosnells Landcare Group
Tel: 9399 0622 or 0412 713 582
www.sercul.org.au/aglg.html
Participation in re-vegetation & weeding activities along the Canning, Southern & Wungong Rivers.

Birdlife Western Australia
Tel: 9444 8920
wa@birdlife.org.au
www.birdlife.org.au
Weekly bird walks for members and community bird ID classes & campouts. Meets 4th Mon of month at 7.30pm.

Conservation Volunteers
Tel: 9335 2777
perth@cva.org.au
www.conservationvolunteers.com.au
For those who care for the environment, enjoy outdoors, meeting people & have time to spare.

Men of the Trees Inc.
Tel: 9250 1888
contact@menofthetrees.com.au
www.menofthetrees.com.au
Tree nursery activities, farm tree help scheme for home growers, planting activities.

CROQUET
Cambridge Croquet Club Inc.
Tel: 9287 2476
croquetcambridge@yahoo.com.au
Association & golf croquet played day & night.
East Fremantle Croquet Club  
Tel: 9384 8053  
fardon@bigpond.net.au  
Meets Tue & Sat 9.30am–3.30pm, Thur 9.30am–12noon.

Gosnells Croquet Club  
Tel: 9399 4502  
lizdon37@gmail.com  
www.gosnellsfroquet.myclub.org.au

Nedlands Croquet Club  
Tel: 9386 3389  
wenpren@hotmail.com  
Play all year round.

Sorrento Croquet Club  
Tel: 9447 0696  
sorrentocroquet@gmail.com  
Croquet played on Tue, Wed, Thur, Fri & Sat 9–12pm.

Victoria Park Croquet Club  
Tel: 9330 6564  
william.servent@bigpond.com  
Various forms of croquet are played to suit all levels of players.

West Australian Croquet Assoc. Inc.  
Tel: 9228 3610  
sec@croquetwest.org.au  
www.croquetwest.org.au  
Clubs in city areas & country towns.

Over 55 Cycling Club Inc.  
Tel: 9206 5143  
over55@live.com.au  
www.over55cycling.org.au  
Meets on Mon, Wed & Sat mornings at venues in the metro area.

Rockingham Social Cycling Group  
Tel: 9527 4503 or 9592 7521  
www(pdcc.asn.au

WA Historical Cycle Club  
Tel: 9459 1750  
Meets 7.30pm on 3rd Mon of month (exc Dec).

DANCING

American Clogging Club  
Tel: 9362 3672  
swbaker@iinet.net.au  
Classes free to members North & south of river.

Apache Rebel Line Dancing  
Tel: 0413 270 004  
www.apacherebels.com  
Dancing classes for all ages.

Ballet For Life  
Tel: 0466551177  
balletcynthiafenton@gmail.com  
Ballet for beginners to experienced.

Belly Dance Classes  
Tel: 9257 3400  
mirandadivine@optusnet.com.au  
Enjoy the art of bellydance.

Blue Suede Rock’n’Roll Club  
Tel: 9245 2416 or 0419 790 799  
djgeoff@rocknroll.com.au  
www.rocknroll.com.au  
Various nights and venues in northern suburbs.
Cloverleaf Square Dance Club Inc.
Tel: 9341 3686
www.cloverleaf-square-dance-club.com.au
Every Mon at 8pm.

Collins Street Dance Club
Tel: 9364 4350
Every Thur 7.30–10.30pm.

Community Circle Dancing North Beach
Tel: 9246 9406
mail@circledancetogether.org.au
Lively, peaceful & joyful dances to world music. No experience or partner needed. Meet Fri 7.30pm

Dianella Rangers Square Dance Club
Tel: 9307 7728
jva@02211@bigpond.net.au
Meets Wed at 8pm.

English Modern Sequence Dancing, Whitford Group
Tel: 9401 6743
Alternate Sat nights 7.30–10.30pm.

Fab Shad Dancers
Tel: 6467 3324 or 0415 827 052
Meet various days & times for all levels.

Golden Arrows Line Dancers
Tel: 9371 6713
Sat 11–2pm for beginners. Mon 10am – noon for intermediate.

Greenfinches Square Dance Club
Tel: 9405 4517
Tue 8pm. Beginners classes held Thur nights at 7.30pm.

Happy Wanderers Square Dance Club
Tel: 9379 2590 or 9451 4751
mike.buswell@swantafe.wa.edu.au
Meets Fri nights 8 –10.45pm.

Kaye’s Clogging Classes
Tel: 9295 4802 or 9535 8240
klspeyer@bigpond.com
Morley - Mon morning & Tue evening.
Rockingham - Mon evenings & Tue afternoons.

Kelmscott Over 50’s Dance Group
Tel: 9390 5285
Modern or sequence dancing.

Leonards Old Tyme Dancing
Tel: 9362 2060
rfdavy@gmail.com
Mon afternoon tea dance 1 – 3.30pm.

Melody Square & Round Dance Club Inc
Tel: 9332 6332
daveandbarb4@gmail.com
Wed nights (rounds 7.45pm, mainstream 8pm).

New Vogue and Modern Free Style Dancing
Tel: 9401 6743
Alternate Sat 7.30–11pm, Tue 12.30–3.45pm.

Nuline Dance
Tel: 9274 7173
chris@nulinedance.com
www.nulinedance.com
All genres of music to suit all ages.
Oum Habibi Senior Dance Group
Tel: 9364 6755
dorothymcn@optusnet.com.au
Belly dance fun & fitness for seniors.

Over 50s’ Ballroom Dancing Inc.
Tel: 9401 6743
Meets 1st & 3rd Thur at South Perth Civic Centre; 2nd & 4th Thur at Karrinyup Sports Centre.

Rednex School of Linedance
Tel: 9527 9274 or 0411 625 067
rednexld@bigpond.net.au
Friendly informal qualified instruction for all ages and gender, promotes fitness of body & mind.

Rose & Wattle English Country Dancing
Tel: 0439 844 024
reefm@iinet.net.au

Royal Scottish Country Dance Society
Tel: 9331 3577
emmr@iinet.net.au
www.rscds.org
All levels, beginner to advanced.

Scottish Country Dancers, Cambrai
Tel: 9304 5114
isobel1929@optusnet.com.au
Scottish country dancing keeping seniors on their feet.

Senior Linedancers
Tel: 9245 2416 or 0419790799
djgeoff@rocknroll.com.au
www.seniorslinedance.tis.org
Weekly classes at various locations, all ages welcome.

South Side Line Dancers
Tel: 9527 8004 or 0408 913 944
tc55@amnet.net.au
Caters for all levels

Southern Cross Cloggers
Tel: 9398 4472
Clogging classes with no partner required. Real good feel good fun.

Square Dance Society of WA Inc.
Tel: 9620 1234
30 clubs in WA. Helps you keep mentally & physically fit.

Step2it Line Dance & Zumba
Tel: 9398 3643 or 0402 314 114
step2it@iinet.net.au
www.step2it.iinet.net.au
Fun, easy, low intensity classes in southern suburbs.

The Tartan Scottish Country Dancers of WA Inc.
Tel: 9447 7997
tdcromb@tadaust.org.au
Various times and locations.

Ups ’n’ Downers Square Dance Club
Tel: 9414 5115 or 9390 8848
taffy@upsndowners.com
www.upsndowners.com
Tue 7.30–9.30pm.

WA Stage School
Tel: 9249 8558
renae@wastageschool.com.au
www.wastageschool.com.au
Beat the Feet – “Dance your way to Health”.
**EXERCISE**

**All-Round Weightlifting WA Inc**  
Tel: 0403 564 942  
Offers weight training as a means of developing strength & health.

**Arthritis & Osteoporosis WA**  
Tel: 9388 2199  
general@arthritiswa.org.au  
www.arthritiswa.org.au  
Programs designed specifically for people with inflammatory arthritis, osteo-arthritis & osteoporosis.

**Body Logic Physiotherapy**  
Tel: 9230 6310  
nicole.a.robb@hotmail.com  
www.bodylogicphysiotherapy.com  
Supervised and individual classes with strength & balance and Pilates.

**Fremantle Leisure Centre**  
Tel: 9432 9530  
www.fremantle.wa.gov.au  
Gym and pools. Older adults program.

**Heart Foundation Heartmoves**  
Tel: 9382 5905  
dannie.butcher@heartfoundation.org.au  
www.heartfoundation.org.au/heartmoves  
Gentle, physical activity program designed to be safe for people with stable, long term health conditions.

**Leisurelife Centre**  
Tel: 9372 5450  
leisurelife@vicpark.wa.gov.au  
www.victoriapark.wa.gov.au  
Bingo, Seniors circuit, Living Longer Living Stronger, social badminton, prime movers.

**Orienteering WA**  
Tel: 9405 6240  
missalimcd@iinet.net.au  
wa.orienteering.asn.au  
Map running/walking.

**Pilates for You**  
Tel: 0416 117 615  
jenny@pilatesforyou.com.au  
www.pilatesforyou.com.au  
Stretch, strength & balance.

**Prime Movers Inc.**  
Tel: 9386 2049  
jdav3702@bigpond.net.au  
www.primemovers-exercise.com.au  
Over 80 classes, for adults 50+.

**Regenerate Physiotherapy**  
Tel: 9284 0388  
info@regeneratehealth.com.au  
www.regeneratehealth.com.au  
Physiotherapy and Pilates centre.

**You Can Do FIT**  
Tel: 0433 825 061  
youcandofit@live.com.au  
www.youcandofit.com.au  
Training tailored to age and fitness. 55+ Fit session Mon & Wed at 7am.

**FLORAL AND GARDENING**

**Bonsai Society of WA**  
Tel: 9330 6242  
enquiry@bonsaisocietywa.com  
www.bonsaisocietywa.com  
Learn the art of growing miniature trees.

**Cactus & Succulent Society of WA Inc.**  
Tel: 9277 3924  
Organises visits, exhibitions, competitions, shows etc.
Cymbidium Orchid Club of WA
Tel: 0419 197 043
hstretch2007@bigpond.com.au
www.cymbidiumclubwa.com.au
Third Mon each month (exc Jan, Feb) at 7.30pm. New members & visitors welcome.

Epiphytic Cacti and Hoya Society of Australia Inc.
Tel: 9444 6694
Meets 3rd Sun of month (Jan–Nov) at 1.30pm.

Flower Arrangers Morley Inc.
Tel: 9344 1959
Workshops and demonstrations on 3rd Sat of month at 12.30pm.

Gerbera Research Group Inc.
Tel: 9349 5396
gerberaresearch@hotmail.com
Meets 3rd Sun of month (exc Dec). Annual show 10am 1st Sun in May.

Kelmscott & Districts Garden Club
Tel: 9459 4526
jeffu@westnet.com.au
Meets 2nd Mon of month at 7.30pm (exc Jan & Dec).

Roleystone Organic Growers Association
Tel: 9496 1115 or 9399 2312
Non-hybrid seeds for sale, library on organic principles, monthly meetings.

West Australian Floral Art Society Inc.
Tel: 9450 6620
julia.lewis@optusnet.com.au
www.wafloralart.org.au
Meet 2nd Sat of month at 1.30pm. Aims to cultivate an interest in flowers & arranging. Visitors welcome.

West Australian Fuchsia Society Inc.
Tel: 9401 4944
fuchiasocietywa@iinet.net.au
Promote the cultivation of fuchsias. Meets 2nd Sun of month at 2pm

The Western Australian Horticultural Council Inc. (WAHC)
Tel: 9403 0001
hortwa@iinet.net.au
www.horticulturalcouncil.com.au
The umbrella organisation representing garden clubs & societies in WA. Organises two plant sales annually.

West Australian Gerbera Society Inc.
Tel: 9330 5970
rgbruce@westnet.com.au
Promotes cultivation of gerberas through shows and gerbera championship, develops new varieties. Meets 2pm last Sun of month (exc Dec & Jan).

FURTHER EDUCATION

Alliance Francaise de Perth
Tel: 9386 7921
info@afperth.com.au
www.afperth.com.au
French courses from beginners to advanced.

Esperanto League of WA
Tel: 9343 9532
esperantowa@hotmail.com
Friendly lessons & conversation every 3rd Sat of month; “google it or give us a call”
Linkwest  
Tel: 9228 9000 or 1800 818 991  
linkwestadmin@linkwest.asn.au  
www.linkwest.asn.au  
Offering many activities & courses for all ages.

Mature Adults Learning Association Inc. (MALA)  
Tel: 9375 9286  
perthmala@westnet.com.au  
www.perthmala.org.au  
Two semesters of 10 weeks begin 3rd week Mar & Aug.

Read-Write-Now  
Armadale/Kelmscott  
Tel: 9497 1481 or 0431 159 141  
armandale@rwn.org.au  
www.read-write-now.org  
Volunteer tutoring, literacy & numeracy.

Trinity School for Seniors  
Tel: 9483 1333  
reception@tsfs.org.au  
www.perthunitingchurch.com.au  
“Companionship through learning”  
Classes in art & craft, languages, literature, exercise & more.

University of the Third Age (UWA) Inc. (U.3.A.–U.W.A.)  
Tel: 6488 1857 or 9383 2037  
info@u3auwa.org  
www.u3auwa.org  
City courses, regional lectures, seminars & visits.

University of the Third Age Network WA  
Tel: 0428 328 301  
u3anetworkwa@gmail.com  
https://sites.google.com/site/u3anetworkwa  
Lifelong learning for mental activity and social engagement

GENEALOGY

Western Australian Genealogical Society Inc.  
Tel: 9271 4311  
genealogy@wags.org.au  
www.wags.org.au  
Trace your family tree & find out about your ancestors.

GLIDING

WA Gliding Association Inc.  
Tel: 9332 7382  
joneso@iinet.net.au  
www.waga.org.au  
Experience the thrill of soaring in a comfortable 2 seat sailplane with a qualified instructor.

GOLF

Araluen Golf Resort  
Tel: 9397 9000  
jeff@araluenncc.com.au  
www.araluenncc.com.au  
World class 18 hole golf course.

Armadale Seniors Golf Club  
Tel: 9399 1631  
mellnmarge5@bigpond.com  
Play 9 holes Tue & Thur mornings, 7.30am summer, 8am winter.

Carramar Evergreen Golf Club  
Tel: 0450 082 811  
jenken@cmpcomp.com.au  
9 holes each Tue, ladies & gents.  
Tee off 7.15 for 7.30am (winter), 6.30 for 6.45am (summer).

Collier Park Seniors Golf Club  
Tel: 9457 0301  
clarkds@bigpond.com  
Tee off 6am (summer), 7am (winter) every Mon & Thur.
Fremantle Friday Ladies Golf Club
Tel: 9330 5226 or 9330 2771
cecilywa@iinet.net.au
9 holes easy friendly golf, 7.45am for 8am start.

Hillview Over 55 Golf Club
Tel: 9454 7522 or 9454 2549
www.hillviewgolfcourse.com.au
Tee off 8am Mon (exc public hols).

Pt Walter Gumnuts Golf Club
Tel: 9330 5837 or 0408 192 307
mkayrann@iinet.net.au
Play 9 holes every Mon & Wed. Hit off 7.42am. Register by 7.15am.

Pt Walter Over 55 Retirees Club
Tel: 9317 7228 or 9317 1063
Play 9 holes every Fri. Mornings in summer, afternoons in winter.

Pt Walter Tues Seniors Club
Tel: 9337 1238
Play 9 holes every Tue. Mornings in summer, afternoons in winter.

Pt Walter Wednesday Warriors
Tel: 9417 8074 or 0457 889 622
Play 9 holes every Wed afternoons.

Swing Golf Club
Tel: 9387 6002 or 9388 0046
Tee off 7.45am or 8.25am every Mon, Mar-Nov. Ladies only.

West Coast Golf Club
Tel: 9447 4622
keith.minkey@bigpond.com
Mon & Fri. Tee off summer 7am, winter 9.30am.

HEALTH AND FITNESS

Aqua Jetty Rockingham
Tel: 9593 9999
healthclub@aquajetty.com.au
www.aquajetty.com.au
Living Longer Living Stronger, heartmoves and much more.

Bailey Fitness
Tel: 9276 8166 or 9394 0700
www.baileyfitness.com.au
Senior classes, resistance training, cardio plus relaxation zone.

Beatty Park Leisure Centre
Tel: 9273 6080
www.beattypark.com.au
Gym, seniors group fitness classes, 3 pools.

Buteyko Breath Centred Healing
Tel: 9257 3400
mirandadivine@optusnet.com.au
Classes to exercise lungs with Buteyko method.

Club Sierra
Tel: 9295 1426
reception@clubsierra.com.au
www.clubsierra.com
Living Longer Living Stronger.

Essence Lifestyle Changes
Tel: 9386 8588
info@essencelifestyle.com.au
www.essencelifestyle.com.au
Living Longer Living Stronger.
Exercise physiologists & physiotherapists available to assist with exercise and rehabilitation.
Fremantle Leisure Centre  
Tel: 9432 9533  
johne@fremantle.wa.gov.au  
www.fremantle.wa.gov.au  
Gym, group fitness & 4 heated swimming pools.

Heart Foundation Heartmoves  
Tel: 9382 5905  
dannie.butcher@heartfoundation.org.au  
www.heartfoundation.org.au/heartmoves  
Gentle, physical activity program designed to be safe for people with stable, long term health conditions.

Selby Health & Fitness  
Tel: 9446 7372  
info@selbygym.com  
www.selbygym.com  
Offering strength program for over 55s including yoga, pilates & specialised senior classes.

Transitions Health and Fitness  
Tel: 9414 1344  
info@transitionshf.com.au  
www.transitionshealthandfitness.com.au  
Exercise for over 50’s: Living Longer Living Stronger, Pilates & Exercise Physiology Servies.

You Can Do FIT  
Tel: 0433 825 061  
youcandofit@live.com.au  
www.youcandofit.com.au  
Training tailored to age and fitness. 55+ Fit session Mon & Wed at 7am.

Military History Society of WA Inc.  
Tel: 9387 6094  
www.mhswa.org.au  
Meets 3rd Tue each month at 8pm.

Rottnest Voluntary Guides Association  
Tel: 9372 9757  
Guides provide environmental & historical tours of the island.

The Nelson Society of Australia Inc.  
Tel: 9310 6365  
richardsavage@bigpond.com  
To advance public education in the appreciation of the life and times of Admiral Lord Nelson.

HOBIES

Armadale Society of Artists  
Tel: 9399 9638  
www.armadalesocietyofartists.com.au

Book Club-City of Perth Library  
Tel: 9461 3500  
Meets 2nd Fri of month, 1–2.30pm.

Dianella Spinners  
Tel: 9407 9025 or 9409 7419  
Meets every Wed 10am-2pm. Beginners & visitors are welcome.

Embroiderers’ Guild of WA Inc.  
Tel: 9330 3065  
admin@embroiderersguildwa.org.au  
www.embroiderersguildwa.org.au  
Learn various techniques of embroidery from many city groups.

HISTORY

City of Armadale History House Museum  
Tel: 9399 0670  
www.armadale.wa.gov.au  
Local history museum, tours of Minnawarra historic precinct also available.
Handweavers, Spinners and Dyers Guild of WA Inc.
Tel: 0418 893 663
user@oz-whitmore.com
Regular meetings to share information, workshops & speakers. Annual membership available.

Hooked on Crochet
Tel: 9497 5778
Meets 9.30am–2pm every Wed.

Liddelow Homestead Arts & Crafts Club
Tel: 9459 7228
Learn many forms of arts & crafts. General public welcome.

Lilac Hill Art Group
Tel: 9377 2013
teresascott@iinet.net.au
Meets Thur from 9am–3pm for social interaction.

Men’s Sheds
Tel: 9330 3769
taycol@bigpond.com
Shed workshop open 3 days a week. New members invited to use workshop & socialise.

Royal Western Australian Historical Society Inc.
Tel: 9386 3841
histwest@git.com.au
www.histwest.org.au
Bookshop, museum, research library and guest speakers. Archival products available for preserving your memorabilia.

Scarborough Waterman Bay Community Craft Group
Tel: 9448 6684 or 9446 6428
Meets 1–3pm Tue during school term.

West Coast Metal Detector Club
Tel: 9341 4419
kevinhg@telstra.com
Meets at The Homestead, 5 Mackie St, Victoria Park, on 4th Tue of each month (exc Dec), at 8pm.

LAPIDARY

Gemmological Association of Australia WA Division Inc.
Tel: 9385 5489
wa@gem.org.au
www.gem.org.au
Learn about gemstones through classes & guest speakers.

Kalamunda Lapidary Club Inc.
Tel: 9293 0205 or 9342 1612
mrmce@bigpond.com
Get to know your rocks, minerals & silverwork at weekly workshops. General meeting 2nd Mon of month at 8pm.

Lapidary Association of WA Inc.
Tel: 9342 1612
mrmce@bigpond.com

Mineralogical Society of WA Inc.
Tel: 0417 990 688
MinSocWA@hotmail.com
www.minsocwa.org.au
Meets at 7.30pm 3rd Wed of Jan, Mar, May, July, Sept & Nov. Visitors welcome.

Rockingham & Districts Gem & Rockhunting Club Inc.
Tel: 0434 956 775
WA Branch Australian Facetors Guild Ltd
Tel: 0414 904 169 or 9361 7220
www.facetorsguild.org.au
Meets 3rd Sat of month from 9am.

WA Lapidary & Rock Hunting Club Inc.
Tel: 9379 2010
www.lapidaryclub.com
Learn about rocks & minerals, gem cutting, jewellery making and rock hunting in the outback. Meets 2nd & 4th Tue of month at 8pm.

LAWN BOWLS

Armadale District Bowling Club
Tel: 9497 1381

Armadale Ladies Bowling Club
Tel: 9497 1381 or 9399 1788
Bowling, pool, darts.

Bedford Bowling Club
Tel: 9370 2454
bedfbowls@highway1.com.au
Breakfast, social & lawn bowls.

Bowls WA
Tel: 9340 0800
enquiries@bowlswa.com.au
www.bowlswa.com.au
Lawn Bowls is the largest participant sport in Australia & suits all ages. Introductory coaching is available at all 74 metropolitan clubs & 150 country clubs. New bowlers are welcome.

Dalkeith Nedlands Bowling Club
Tel: 9386 3131
dalned@bigpond.com
www.dalkeithnbc.com.au
Competitive & social bowls for men & women. New members welcome.

Forrestfield & Districts Bowling Club
Tel: 9359 1148
fdbc@live.com.au
Competitive & social bowls played year round. New bowlers welcome.

Fremantle Bowling Club
Tel: 9335 1659
Competitive & social levels. Free coaching & social activities.

Kalamunad Club Inc
Tel: 9293 4946
admin@kalamundaclubinc.com
www.kalamundaclub.com

Kardinya Bowling Club
Tel: 9310 6170
kardybowls@westnet.com.au
Competitive & social bowls, coaching tuition available.

Leeming Bowls & Recreation Club
Tel: 9310 5400 or 9310 4103
leemingbc@iinet.net.au
Competitive & social bowls year round. Free coaching & social program, new members welcome.

Maylands Bowling Club
Tel: 9271 1377
maypensport@bigpond.com
Mens & ladies pennant teams & social play Tue, Thur, Fri, Sat, Sun.

Melville Bowling Club Inc
Tel: 9330 3370
mbcinc@iinet.net.au
www.melvillebowlingclub.com.au
Competitive, social & barefoot bowls. Darts, Pool, Cards & TAB. Free coaching. New members welcome
Mt Pleasant Bowling Club  
Tel: 9364 4662
secretary.mpbc@conceptual.net.au
www.mtpleasantsbowlingclub.com
Competitive/social bowls for all ages. Snooker, darts, cards and more. Free professional coaching & social activities.

Osborne Park Bowling Club  
Tel: 9349 1188
Lawn bowls & social activities open to everyone.

Pickering Brook Sports Club Inc.  
Tel: 9293 8263
pbsclub@bigpond.com
www.pickeringbrook.com
Pennant competition & social bowls.

Roleystone Bowling Club  
Tel: 9397 5665
Pennant competition & social bowls. Bar & social functions.

Scarborough Sportsmen’s Club  
Tel: 9341 6000
ssc@iinet.net.au
www.ssclub.net.au
Lawn bowls, tennis, darts, squash and much more.

LIONS CLUBS

Armadale Kelmscott Lions Inc.  
Tel: 9390 5310
aklions201@hotmail.com
First & 2nd Tue of month at 7.30pm.

Ballajura Lions Club Inc.  
Tel: 9209 1413
ballajuralions@westnet.com.au
ballajura.wa.lions.org.au
Meets 1st & 3rd Mon at 7.30pm.

Booragoon Lions Club Inc.  
Tel: 9319 8103
Meets on 2nd & 4th Tue at 7pm.

Lions Club Canning City Inc.  
Tel: 9457 6338
lionscancity@westnet.com.au
www.lionswa.org.au
Meets 2nd & 4th Tue at 6.45pm.

Lions Club City of Perth  
Tel: 9258 3891
nbridge33@multiline.com.au
www.lionwap.org/perthhost.au
Meets 2nd & 4th Tue evenings.

Lions Club of Floreat Inc.  
Tel: 9342 5017
floreatlions@jazi.net
www.lionsfloreat.webs.com

Lions Club of Forrestfield-High Wycombe  
Tel: 0417 000 440
ray.zinner@bigpond.com
http://forrestfield-highwycombe.wa.lions.org.au
Service club providing assistance to local community.

Lions Club of Ocean Reef Inc.  
Tel: 9307 7184
mirojl@bigpond.net.au
http://oceanreef.wa.lions.org.au
Meets 1st & 3rd Wed at 7.30pm.

LIFE SAVING

Royal Life Saving Society – Australia (WA Branch)  
Tel: 9383 9988
info@rlsswa.com.au
www.rlsswa.org.au
The Royal Life Saving Society is the largest water safety & lifesaving education organisation in the world, active in over 40 countries.
Seniors Recreation Council of WA

Lions Club of Scarborough WA Inc.
Tel: 9388 7717
wardl@nw.com.au
http://lionsclubs.org.au

Lions Club of Whitford
Tel: 9404 5514
jsells@bigpond.net.au
www.whitford.wa.lions.org.au

Morley Lions Club Inc.
Tel: 9276 5005
Service club providing assistance to local community.

Stratton Lions Club Inc.
Tel: 0411 023 383
stratton_lions2@westnet.com.au
lionsclubs.org.au

LIVING LONGER LIVING STRONGER

Council on the Ageing (WA) Inc.
Tel: 9321 2133
llls@cotawa.org.au
www.cotawa.org.au
Endorsed Providers of Strength Training for Over 50’s

Attadale
Attadale Physiotherapy Centre
Tel: 9317 4777

Bedford
Exercise for Life
Tel: 9371 8563

Beechboro
Altone Park Leisure Centre
Tel: 9377 6181

Bibra Lake
Next Generation
Tel: 9412 0000

Byford
Serpentine Jarrahdale Rec Centre
Tel: 9550 6777

Churchlands
Regenerate
Tel: 9284 0388

Claremont
Essence Lifestyle Changes
Tel: 9386 8588

Como
Como Health & Fitness Centre
Tel: 9450 8888

East Fremantle
Exercise for Life
Tel: 9319 8355

East Victoria Park
Leisurelife Centre
Tel: 9362 6066

Ellenbrook
Destination Health & Fitness
Tel: 9297 2900

Floreat
Bold Park Aquatic Centre
Tel: 9385 8767

Forrestfield
Hartfield Pk Recreation Centre
Tel: 9359 1700

Halls Head
Halls Head Community Centre
Tel: 9550 3950

Hillarys
Denise Brown Personal Training
Tel: 9401 4550, 0412 803 044

Jandakot
Transitions Health & Fitness
Tel: 9414 1344
Joondalup
Vario Wellness Clinic
Tel: 6304 3444
Pulse Fitness
Tel: 9300 2037

Kalamunda
Gym Tonic
Tel: 9293 4134
Kalamunda Physiotherapy Centre
Tel: 9257 1244

Kelmscott
Shapes Kelmscott
Tel: 9390 4900

Kwinana
Kwinana Requatic
Tel: 9238 4700

Leederville
Loftus Health Club
Tel: 9227 6526

Mandurah
Mandurah Aquatic & Rec Centre
Tel: 9550 3600

Melville
Melville Physiotherapy and Sports Injury Centre Tel: 9330 6317
Melville Recreation Centre
Tel: 9364 0808

Midvale
Swan Park Leisure Centre
Tel: 9250 2120

Morley
Morley Sport & Recreation Centre
Tel: 9375 3529

Mt Claremont
Challenge Stadium Fitness Centre
Tel: 9441 8259

Osborne Park
Selby Health & Fitness
Tel: 9446 7372

Perth
The Cove Health Club
Tel: 6467 7337

Riverton
Riverton Leisureplex
Tel: 9231 0930

South Lake
South Lake Leisure Centre
Tel: 9417 3003

Thornlie
City of Gosnells Leisure World
Tel: 9251 8700

Walliston
Vibrant Health & Fitness
Tel: 9293 0722

Wangara
Oxygym Tel: 9309 1777

Warnbro
Aqua Jetty Rockingham
Tel: 9593 9999

Willetton
Evergreen Wellness Gym
Tel: 9457 4318

MAHJONG
City of Perth Library, Mahjong
Tel: 9461 3500
www.perth.wa.gov.au/library
Wed 1–3pm.

MARCHING
Marching WA Inc.
Tel: 9356 3861
marchingwa@iprimus.com.au
www.marchingwainc.webs.com
Brilliant gentle exercise for body & mind.
**MODELS**

**Australian Model Railway Association Inc., WA Branch**  
Tel: 9243 4664  
c-nphillips@bigpond.com  
www.amrawa.com  
Meets every Sat 1.30pm.

**Australian Model Ship Society Inc.**  
Tel: 9274 5975  
wilmarb@bigpond.net.au  
Meets on Sun for wind, electric & steam powered radio-controlled watercraft. Beginners & visitors welcome.

**Fremantle and Districts Model Railway Association**  
Tel: 0418 927 246  
or 9311 4393  
Caters for HO/OO & N scale model railway enthusiasts. Meets on Wed 7–10pm, Sat 1–4.30pm.

**MOTOR SPORT**

**Toyota Landcruiser Club of WA Inc.**  
Tel: 0418 901 129  
secretary@tlccwa.org.au  
www.tlccwa.org.au  
Trips to try all forms of four wheel driving. Courses in bush mechanics, first aid, GPS navigation & driving techniques.

**Veteran Car Club of WA Inc.**  
Tel: 9397 5515  
vintageservices@iinet.net.au  
Meets 4th Thur each month at 8pm. Regional venues also available.

**WA Classic Speedway Association**  
Tel: 9417 5068

**MULTICULTURAL ASSOCIATIONS**

**Cadena Multicultural Association Inc.**  
Tel: 9419 3699  
cadenacma@hotmail.com  

**The Multicultural Seniors Interest Committee**  
Tel: 0400 190 362  
Bringing seniors of all nations together.

**MUSIC/THEATRE**

**Armadale City Concert Band**  
Tel: 9487 4044  
info@armadalecityconcertband.org.au  
www.armadalecityconcertband.org.au  
A band where experienced players can perform together. Wide range of music, from classical to popular.

**Carradine Choir**  
Tel: 9496 0319  
Mixed voice community choir, welcomes new members. Meets every Thur 7.30–9.30pm.

**Jazz Club of WA**  
Tel: 9377 7003  
jazzclubofwa@westnet.com.au  
www.jazzclubofwa.asn.au  
Caters for traditional New Orleans Dixieland Jazz in all forms. Meets every Tue from 7.30–10.30pm.

**Men in Harmony Chorus**  
Tel: 9381 2702  
secretary@meninharmony.com.au  
www.meninharmony.com.au  
Chorus of approx 50 sing capella of 4 part harmony. Rehearsals every Thur evening 7pm.
Organ Society of Western Australia Inc.
Tel: 9332 8622
waorgansociety@netspace.net.au
www.waorgansociety.customer.netspace.net.au
Membership open to people with interest in pipe organs.

Perth Harmony Chorus of Sweet Adelines International
Tel: 9221 2150
phc-prmarketing@iinet.net.au
www.perthharmony.com.au
Ladies who love to sing, perform 4-part harmony in Barbershop style. Rehearsals Wed 7.30-10pm.

Perth Male Voice Choir Inc.
Tel: 9384 1690
glanlin@bigpond.net.au
www.perthmalevoicechoir.org.au
Four part choir. Rehearsal Wed 7.30pm. New singers welcome.

Silver Threads Band
Tel: 9562 0607
kendor4@bigpond.com
www.members.iinet.net.au/bmrobins
Community band with program designed to involve the audience.

Theatre Organ Society of Aust Inc. (WA Division)
Tel: 9450 2151
patgibbs@oneseniors.com.au
www.tosawa.org.au
The Crompton Theatre Organ is played by members on club days on 1st Sun of month at 2pm.

Westcoast Chordsmen – Barbershop Singing
Tel: 9447 0719 or 9447 6451
blokely@iinet.net.au
www.perthbarbershopchoir.singingacappella.com
Chorus of male singers sing in close 4-part harmony in the barbershop style. Rehearsals Fri at 7.30pm.

ORGANISATIONS

Injury Control Council of WA Inc.
Tel: 9420 7212
iccwa@iccwa.org.au
www.iccwa.org.au
The peak non-government, non-profit organisation involved in injury prevention & control. Our mission is to reduce the incidence of injuries & their effects by representation, education, publicity & promotion of safe practices. One of our main projects is Stay On Your Feet.

National Seniors Australia
Tel: 9420 7274
j.powell-jones@nationalseniors.com.au
www.nationalseniors.com.au
Non-profit organisation for over 50’s. Meetings, social events & powerful lobby group.

BRANCHES:
Rockingham Branch
Tel: 9593 2141
nansenior@bigpond.com
Meets 1st Wed of even months, outings on odd months, 10am

Older Women’s Network WA Inc.
Tel: 9493 2734
kershawruth@hotmail.com
www.ownwa.org.au
Meets 2nd & 4th Wed 12 noon. Theatre group each Tue, 1pm.
Retirees WA Inc.
Tel: 9362 0100
info@retireeswa.com.au
www.retireeswa.com.au
Non-profit organisation. Age care facility, Over 50’s lifestyle villages, funeral fund, social club & travel club.

Retirees WA Tuart Hill Branch
Tel: 9440 3228
breen@iinet.net.au
For over 50’s carpet bowls, outings, bingo & lunches

Tel: 9407 7849
warvra@gmail.com
Peak body for residents of retirement villages, membership open to residents of retirement villages. Meetings held Quarterly.

WA Self Funded Retirees Inc.
Tel: 9447 1313
rdegruchy@bigpong.com
NFP concerned with improving benefits available to retirees. Meet monthly with guest speakers.

PHOTOGRAPHY, FILM AND VIDEO

Melville Camera Club
Tel: 9339 1696 or 9332 4074
ruby.lane@three.com.au
www.melvillecameraclub.org.au
Meets 2nd Thur of month (exc Jan). Comps, social events, photography & outings.

Videomakers WA
Tel: 9478 5881
traus@westnet.com.au
www.vmwa.org.au
Meets 2nd Wed in Cannington.

WA Camera Club
Tel: 9446 6542
rgoodwin@amnet.net.au
www.wacameraclub.org
Meets 1st & 3rd Mon to share interest in photography. Outings, talks, workshops & competitions based on film & digital photography.

WA Film and Video Club
Tel: 9385 3624
iandpmclean@hotmail.com
www.wavideoclub.8k.com
Meets 2nd Tue of month for videos, outings & competitions.

PHYSIOTHERAPY

Community Physiotherapy Services
Tel: 9224 1783
cps@health.wa.gov.au
Land & water based rehabilitation, exercise, & education groups.

Melville Physiotherapy & Sports Injury Centre
Tel: 9330 6317
Physiotherapy, exercise groups.

POETRY

WA Bush Poets and Yarn Spinners Association
Tel: 9377 1238
hayseed1@optusnet.com.au
www.wabushpoets.com
Seeks to promote the traditional Australian rhyming poetry & storytelling. Social evening, 1st Fri of month 7.30–10pm.
PROBUS

Probus Association of Western Australia Inc.
Tel: 9350 5992
mau.chris@bigpond.com
Fellowship & friendship for retired or semi-retired professionals & business people. Currently 105 clubs in WA, membership of approx. 6500.

Attadale Ladies Probus Club Inc.
Tel: 9339 1254
Meets 4th Tue 9.45am Feb to Dec.

Cottesloe Ladies Probus Club
Tel: 9384 0997
cottprobus@y7mail.com
Meets 2nd Mon of month, 9.45am.

Dianella Districts Combined Probus Club Inc.
Tel: 9349 1354
joymack1@bigpond.com
Meets 4th Mon of month at 10am.

Ellenbrook Combined Probus Club Inc.
Tel: 9297 1599
elbsec@gmail.com

Kingsley Men’s Probus Club
Tel: 9447 7095 or 9302 4227
hedav@aapt.net.au
gevans@iinet.net.au
Meets 1st Mon at 10am.

Ladies Probus Club of Rockingham
Tel: 9527 3403
kaye.rickard@gmail.com
Meets 2nd Mon at 9.45am.

Marmion Probus Club Inc. (mixed)
Tel: 9401 8250
marmion@probusclubs.com.au
Meets 2nd Mon of month at 9.45am.

North Coast Probus Club Inc.
Tel: 9447 3354
Meets 1st Wed each month.

Probus Club of City Beach Inc.
Tel: 9245 3802
peterjanh@bigpond.com

Probus Club of Karrinyup and North Beach (WA) Inc.
Tel: 9446 1485
Meets 2nd Mon at 10am.

Probus Club of Osborne Park WA Inc.
Tel: 9444 4049
Meets 2nd Mon at 10am.

Probus Club of Subiaco Inc.
Tel: 9387 3198

Shoalwater Ladies Probus Club
Tel: 9527 2964
queenmarlene@gmail.com
Meets 3rd Mon at 9.30am (exc Dec).

Sorrento Combined Probus Club
Tel 9304 4266
peterwilkinson02@dodo.com.au
Meets 3rd Fri at 10am
Seniors Recreation Council of WA Inc. presents:

Have A Go Day
in Burswood Park

A free activities & information day for over 50’s
Free display opportunities for Clubs & Groups.
Not for Profit & Commercial display sites also available.

Held annually:
14th Nov 2012
13th Nov 2013
12th Nov 2014

For more information contact
SRC on 9492 9773
www.srcwa.asn.au

RECREATION CENTRES/ GROUPS

Armadale Community Family Centre Inc.
Tel: 9497 4794
armadalecfc@bigpond.com
Various classes & courses.

Blue Gum Recreation Centre
Tel: 9316 2250

Canning Arts Group Inc.
Tel: 9457 9600
office@canningartswa.org.au
www.canningartswa.org.au
Instructional art courses and workshops. Hobby group meets weekly.

City of Subiaco Community Services
Tel: 9237 9320
scc@subiaco.wa.gov.au
www.subiaco.wa.gov.au
Meet with like-minded people over food, entertainment & activity.

City of Swan
Tel: 9377 6181
www.cityofswan.com/altonepark
Living Longer Living Stronger, seniors circuits, aqua and lots more

COCOA (Come Out Camping Older Adults)
Tel: 9409 7419
jane@amnet.net.au
Organises 6 day camps, in YHA or school camps (never in tents) with indoor & outdoor activities.

Coolbellup Leisure Club
Tel: 9337 3236
wingwong09@bigpond.com
Meets Thur 9.30am till 12 noon.
Carpet bowls, bingo, games

Hartfield Park Recreation Centre, Kalamunda
Tel: 9257 9977
kala.shire@kalamunda.wa.gov.au
www.shireofkalamunda.wa.gov.au
Living Longer Living Stronger & lifeball.

Kwinana Recreation and Leisure Centre
Tel: 9419 4444
Revitalise classes for people 50+.
Aquatic Mon, Wed, Fri, 7.55am.

Maylands Sports & Recreation Club
Tel: 9271 1377
Lawn Bowls & Dragon Boat Clubs.
Carvers all you can eat buffet from $16.95*

Enjoy Perth’s best value buffet including succulent roasts, a variety of hot and cold dishes, fresh salads, delicious desserts plus endless soft drinks, tea and coffee. All from just $16.95!* Open for lunch and dinner everyday at Crown Perth.

To find out more call 9362 7777.

Warm Up

Gives the body time to get ready and ‘tuned up’ for exercise. Involves slow, gentle stretches to relieve tension and assist in maintaining posture.

Shoulder Rolls (x5)
POSITION: sitting or standing
• Arms by the side, raise shoulders towards ears.
• Slowly circle shoulders back and lower down.
• Repeat shoulder rolls in opposite direction.
Start with small circles and build to bigger ones.

Arm Circles (x5)
POSITION: sitting or standing
• Arms out to the side at shoulder height with elbows straight.
• Make forward circles with arms.
• Repeat arm circles in opposite direction.
Move shoulders around in big circles. Maintain good posture.

Neck Side Bending (x5)
POSITION: sitting or standing
• Keep back straight and look straight ahead.
• Slowly tilt head side to side, stopping in the middle each time.
DO NOT shrug shoulders.

Head Turns (x5)
POSITION: sitting or standing
• Turn head slowly as far as possible to look over one shoulder, then the other shoulder.
DO NOT circle neck. Move within comfortable limits, NEVER in excess.
Marching in Place (x5)
POSITION: sitting or standing
• Lift each knee as high as possible, while keeping back straight.
For balance, hold on to a stable table, bench top or chair.

Single Leg Stretch (x5)
POSITION: lying or sitting
• Lying with knees bent and feet flat on floor (see diagram).
• With hand(s) under knee, gently and slowly pull knee towards chest.
• Hold to the count of five.
• Slowly bring leg to floor again.
• Repeat with other knee.
If lying, have a pillow under head.
Hold stretch to gain maximum benefit.
Keep movements smooth.
DO NOT jerk or bounce.

Shoulder Rolls (x5)

Overhead arm stretch (x4)
• Slow overhead arm stretches with deep breathing.

Walking
• Walk slowly with arms swinging for two minutes.
WHICH ONE
IS GOOD FOR
YOUR HEART?

If you picked all four, you were right.
To lower your blood pressure, improve your cholesterol
and manage your weight, adults should find thirty minutes and
young people at least sixty minutes of physical activity every day.

BE ACTIVE healthway Heart Foundation
RECREATION CENTRES/GROUPS

Melville Aquatic Fitness Centre
Tel: 9364 0823
Runs the Forever Fit program, a purpose designed, low impact exercise class for mature adults.

Melville Recreation Centre
Tel: 9364 0808
melrec@melville.wa.gov.au
Forever fit program, aqua classes, lifeball, table tennis and more

Park Recreation Centre, Health Club
Tel: 9362 6066

Queens Park Recreation Centre
Tel: 9231 0755

Roleystone Recreation Centre
Tel: 9397 6538
www.roleystonerec.com.au

Samson Recreation Centre
Tel: 9331 8040
samsonrec@fremantle.wa.gov.au
www.fremantle.wa.gov.au
Seniors badminton Mon/Wed afternoons; yoga Thur mornings.

South Lake Leisure Centre
Tel: 9417 3003
fitness@cockburn.wa.gov.au
Aquarobics & gym circuit classes. Living Longer Living Stronger.

WA Deaf Society – Seniors Recreation Program
Tel: 9441 2677
jpupich@wadeaf.org.au
www.wadeaf.org.au
Supported by WA Deaf Society this program is for deaf seniors, 50+ who use Auslan (Aust Sign Language). Meets 3rd Wed of month for social or educational activities.

Westcoast Community Centre Inc.
Tel: 9286 8676
westcoastcommunity@gmail.com
www.westcoastcommunity.com.au
Programme of educational & leisure activities each school term.

RECREATION CONSULTANTS

Seniors Recreation Council of WA Inc.

Tel: 9492 9773
info@srcwa.asn.au
www.srcwa.asn.au

The Council works closely with the Department of Sport & Recreation & the Department for Communities to encourage participation by Over 50s in active & passive recreation.

The Council offers:
Advice & support in establishing new groups.
Support & expansion of existing groups.
Coordination & fostering projects contributing to opportunities for Over 50s to participate in recreational activities.

Programs:
Pole Walking,
Be Active Aged Care Games,
Seniors Information/Activity Days,
Have a Go Days,
Tech Savvy Seniors program
Branch activities.
Inclusion WA
Tel: 9201 8900
info@inclusionwa.org.au
www.inclusionwa.org.au
A small dynamic & creative organisation, which responds to the individual needs of people with a disability who wish to become involved in community recreation.

ROTARY

Rotary Club of Armadale
Tel: 9399 4349 or 9322 7166

RSL BRANCHES

Armadale RSL Sub Branch
Tel: 9497 1972
armadalersl@bigpond.com
Dance, social functions, bingo, pool, darts, indoor bowls, hall hire, bar service.

Osborne Park RSL Sub Branch
Tel: 9344 1881 or 0408 948 871
sibbo@iprimus.com.au
Meets 2nd Wed monthly at 12 noon.

Wanjoo Seniors RSL Group
Tel: 9409 7978
peter.kiernan@three.com.au

SAILING

Shelley Sailing Club Inc.
Tel: 9354 8636
ssclub@iinet.net.au
www.ssc.iinet.net.au
Sailing each Sun from mid Oct till March/April, break over Christmas.

SCRABBLE

Australian Scrabble Players Association (WA) Inc.
Tel: 9275 7090

CLUBS:

Bassendean
Anne Stewart Tel: 9378 7606
Wed 9am – 3.30pm

Coogee
Jenny Coetzee Tel: 9434 9349
Wed 7pm

Darlington
Carmelita Maxwell Tel: 9299 6713
Mon 9am – 12noon

Floreat
Jane Dalton Tel: 6460 4701
Tue 1pm

Fremantle
Delys Carbon Tel: 9339 2724
Sat 11am – 4pm

Hamersley
Mike Clarke Tel: 9307 1550
Tue 1 – 4.30pm, Sat 1 – 4.30pm

Melville
Colin Hyde Tel: 9467 1939
Mon 10am – 4pm

Nedlands
Kath Metcalf Tel: 9386 6372
Tue 1 – 4.30pm, Sat 1 – 4.30pm

Perth
Anne Stewart Tel: 9378 7606
Thur 9am – 12noon

Rockingham
Cathie Barrett Tel: 9593 2214
Mon 9.15-2.30pm
Spearwood
Jenny Coetzee Tel: 9434 9349
Tue, Senior Citizens Centre

City of Perth Library Scrabble Group
Tel: 9461 3587
Meets Thur 9.30-11.30am

Scarborough-Waterman Scrabble Group
Tel: 9448 6684 or 9446 6428
Meets 1–3pm Tue in school term time.

SELF DEFENCE
Rawlins Tae Kwon Do
Tel: 9249 2980
www.rawtkd.com.au

SENIOR CITIZEN CENTRES
Armadale-Kelmscott Senior Citizens Club
Tel: 9399 5393
Bingo, carpet bowls, table tennis, darts, tai-chi and much more.

Alexander Heights Senior Citizens Club
Tel: 9343 7877
Carpet bowls, pool, cards & craft room. Tue & Thur 9am – 3pm.

Ballajura Senior Citizens
Tel: 9249 7800
ballajuraseniors@bigpond.com
Carpet bowls, pool, snooker, table tennis and more.

Bassendean Senior Citizens
Tel: 9279 1944
seniors(05)@bigpond.com
Sewing/knitting craft group, board games, indoor bowls, and outings.

Bayswater Senior Citizens
Tel: 9271 5198
lynda.blackie@bayswater.wa.gov.au
Mon–Fri 8.30am – 3pm. Sat 12.30-3pm. Bingo, carpet bowls, bus trips.

Bentley Seniors Club
Tel: 9358 6129
Boot scooting, carpet bowls and more.

Carlisle Senior Citizens Club
Tel: 9470 1155
linda.brown@carlisleseniors.org
Stretch/strength class, boot scooting, carpet bowls, dancing and more.

Cockburn Senior Citizens Centre
Tel: 9411 3877
csc@cockburn.wa.gov.au
www.cockburn.wa.gov.au
Exercise and educational classes. Meals & social groups for over 50s.

Duncraig Senior Citizens Assn
Tel: 9448 2114
Carpet bowls, keep fit, dancing, snooker, craft and much more.

Girrawheen-Koondoola Senior Citizens Club
Tel: 9343 7702 or 9342 0905
rnjb@bigpond.com
Meet Tue & Thur 8.30-2pm. Bingo, indoor bowls & craft.

Herald Avenue Senior Citizens Club Inc.
Tel: 9231 0990
Mon–Fri 9–4pm. Indoor Bowls, beautician, board games, computer lessons, cards and much more.
Hub of the Hills  
Tel: 9290 6683  
hubcoordinator@mundaring.wa.gov.au  
Indoor bowls, bingo, cards, social group, walking groups and more.

Kelm蝎ott-Westfield Senior Citizens Club  
Tel: 9390 5204  
Carpet bowls, darts, pool, cards, dance and much more.

Kingsley Seniors Group Inc.  
Tel: 9409 7409  
Mah-jong, bowls etc.

Manning Activity Centre  
Tel: 9450 6273  
manningseniors@bigpond.com  
Mon-Fri 8.30am – 4.30pm. Mystery tours, computer classes,

Morley Senior Citizens Assn.  
Tel: 9276 6108  
rosie.daniele@bayswater.wa.gov.au  
Mon–Fri 8.30am – 3pm. Indoor bowls, bingo, cards, ceramics, scrapbooking and much more.

Mundaring & Districts Senior Citizens Assn Inc.  
Tel: 9454 5054  
Carpet bowls, bingo & cards.

Ocean Ridge Senior Citizens Club  
Tel: 9307 4231  
Carpet bowls, bingo, pool/snooker, bus trips.

Roleystone-Karragullen Seniors Club Inc.  
Tel: 9496 3166  
rksc@iinet.net.au  
Bingo, mah-jong, book club, art group, computer help and more.

South Perth Seniors Citizens Centre Inc  
Tel: 9367 9880  
spsc@bigpond.com  
Bingo, majong, scrabble, carpet bowls, yoga, tai chi, zumba & chess

Senior Citizens’ Welfare Association Inc.  
Tel: 9361 2904  
homesteadvp@westnet.com.au  
Bus trips, 55+ dining group monthly.

Stock Road Senior Citizens Club Inc.  
Tel: 9339 7878  
Carpet bowls, cards, snooker, art & craft, Tai Chi, bingo and more.

Whitford Senior Citizens  
Tel: 9401 9650  
whitfordseniors@gmail.com  
Scrabble, cards, art, mah-jong, badminton, table tennis, and more

SHOOTING

West Australian Rifle Association Inc.  
Tel: 9384 7905  
admin@wara.asn.au  
www.wara.asn.au  
Target rifle shooting for men & women of all ages. People with some physical disabilities can compete on an equal footing.

SNOOKER/POOL

Pot Black Family Pool and Snooker Centres  
Tel: 9354 8649  
pbcentre@pbcentre.com.au  
www.pbcentre.com.au  
Three hours for $10 (incl. coffee), Jan each year, subject to change.
SOCIAL CLUBS

Australian-Britain Society WA Inc.
Tel: 9310 6365
richardsavage@bigpond.com
www.ausbrit.org
Work to maintain the links between the two countries by way of history, language, literature, culture, education & sport.

Boulder United Club Inc.
Tel: 9470 1552
Consists of ex-Goldfields people now residing in the metro area. We meet every 3rd Mon at 1pm.

Kui Social Club Inc.
Tel: 9356 5069
Old time dancing. Mon 8 – 11pm.

Prime Timers
Tel: 9307 5000
info@c3hh.com.au
www.c3hh.com.au
Pool, carpet bowls, board game, bus trips & more for 55+.
Fri 9.30am - 12 noon.

Red Hatters
Tel: 9388 6059
info@red-hatters-wa.net
www.red-hatters-wa.net
A non-profit “disorganisation” for women of a certain age (mostly 40+).

Scarborough Uniting Church
Tel: 9245 3380
Social activities throughout the year.

The Southern Friendship Club
Tel: 9364 7041
Members organise a social calendar every 3 months.

Wheels: Seniors on the Move
Tel: 9295 6486
wheels_inc@skymesh.com.au
Wide range of activities. Theatre, movies, walks, book club, picnics, social and skill sharing gatherings.

Women’s Lifestyle Centre
Tel: 9399 5556
Wed 9.30am – 2pm. Women can talk freely, listen, find support & acceptance.

SPORT AND RECREATION ASSOCIATIONS

WA Disabled Sports Association Inc.
Tel: 9470 1442
reception@wadsa.org.au
All WADSA activities are open to all people with disabilities incl. seniors.

SQUASH

WA Masters Squash
Tel: 0413 746 348
vthomas1@optusnet.com.au
Fri night masters pennants.

SWIMMING

Aqualife Centre
Tel: 9361 3312
aqualife@vicpark.wa.gov.au
www.vicpark.wa.gov.au
Hydrotherapy pool, senior aquarobic classes & lessons.

Armadale Aquatic Centre
Tel: 9399 0850
info@armadale.wa.gov.au
www.armadale.wa.gov.au
Water walking, aquarobics.
Seniors Recreation Council of WA

Bold Park Aquatic Centre
Tel: 9385 8767
kkelly@cambridge.wa.gov.au
www.cambridge.wa.gov.au
Aquarobics for the over 50s. Living Longer Living Stronger.

Masters Swimming WA
Tel: 9387 4400
info@mswa.asn.au
www.mswa.asn.au
Adult swimming for fitness, friendship & fun. 34 Clubs throughout WA.

**TABLE TENNIS**

Prime Timers
Tel: 9307 5000
info@c3hh.com.au
www.c3hh.com.au
Beginners welcome. Various activities including. bus trips.
Fri 9.30am -12 noon.

WA Table Tennis Association Inc.
Tel: 9470 1830
ttawa@bigpond.com.au
www.iinet.net.au/~marshfam
Year round competitive pennant games. Social games available.
Meets 9–12 noon Fri.

**TAI CHI**

Australia Fu Nei Pai Li’s Tai Chi Academy
Tel: 9378 2345 or 0423414619
Traditional yang style tai chi chuan. Taught by sixth & seventh generation of a Chinese Master.

PeakHealth Tai Chi
Tel: 9279 3629
parobuzz@bigpond.com
Tai Chi & Qigong leisure courses available. Also offer classes in which the Tai Chi has been especially modified, to make it easier for people with fitness & health issues to learn and perform.

Tai Chi for Arthritis and General Health
Tel: 0412957856
williamjstan@gmail.com
Teach Dr Paul Lam’s Tai Chi for arthritis as an introduction to Tai Chi. Qigong exercises also taught.

Taoist Tai Chi Society of Australia
Tel: 9371 7033
australia@taoist.org
www.taoist.org
Taoist Tai Chi™ arts of health, the optimum exercise for a healthy body & a calm mind.

**BRANCHES:**
Bayswater Tel: 9371 7033
Fremantle Tel: 9339 1331
Maddington Tel: 9493 2428
Rockingham Tel: 0435 029 634
Stirling Tel: 9371 7033

Taoist Tai Chi Society, Fremantle
Tel: 9339 1331
fremantle@taoist.org
www.taoist.org
Day & evening classes available with beginner classes commencing throughout the year.

Taoist Tai Chi Society, Stirling
Tel: 9371 7033
Classes held at Joondalup, Kingsley, North Beach, Subiaco

Seniors Recreation Council of WA
TEN PIN BOWLING

Recycled Teenagers League
Tel: 9398 6161 or 9451 7333
Cy_Mar21@bigpond.com
Meets Thur 12 noon excludes school hols.

TENNIS

Armadale Tennis Club
Tel: 0409497275 or 9399 6911
Social & pennants coaching.

Gwelup Tennis for Seniors
Tel: 9447 9382
Play Sat.

Roleystone Tennis Club Inc.
Tel: 9397 6620
roleystonetennisclub@yahoo.com.au
Social, competitive, coaching.

Scarborough Uniting Church Tennis Group
Tel: 9447 9382
Meet Sat afternoons.

VINTAGE TRANSPORT/MACHINERY

Bus Preservation Society of WA Inc.
Tel: 0408959660
rattler@perthbus.info
www.bpswa.org
Society owns 30 historic former
Perth passenger buses & operates
in Whiteman Park, preserving the
old buses, with 10 operational.

Perth Electric Tramway Society Inc.
Tel: 9443 1945
pets1@iinet.net.au
Restoration & maintenance work
group meets Wed at 9.30am &
some weekends. Skilled & unskilled
people welcome. Training offered.

Vintage Tractor and Machinery Association of WA Inc. – Tracmack
Tel: 9402 9315
Farm equipment, cars, trucks &
general old machinery.

VOLUNTEER SERVICES

Armadale Volunteer Services
Tel: 9399 0629
volunteering@armadale.wa.gov.au
www.armadale.wa.gov.au
Linking potential volunteers to non-
profit organisations providing
valuable volunteer opportunities &
vice versa.

Bassendean Volunteer Services
Tel: 9377 2191
volunteer@bassendean.wa.gov.au
www.bassendean.wa.gov.au
Helping potential volunteers find
volunteer opportunities with not for
profit agencies.

City of Bayswater Volunteer Program
Tel: 9272 0658
mail@bayswater.wa.gov.au
www.bayswater.wa.gov.au
Links volunteers with a variety of
opportunities such as Meals on
Wheels, Social Support & bus
driving.

City of Subiaco Volunteer Hub
Tel: 9237 9256
volunteer@subiaco.wa.gov.au
www.subiaco.wa.gov.au
Department of Sport and Recreation
Club Development & Volunteer Management
Tel: 9492 9700
volunteers@dsr.wa.gov.au
www.dsr.wa.gov.au
The Department’s Club development Scheme offers a comprehensive education & training package to assist clubs with management, administration, volunteer recruitment, management & retention practices. Seminars & resources are available.

Nedlands Volunteer Resource Centre
Tel: 9273 3640
nedvolservice@nedlands.wa.gov.au
www.nedlands.wa.gov.au
Central hub for all things volunteering.

School Volunteer Program – Mentors Caring for Young People
Tel: 9444 8646
www.svpwa.org.au
WA’s leading school mentoring program.

Volunteer Home Support Inc.
Tel: 9331 2933
kevinvhs@iinet.net.au
Major aim is to enable frail, elderly people with disabilities & carers to live in the community for as long as possible.

Volunteering WA
Tel: 9482 4333
www.volunteeringwa.org.au
Links potential volunteers with community based non-profit agencies & helps them find volunteer opportunities.

WALKING

Bibbulmun Track Foundation
Tel: 9481 0551
friends@bibbulmuntrack.org.au
www.bibbulmuntrack.org.au
Non-profit organisation which helps maintain & promote the Track.

Bushwalkers of Western Australia
Tel: 9242 1176
bushwalkerswa@gmail.com
www.bowa.iinet.net.au
Full day walks every Sun May–Oct. Distance 12–20kms over varying terrain sometimes using tracks. Social activities included.

Dale Rainbow Walkers
Tel: 9497 3200
Mon, Wed & Fri at 8.30am for short walks around the village.

Easybeat Walkers Inc.
Tel: 0418940033
tvl@multiline.com.au
Supervised exercise, walking & social activities (60+), Fri 9am–12noon.

Friends of Bold Park
Tel: 9480 3996
friendship@bgpa.wa.gov.au
www.bgpa.wa.gov.au
90 minute walks through bushland.

Heart Foundation Heart Health Information Service
Tel: 9382 5904
walking@heartfoundation.org.au
www.heartfoundation.org.au/walking
Meet new people by joining a group near you or starting a new group in your area.
Hiking Club of WA
Tel: 9362 1614 or 0405 025 940
hikingwa@tpg.com.au
Walks on Sat and offers a varied program in suburban and hills walking areas.

Mall Walking Groups
Tel: 9420 7212
iccwa@iccwa.org.au
www.iccwa.org.au
Gentle & safe exercise walking through shopping centres before shops open. Call for further details.

Over 55 Walking Association Inc (OFFWA)
Tel: 9277 9604
Tel: 9341 4131 or 0417 921 265
jetcott@bigpond.net.au
over55walkingassociation.myclub.org.au
Walks on Tue at 10.30am Mar-Nov. Different locations each week.

Roleystone Walkers
Tel: 9496 3166
Meets at Roleystone Karragullen Seniors Club on Jarrah Rd.

WA Rogaining Association
Tel: 0413 830 990
Paul52@iinet.net.au
www.wa.rogaine.asn.au
Cross country navigation in teams of 2 to 5. Events are 6, 12 or 24 hours duration, choose your own level of competition.

Western Australian Naturalists’ Club
Tel: 9228 2495
wanats@iinet.net.au
www.wanats.iinet.net.au
Main club & branch meetings held at venues in Nedlands, Kalamunda, Rockingham, North Beach.

Western Walking Club Inc.
Tel: 9354 3107
mclark@iinet.net.au
www.wwc.iinet.net.au
Two Sun walks May-Oct; one early Sun suburban walk in summer.

Women’s Healthworks Walking Groups
Tel: 9300 1566
walking@womenshealthworks.org.au
www.womenshealthworks.org.au
Supports womens’ walking groups in the northern suburbs.

Y Striders Inc.
Tel: 6468 3032
ystriders@iinet.net.au
www.ystriders.org.au
Running/walking club offering morning and evening sessions.

WATER ACTIVITIES

Armadale Water Walkers
Tel: 9399 8562
ianofnasspre@yahoo.com.au
Mon & Thur 6-9am.

Rockingham Aquatic Centre
Tel: 9527 2592

WOODWORK

West Australian Guild of Woodcarvers
Tel: 9419 3558
rsvendsen@arach.net.au
All level woodcarvers invited to join this group for advice, techniques & workshops.
Woodturners Association of WA
Tel: 9528 2520
woodturnerswa@gmail.com
www.woodturnerswa.com
Promote & practice the art of woodworking in WA. 650 members throughout WA, monthly workshops.

Woodturners Assoc – Gosnells Group
Tel: 9455 2741
Regular weekly day meetings to promote the art.

Writing
Come Write In (Writers Group)
Tel: 9497 5162
C/o Kelmscott Library

Yachting WA
Tel: 9386 2438
yawa.office@wa.yachting.org.au
www.wa.yachting.org.au
Many affiliated clubs offer training, no restriction on upper age limit.

Yoga
Jane Underwood Yoga
Tel: 9337 2248
nolin@iinet.net.au
Gentle Hatha yoga. Experienced qualified teacher. Air con room. No experience necessary.

Tom Dadour Community Centre Yoga
Tel: 9237 9336
city@subiaco.wa.gov.au
www.subiaco.wa.gov.au
Chair yoga held every 2nd Mon
Albany Bowling Club
Tel: 9841 1837
albanybowlingclub@bigpond.com
Social bowls on Wed at 1pm.
Scroungers on Sun at 1pm.

Albany Breaksea Ladies Probus
Tel: 9842 3845

Albany Bridge Club
Tel: 9841 2642
Bridge played 5 days a week,
Scrabble & Canasta once a week.

Albany Bushwalkers Inc.
Tel: 9844 4272
albanybushwalker@hotmail.com
All day Sun walks, 3-weekly rotation
Feb–Dec. 10-20km, varying terrain.

Albany Central Men’s Probus Inc.
Tel: 9851 1178

Albany Community Care Centre
Tel: 9841 8668
lionscom@iinet.net.au
www.alccc.org.au
Provides day centre respite & many other related services.

Albany Golf Club
Tel: 9844 8855
www.albanygolfclub.com.au

Albany Historical Society Inc.
Tel: 9841 5403
adminalbhist@bigpond.com
www.historicalalbany.com.au

Albany Leisure & Aquatic Centre
Tel: 9844 2250
alac@albany.wa.gov.au
Seniors gym, swimming & Fab 50’s aqua classes.

Albany Masters Swimming
Tel: 9842 8422
Wed 7pm (trial times) & Sun 1pm.

Albany Port of Ladies Inc.
Tel: 9844 1116

Albany Region Over 50’s Recreation Assoc Inc.
Tel: 0439 305 494
aofifty@sportshouse.net.au
Promotes the benefits of ageing through activity, physical, mental & social. Many varied activities.

Albany Regional Family History Society Inc.
Tel 9841 6520
albanyfamilyhistory@gmail.com
www.albanyfamilyhistory.org.au
Monthly meetings & library resources for family research.

Albany Senior Citizens Centre
Tel: 9841 2168
www.albanygateway.com
www.snritz@bigpond.com
Singing, carpet bowls, computer classes, exercise program by referral and much more.
Albany Steps to Health
Walking Groups
Tel: 9842 7504 or 9842 7502
www.dsr.wa.gov.au
Regular gentle walks around Albany. Caters for different levels of ability & fitness.

Albany Sub-Branch RSL
Tel: 9841 5188
www.albanyrsl.org.au
Veteran Pension Advocates, promotion of interest & welfare of serving and ex-service members of defence forces.

Albany Table Tennis Club Inc.
Tel: 9842 1819
mulgad@bigpond.com
Over 50’s social group, Fri 9am – 12 noon. Seniors Tue 7.30pm.

Alzheimers Association WA – Great Southern
Tel: 1800 100 500

BodyCare Health Club
Tel: 9842 2762
amber@bodycarehealthclub.com.au
www.bodycarehealthclub.com.au
Living Longer Living Stronger, Heartmoves & BODYVIVE. Daily classes, free cappuccinos.

Chi Kung, Albany
Tel: 9848 2130
Exercise program using gentle, flowing movements. Tue 9.30–10.45am.

Citizens Advice Bureau
Tel: 9841 4711
albany@cabwa.com.au

Combined Probus Club of Albany
Tel: 9842 9417

Emu Point Sporting Club Inc.
Tel: 9844 1156
epsc✐@westnet.com.au
www.emupointsportingclub.com.au
Tennis & bowls. Social & competition.

Gomm Park Croquet Club
Tel: 9844 7486
Wed & Sat 9.15–12noon.

Granny Grommets Body Boarding (Women)
Tel: 9844 4813
Fri 8.45am at Middleton Beach.

Grove Park Public Golf Links (Albany)
Tel: 9844 4277

Living Longer Living Stronger Program
Tel: 9842 2762
Endorsed providers of strength training for over 50’s.

M.A.D. Meanderers Caravan Club Inc.
Tel: 9840 1144
enanembrass@westnet.com.au

Middleton Beach Bowling Club
Tel: 9841 2503

Middleton Physiotherapy
Tel: 9842 2166

National Seniors Australia
Tel: 9841 3061
patricia.sibbald@yahoo.com.au

Over 50’s Ballroom Dancing, Albany
Tel: 9842 1113
Ballroom dancing each Thur 1–4pm.

Over 50’s Bocce, Albany
Tel: 9842 3754
Held Wed 10.30–11.30am.
Over 50’s Cards & Games, Albany
Tel: 9841 3293 or 9841 7207
Cards & games play Thur 12 noon.

Over 50’s Cycling Group, Albany
Tel: 9846 4603 or 9842 5350
Meets weekly on Wed 9am.

Over 50’s Easy Riders Cycling Group, Albany
Tel: 9842 9336
Meets weekly, Wed 9am, various locations.

Over 50’s Time On Exercise To Music, Albany
Tel: 9841 3953 Mon
Tel: 9841 6347 Wed
Tel: 9842 5669 Fri
Move to music program for flexibility & fun. Mon, Wed & Fri 9 – 10am.

Over 50’s Walking Group, Albany
Tel: 9841 3042
Walk each Sat at 8.45am.

Probus Club of Albany Inc.
Tel: 9842 3897

Scotts Church Badminton Club, Albany
Tel: 9842 3605
Plays Mon & Thurs 6–8pm.

Scrabble Club, Albany
Tel: 9844 8668
Mon 10–2pm

Senior Citizens Centre-Meals on Wheels
Tel: 9841 2168
snritz@bigpond.com

Silver Chain
Free Call: 1800 052 222
comrespite@silverchain.org.au
www.silverchain.org.au

Soroptimist Albany
Tel: 9841 7418
sialbany@siswp.org
www.siswp.org
Worldwide service organisation for women in management & professions.

Taoist Tai Chi Society, Albany
Tel: 9842 5860
Gentle series of movements to strengthen & energise the body & provide health benefits.

The Independent Living Centre
Tel: 1300 885 886
general@ilc.com.au
www.ilc.com.au
A non-government, not-for-profit, community based information & advisory resource service.

Tuesday Ladies Badminton Club
Tel: 9842 8090

WA State Masters Game Association
Tel: 0417 971 581
dwoosie@bigpond.com

Yoga for Rejuvenation & Qi Gong
Tel: 9848 2730 or 0427 582 730
lyndal.gallaway@gmail.com
Mind/body exercise for keeping the brain alert, body supple and core strong, whilst releasing stress.
Yoga Twilight Dreams, Albany
Tel: 9842 5059
Yoga & Pilates classes, builds core muscles. Breathing, relaxing & stretching emphasised.

**AUGUSTA**

**Association of Independent Retirees, Augusta-Margaret River Branch**
Tel: 9757 3621
Promotes the interests of self-funded retirees. Meets 1st Mon of month at 10am.

**Augusta Art Club Inc.**
Tel: 9758 0102
calkim@westnet.com.au
Practice art in an environment of learning, sharing & support. Meets Tue, Wed & Fri. Visitors welcome.

**Augusta Bridge Club**
Tel: 9758 1338 or 9758 1496
Meets Mon 12.15 for 12.30pm start.

**Augusta Croquet Club Inc.**
Tel: 0417915538
kimanddi@blue1000.com.au
Association Croquet Sat & Wed. Golf croquet Mon, Thurs, Fri night.

**Augusta Historical Society Inc.**
Tel: 9758 0465
augustahistoricalsociety@augusta.wa.au

**Augusta Spinners and Weavers**
Tel: 9758 1756
roryneal@wn.com.au
Meets Tue 10am – 4pm, Thur 7pm. Promote the use of natural fibres & traditions of spinning, weaving, knitting & felting in a social group.

**Augusta Square Dance Club**
Tel: 9757 2256
shrewsbury@westnet.com
Dancing 7.30pm at C.W.A. Hall, Margaret River.

**Civic Park Golf Club Augusta Inc.**
Tel: 9758 0239
jan.keith@westnet.com.au

**Coops Cottage Quilters**
Tel: 9758 0712
Meet Thur 12–4pm.

**Country Women’s Association Inc Augusta**
Tel: 9758 1413
Meets 1st Wed of month at 1.30pm.

**Friends of Augusta Hospital**
Tel: 9758 1888
johnedi@comswest.net.au
Meets first Mon of month. To help raise money for equipment to benefit the health of local people.

**Gentle Gym, Augusta**
Tel: 9758 1851
Stretching exercises, Tue 9.30am.

**Yacht Club, Augusta**
Tel: 9758 0098
bai09393@bigpond.net.au
Sun Nov–May on Hardy Inlet.

**AUSTRALIND**

**Australind Happy Wanderers Caravan Social Club Inc.**
Tel: 9725 2533
bulldog.7@bigpond.com
Leschenault Leisure Centre  
Tel: 9797 4000  
admin@llc.com.au  
Living Longer Living Stronger program: Endorsed providers of strength training for over 50’s.

BADGINGARRA  
Bootscouting – Badgingarra  
Badgingarra Community Centre  
Tel: 9652 9079  
rosewood5@skymesh.com.au  

BODDINGTON  
Chaerobics Class – SOYF  
Boddington Hospital  
Tel: 9881 0385  
Tue 10–11am  

Exercise Class – SOYF  
Boddington RSL Hall  
Tel: 9881 0385  
Wed 9–10am  

BREMER BAY  
Bremer Aqua Exercise  
Tel: 9837 4868  
esso6@bigpond.com  

Bremer Knitting Group  
Tel: 0428 241 254  

Bremer Pole Walking  
Tel: 9837 4868  
esso6@bigpond.com  

BRIDGETOWN  
Bridgetown Golf Club  
Tel: 9761 2214  
aandgwilson@bigpond.com  
www.bridgetowngolfclub.com.au  

Living Longer Living Stronger Program  
Tel: 9761 2966  
recmanager@bridgetown.wa.gov.au  
Endorsed providers of strength training for over 50’s at Bridgetown-Greenbushes Rec. Centre.

BROOKTON  
Brookton & Districts Historical Society Inc.  
Tel: 9646 4117  
brooktonmuseum@gmail.com  

BROOME  
Broome Over 50’s Senior Citizens  
Tel: 9193 5815 or 9192 1924  
broomeover50scc@gmail.com  

Broome Recreation & Aquatic Centre  
Tel: 9193 7677  
Aqua aerobics, seniors Lite Pace, tennis, squash & group fitness classes.

Living Longer Living Stronger  
Life & Soul Health Fitness Clubs  
Tel: 9192 5200  
Endorsed providers of strength training for over 50’s.

BUNBURY  
Bunbury Bridge Club  
Tel: 9797 0055  
Mon, Fri, Sat 12.45–4.30pm. Tue supervised beginners 6.45-9.30pm.
Bunbury Bushwalking Club
Tel: 9728 0105
tonymax@geo.net.au
www.bunburybushwalking.geo.net.au

Bunbury Runners Club
Tel: 0417 947 193
bunrunclub@westnet.com.au
www.bunburyrunnersclub.mysouthwest.com.au
Meets every Thurs night, Events include 3km, 5km & 10km runs & walks. Summer start 6pm (Oct–April). Winter start 5.30pm.

Bunbury Senior Citizens Centre
Tel: 9721 2522
Gentle gym, Tai Chi, carpet bowls, walking group, bingo and more.

Bunbury Seniors Computer Club
Tel: 9721 4119
admin@bunsencom.org.au
jancecby@bigpond.net.au

Bunbury Women’s Club Inc.
Tel: 9721 2264 or 0422 997 348

Community Home Care
Tel: 9721 4988
Provide a wide range of social support services in the greater Bunbury area.

National Seniors Australia Bunbury & Districts Branch
Tel: 9795 5754
maudon11@bigpond.com
Meets 4th Mon monthly at 10am, meetings & social events.

Scrabble Club, Bunbury
Tel: 9795 7661
Friday 9am–noon

Sou’West Getaway Club Inc.
Tel: 9728 1231
tillywareham@bigpond.com

BUSSELTON

Association of Independent Retirees, Busselton-Dunsborough Branch
Tel: 9752 2593
elaine_bartlett@bigpond.com
Meets 3rd Tue at 10am.

Busselton Brass
Tel: 0400 664 721
bilby08@westnet.com.au
Meets Thur nights 7.30pm.

Busselton Bridge Club
Tel: 9752 2635
mpnixon@iinet.net.au
www.busselton.bridge-club.org
Meets Tue 7pm, Wed 12.30pm & Mon 12.45pm.

Busselton Caravan Club Inc.
Tel: 9752 2925
rjkmr8@bigpond.com

Busselton Collectors Club Inc.
Tel: 9755 1183

Busselton Dunsborough Environment Centre
Tel: 9754 2049
bdec@westnet.com.au
www.bdec.mysouthwest.com.au
Meets monthly at centre, provides environmental information & education.
Busselton Needles & Friends Embroidery Group  
Tel: 9751 4038 or 9752 2028  
Traditional & contemporary embroidery Tue 9.30–2pm

Busselton Pottery Group Inc.  
Tel: 9754 2338  
Foster the art of pottery in a well equipped & friendly environment.  
Tue & Thur 10am – 3pm.

Busselton RSL Sub Group  
Tel: 9752 2488  
busseltonrl@westnet.com.au  
Meets Thur 12 noon, Fri 4.30pm & 4th Tue of month 6.30pm.

Busselton Senior Citizens Centre  
Tel: 9752 2232  
bssc@westnet.com.au  
www.bsnsencitz.com  
Hairdressing, table tennis, indoor bowls, scrabble, computer courses, bingo, Tai Chi, arts & much more.

Busselton Spinners and Weavers  
Tel: 9752 2826  
harkerlc@bigpond.com  
Meets Thur 9.30am – 2pm.

Country Women’s Association Inc.  
Tel: 9752 2518  
First Fri of month 1.30pm.

Geographe Caravan Club Inc.  
Tel: 9751 5213  
helen119481@bigpond.com

Geographe Leisure Centre  
Tel: 9754 3600  
glc@busselton.wa.gov.au  
Seniors circuits, aqua aerobics, yoga & supervised gym sessions.

Over 50’s Geographe Cycle Club  
Tel: 9754 7376  
Mon 7am summer, 8am winter. Sat ride 8am.

The Busselton Art Society Inc.  
Tel: 9752 3644  
imsoam@westnet.com.au  
Promote, encourage & foster art, provide workspace, training materials & good fellowship amongst members.

Veteran Car Club of WA Inc.  
Tel: 9756 7978  
ian.ellson6@bigpond.com  
Social & competitive events with vehicles, restoration & acquisition. Meets 2nd Tue of month & classic section 1st Tue of month.

CARNAMAH

Carnamah Badminton Club  
Tel: 9951 1013  
Apr – Oct every Tue 7.30–9.30pm.

Carnamah Bowling Club  
Tel: 9951 1131

Carnamah Community Care  
Tel: 9951 1516

Carnamah Golf Club  
Tel: 9951 1664

Carnamah Historical Society & Museum  
Tel: 9951 1575  
jill@carnamah.com.au  
www.carnamah.com.au  
Open 1.30 – 5pm Fri or by arrangement.

Carnamah Land Conservation District Committee  
Tel: 9951 1322 or 9951 1036
Carnamah Lions Club
Tel: 9951 1097

Carnamah Tennis Club
Tel: 9951 1053

CARNARVON

Gascoyne Health Unit
Tel: 9941 0490
kellie.lundberg@health.gov.wa
Aqua Aerobics Nov–Apr 7–8am Fri.
Gentle Gym Apr–Oct 9–10am Fri.

Carnarvon Community &
Senior Citizens Club Inc.
Tel: 0477 943 687
Tai Chi, snooker, carpet bowls.

Pilbara Gascoyne Health
Region
Carnarvon Physio Department
Tel: 9941 0490
Aqua aerobics Oct–Apr. Gentle gym
May–Oct.

COOROW

Cards In Coorow
Tel: 9952 1002 or 0429 963 997
bettycam2@hotmail.com
Play Fri 9.30am-12noon.

Coorow Carpet Bowls
Tel: 9952 1045
Meet Thur 9.30am–2pm.

Coorow Golf Club
Tel: 9952 1101
Ladies golf runs on Thur afternoons.

Coorow Lawn Bowls
Tel: 9952 1140
Runs weekends & midweek comps.

Coorow Telecentre
Tel: 9952 1266
CWIC@wn.com.au

Country Women’s Association
Inc.
Coorow Branch
Tel: 9952 1036
Bringing country women together
promoting cooperation, community
care, well being, friendship & fun.

COWARAMUP

Cowaramup Art Group
Tel: 9755 5274
Lessons available, new members
welcome. Tue 10am – 3pm.

CRANBROOK

Cranbrook Lawn Bowls
Tel: 9826 1031
Ladies: Wed pm, All: Thur 5pm, Sat,
Sun.

DARKAN

Chaerobics Class – SOYF
Darkan Telecentre
Tel: 9881 0385
Thur 10–10.45am.

Exercise Class – SOYF
Darkan Town Hall
Tel: 9881 0385
Thur 8.30–9.30am.

DENMARK

Living Longer Living Stronger
Denmark Recreation Centre
Tel: 9848 2044
Endorsed providers of strength
training for over 50’s.

Seniors Bootscooting,
Denmark
Tel: 9845 2045
Mon 10–12 noon
Tennis Club, Denmark
Tel: 9848 1320
Play Mon & Thur 9 – 11.30am, Sat 1.30pm.

Yoga for Rejuvenation
& Qi Gong
Tel: 9848 2730 or 0427 582 730
lyndal.gallaway@gmail.com
Mind/body exercise for keeping brain alert, the body supple and the core strong, whilst releasing stress.

DONGARA
Living Longer Living Stronger
Irwin Rec Centre
Tel: 9966 9200
Endorsed providers of strength training for over 50’s.

DONNYBROOK
Donnybrook/Balingup HACC
Tel: 9731 1823
Adult Day Centre runs 10am – 2pm Wed, at Recreation Centre. Social, guest speaker, outings & bingo
Living Longer Living Stronger
Donnybrook Recreation Centre
Tel: 9731 1822
Endorsed providers of strength training for over 50’s.

DUMBLEYUNG
Dumbleyung Garden Club
Tel: 9863 4137
Dumbleyung Lawn Bowls
Tel: 9863 4130
Dumbleyung Patchwork Club
Tel: 9863 7204

DUNSBOROUGH
Friends of The Dunsborough Gardens
Tel: 9756 7741
Meet 2nd Mon of month at CWA Hall.

Lions Club of Dunsborough Inc.
Tel: 9756 7410
Meets 2nd & 4th Wed each month.

Living Longer Living Stronger
Naturaliste Community Centre
Tel: 9755 3966
Endorsed providers of strength training for over 50’s.

EATON
Eaton Bowling & Social Club Inc.
Tel: 9725 1074
ebpc@eftel.net.au
Visitors always made welcome.

Eaton Recreation Centre
Tel: 9724 1400
lyn@dardanup.wa.gov.au
www.eatonrec.dardanup.wa.gov.au
Fabulous 50+ club, Tue 1–3pm; organised social activities.

Living Longer Living Stronger
Eaton Rec Centre
Tel: 9724 1400
Endorsed providers of strength training for over 50’s.

ESPERANCE
Bay of Isles Leisure Centre
Tel: 9072 0222
BOILC@esperance.wa.gov.au
Aerobics, gym, Tai Chi, pools, spa & sauna, boxing and much more.
Bridge Club, Esperance
Tel: 9071 3386
Meets Tue 7pm, Wed and Sat 1pm.

Citizens Advice Bureau (CAB), Esperance
Tel: 9071 1590 or 9071 1011

Embroiderer’s Group, Esperance
Tel: 9071 1801
sstaaden@gmail.com
Meets 1st & 3rd Thur 9–12 noon.

Esperance Auxiliary Royal Flying Doctor Service
Tel: 9071 7347
Meets 1st Mon, 3pm at Masonic Village Meeting Room.

Esperance Bay Cloggers and Bootscooters
Tel: 9071 4070
jjclark@aapt.net.au
Clogging Mon evening.
Bootscooting Tue evenings & Thur mornings. Visitors welcome.

Esperance Bay Gun Club
Tel: 0429 920 213
Clay target shooting, Fisheries Road, Esperance, meets every 2nd Sunday.

Esperance Bay Historical Society Inc.
Tel: 9071 1579
esmuseum@bigpond.net.au
Maintains historical records & running of the Museum. Meets 1st Tue of month.

Esperance Bay Yacht Club
Tel: 9071 3323
ebyc@westnet.com.au
www.ebyc.com.au
Sailing two cruiser divisions, Javlins, 125s, Flying Fifteens & Pelicans.

Esperance Bird Observers’ Group
Tel: 9072 1350
mikegibbs@wn.com.au

Esperance Bowling Club Inc.
Tel: 9071 2035
Corporate & Mixed Bowls.
Executive meeting second Mon of month, 5pm.

Esperance Dance Group
Tel: 9071 7503
vivbowkett@westnet.com.au
Meets every Fri 7.45pm.

Esperance District Recreation Assoc. Inc. (EDRA)
Tel: 9071 1411
Meets monthly.

Esperance Music Festival Inc.
Tel: 9071 1768
patco@wn.com.au
Three day eisteddfod in August. Musicians of all ages are encouraged to perform.

Esperance Photographers Club Inc.
Tel: 9076 1215
wylliej45@hotmail.com
Meets 3rd Mon of month at 7pm, Cannery Art Centre.

Esperance Pottery Club
Tel: 9071 4158

Esperance Seafarers Centre Inc.
Tel: 0400711473 or 9071 6811
seafarers@westnet.com.au
Esperance Senior Citizen Centre
Tel: 9071 2268
Carpet bowls, gentle gym, card playing, computers, Over 55’s exercise & much more. Friendly centre welcomes visitors to join activities & share get togethers.

GSEHR Community Mental Health (Services for Seniors), Esperance
Tel: 9071 7677
Promoting positive mental health, offering emotional & psychological support for seniors.

Living Longer Living Stronger
Bay of Isles Leisure Centre
Tel: 9072 0222
Endorsed providers of strength training for over 50’s.

Pistol Club Esperance
Tel: 9072 0128
Meets Sun 1pm, Tue 7pm or by appointment.

Scrabble Club, Esperance
Tel: 9071 5448
Sat 1pm.

University of the Third Age, Esperance
Tel: 9071 4926
U3A meets 1st Tue monthly, 10am.

FALCON

Falcon Seniors Recreation Group
Tel: 9586 8737
bevnut@westnet.com.au
Meets Mon, Wed & 3rd Thur at 1pm.
Carpet bowls, scrabble, outings.

GERALDTON

Batavía Family Getaway Caravan Club Inc.
Tel: 9921 3994

Geraldton & District Senior Citizens Action Group Inc.
Tel: 0437310613
geraldtonseniorsactiongroup@live.com.au
Indoor bowls, painting and more.

Geraldton Croquet Club
Tel: 9923 3672
Plays Mon, Tue, Fri & Sat. Names in by 12.45pm.

Lions Club of Geraldton
Tel: 0447878655
syl9@hotmail.com
Regular events and socials are held monthly. New members welcome.

Living Longer Living Stronger
Tel: 9964 3670 or 9964 1333
Endorsed providers of strength training for over 50’s.

Midwest Caravan Club of Inc.
Tel: 9921 7295
g-dbroad@bigpond.com

GINGIN

Gravity Discovery Centre
Tel: 9575 7577
bookings@gdc.asn.au
www.gravitycentre.com.au
Interactive science displays, bushwalks, Cosmology Gallery & The Leaning Tower of Gingin
GOOMALLING

Living Longer Living Stronger
Goomalling Community Gym
Tel: 9629 1101
Endorsed providers of strength training for over 50’s.

HALLS HEAD

Halls Head Country Croquet Club
Tel: 9535 5563
hallsheadcroquet@yahoo.com.au
www.croquetwest.org.au
Play association croquet Tue, Thur, Sat; Play golf croquet Wed, Fri, Sat

Living Longer Living Stronger
Halls Head Com. Rec Centre
Tel: 9550 3950
Endorsed providers of strength training for over 50’s.

HARVEY

Harvey Recreation and Cultural Centre
Tel: 9729 3311
info@harveyrec.com
Living Longer Living Stronger, Stay On Your Feet & a weekly walking group.

Living Longer Living Stronger Program
Tel: 9729 3311
Endorsed providers of strength training for over 50’s.

KALGOORLIE

Eastern Goldfields Community Centre
Tel: 9021 9846
sue-nybo@ckb.wa.gov.au
www.ckb.wa.gov.au
Day centre, personal care, social support plus carer’s support group.

Fab 50’s Living Longer Living Stronger
YMCA at Goldfields Oasis
Tel: 9022 2922 Fax: 9022 2900
healthclub@goldfieldsoasis.com.au
www.goldfieldsoasis.com.au
Endorsed providers of strength training for over 50’s

Inspired Life Gym
Tel: 9091 3392
kalgoorlie@inspiredlife.net.au
www.inspiredlife.net.au
Trainers specialise in programs designed for the senior community.

Living Longer Living Stronger
Eastern Goldfields YMCA
Tel: 9021 1035
Endorsed providers of strength training for over 50’s.

KAMBALEDA

Lake Lefroy Land Sailing Club Inc.
Tel: 9021 5050
Regular sailing on Lake Lefroy near Kambalda & at other venues near Kalgoorlie.

KARRATHA

West Pilbara Health Services
Tel: 9144 0377
Conduct water exercise – Mon & Wed 2.30–3.15pm, Karratha Swimming Pool.
KATANNING

Living Longer Living Stronger
Katanning Leisure Centre
Tel: 9821 4399
Endorsed providers of strength training for over 50's.

Seniors Exercise Class,
Katanning
Tel: 9821 4399
Katanning Leisure Centre, Tue 9–10am.

KELLERBERRIN

Kellerberrin Seniors Group
Tel: 9045 4842
Thur at 2pm for bingo, cards, meetings, outings & friendship.

KONDININ

Chaerobics Class – SOYF
Kondinin Hospital
Tel: 9881 0385
Mon 11am – 12noon.

KULIN

Art and Craft Group, Kulin
Tel: 9880 1341
Fri 9am – 12noon

Chaerobics Class – SOYF
Tel: 9881 0385
Mon 11am – 12noon.

Exercise Class – SOYF
Tel: 9881 0385
Mon 9.30 – 10.30am

Kulin Lawn Bowls
Tel: 9880 1009
Sat & Sun mid-week comp.

LAKE GRACE

Chaerobics Class – SOYF
Lake Grace Seniors Cntr
Tel: 9881 0385
Tue 11 – 11.30am

Exercise Class – SOYF
Lake Grace Town Hall
Tel: 9881 0385
Tue 10 – 11am

MANDURAH / PEEL

Ac-cent Mandurah
Tel: 9550 3799
kerrie.robinson@mandurah.wa.gov.au
www.mandurah.wa.gov.au
Hairdresser, podiatrist, masseuse and much more. Mon-Fri 8.30am – 4.30pm.

Association of Independent Retirees (AIR) Ltd.
Peel Region Branch
Tel: 9535 8781
tvjessop@optusnet.com.au.com
Talks on relevant subjects finance, health, forums & social activities.

Be Active Community Walk Groups, Peel Region
Tel: 9531 8011
Bridgewater, Central Mandurah, Dawesville, Falcon, Halls Head, Pinjarra, Riverside Gardens, San Remo, Wannanup & Waroona.

Beat the Feet
Tel: 0431 149 830
heatherogier@hotmail.com
Mature age dance exercise. Regular classes, camps & social events.

Concord Caravanners of WA
Tel: 9537 8302
npi14709@bigpond.net.au
Exercise To Music Classes
– Land Based, Peel Region

Over 50’s Keep Fit Classes at:
Nellie Reagan Hall, Coodanup Hall, Falcon Hall, Meadow Springs
RAAFA Estate 9535 5966
Silver Sneakers 9535 9565
Murray District Rec. Ctr 9531 2000
Waroona Rec. Centre 9733 2389
Prime Movers 9550 3799

Over 40’s Pump at:
Mandurah Rec. Centre 9535 5966

Exercise To Music Classes
– Water Based, Peel Region
Tel: 9535 5966
Classes to cater for active, mobile 50’s & people with medical or physical condition.

Leslie Street Centre
Tel: 9586 1559
Carpet bowls, table tennis, darts, concerts, luncheons & trips.

Living Longer Living Stronger
Mandurah Aquatic/Recreation Centre
Tel: 9550 3600
Endorsed providers of strength training for over 50’s.

MALA – Peel Branch
Tel: 9581 9636
preynolds@e-wire.net.au
MALA provides educational activities for the Over 50’s.

Mandurah Antique and Collector’s Club Inc.
Tel: 9535 5846
Meets 2pm on 2nd Sun of month. Three fairs held locally each year.

Mandurah Aquatic & Recreation Centre
Tel: 9550 3600
recreationcentres@mandurah.wa.gov.au
www.mandurah.wa.gov.au
Aquatic & dry fitness programs.

Mandurah Arts & Crafts Society Inc.
Tel: 0432 856 926
Caters for wide range of art mediums and various craft groups.

Mandurah Aussi Masters Swimming
Tel: 9535 7578
mhmannas@hotmail.com
www.mhmannas.tripod.com

Mandurah Ballroom Dance Club
Tel: 9537 7503 or 0439 446 221
Tel: 9582 1174 or 0428 134 524
www.mandurahballroomdancing.com
New Vogue Modern & Modern Sequence dance.

Mandurah Bowling Recreation Club Inc.
Tel: 9535 1438
info@mbrc.com.au
www.mbrc.com.au
Recreational bowling, carpet bowls, social darts & pool, dances & Fri night dinners.

Mandurah Bridge Club
Tel: 9583 5448 or 9592 9922
mandurahbridge@dodo.com.au
www.mandurah.bridge-club.org
Mon, Tue, Wed, Fri & Sat at 1pm. Mon 9.30am sessions for players with under 50 Master Points.
Mandurah Concert Band Inc.
Tel: 9534 9342
www.mandurahconcertband.org.au
Rehearsal Tue 7pm, all ages welcome.

Mandurah Croquet & Recreation Club
Tel: 9537 6448
john.griffiths1949@gmail.com
www.mandurah.croquet.club.org
Play Tue, Wed, Thur & Fri. All welcome, equipment supplied.

Mandurah Family History Society
Tel: 9586 9760
mfhs@westnet.com.au
www.members.westnet.com.au/mfhs
Mon, Wed, Fri 10am – 3pm.

Mandurah Organ & Music Lovers Club Inc.
Tel: 9535 7502
johnjodrell@bigpond.com
Open to organists, keyboard players & music lovers. Meets 3rd Mon each month.

Mandurah Over 55s Canoe Club Inc.
Tel: 9582 1034
greydolphin55@gmail.com
Paddle at 15-20 locations. Meet Mon, Wed & Sat 8.30am, 9am start.

Mandurah Over 55 Cycling Club Inc.
Tel: 9883 8387
andyanne@westnet.com.au
www.mandurahover55cycleclub.org.au
Planned cycling rides for seniors. Beginners welcome.

Men of the Trees- PEEL
Tel: 9582 7779
jackiedschoen@gmail.com
www.menofthetrees.com.au

National Seniors Mandurah/Murray Branch
Tel: 9537 8904
aba85895@bigpond.net.au
www.mandurahmurraysnsa.com
Meet 1.30pm 2nd Monday of even months, odd months for social outings.

Peel Collectors’ Club
Tel: 9586 3029
loraine.c@optusnet.com.au
Catering for people interested in collecting anything from the past. Meets 3rd Sun of month, 1.30pm.

Peel Senior Net Association Inc.
Tel: 9582 5214
chalksjc@oceanbroadband.net
www.peelseniornet.com
Computing for seniors. Meets 4th Mon of month 1 pm

Peel Volunteer Resource Centre
Tel: 9581 1187
manager@peelvolunteer.org.au
Refers people interested in volunteering, to a range of community organisations & assists organisations with volunteers.

Port Bouvard Pistol & Small Bore Rifle Club Inc.
Tel: 9583 3361
portbouvardpc@yahoo.com.au
www.myclub.net.au/pbpc
WAPA & SSAA disciplines. Shoot Mon night (air pistols only), Wed, Sat, Sun.
Port Bouvard Yacht Club
Tel: 9534 3137
gary.creek@bigpond.com.au

Scrabble Club, Mandurah
Tel: 9581 8094
Wed 8.30am.

Silver Wheels Cycle Club
Tel: 9534 2689
Caters for cyclist over 35 yrs, rides for different abilities.

South Mandurah Tennis Club
Tel: 9534 3401
southmandurahtennis@westnet.com.au
www.southmandurahtennis.com.au
Tennis coaching offered.

South West Caravan & Camping Club Inc.
Tel: 9535 9353
rkdysen@bigpond.com

Southern Estuary Progress Assn. Inc.
Tel: 9582 1271
Maintains an interest in preserving the Peel Inlet environment. Monthly meetings.

Stay On Your Feet
Health Promotion Officer, Peel Region
Tel: 9531 8088

Tai Chi, Peel Region
Tel: 9550 3799 or 9534 9919

Uniting Church Homes/Peel Volunteer Resource Centre
Tel: 9534 8511
www.peelvolunteer.org.au
Provides social support to the aged & younger persons with a disability. Home visits one hour p/week from a volunteer. Telelink available.

University of the Third Age, Mandurah
Tel: 9582 1023
secretary@u3amandurah.org.au
www.u3amandurah.org.au
People 50+ who wish to continue learning & retain an active mind.

YAHOO Over 55s Bushwalking Club Inc.
Tel: 9537 8209
psuijden@bigpond.net.au
Walk every Thur, 12–20kms.

YMCA Serpentine Jarrahdale Community Rec. Centre
Tel: 9550 6777
www.sjcrc.ymca.org.au
Living Longer Living Stronger.

MANJIMUP

Manjimup Home & Community Care
Tel: 9777 1455
liz.lockyear@manjimup.wa.gov.au
www.manjimup.wa.gov.au

Manjimup Regional Aqua Centre
Tel: 9771 1278
aquacentre@manjimup.wa.gov.au
www.manjimup.wa.gov.au

Scrabble Club, Manjimup
Tel: 9771 2882
Wed 1–5pm.

Warren & Blackwood Health Services
Tel: 9777 0405
MARGARET RIVER

Country Women’s Association Inc. - Margaret River
Rest Rooms, Townview Terrace.
Tel: 9757 2256
Second Thur of month 1.30pm.

Friends of the Cape to Cape Track Inc.
Tel: 9757 6327
tamalaridge@westnet.com.au
www.capetocapetrack.com.au
Monthly half day walks, Mar–Nov.

Margaret River Aero Modellers
Tel: 9758 7338
wayne@netserv.net.au
Meets 9.30am every Sun.

Margaret River Baptist Craft Group
Tel: 9757 6351
raewyn.pianta@bigpond.com.au
Thurs 9 – 11.45am in school term.

Margaret River and Districts Historical Society
Tel: 9757 2256
Meet 4th Thur of month, 2.30pm at community centre.

Margaret River Bowling Club Inc.
Tel: 9757 3666
Ladies Wed & mixed most Sun.

Margaret River Bridge Club Inc.
Tel: 9757 2490
Visitors welcome, no partner needed. Meets Mon, Tue 6.50-10.30pm, & Fri 12.50-4.30pm.

Margaret River Environment Centre
mrrenvirocentre@gmail.com
Meets 1st Wed, 7.30pm at centre.
Open to public, Mon–Fri 10am–3pm.

Margaret River Golf Club Inc.
Tel: 9757 2197
mrgolf@westnet.com.au
www.margaretrivergolfclub.com.au

Margaret River Orchid Society Inc.
Tel: 9757 2490

MERREDIN

Living Longer Living Stronger Program
Merredin Squash & Fitness Centre
Tel: 9041 2381
Endorsed providers of strength training for over 50’s.

MORAWA

Country Women’s Association Inc. Morawa
Tel: 9971 1187
Bringing country women together promoting, cooperation, community care, well being, friendship & fun.

Home & Community Care, Morawa
Tel: 9971 0217

Lions Club of Morawa
Tel: 9971 1315
<table>
<thead>
<tr>
<th>Location</th>
<th>Activity/Club Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Morawa &amp; Perenjori</td>
<td>Seniors Recreation Council of WA</td>
<td>Morawa &amp; Perenjori Health Service 9971 0200</td>
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<tr>
<td></td>
<td>Tel: 9971 0200</td>
<td><a href="mailto:roslyn.barnes@health.wa.gov.au">roslyn.barnes@health.wa.gov.au</a></td>
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<td></td>
<td>Mon 10.30am - mobility, balance &amp; strength</td>
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<td>exercises.</td>
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<td>Morawa District Historical Society</td>
<td>Tel: 9971 1137</td>
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<td>Morawa Gliding Club</td>
<td>Tel: 9972 2026</td>
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<td>Morawa Golf &amp; Bowling Club</td>
<td>Tel: 9971 1213</td>
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<td>Morawa/Gutha RSL Sub-Branch</td>
<td>Tel: 9971 1775</td>
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<td>Mount Barker</td>
<td>Living Longer Living Stronger</td>
<td>Mount Barker Recreation Centre 9851 2122</td>
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<td>Tel: 9851 2122</td>
<td><a href="mailto:recreation@plantagenet.wa.gov.au">recreation@plantagenet.wa.gov.au</a></td>
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<td>Endorsed providers of strength training</td>
<td><a href="http://www.plantagenet.wa.gov.au">www.plantagenet.wa.gov.au</a></td>
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<td>for over 50’s.</td>
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<td>Narrogin</td>
<td>Chaerobics Class – SOYF</td>
<td>Narrogin Senior Citizens Centre 9881 0385</td>
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<td>Tel: 9881 0385</td>
<td>Wed 9.30–10.30am.</td>
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<td>Exercise Class – SOYF</td>
<td>Narrogin Senior Citizen’s Centre 9881 0385</td>
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<td>Tel: 9881 0385</td>
<td>Mon 9–10am, Tue 6–7pm</td>
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<td>Narrogin Gliding Club</td>
<td>Tel: 9797 1831</td>
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<td>Tel: 9797 1831</td>
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<td>Tel: 9797 1831</td>
<td><a href="http://www.narroinglidingclub.org.au">www.narroinglidingclub.org.au</a></td>
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<td>Enjoy an exhilarating flight with an</td>
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<td>experienced instructor.</td>
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<td>Narrogin Senior Citizen Centre Inc.</td>
<td>Tel: 9881 4770</td>
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<td>Tel: 9881 4770</td>
<td>Mon–Fri 8.30am – 4pm. Aerobics, billiards-pool, Tai Chi,</td>
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<td>Tel: 9881 4770</td>
<td>carpet bowls and much more.</td>
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<td>Tel: 9797 1831</td>
<td><a href="http://www.narroinglidingclub.org.au">www.narroinglidingclub.org.au</a></td>
</tr>
<tr>
<td></td>
<td>Enjoy an exhilarating flight with an</td>
<td></td>
</tr>
<tr>
<td></td>
<td>experienced instructor.</td>
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</tr>
<tr>
<td></td>
<td>Upper Great Southern Primary Health Service</td>
<td>Stay On Your Feet® Program 9881 0385</td>
</tr>
<tr>
<td></td>
<td>Tel: 9881 0385</td>
<td>Contact: Physiotherapy Department or Health Promotion.</td>
</tr>
<tr>
<td></td>
<td>Tel: 9881 0385</td>
<td></td>
</tr>
<tr>
<td>Northam</td>
<td>Living Longer Living Stronger</td>
<td>Northam Living Longer Living Stronger 9622 5334</td>
</tr>
<tr>
<td></td>
<td>Tel: 9622 5334</td>
<td>Endorsed providers of strength training for over 50’s.</td>
</tr>
<tr>
<td>Perenjori</td>
<td>Home &amp; Community Care</td>
<td>Perenjori 9973 1310</td>
</tr>
<tr>
<td></td>
<td>Perenjori</td>
<td>Tel: 9973 1310</td>
</tr>
<tr>
<td>Pingelly</td>
<td>Exercise Class – SOYF</td>
<td>Pingelly Hall Tel: 9881 0385</td>
</tr>
<tr>
<td></td>
<td>Tel: 9881 0385</td>
<td>Tue 8.45–10am</td>
</tr>
<tr>
<td></td>
<td>Hotham Cruisers Motorcycle Club</td>
<td>Tel: 9887 1044</td>
</tr>
<tr>
<td></td>
<td>Tel: 9887 1044</td>
<td><a href="mailto:collou@westnet.com.au">collou@westnet.com.au</a></td>
</tr>
<tr>
<td></td>
<td>Tel: 9887 1044</td>
<td>Meets 2nd Sun of month for organised ride.</td>
</tr>
<tr>
<td></td>
<td>Tel: 9887 1038 or 9887 5027</td>
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<td>Tel: 9887 1038 or 9887 5027</td>
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<td>Tel: 9887 1038 or 9887 5027</td>
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<tr>
<td>Seniors Recreation Council of WA</td>
<td>Tel: 9887 5027</td>
<td></td>
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<tr>
<td>PINJARRA</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
| **Living Longer Living Stronger Program**  
Murray Recreation Centre  
Tel: 9531 2000  
Endorsed providers of strength training for over 50's. |

<table>
<thead>
<tr>
<th>WICKEPIN</th>
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</table>
| **Chaerobics Class – SOYF**  
Wickepin Health Centre  
Tel: 9881 0385  
Wed 10–11am. |

<table>
<thead>
<tr>
<th>TAMMIN</th>
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</table>
| **Tammin Senior Citizens Centre Inc.**  
Tel: 9637 1182  
Involved in the Central Wheatbelt senior citizens games, annual holiday, excursions, bingo fortnightly & seniors exercises on Monday |

<table>
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<tr>
<th>WILLIAMS</th>
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</table>
| **Chaerobics Class – SOYF**  
Williams RSL Hall  
Tel: 9881 0385  
Wed 9.30–11.30am |

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<tr>
<th>WAGIN</th>
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</thead>
</table>
| **Chaerobics Class – SOYF**  
Wagin Catholic Hall  
Tel: 9881 0385  
Thur 9.30–10.30am. |

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<tr>
<th>WAROONA</th>
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</thead>
</table>
| **Living Longer Living Stronger**  
Waroona Rec. & Aquatic Centre  
Tel: 9733 2389  
Endorsed providers of strength training for over 50's. |

<table>
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<tr>
<th>YORK</th>
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</table>
| **Avon Squares**  
Tel: 9646 1243  
Square dance club meets Lesser Hall, York Town Hall Fri nights 8pm. |

| **Indoor Carpet Bowls**  
Tel: 9641 2084  
Fri Mornings. |

| **Scrapbooking/Cardmaking**  
Tel: 0417 959 913  
lynn.powell@geckotech.com.au  
Classes & workshops. |
York Old Time Dance Group Inc.
Tel: 0417947284
Meets every Wed night from 8pm in Freemasons’ Hall.

York Rose Patchwork & Quilters
Tel: 9641 2810
Meet Mon 7.30pm & Wed 10am in RSL Hall.

York Spinners
Tel: 9641 2739 or 0408 907 597

YOUNGS SIDING

Yoga for Rejuvenation & Qi Gong
Tel: 9848 2730 or 0427 582 730
lyndal.gallaway@gmail.com
Mind/body exercise for keeping brain alert, the body supple and the core strong, whilst releasing stress. Call for sessions.
# State Sporting Associations

The primary role of the Western Australian Sports Federation is to promote and sustain interest in the development of organised sport in the State on behalf of member organisations and for the benefit of all Western Australians.

Information supplied by the Western Australian Sports Federation (WASF)

PO Box 57 Claremont 6910,
Tel: 9387 8100, Fax: 9387 8018
info@wasportsfed.asn.au
www.wasportsfed.asn.au

## ANGLING

**Australian Anglers Association (WA Division) Inc.**
Tel: 9403 7383
aaawa@iinet.net.au
www.aaawa.iinet.net.au

Veterans division participates in all 4 angling disciplines, beach, rock, boat, estuary, and dry casting at club, state and national levels – veterans division, men & women 55+. All clubs conduct their own events.

## ATHLETICS

**AthleticA**
Tel: 6272 0480
info@waathletics.org.au
www.wa.athletics.org.au

Track & Field Athletics with regular events/competitions. Summer & winter seasons available to all athletics.

## BMX SPORTS

**BMX Sports WA**
Tel: 9274 1556
bmx@bmxsportswa.com.au
www.bmxsportswa.com

Mature age riders participate at the same events, in separate age class.

## CANOEING

**Canoeing Inc.**
Tel: 6364 3659
wa@canoe.org.au
www.wa.canoe.org.au

State body responsible for management, coordination, development & promotion of paddle sports in WA.

## CHESS

**Chess Association of WA**
Tel: 9398 4242
www.cawa.org.au

All players can compete on practically even terms irrespective of age. Regular games are available through joining a junior or senior club. Weekend tournaments also available.

## DANCESPORT

**Dancesport WA**
Tel: 9364 5838
bosworth@bigpond.net.au

Dancesport competitors can participate in Masters 1 (both partners 35+) or Masters 2 (both partners 50+).
DARTS

Darts Association
Tel: 0409172647
bettyh@iinet.net.au
Mature age members play all regular competitions. Legends program caters for members 45+.

GYMNASTICS

Gymnastics WA
Tel: 9228 9399
info@gymnasticswa.asn.au
www.gymnasticswa.asn.au
Mature age sport is available as a recreational activity within the clubs of the association.

HOCKEY

Hockey WA
Tel: 9351 4300
admin@hockeywa.org.au
www.hockeywa.org.au
Competition for over 40's, 50's & 55's run throughout the season on Sat. Various midweek comps throughout year. State teams compete nationally.

ICE SKATING

Western Australian Ice Skating Association
waisa@three.com.au
Competition from beginners upward in men, women and pairs, ice dance and adult synchronised skating.

KARATE

Australian Karate Federation WA
Tel: 9446 4230
akfwa@bigpond.com
Training carried out in the clubs on a weekly basis, is open to all ages. Many clubs have specialised training for people 45+.

LACROSSE

WA Lacrosse Inc.
Tel: 9242 5759
lacrossewa2@optusnet.com.au
www.wala.com.au
Strictly social, last Sun of each month, teams formed from players present. Interstate & international teams formed in conjunction with senior national & international events.

LAWN BOWLS

Bowls WA
Tel: 9340 0800
enquiries@bowlswa.com.au
www.bowlswa.com.au
Lawn Bowls is the largest participant sport in Australia & suits all ages. Introductory coaching is available at all 74 metropolitan clubs & 150 country clubs. New bowlers always are welcome.

MARCHING

Marching Inc.
Tel: 9356 3861
marchingwa@iprimus.com.au
www.marchingwainc.webs.com
Masters teams have specific marching routines as set by the Australian Marching Association. Masters teams are encouraged to participate in street parades & public displays.
MOTOR SPORT
Confederation of Australian Motor Sport (CAMS)
Tel: 1300 883 959
info@cams.com.au
www.cams.com.au
With involvement as competitor or official, enthusiasts of all ages can enjoy the many disciplines motor sport has to offer.

RUGBY
SCRUM
Over 35’s Rugby in WA
scrumwa@gmail.com
www.scrum.org.au
Open to all players 35+ with modified rules to accommodate varying age & physical ability.

SAILING
Yachting Association of WA
Tel: 9386 2438
yawa.office@wa.yachting.org.au
www.wa.yachting.org.au
People of all ages, from all walks of life may participate in sailing – is not restricted by age or ability.

SOFTBALL
Softball
Tel: 9349 9911
ceo@softball.org.au
www.wa.softball.org.au
Veterans night series.

SHOOTING
West Australian Pistol Association
Tel: 9271 4084
wapistolassociation@gmail.com
www.wapa.asn.au
Mature members compete in the Australian Masters Games & other regional masters events. Compete to the best of your ability & enjoy the sport & friends you make.

NETBALL
WA Netball
Tel: 9380 3700 or 9380 3799
info@netballwa.com.au
www.netballwa.com.au
Currently re-introducing opportunities for senior participation. Categories for Masters at Member Association & Regional Championships (June, July).

ORIENTEERING
Orienteering WA
Tel: 9228 0085
jennifer.binns@iinet.net.au
www.wa.orienteering.asn.au
Map running/walking. Suburban locations in summer, bush in winter.

PETANQUE
Petanque WA
Tel: 0407425324
joe.corcoran@watercorporation.com.au
www.petanquewa.org.au
Form of French boule where you throw metal balls towards a jack. Open to all ages.
Sporting Shooters Association of Australia
Tel: 9409 8982
president@ssaawa.org.au
www.ssaa.org.au
Most shooters are of mature age, compete at state, regional &
national level. Senior members also
compete in Masters Games.

SQUASH

WA Squash
Tel: 9225 7255
info@wasquash.asn.au
www.squash.org.au/wa/
Masters competition for men &
women 35+. Events for all ability
levels.

TABLE TENNIS

WA Table Tennis Association Inc.
Tel: 9470 1830
ttawa@bigpond.com.au
www.watta.net.au
Year round competitive pennant
games played. It’s inexpensive &
those without a table can use club
facilities. Sen groups meet Fri, 9am
till 12 noon

TENNIS

Tennis Seniors Western Australia
Tel: 9228 2918
info@tennisseniorswa.com
Tennis centre competition, linked to
Tennis West & Tennis Australia.
Association aims to encourage
veterans, irrespective of standard,
to promote a love of the game &
continue playing tennis.

TRIATHLON

Triathlon WA
Tel: 9387 2907
www.triwa.org.au
Competition, fitness, enjoyment,
social & tournaments.

VOLLEYBALL

Volleyball Inc.
Tel: 9228 8522
www.volleyballwa.com.au
Mature age sport is conducted via
team participation in mainly our
social volleyball competitions. It is
not limited to mature age entry.

WALKING

WA Rogaining Association
Tel: 0413 830 990
Paul52@iinet.net.au
www.wa.rogaine.asn.au
Cross country navigation in teams
of 2 to 5. Events are 6, 12 or 24
hours duration, choose your own
level of competition.

WATER POLO

WA Water Polo Inc
Tel: 9387 7555
wawpolo@ozemail.com.au
www.waterpolowa.asn.au
Men’s Masters comp. (45+) played
in 25m pool on Wed nights
Women’s C & D grades have all
ages. C grade played in a 25m pool
on Wed nights. D grade is played
cross pool (18m long). Summer
comp starts Oct and finishes end of
Mar each year.
Add Life to Your Years
Update/New Entry Request Form

This directory is a resource for Seniors and Seniors service providers. The directory is regularly updated online, with printed publication biennially.

Access online at: www.srcwa.asn.au

Is your club or group listed? If you would like it to be, entry is free. Please complete all the following details to be included in the next issue.

SECTION HEADING EXISTING PAGE No.

ORGANISATION:

POSTAL ADDRESS:

CONTACT

TELEPHONE: FACSIMILE:

EMAIL:

WEBSITE:

LISTING INFORMATION:
Please keep written description to a minimum, information published at the discretion of the editor.

RETURN to:

Seniors Recreation Council of WA (Inc)
PO Box 329, Leederville WA 6903
EMAIL: info@srcwa.asn.au
FAX: 9492 9775
Western Australia’s only FREE monthly newspaper for the over 45s

Regular features include:
• LET’S GO TRAVELLING
• CARAVAN AND CAMPING
  • HEALTHY LIVING
• RETIRE IN STYLE • BE ACTIVE
• FOOD & WINE • ARTS
• SCENE SOCIALLY
• FRIEND TO FRIEND AND LOTS MORE

Available from IGA stores, Coles supermarkets, public libraries, shopping centres, sporting clubs and your local recreation centre.

Call the office for a outlet near you!
Phone: 9227 8283 Fax: 9227 8293
137 Edward Street, Perth WA 6000
What does it mean to be mentally healthy?

It means that most of the time you feel good about yourself, good about what you do, and good about others. You enjoy the simple things in life, feel fairly optimistic about the future, and are interested in what’s going on in the world.

Most of the things we do to keep physically healthy are also good for our mental health, like being physically active, eating a healthy diet, avoiding drugs and using alcohol in moderation.

But we can do much more for our mental health, and it’s as easy as A-B-C...

Act - do something!

keep physically, mentally and socially active: take a walk, do some gardening, read a book, do a crossword, dance, play cards, enrol in a short course ...

Belong - do something with others!

join a walking group, or a book club, attend a community event, have a family picnic in the bush, join a local recreation centre ...

Commit - do something meaningful!

take up a cause, help a neighbour, learn something new, set yourself a challenge, volunteer for a local community group or charity.

Being active, having a sense of belonging, and having a purpose in life all contribute to good mental health.

To find out more visit

www.actbelongcommit.org.au

or phone (08) 9266 3788

“physical activity keeps you mentally healthy too!”