

# 55+

ACTIVITIES, GROUPS  
AND SUPPORT GUIDE

# Introduction

Sometimes the first step towards making new and valuable connections can be challenging. The 55+ Activities, Groups, and Support Guide (55+ Guide) is a resource to help you take that first step.

The 55+ Guide features a wide range of local activities, clubs, groups, and support services with easy to navigate maps and contact details to assist you in making community connections. All activities, clubs, groups, and support services were selected with older residents in mind. You are welcome to join a group in any area and for your convenience the 55+ Guide is divided into the City's wards and suburbs.

For additional information or to update club/group details please contact the City's Community Information Officer at [comminfo@joondalup.wa.gov.au](mailto:comminfo@joondalup.wa.gov.au) or call **9400 4705** or visit the City of Joondalup Community Directory at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

The 3rd edition of the 55+ Guide is correct as of June 2022.



## Act-Belong-Commit Message

Act-Belong-Commit encourages individuals to take action to protect and improve their mental wellbeing by focusing on three key elements.

### Act

Keep active – physically, socially, mentally and spiritually. Talk to someone, connect, get out and about.

### Belong

Keep connected to friends, family and to the community. Join a club. Go to an event.

### Commit

Do something meaningful, important and valuable to you. Take a challenge. Learn something new. Teach others.

Keeping mentally healthy is just as important as staying physically healthy. The Act-Belong-Commit message is a simple way to become more mentally healthy.

Being active, having a strong sense of belonging and purpose all contribute to happiness and good mental health. One of the key messages is around getting involved in the community.





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# City of Joondalup Programs and Services



## Beaches and Accessibility

The City of Joondalup features 17km of stunning coastline. Lifeguard patrols are available during summer. Visit the City's **website** for further details on patrols.

Hillarys Boat Harbour beach mat allows easier access to the shoreline for people with prams, wheelchair users and pedestrians. Beach **wheelchairs** are available for use at Hillarys Boat Harbour, Mullaloo Beach and Sorrento Beach. This free service is available for children and adults with a disability. The chairs provide access to the beach and are more easily pushed over the sand and into the water. For more information call **9400 4226**.

## Communities *in-focus*

This program aims to support and strengthen local volunteer-run community groups and not-for-profit organisations. The program provides opportunities

to enhance the skills, knowledge and capacity of leaders in volunteer community groups and organisations, as well as strengthen local networks.

A range of FREE programs and services that support local groups and organisations are on offer. For further information visit

**joondalup.wa.gov.au** or email **community.development@joondalup.wa.gov.au** or call **9400 4315**.

## Community Transport Program

The City's **Community Transport** Program offers eligible residents a door-to-door bus service to and from nominated shopping centres, the Joondalup Library and Whitford Seniors Club. A small fee is payable for each round trip. For more information call **9400 4204**.

## Hardship and Homelessness Directory

This directory of services assists community members who may be experiencing hardship of many kinds including food and financial relief. Copies are available through Joondalup Libraries and the City's **website**.



## Joondalup Volunteer Resource Centre (JVRC)

The JVRC encourages volunteers looking for positions in the community and supports Volunteer Involving Organisations in volunteer management. The Centre is located within Whitford Library.

For opening hours refer to [joondalup.wa.gov.au](http://joondalup.wa.gov.au), call **9400 4734** or email [volunteer@joondalup.wa.gov.au](mailto:volunteer@joondalup.wa.gov.au)

## Parks and Reserves

Getting out and about in nature is great for mental and physical wellbeing. The City maintains over 300 parks and reserves with designated areas for picnics, barbecues, walking the dog (dogs on leads are permitted at most City parks) or just to relax. Information on the features included at City parks and reserves can be explored through **interactive maps** found on the City's **website** or call **9400 4705**.

A selection of City parks and reserves are featured on maps throughout this guide.

## Translating and Interpreting Services

Auslan Services and Translation and Interpreting Service are free services provided to residents for City and Council related business. To organise a translator or interpreter please call **9400 4226** or email [community.development@joondalup.wa.gov.au](mailto:community.development@joondalup.wa.gov.au)

## Waste Management

Need assistance taking the bin out due to frailty or disability? Want to know when your green and yellow lid bins are collected from your house? Need to know where you can recycle your mobile phone and other items that should not be placed in any of your red, green or yellow lid bins? Check the City's **website** or call **9400 4255**.

# City of Joondalup Library Programs and Services

The City of Joondalup has four public libraries and a specialised Reference and Local History collection located at the Joondalup Library. All libraries have free WiFi and internet access, free scanning facilities, and access to word processing. Photocopying and printing (colour and black and white) are available for a charge with a mobile print service accessible from any device with an internet connection. The libraries have an extensive eResources service with access to eBooks, eMagazines, and educational resources. Libraries offer numerous programs and services to the public. Library membership is free.

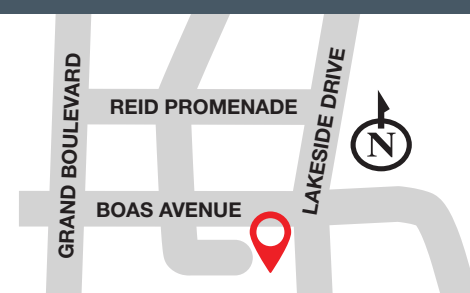
To find out what else is offered at the City of Joondalup Libraries, contact your local library or call **9400 4751**.

To keep up-to-date with all Library events and programs:

- Subscribe to the Libraries eNewsletter
- Browse the online events calendar located on the City's website
- Pick up a copy of the current Events and Programs booklet from your local Library

For further information call **9400 4705**.

**Joondalup – 9400 4707**  
102 Boas Avenue



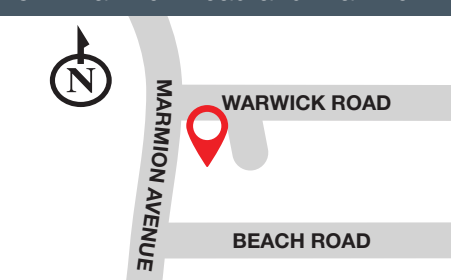
**Whitford – 9400 4870**  
Cnr Marmion Avenue and Banks Avenue



**Woodvale – 9400 4180**  
5 Trappers Drive



**Duncraig – 9400 4790**  
Cnr Warwick Road and Marmion Avenue







## Books on Wheels

Books on Wheels is a free service that caters to those who, due to frailty or limited mobility, are unable to attend their public library. The service may also be used by people who have health problems, disability or those who are temporarily immobile. Library materials are delivered each fortnight to people's homes and patrons have access to the whole range of library resources. For further information call **9400 4755**.

## Presentations

City of Joondalup Libraries host many interesting and informative information sessions for adults. These are held during the day or early evening and cover a variety of topics. Come along and listen to a speaker, learn something new,

participate in a discussion or simply be entertained. Enjoy presentations on the arts and culture, travel and personal adventures, history, health and wellbeing and lifestyle. Presentations run for an hour, with refreshments provided. There is a small charge to attend. For further information call **9400 4751**.

## Meet the Author

Meeting a published author, listening to their story, and finding out what makes them tick is a great way to spend an hour or two. Libraries hold Meet the Author events hosting local, national and international authors including high profile best-selling writers. There is a small charge per event, with refreshments provided. For further information call **9400 4751**.



## Knitting Groups

Join fellow knitters at Duncraig, Whitford or Joondalup Library to work on your own creations, knit something for charity or participate in a community project. Beginners are welcome. For further information, call your local Library.

## Book Clubs

Book clubs are a great way to expand the range of books you read, meet new people and develop your communication skills by participating in lively book discussions. For further information call **9400 4761**.

## Games

All Libraries have board games for you to enjoy including Scrabble, mah-jong, chess, Yahtzee, Rummikub, canasta, and many more. Bring a friend or two and enjoy the challenge at a time to suit you. Call to find out what games sessions are running at your local Library. For further information call **9400 4751**.

## Family History

Interested in exploring your family history? Whether starting the journey for the first time, or just wanting to overcome an information roadblock, the City of Joondalup Libraries have experienced staff and volunteers to help your research, as well as a selection of online research tools. For further information call **9400 4746**.

## Digital Training

Libraries offer tuition for those who would like to learn more about using mobile phones, tablets and personal computers (including laptops). This includes assistance in undertaking online recreational activities like setting up an email address, engaging with social media, as well as life skills, such as accessing job application websites, using a MyGov account, accessing online banking or services offered by the City (e.g. booking a white goods pickup or paying a dog registration) or other government agencies. Learn how to download an eBook, listen to an audio book online, or how to access the extensive collection of online resources via your library card. For further information call your local Library.

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Other groups available at City of Joondalup Libraries include crochet, jigsaws, chess, French conversation and writers' group.







## Mobile Groups

Groups with no fixed location, meeting in the City of Joondalup

<b>Name</b>	<b>Northern Friendship Group Inc</b>
<b>Location</b>	<b>Operates from various locations in region</b>
<b>Phone</b>	<b>0459 660 058; 0404 283 246</b>
<b>Email</b>	<b>barbaracooper1@hotmail.com</b>
<b>Details</b>	This small group has been running successfully for around 27 years. Monthly meetings are held to discuss the upcoming month, followed by afternoon tea and a chat. Many of the functions are held on weekends throughout the Cities of Joondalup and Wanneroo. On average one to two functions are held per week covering a variety of activities. Occasionally bus outings and weekends away are included. Members are encouraged to put forward suggestions for activities and places to visit.
<b>Name</b>	<b>Seniors Social Group Joondalup</b>
<b>Location</b>	<b>Operates from various locations in region</b>
<b>Phone</b>	<b>0419 936 503; 0415 271 500</b>
<b>Email</b>	<b>seniors.social.group@gmail.com</b>
<b>Details</b>	This group was established to reach out to Seniors living in the northern suburbs who wish to become socially active. The group meets twice a month on Thursdays at various cafés in the Joondalup area for coffee mornings, lunches, occasional movies and excursions, plus a walking group. All are welcome to this christian-based organisation. No fees apply.

# North Ward Activities and Groups

Burns Beach, Currambine, Iluka, Joondalup, Kinross



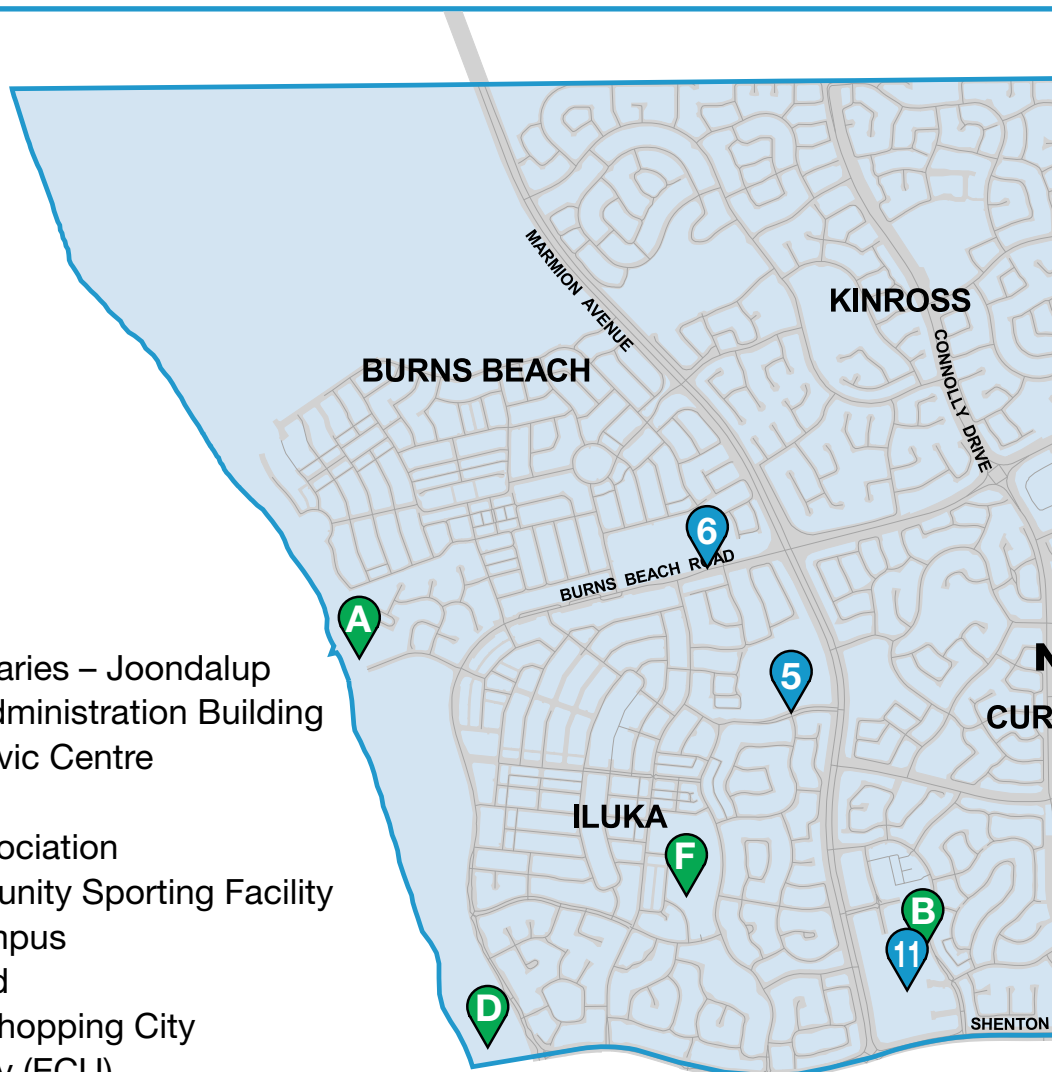
## Key Locations

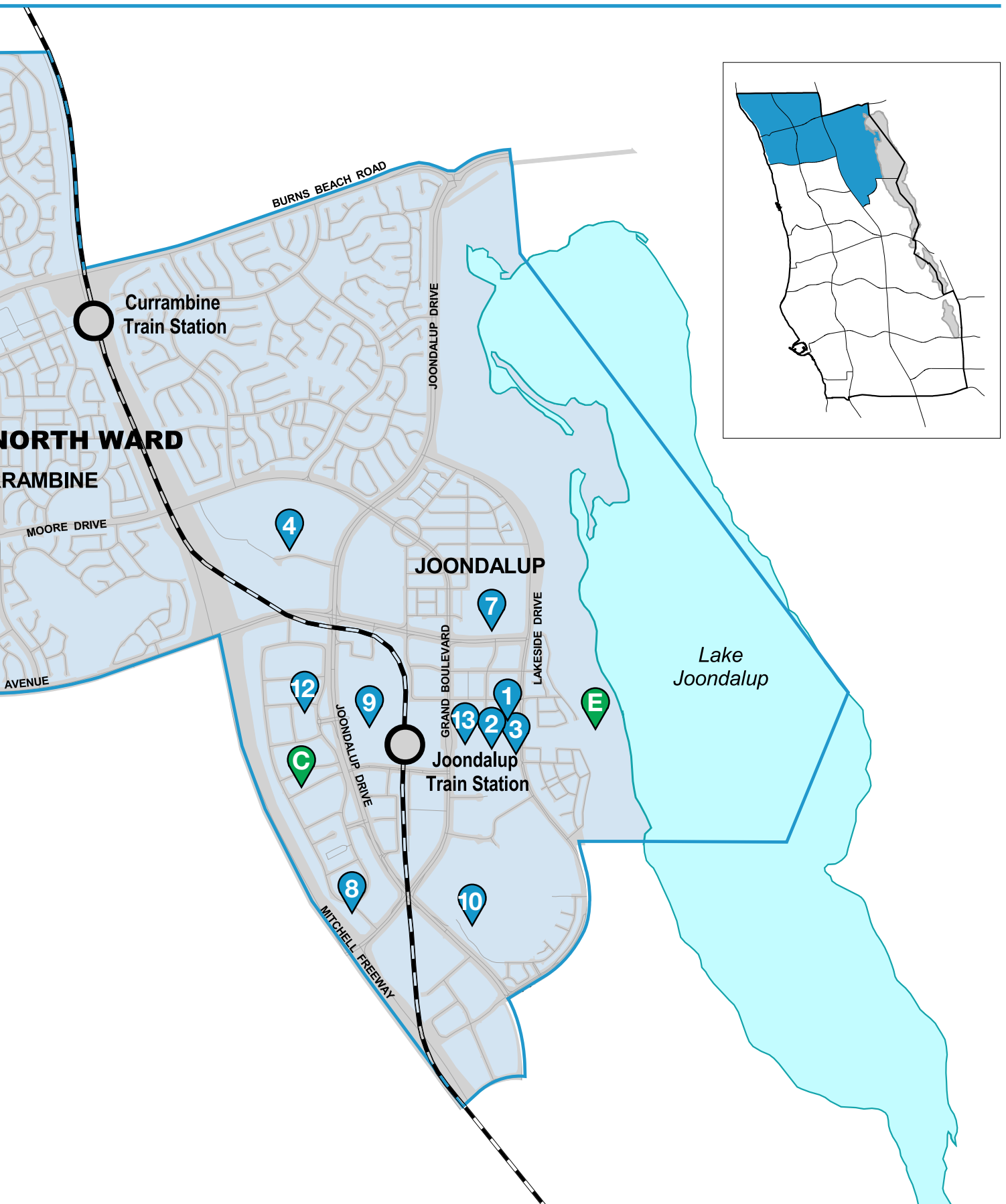
- 1 City of Joondalup Libraries – Joondalup
- 2 City of Joondalup – Administration Building
- 3 City of Joondalup – Civic Centre
- 4 HBF Arena
- 5 Joondalup Sports Association
- 6 Bramston Park Community Sporting Facility
- 7 Joondalup Health Campus
- 8 Joondalup Men's Shed
- 9 Lakeside Joondalup Shopping City
- 10 Edith Cowan University (ECU)
- 11 Currambine Community Centre
- 12 Northside Community Church
- 13 Joondalup Lotteries House



## Parks

- A Burns Beach Park
- B Delamere Park
- C Elcar Park
- D Iluka Beach Park
- E Neil Hawkins Park
- F Sir James McCusker Park







1

**Name** [City of Joondalup Libraries – Joondalup Library](#)

**Location** 102 Boas Avenue, Joondalup

**Phone** 9400 4707

**Email** [libraries@joondalup.wa.gov.au](mailto:libraries@joondalup.wa.gov.au)

**Website** [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

**Details** Joondalup Library, together with its specialised Reference and Local History collection, offers free public internet access, WiFi, word processing and scanning facilities. Photocopying and printing are available for a fee. There is a wide variety of programs and services. For further information refer to the City of Joondalup Library Programs and Services at the front of this guide.

2

**Name** [City of Joondalup – Administration](#)

**Location** 90 Boas Avenue, Joondalup

**Phone** 9400 4000

**Email** [info@joondalup.wa.gov.au](mailto:info@joondalup.wa.gov.au)

**Website** [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

**Details** The City covers 22 suburbs from Burns Beach in the north to Warwick in the south. For all enquires contact the City's Customer Service Team.

3

**Name** [City of Joondalup – Civic Centre](#)

**Location** 102 Boas Avenue, Joondalup

**Phone** 9400 4000

**Email** [info@joondalup.wa.gov.au](mailto:info@joondalup.wa.gov.au)

**Website** [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

**Details** The Civic Centre is where the Council Chamber is located and hosts Council and Committee meetings as well as civic events. For further information about attending Council meetings, please visit [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

4

<b>Name</b>	<b>HBF Arena</b>
<b>Location</b>	<b>Kennedya Drive, Joondalup</b>
<b>Phone</b>	<b>9300 3355</b>
<b>Email</b>	<b>contactus@hbfarena.com.au</b>
<b>Website</b>	<b>hbfarena.com.au</b>
<b>Details</b>	HBF Arena is a state-owned multi-purpose recreation centre and sporting facility in Joondalup, which provides swimming pools, gym facilities, group fitness classes, venue hire and allied health services.

5

<b>Name</b>	<b>Joondalup Bowling Club Inc</b>
<b>Location</b>	<b>Joondalup Sports Association 6 Miami Beach Promenade, Iluka</b>
<b>Phone</b>	<b>9304 1131</b>
<b>Email</b>	<b>secretary@joondalupbowls.com.au</b>
<b>Website</b>	<b>joondalupbowls.com.au</b>
<b>Details</b>	The Joondalup Bowling Club welcomes visitors, both young and not so young for social and competition play. Come along and meet new friends. Ladies bowling is held on Tuesday and Wednesday mornings and men's bowling is held on Thursday and Saturday afternoons. The club offers free coaching to members who are new to lawn bowls. Regular bingo competitions are held on Monday evenings, commencing at 7.30pm. Fees apply.

6

<b>Name</b>	<b>Joondalup City Probus Club</b>
<b>Location</b>	<b>Bramston Park Community Sporting Facility Mattingleys Approach, Burns Beach</b>
<b>Phone</b>	<b>0438 173 417</b>
<b>Email</b>	<b>sec.jcprobusclub@outlook.com</b>
<b>Email</b>	<b>joondalupcityprobus.sec@iinet.net.au</b>
<b>Details</b>	Probus provides an opportunity to join a social club in your local community to meet retirees on a regular basis, listen to interesting speakers and join in activities. The group meets on the second Wednesday of each month at 10.00am.

7

**Name** Joondalup Health Campus**Location** Cnr Grand Boulevard and Shenton Avenue, Joondalup**Phone** 9400 9400**Website** joondaluphealthcampus.com.au

**Details** Services include rehabilitation and acute aged care medicine, emergency and allied health including physiotherapy, dietetics, occupational therapy and social work. In the event of a physical emergency, call **000** or in the event of a mental health emergency call **1300 555 788**.

8

**Name** Joondalup Men's Shed**Location** 17 Winton Road, Joondalup**Phone** 6209 8034**Email** joondalupmensshed@gmail.com**Website** jms.org.au

**Details** Men's support group and health promotion charity. Members work on their own projects and/or participate in community projects, aiming to foster better overall health and well-being for all men.

Ladies are welcome to join as Associate Members and use the shed when the men have finished for the day.

Please contact the office for membership requirements.  
Membership fees apply.

9

**Name** Lakeside Joondalup Shopping City**Location** 420 Joondalup Drive, Joondalup**Phone** 9404 9013**Email** lakeside.joondalup@lendlease.com**Website** lakesidejoondalup.com.au

**Details** One of Perth's premium shopping destinations. It's located in Joondalup and is home to major retail stores as well as over 300 specialty retailers, a cinema, two food courts and multiple outdoor dining options.



10

<b>Name</b>	<b>Peter Cowan Writers Centre Inc (PCWC)</b>
<b>Location</b>	<b>Edith Cowan University Campus Building 20 – Cowan House, 270 Joondalup Drive, Joondalup</b>
<b>Phone</b>	<b>0410 909 016</b>
<b>Email</b>	<b>PeterCowanWritersCentre@outlook.com</b>
<b>Website</b>	<b>pcwc.org.au</b>
<b>Details</b>	Supporting writers of all ages and abilities. The PCWC is a friendly not-for-profit organisation which strives to support writers, both those who write for fun, and those who take creative writing more seriously.

11

<b>Name</b>	<b>Prime Movers Inc (Northern Suburbs)</b>
<b>Location</b>	<b>Currambine Community Centre 64 Delamere Avenue, Currambine</b>
<b>Phone</b>	<b>0444 560 037</b>
<b>Email</b>	<b>secretary@primemovers-exercise.com.au</b>
<b>Website</b>	<b>primemovers-exercise.com.au</b>
<b>Details</b>	Prime Movers provides low impact exercise for over 50s. Classes run for one hour and are structured to include stretching, low impact aerobics and muscle work, carried out to music in a friendly environment. Fees apply. Refer to the website for days and times of classes.

11

<b>Name</b>	<b>Retirees WA Joondalup and Districts Branch</b>
<b>Location</b>	<b>Currambine Community Centre, 64 Delamere Avenue, Currambine</b>
<b>Phone</b>	<b>9307 5603 or 0438 072 661</b>
<b>Email</b>	<b>luciendat@iinet.net.au</b>
<b>Details</b>	All are welcome to join in the activities, have a tea/coffee and a chat. The group organises outings and social events and encourages people to share their ideas for activities. The group meets on the 4th Tuesday of the month, 10.30am – 12.30pm.

12

**Name** **Senior Friendship Group**

**Location** **Northside Community Church**  
**9 Franklin Lane, Joondalup**

**Phone** **9301 1220; 0432 883 177**

**Email** **office@northsidechurch.com.au**

**Website** **northsidechurch.com.au**

**Details** The group meets every second Wednesday from 10.00am – 12.00noon and offers a varied program which includes guest speakers, entertaining activities and social day trips. Morning tea is provided and a gold coin contribution is welcomed. The group is an inter-denominational group supported by Northside Community Church and everyone is welcome.

11

**Name** **Taoist Tai Chi Society of Australia Inc**

**Location** **Currambine Community Centre**  
**64 Delamere Avenue, Currambine**

**Phone** **9371 7033; 1800 108 801**

**Email** **perth@taoisttaichi.org**

**Website** **taoisttaichi.org**

**Details** The Taoist Tai Chi arts are specifically designed to improve holistic health. Many people experience improved circulation, balance and posture, increased strength and flexibility, and reduced stress. Suitable for all ages. Day and evening classes available, see website for times or call for information. Fees apply.



13

**Name** **Women's Health and Family Services**

**Location** **Joondalup Lotteries House**  
**70 Davidson Terrace, Joondalup**

**Phone** **6330 5400**

**Email** **infojoondalup@whfs.org.au**

**Website** **whfs.org.au**

**Details** Women's Health and Family Services supports and empowers women, their families and the community. Services include women's medical clinic, counselling, domestic violence advocacy, multicultural women's advocacy, parenting support, Aboriginal family services; body esteem program, eating disorders, individual and group supports, and health promotion. Groups include walking, Tai Chi, and drug and alcohol relapse prevention program.



Further information regarding other groups that service the North Ward can be found at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

### Resident and Ratepayer Associations

- Burns Beach Residents' Association
- Currambine Residents' Association
- Iluka Homeowners' Association

### Natural Areas Friends Groups

- Friends of North Ocean Reef/Iluka Foreshore
- Joondalup Community Coast Care Forum
- Friends of Yellagonga Regional Park

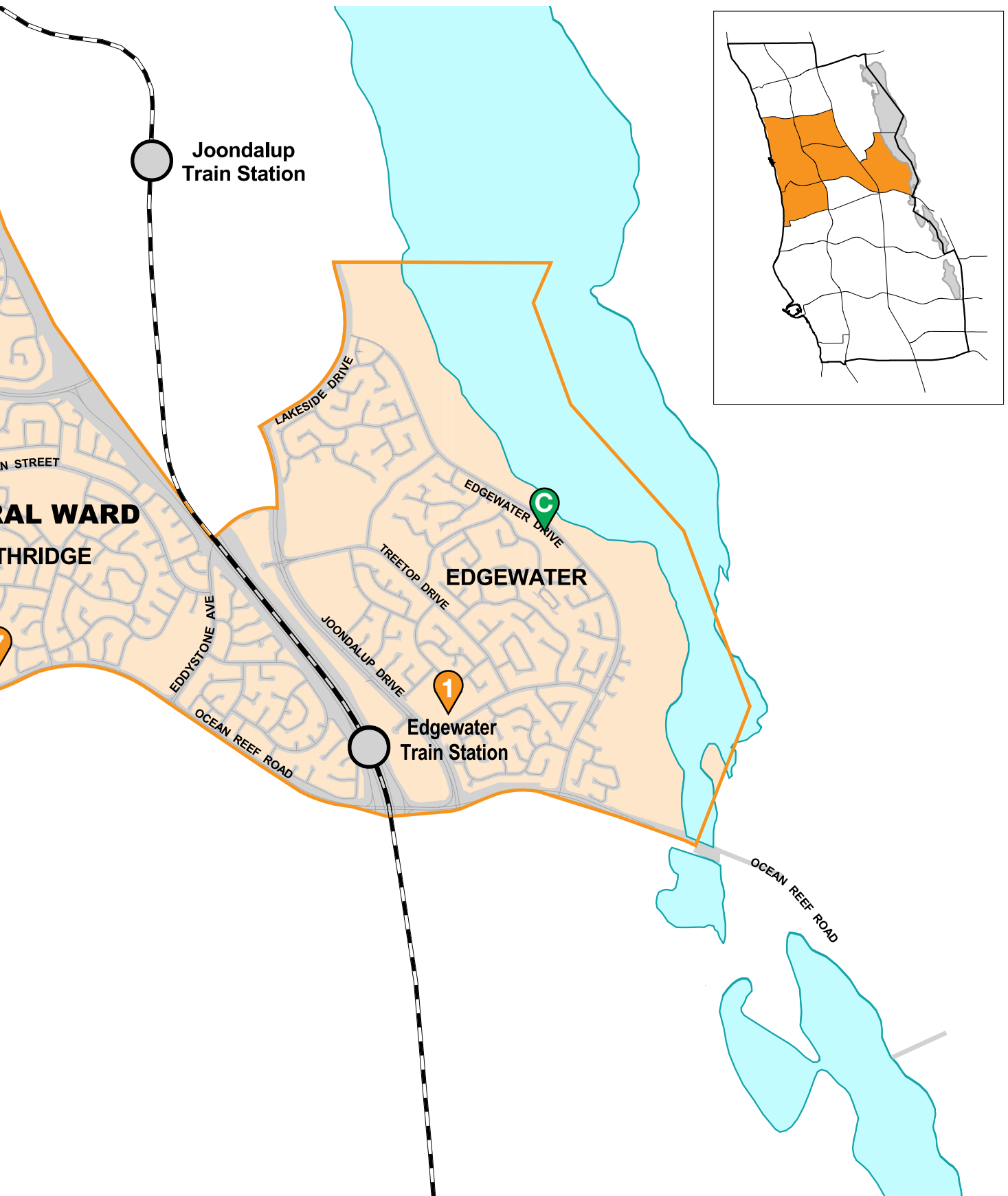




# North-Central Ward Map

Connolly, Edgewater, Heathridge, Mullaloo, Ocean Reef





7

**Name** Country Women's Association of WA – CWA Joondalup and Districts Branch

**Location** Heathridge Community Centre  
16 Sail Terrace, Heathridge

**Phone** 0421 069 591

**Email** walkerelizabeth576@gmail.com

**Website** cwaofwa.asn.au

**Details** The CWA Joondalup and Districts Branch provides members with friendship, craft, social and cultural activities, whilst attempting to improve conditions in the community. The group meets on a Tuesday morning and welcomes new members.

1

**Name** Emerald Park Craft Group

**Location** Emerald Park Clubrooms  
Emerald Way, Edgewater

**Phone** 9401 1513

**Email** carono.b@bigpond.com

**Details** A senior's craft group of very friendly ladies. New members welcome who can bring fresh ideas and friendship to the group. The group meets on a Thursday, 9.00am – 12noon. Fees apply.

2

**Name** Joondalup Resort and Country Club

**Location** Country Club Boulevard, Connolly

**Phone** 9400 8888

**Email** info@joondalupresort.com.au

**Website** joondalupresort.com.au

**Details** Joondalup Resort offers an oasis of relaxation, perfect for a getaway, play and stay golf experience, corporate function or wedding. The resort is tucked away and surrounded by natural bushland, yet only a short distance from the Sunset Coast and Lakeside Joondalup Shopping City.



7

<b>Name</b>	<b>Let's Get Arty – Art Group</b>
<b>Location</b>	<b>Heathridge Community Centre 16 Sail Terrace, Heathridge</b>
<b>Phone</b>	<b>0413 307 855</b>
<b>Email</b>	<b>dawndoug@westnet.com.au</b>
<b>Details</b>	This small, friendly group of hobby artists, mainly watercolour and acrylic, meet on Monday evenings, 6.30pm – 9.00pm during school term only. Some members are prolific painters, while others find this is the only time during the week they put brush to paper or canvas. Everyone is welcome. Please call or email for more information. A small fee applies.

4

<b>Name</b>	<b>National Seniors Australia (NSA) - Joondalup Branch</b>
<b>Location</b>	<b>Connolly Community Centre Glenelg Place, Connolly</b>
<b>Phone</b>	<b>1300 765 050</b>
<b>Email</b>	<b>nsa.joondalup@gmail.com</b>
<b>Website</b>	<b>nationalseniors.com.au</b>
<b>Details</b>	Over 50s club that meets on the second Tuesday of the month at 10.00am. Meetings include a guest speaker and refreshments. The NSA is a great place for over 50s to get involved in discussing community issues, participate in social events, hear informative guest speakers and meet new people. Fees apply.

5

<b>Name</b>	<b>Ocean Reef Sea Sports Club</b>
<b>Location</b>	<b>Ocean Reef Marina Boat Harbour Quays, Ocean Reef</b>
<b>Phone</b>	<b>9401 8800</b>
<b>Email</b>	<b>office@orssc.asn.au</b>
<b>Website</b>	<b>orssc.asn.au</b>
<b>Details</b>	This is a family orientated boating, sailing, angling and diving club that has a friendly and welcoming social culture. For further information and to enquire about membership, please visit the club's website.

6

**Name** Ocean Ridge Senior Citizens Club Inc**Location** Beaumaris Community Hall  
Constellation Drive, Ocean Reef**Phone** 0419 860 136**Email** bazzaandnols@bigpond.com**Details** A club for seniors 55 years and over who are receiving pensions. Various activities are available including bingo, outings, carpet bowls, snooker, pool and other entertainment. The club meets from 12.15pm – 3.45pm on Mondays and 10.30am – 3.30pm on Fridays. Membership fees apply.

4

**Name** Solace Grief Support Group WA Inc**Location** Connolly Community Centre  
Glenelg Place, Connolly**Phone** 0488 991 084**Email** info@solacegriefsupportwa.org.au**Website** solacegriefsupportwa.org.au**Details** This group provides support for those who are grieving the loss of their beloved spouse or partner. Solace WA aims to provide a safe, warm and caring environment, where people are welcomed and invited to share their 'story' if they so choose. Along with the support group there are also cafe and walking groups.

3

**Name** Super Fit – exercises for seniors**Location** True North Church  
19 Scaphella Avenue, Mullaloo**Phone** 0419 903 743**Email** glenvawser@gmail.com**Website** truenorthchurch.com.au**Details** Looking to improve your health? Then this weekly session is for you. Every Monday morning, from 9.00am – 10.00am, join the group for an hour of exercises designed to strengthen, balance and tone, including weight bearing and balance exercises. A qualified instructor conducts each session. All welcome. Fees apply.

3

**Name** **Super Tuesday****Location** **True North Church**  
**19 Scaphella Avenue, Mullaloo****Phone** **0498 577 438****Email** **ajjac1@bigpond.com.au****Website** **truenorthchurch.com.au****Details** If you are 50+ and are free on a Tuesday morning, this group meets from 9.00am – 12noon for a morning of fun activities including table tennis, bowls, tennis, mah-jong for beginners (and lessons), croquet, sewing and crafts, plus short courses/classes on a variety of topics including art, computers and book talks, with the occasional guest speaker. Morning tea provided. Fees apply.

Further information regarding other groups that service the North-Central Ward can be found at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

### Resident and Ratepayer Associations

- Connolly Residents' Association
- Edgewater Community Residents' Association

### Natural Areas Friends Groups

- Friends of Carnaby Reserve
- Mullaloo Beach Community Group
- Friends of North Ocean Reef/Iluka Foreshore
- Friends of Periwinkle Bushland



# Central Ward Map

Beldon, Craigie, Kallaroo, Woodvale



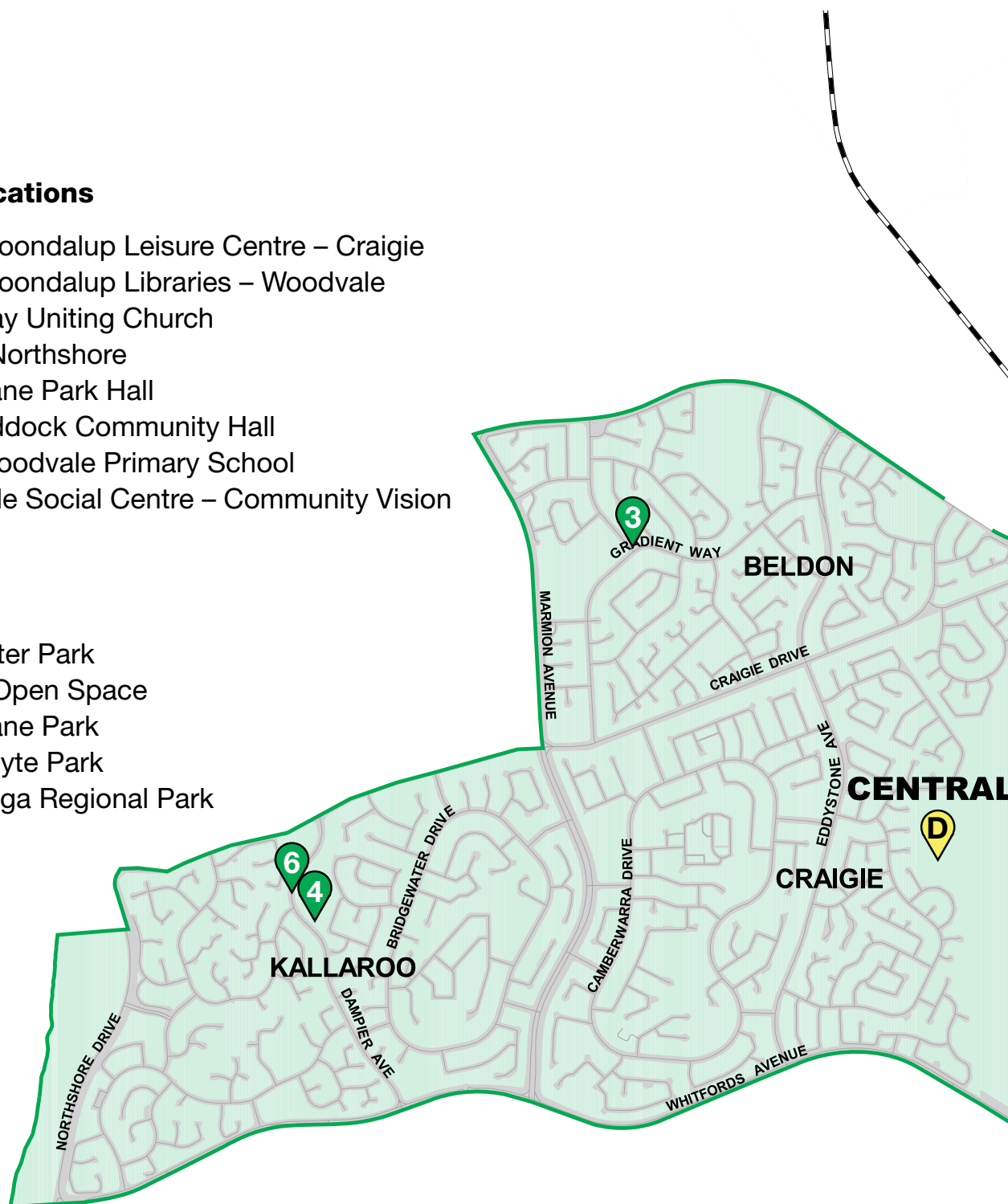
## Key Locations

- 1** City of Joondalup Leisure Centre – Craigie
- 2** City of Joondalup Libraries – Woodvale
- 3** NorthWay Uniting Church
- 4** St Ives Northshore
- 5** Timberlane Park Hall
- 6** Rod Baddock Community Hall
- 7** North Woodvale Primary School
- 8** Woodvale Social Centre – Community Vision

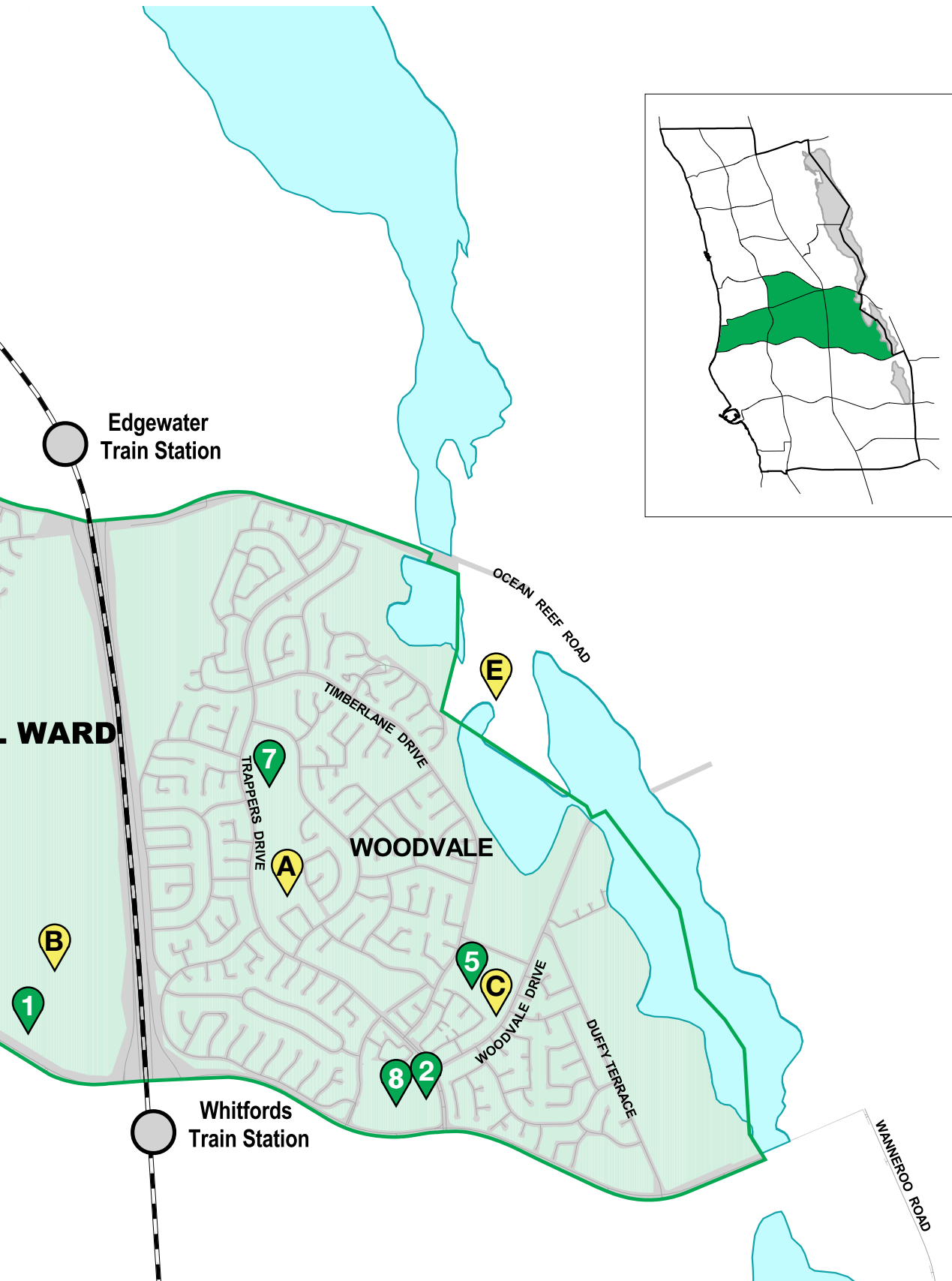


## Parks

- A** Chichester Park
- B** Craigie Open Space
- C** Timberlane Park
- D** Warrandyte Park
- E** Yellagonga Regional Park







3

**Name** **Caring Hands – a craft and friendship group**

**Location** **NorthWay Uniting Church**  
**9 Pacific Way, Beldon**

**Phone** **0424 392 431**

**Email** **nannabizzell@gmail.com**

**Website** **northwayunitingchurch.org.au**

**Details** The Caring Hands group meets fortnightly on Fridays, 10.00am – 12.30pm, for coffee and a chat. The group involve themselves in crafty activities such as making beanies, gloves, blankets for various groups and care homes, card making and painting. If you are unable to join on a regular basis, you can still make items or just call in for a chat and a coffee. A warm welcome awaits you.

1

**Name** **City of Joondalup Leisure Centre – Craigie**

**Location** **751 Whitford Avenue, Craigie**

**Phone** **9400 4600**

**Email** **leisure@joondalup.wa.gov.au**

**Website** **joondalup-leisure.com.au**

**Details** The City of Joondalup Leisure Centre – Craigie offers a range of programs and activities to help you remain active and fit, embark on an exercise and fitness program for the first time or meet new friends.

Platinum Fitness offers a range of Pump, Aqua, Omnia (circuit), Yoga and Pilates classes. Classes offer a wide range of benefits in a welcoming and encouraging environment.

Membership options are available to concession card holders. Proof of residency and entitlement is required.

Short courses are also available. For information on a range of activities, including art classes visit the Joondalup-Leisure **website**.

2

**Name** City of Joondalup Libraries – Woodvale

**Location** 5 Trappers Drive, Woodvale

**Phone** 9400 4180

**Email** libraries@joondalup.wa.gov.au

**Website** joondalup.wa.gov.au

**Details** Woodvale Library offers free public internet access, WiFi, word processing and scanning facilities. Photocopying and printing are available for a fee. Woodvale Library hosts a wide range of programs, activities and services and has ample free parking.

4

**Name** Kallaroo Probus Club

**Location** St Ives Northshore, 177 Dampier Avenue, Kallaroo

**Phone** 0402 737 177

**Email** kallarooprobusclub@gmail.com

**Details** A not-for-profit organisation for active retirees, men and women, to keep minds active, expand their interests and enjoy the fellowship of new friends. The club enjoys outings and visiting speakers. They meet on the third Friday of the month, 10.00am – 12noon.

5

**Name** Kingsley Tennis Club

**Location** Timberlane Park Hall, Althaea Way, Woodvale

**Email** president@kingsleytennis.net

**Website** kingsleytennis.net

**Details** A tennis club for everybody. Whether you are young or old, a beginner or advanced, social or competitive, you will find something to get you into the game at Kingsley Tennis Club. Whether you're interested in learning from an experienced coach, joining a competition, or just having a social hit, you will find it here. Fees apply.

6

**Name** Northern Exposure Photographers Group Inc

**Location** Rod Baddock Community Hall, 160 Dampier Avenue, Kallaroo

**Email** nepg@nepg.com.au

**Website** nepg.com.au

**Details** An amateur photography club open to photography enthusiasts, meeting on the second and fourth Wednesday of the month from 7.00pm.

7

**Name** Perth Chess Club (PCC)

**Location** North Woodvale Primary School, 4 Chichester Drive, Woodvale

**Email** robandnat1@bigpond.com

**Website** perthchessclub.org.au

**Details** The PCC is the oldest chess club in the Perth metro area, and has a dedicated group of players, old and young, male and female, who enjoy what the club has to offer. Abilities range from very strong to beginners. The club is always on the lookout for new players to join the friendly competitions. Membership fees apply.

6

**Name** Prime Movers Inc (Northern Suburbs)

**Location** 6 Rob Baddock Community Hall, 160 Dampier Avenue, Kallaroo and  
1 Craigie Leisure Centre, Whitford Avenue, Craigie

1

**Phone** 0444 560 037

**Email** secretary@primemovers-exercise.com.au

**Website** primemovers-exercise.com.au

**Details** Prime Movers provides low impact exercise for over 50s. Classes go for one hour and are structured to include stretching, low impact aerobics and muscle work, all carried out in a friendly environment to music. Fees apply. Refer to website for days and times of classes.



6

<b>Name</b>	<b>University of the Third Age (U3A) – Joondalup</b>
<b>Location</b>	<b>Rob Baddock Community Hall, 160 Dampier Avenue, Kallaroo</b>
<b>Phone</b>	<b>0439 806 820</b>
<b>Email</b>	<b>U3ajoondalupregion@outlook.com</b>
<b>Website</b>	<b>u3awa.org</b>
<b>Details</b>	U3A is a self-managed lifelong learning group that encourages older people to share and pursue learning in all its forms. Activities include games, gardening, book club, writer's club, discussion group, art group, outings and guest speakers. Membership is open to people over 55 who are not working full-time. The group meets on a Monday 11.00am – 3.00pm.

8

<b>Name</b>	<b>Wanjoo Seniors Group</b>
<b>Location</b>	<b>Woodvale Social Centre (Community Vision), 5 Trappers Drive, Woodvale</b>
<b>Phone</b>	<b>9405 1698</b>
<b>Email</b>	<b>margcrawf@hotmail.com</b>
<b>Details</b>	The Wanjoo Seniors Group invites new members to join their Monday morning club gatherings. Around 40 members meet regularly with morning tea served 9.30am – 10.00am, followed by a short bingo session and either entertainment or games. A light two course luncheon is served with all activities concluded before 1.00pm. Occasional bus outing are arranged. A great social group promoting friendship. No membership fees – pay a small fee on the day to cover morning tea and lunch.

1

<b>Name</b>	<b>Whitford Masters Swimming Club</b>
<b>Location</b>	<b>City of Joondalup Leisure Centre – Craigie, Whitfords Avenue, Craigie</b>
<b>Phone</b>	<b>0411 773 023</b>
<b>Email</b>	<b>president@whitfordmastersswimming.org.au</b>
<b>Details</b>	Whitford Masters is a swimming club for all ages, from 18 to 90+ years, who wish to swim for fitness, fun, and competition. Coaching is provided. Fees apply.

8

Name	Woodvale Social Club (Community Vision)
Location	Woodvale Social Group Centre (Community Vision), 5 Trappers Drive, Woodvale
Phone	1800 968 754
Email	customerserviceteam@communityvision.asn.au
Website	communityvision.asn.au/home-care-services/recreation-centre
Details	Situated behind the Woodvale Library, off Trappers Drive, with easy access and parking available. The centre is a lively, friendly meeting place perfect for catch ups, meeting new people and attending a variety of group classes. The centre provides recreational, social activities, classes, events and outings designed for anyone over 50, including arts and craft, theme and culture days, gentle exercise, entertainment activities and various other recreational activities. Regular outings and bus trips in the local community are also offered.



Further information regarding other groups that service the Central Ward can be found at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

**Resident and Ratepayer Associations**

- Beldon Residents’ Association
- Woodvale Waters Landowners’ Association
- North Shore Country Club and Residents’ Association

**Natural Areas Friends Groups**

- Friends of Craigie Bushland
- Friends of Maritana Bushland







# South-West Ward Map

Hillarys, Padbury, Sorrento



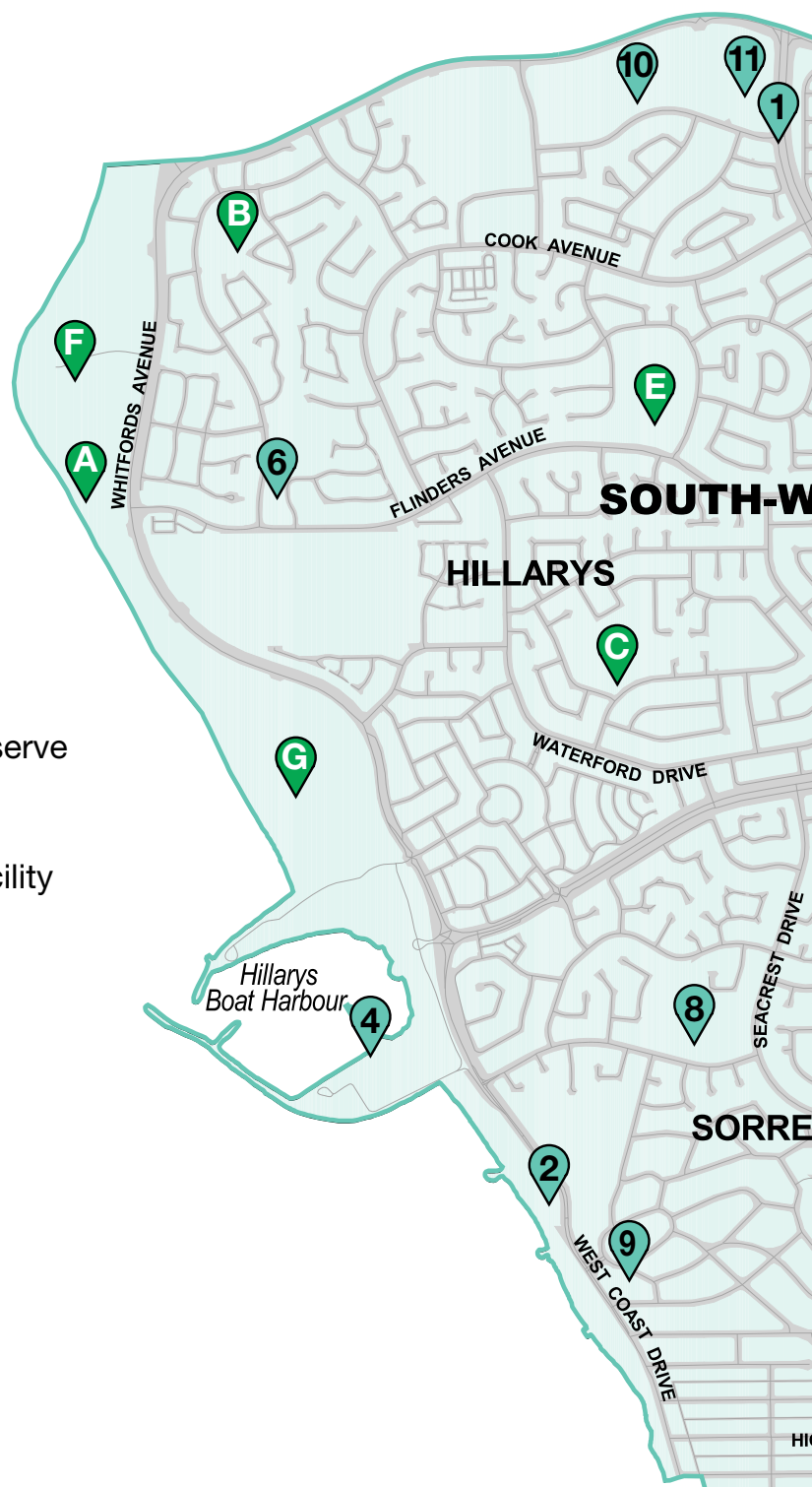
## Key Locations

- 1 City of Joondalup Libraries – Whitford
- 2 Sorrento Surf Lifesaving Club
- 3 Padbury Hall
- 4 Hillarys Boat Harbour
- 5 Fleur Freame Pavilion - MacDonald Reserve
- 6 Flinders Park Community Hall
- 7 C3 Church – Hepburn Heights
- 8 Seacrest Park Community Sporting Facility
- 9 Sorrento Community Hall
- 10 Westfield Whitford City
- 11 Whitford Senior Citizens Centre

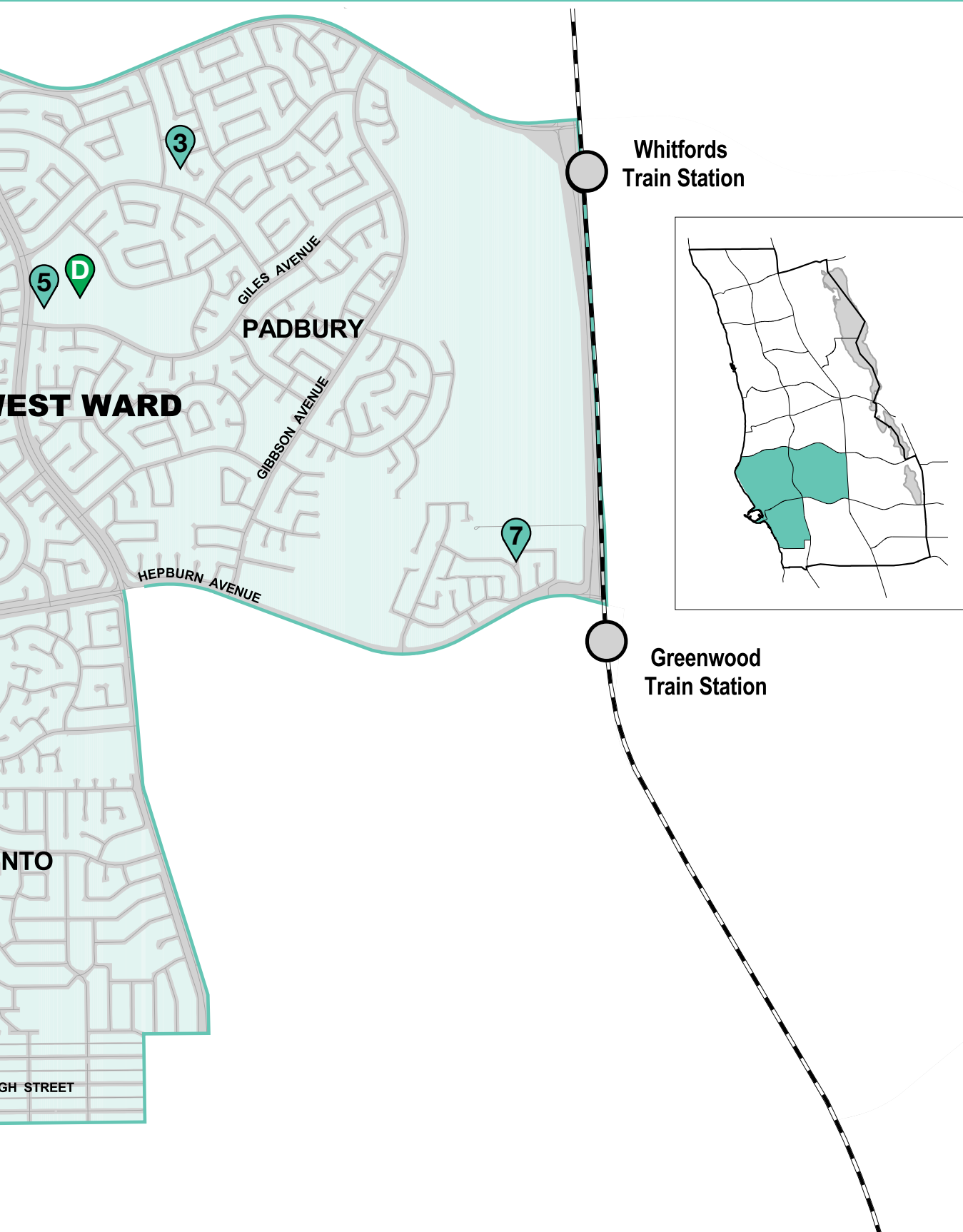


## Parks

- A Animal Exercise Beach
- B Broadbeach Park
- C Hillarys Park
- D MacDonald Park
- E Mawson Park
- F Pinnaroo Point
- G Hillarys Beach Park – Whitfords Nodes







1

<b>Name</b>	<b>City of Joondalup Libraries – Whitford</b>
<b>Location</b>	<b>15 Banks Avenue (Cnr Marmion and Banks Avenue), Hillarys</b>
<b>Phone</b>	<b>9400 4870</b>
<b>Email</b>	<b>libraries@joondalup.wa.gov.au</b>
<b>Website</b>	<b>joondalup.wa.gov.au</b>
<b>Details</b>	Whitford Library offers free public internet access, WiFi, word processing and scanning facilities. Photocopying and printing are available for a fee. Whitford Library hosts a wide range of programs, activities and services including a knitting group.

2

<b>Name</b>	<b>Cycling Without Age – Affiliate Sorrento</b>
<b>Location</b>	<b>Sorrento Surf Lifesaving Club (SSLCL) 189 West Coast Drive, Sorrento</b>
<b>Phone</b>	<b>0416 089 253</b>
<b>Email</b>	<b>alanagh@cyclingwithoutage.org.au</b>
<b>Website</b>	<b>cyclingwithoutage.org.au</b>
<b>Details</b>	This not-for-profit charity provides a community service by connecting those no longer able to ride for themselves with their community and the outdoors. They offer free rides on trishaw ebikes, piloted by volunteer cyclists. They are all about social inclusivity for those who are elderly or with disabilities. Rides are free for passengers and leave from SSLC at 10.00am daily. Bookings are essential.

3

<b>Name</b>	<b>Easybeat Walkers</b>
<b>Location</b>	<b>Padbury Hall 2 Caley Road, Padbury</b>
<b>Phone</b>	<b>0418 940 033</b>
<b>Email</b>	<b>tv1@multiline.com.au</b>
<b>Details</b>	A light exercise and lifestyle group for seniors that meets 9.00am – 11.30am every Friday. New members welcome.

4

**Name** Hillarys Boat Harbour

**Location** 86 Southside Drive, Hillarys

**Website** [hillarysboatharbour.com.au](http://hillarysboatharbour.com.au)

**Details** This is the perfect place for families, boasting beautiful public parkland and a sheltered beach easily accessible by pram or wheelchair. Visitors can enjoy a variety of dining, shopping, leisure and adventure activities such as boat cruises, seasonal whale watching, jet skiing, deep-sea fishing, diving, and helicopter flights. Hillarys Boat Harbour hosts a daily service to Rottnest Island and is home to AQWA (Aquarium of WA).

4

**Name** Hillarys Boardwalk Centre Management

**Location** Hillarys Boat Harbour  
58 Southside Drive, Hillarys

**Phone** 9246 1042

**Email** [hillarysboardwalk@per.mcgees.com.au](mailto:hillarysboardwalk@per.mcgees.com.au)

**Website** [hillarysboardwalk.com.au](http://hillarysboardwalk.com.au)

**Details** Contact centre management for all dining, shopping and boardwalk attractions and activations.

5

**Name** Joondalup Bridge Club

**Location** Fleur Freame Pavilion  
MacDonald Reserve, Forrest Road, Padbury

**Phone** 0412 802 898

**Email** [jbc6783@gmail.com](mailto:jbc6783@gmail.com)

**Website** [joondalupbridgeclub.com.au](http://joondalupbridgeclub.com.au)

**Details** This club plays organised social and competition duplicate bridge. All bridge players are welcome. Lessons for beginners are available. Please contact the club to find a session that suits you. Fees apply.

1

<b>Name</b>	<b>Joondalup Volunteer Resource Centre (JVRC)</b>
<b>Location</b>	<b>15 Banks Avenue, (Corner of Marmion and Banks Avenue), Hillarys (Whitford Library)</b>
<b>Phone</b>	<b>9400 4734 or 0417 943 718</b>
<b>Email</b>	<b>volunteer@joondalup.wa.gov.au</b>
<b>Website</b>	<b>joondalup.wa.gov.au</b>
<b>Details</b>	<p>There are many opportunities for community involvement and the JVRC encourages volunteers looking for positions in the community and supports Volunteer Involving Organisations in volunteer coordination.</p> <p>JVRC is located inside Whitford Library next to the Whitford Senior Citizens Centre. Further information can be found on the website or email to arrange an appointment.</p>

6

<b>Name</b>	<b>Kallaroo Embroidery Group</b>
<b>Location</b>	<b>Flinders Park Community Hall, Broadbeach Avenue, Hillarys</b>
<b>Phone</b>	<b>0428 849 583</b>
<b>Email</b>	<b>karenhorton86@gmail.com</b>
<b>Details</b>	<p>The group meets on Mondays, 10.30am – 2.30pm, producing beautiful hand embroidery in many different styles, including gold work. All are welcome to join the group.</p>

7

<b>Name</b>	<b>LIFEplus</b>
<b>Location</b>	<b>C3 Church Hepburn Heights, 31 Chadlington Drive, Padbury</b>
<b>Phone</b>	<b>9307 5000</b>
<b>Email</b>	<b>info@c3hh.com.au</b>
<b>Website</b>	<b>c3hh.com.au</b>
<b>Details</b>	<p>LIFEplus is for over 55s who wish to connect, contribute and live life well. All are welcome to join this dynamic group of people who enjoy life and connecting with others in a social setting every Friday at 9.30am (during school terms). Morning tea is provided. Try the first time for free. Activities include indoor bowls, board games, mah-jong, jigsaw puzzles, table tennis, book club, pool, occasional guest speakers/workshops and bus trips. Fees apply.</p>



6

<b>Name</b>	<b>National Seniors Australia (NSA) – Hillarys and Districts Branch Inc</b>
<b>Location</b>	<b>Flinders Park Community Hall Broadbeach Avenue, Hillarys</b>
<b>Phone</b>	<b>0438 996 186; 1300 765 050</b>
<b>Email</b>	<b>secretarynsahillarys@gmail.com</b>
<b>Website</b>	<b>nationalseniors.com.au</b>
<b>Details</b>	Over 50s club that meets on the first Wednesday of the month at 10.00am. Meetings include a guest speaker and refreshments. The NSA is a great place for over 50s to get involved in discussing community issues, participate in social events, hear informative guest speakers and meet new people. Fees apply.

8

<b>Name</b>	<b>Northern Districts Bridge Club</b>
<b>Location</b>	<b>Seacrest Park Community Sporting Facility 93 Seacrest Drive, Sorrento</b>
<b>Phone</b>	<b>9203 8172</b>
<b>Email</b>	<b>ndbc6793@gmail.com</b>
<b>Website</b>	<b>ndbc.bridgeaustralia.org</b>
<b>Details</b>	This is a club for bridge players of mixed skill sets. Duplicate bridge sessions are held on Monday and Thursday each week from 12.00noon – 4.00pm. All welcome. Fees apply.

3

<b>Name</b>	<b>Probus Club of Kingsley Inc</b>
<b>Location</b>	<b>Padbury Hall 2 Caley Road, Padbury</b>
<b>Phone</b>	<b>0458 281 995</b>
<b>Email</b>	<b>timothy.hodgkins@bigpond.com</b>
<b>Website</b>	<b>probuswa.wordpress.com</b>
<b>Details</b>	A not-for-profit organisation for active male retirees to keep minds active, expand their interests and enjoy the fellowship of new friends. Meetings held first Monday of the month including public holidays (except in January).

3

**Name** **Probus Club of Whitfords****Location** **Padbury Hall**  
**2 Caley Road, Padbury****Phone** **0439 924 758****Email** **whitfordscombinedprobus@gmail.com****Website** **probuswa.wordpress.com****Details** A not-for-profit organisation for active retirees to keep minds active, expand interests and enjoy the fellowship of new friends. Meetings held on the second Wednesday of the month at 10.00am.

5

**Name** **Taoist Tai Chi Society of Australia Inc****Location** **Fleur Freame Pavilion**  
**MacDonald Reserve, Forrest Road, Padbury****Phone** **9371 7033; 1800 108 801****Email** **perth@taoisttaichi.org****Website** **taoisttaichi.org****Details** The Taoist Tai Chi arts are specifically designed to improve holistic health and many people experience improved circulation, improved balance and posture, increased strength and flexibility, and reduced stress. Suitable for all ages. Day and evening classes available, see website for times or call for more information. Fees apply.

9

**Name** **Wanneroo Joondalup Art Society (WJAS)****Location** **Sorrento Community Hall and Geneff Park**  
**22 Padbury Circle, Sorrento****Email** **wjartsociety@gmail.com****Website** **wanneroojoondalupartsociety.com****Details** WJAS is a not-for-profit organisation run by volunteers and consists of a diverse group of artists ranging in age and artistic abilities. WJAS aims to help local artists develop their skills, promote and exhibit their work and to come together and share information with other artists. WJAS meets and exhibits at Sorrento with Art in the Park every Tuesday and Thursday. Demonstrations, workshops, art fairs and art exhibitions are scheduled throughout the year. The WJAS website has online member galleries and events calendar. Visitors welcome.

10

<b>Name</b>	<b>Westfield Whitford City</b>
<b>Location</b>	<b>Corner of Marmion Avenue and Whitfords Avenue, Hillarys</b>
<b>Phone</b>	<b>9308 2751</b>
<b>Email</b>	<b>whitfordcity@scentregroup.com</b>
<b>Website</b>	<b>westfield.com.au/whitfordcity</b>
<b>Details</b>	Westfield Whitford City is a one-stop hub for shopping, fun and relaxation. There is a range of fashion, entertainment, dining and well-being options, together with great events and activities.

11

<b>Name</b>	<b>Whitford Senior Citizens Club</b>
<b>Location</b>	<b>15 Banks Avenue (Cnr Marmion and Banks Avenues), Hillarys</b>
<b>Phone</b>	<b>9401 1292</b>
<b>Email</b>	<b>whitfordseniors@gmail.com</b>
<b>Details</b>	A social club for over 55s that is open 8.30am – 5.00pm weekdays and 9.00am – 4.00pm weekends. Activities include the Keep Fit program, dancing, painting, ceramics, carpet bowls, table tennis, badminton, bingo, card games, scrabble, mah-jong, snooker, yoga, meditation, outings and free tea and coffee. Broadband kiosk, basic computing, email, web searching and free WiFi is available. Membership fees apply.

Further information regarding other groups that service the South-West Ward can be found at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

### Resident and Ratepayer Associations

- Harbour Rise Home Owners' Association
- Whitfords Community, Ratepayers' and Recreation Association Inc

### Natural Areas Friends Groups

- Friends of Sorrento Beach and Marmion Foreshore
- Friends of Porteous Park
- Friends of Harman Park
- Friends of Hepburn and Pinnaroo Bushland

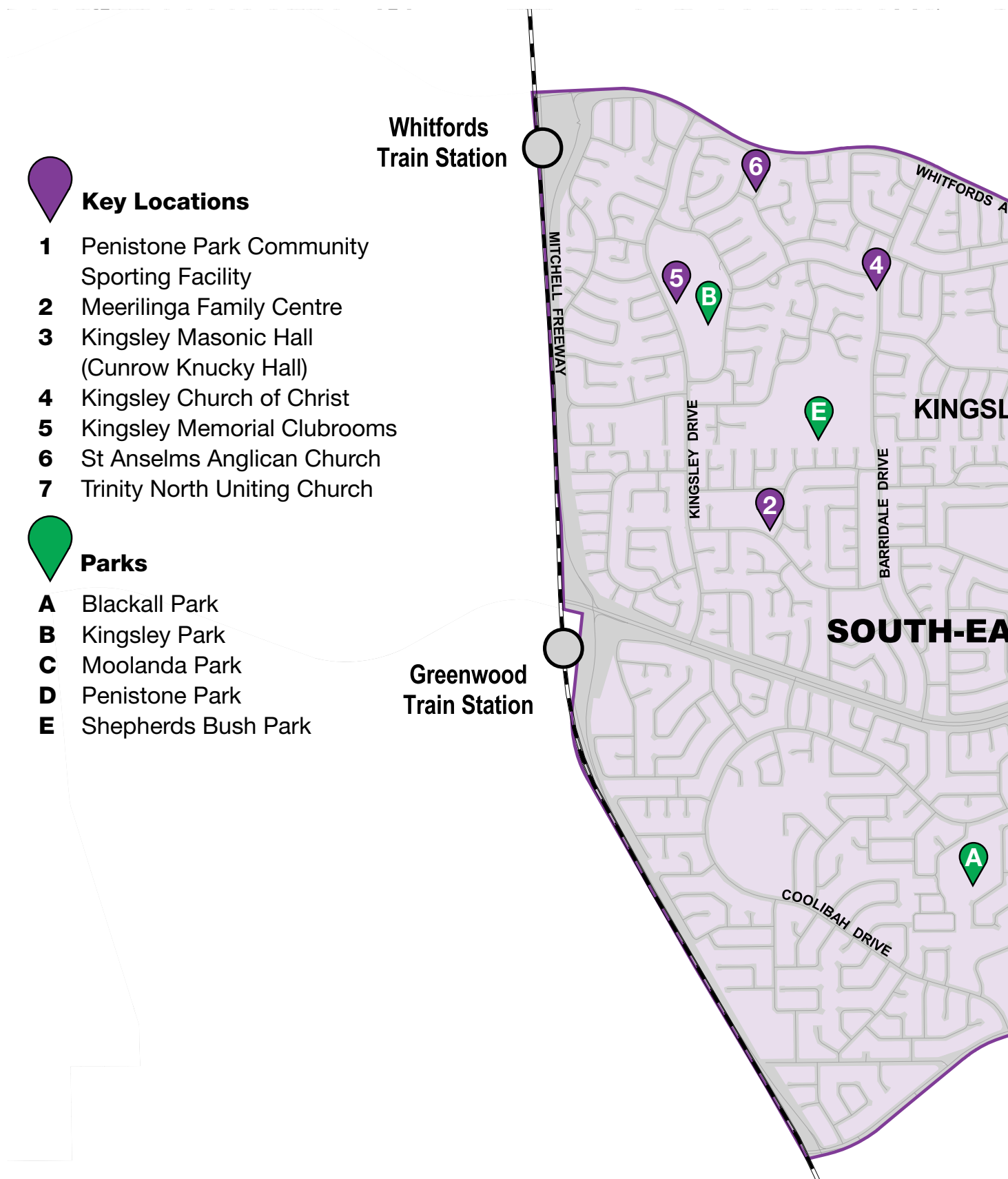


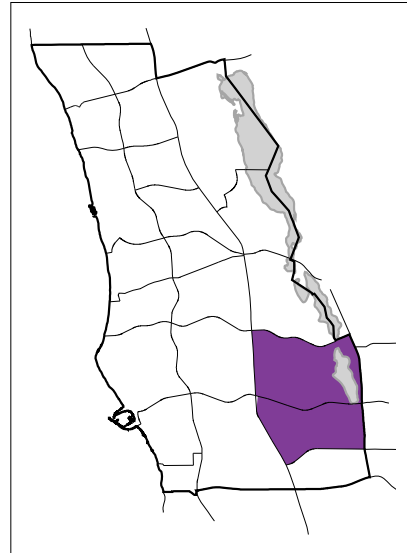




# South-East Ward Map

## Greenwood, Kingsley





1

**Name** Association of Independent Retirees (AIR)**Location** Penistone Park Community Sporting Facility  
27 Penistone Road, Greenwood**Phone** 0418 922 024**Email** pnsair@gmail.com**Website** independentretirees.com**Details** The Association aims to protect and advance the interests of retirees who have funded (in whole or part), their retirement. Visitors welcome. Meetings every third Thursday of each month at 9.30am. Fees apply.

2

**Name** Beltones Singing for Fun Group**Location** Meerilinga Family Centre  
48 Peregrine Drive, Kingsley**Phone** 9246 1676**Email** jeanda62@hotmail.com**Details** A community group singing for fun, health and relaxation, or just the challenge. Group meets Tuesdays 7.30pm – 9.00pm. Fees apply.

3

**Name** Greenwood Embroiderers' Group**Location** Kingsley Masonic Centre, (Curnow Knucky Hall),  
3A Moolanda Boulevard, Kingsley**Phone** 0419 191 074**Email** admin@embroiderersguildwa.org.au**Website** embroiderersguildwa.org.au**Details** A hand embroidery group, meeting on Thursdays 9.15am – 12.30pm, keen to teach beginners, encourage those who did embroidery many moons ago, and provide local, national and international tutors/workshops for all people, whatever their experience. Fees apply.



4

**Name** **Kingsley Konnect – Kingsley Church of Christ**

**Location** **Kingsley Church of Christ**  
**58 New Cross Road, Kingsley**

**Phone** **9309 3155**

**Email** **contact@kingsleychurch.org**

**Website** **kingsleychurch.org**

**Details** Kingsley Konnect is a group of people meeting each week on Thursdays at 9.30am – 12.00noon, to enjoy mah-jong, table games, art, craft, knitting, morning tea and much more. Come along and meet new friends. Small fee for the morning activities and refreshments.

5

**Name** **Kingsley Seniors**

**Location** **Kingsley Memorial Clubrooms**  
**Kingsley Drive, Kingsley**

**Phone** **0452 345 358**

**Email** **boulton.sandra@yahoo.com.au**

**Details** Social club for seniors, activities include carpet bowling every Wednesday 1.00pm – 3.30pm; games every Thursday 12noon – 3.30pm, including mah-jong, Rummikub and cards, with bingo alternate Thursdays from 12.30pm. Occasional bus excursions and outings for meals. Please phone for more information. Fees apply.

6

**Name** **Local Vocals Pop Choir**

**Location** **St Anselm's Anglican Church**  
**19 Forest Hill Drive, Kingsley**

**Phone** **0410 737 105**

**Email** **localvocalsrock@outlook.com**

**Details** The choir meets on a Thursday evening to sing rock and pop songs from the 60s to current day. Everyone is welcome and there is no singing experience or music reading ability necessary. Budding singers can release their inner pop/rock star. Please call or email for costs and further information.

6

**Name** Open House at St Anselm's Anglican Church

**Location** St Anselm's Anglican Church  
19 Forest Hill Drive, Kingsley

**Phone** 9409 1387; 0438 801 965

**Email** admin@kingsley.perth.anglican.org

**Website** kingsley.perth.anglican.org

**Details** Are you at a loose end? Looking for quality friendship and social contact? At Open House we are ready to welcome you on Tuesdays. Tai Chi from 9.00am. Morning tea, games and BYO craft from 10.00am with soup and bread for lunch. Fees apply. Come for part or all of the morning.

7

**Name** Trinity North Uniting Church Coffee Chat Group

**Location** Trinity North Uniting Church  
85-89 Marlock Road, Greenwood

**Phone** 9448 4543

**Email** admin@tluca.org.au

**Website** tluca.org.au

**Details** All are welcome to join these community friendship groups held on Thursdays. Ideal for men and women who would like to meet new people. Hosted between 10.30am – 12noon.

Further information regarding other groups that service the South-East Ward can be found at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

### Resident and Ratepayer Associations

- Kingsley and Greenwood Residents' Association Inc

### Natural Areas Friends Groups

- Friends of Cadogan Park
- Friends of Shepherd Bush Park

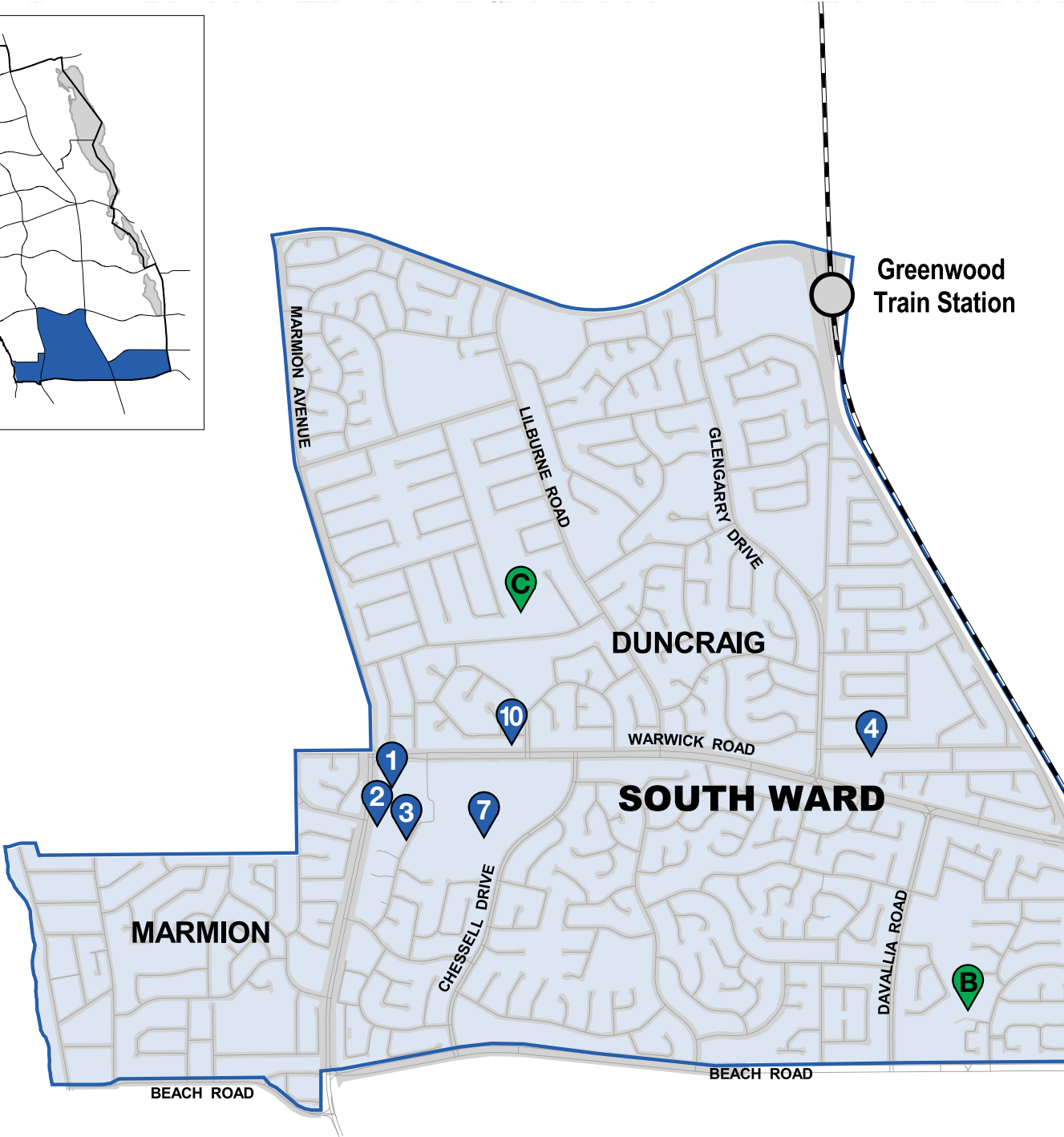
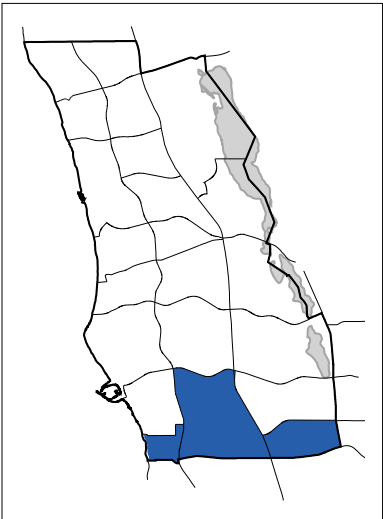






# South Ward Map

Duncraig, Marmion, Warwick







### Key Locations

- 1** City of Joondalup Libraries – Duncraig
- 2** Duncraig Recreation Centre
- 3** Mildenhall
- 4** Glengarry Private Hospital
- 5** The Grove
- 6** Greenwood Tennis Club
- 7** Percy Doyle Reserve
- 8** Warwick Community Hall
- 9** Greenwood Warwick Community Care Centre
- 10** Trinity North Uniting Church Centre
- 11** Warwick Church of Christ
- 12** Warwick Grove Shopping Centre
- 13** Warwick Stadium



### Parks

- A** Ellersdale Reserve
- B** Juniper Park
- C** Marri Park
- D** Warwick Bushland



1

**Name** **City of Joondalup Libraries – Duncraig**

**Location** **Cnr Warwick Road and Marmion Avenue, Duncraig**

**Phone** **9400 4790**

**Email** **libraries@joondalup.wa.gov.au**

**Website** **joondalup.wa.gov.au**

**Details** Duncraig Library offers free public internet access, WiFi, word processing and scanning facilities. Photocopying and printing are available for a fee. Duncraig Library hosts a wide range of events, programs and services including knitting and jigsaw groups, and has plenty of free parking.

2

**Name** **Duncraig Badminton Club**

**Location** **Duncraig Recreation Centre  
Cnr Warwick Road and Marmion Avenue, Duncraig**

**Phone** **0434 194 382**

**Email** **duncraigbc@hotmail.com**

**Website** **duncraigbadmintonclub.org**

**Details** An organised social badminton club with activities for experienced adults and competent juniors. Club meets on Wednesday evenings between 8.00pm – 10.00pm. Fees apply.

1

**Name** **Duncraig Edible Garden – Community Garden**

**Location** **City of Joondalup Libraries – Duncraig  
Cnr Warwick Road and Marmion Avenue, Duncraig**

**Phone** **0429 686 537**

**Email** **deginfo@duncraigediblegarden.org.au**

**Website** **duncraigediblegarden.org.au**

**Details** This community garden is built upon permaculture design principles that value sustainable living. Come join us on a Saturday morning to share the harvest. Occasional workshops are scheduled. New members are welcomed. Fees apply.

3

<b>Name</b>	<b>Duncraig Senior Citizens Centre</b>
<b>Location</b>	<b>Mildenhall 49 Beddi Road, Duncraig</b>
<b>Phone</b>	<b>0417 946 190 (President) or 0499 924 088 (Secretary)</b>
<b>Email</b>	<b>jolo3@bigpond.com</b>
<b>Details</b>	The club hosts activities on most days, including mah-jong, craft groups, snooker, friendship groups, cards, table tennis, bowls and ballroom dancing. There is an active social calendar with bus trips and special lunches. Feel free to drop in and have a chat and a cuppa to learn more about what the club can offer. Fees apply.

2

<b>Name</b>	<b>Duncraig Seniors Social Badminton Club Inc</b>
<b>Location</b>	<b>Duncraig Recreation Centre Cnr Warwick Road and Marmion Avenue, Duncraig</b>
<b>Phone</b>	<b>0400 215 764</b>
<b>Email</b>	<b>udjosch@iinet.net.au; dmur@bigpond.com</b>
<b>Details</b>	Social badminton for seniors of all ages, on Tuesday and Thursday afternoons, 12.30pm – 2.30pm. The club has been active for over 10 years.

4

<b>Name</b>	<b>Glengarry Private Hospital</b>
<b>Location</b>	<b>53 Arnisdale Road, Duncraig</b>
<b>Phone</b>	<b>9447 0111</b>
<b>Website</b>	<b>glengarryprivate.com.au</b>
<b>Details</b>	Glengarry Private Hospital is part of Ramsay Health Care, a leading provider of specialist healthcare. They offer a range of services including maternity, endoscopy, palliative care, surgical, rehabilitation and medical services.

<b>Name</b>	<b>Golden Oldies (Tenpin Bowling)</b>
<b>Location</b>	<b>Super Bowl Warwick, 12 Dugdale St, Warwick</b>
<b>Phone</b>	<b>0417 939 638</b>
<b>Email</b>	<b>secoleman@iinet.net.au</b>
<b>Website</b>	<b>superbowl.com.au</b>
<b>Details</b>	This mixed league welcomes seniors interested in trying out tenpin bowling. Players meet every Thursday and play starts at 12.30pm, with the option for a social catchup after the game. The league understands the sporting aspirations of seniors and caters to that need through bowling advice, camaraderie and caring. All welcome to set up a date to play or watch as a visitor.

5

<b>Name</b>	<b>Grandparents Rearing Grandchildren WA</b>
<b>Location</b>	<b>The Grove, 6 Dugdale Street, Warwick</b>
<b>Phone</b>	<b>9246 4753; 0418 431 964</b>
<b>Email</b>	<b>secretary@grgwa.org.au</b>
	<b>grandparentsrearinggrandchildren.org.au</b>
<b>Details</b>	A support group for grandparents who are raising their grandchildren on a full-time basis. Join other grandparents who are seeking to provide a stable, nurturing environment for their grandchildren. The group offers access and information to several services – childcare, vacation care, budgeting and financial advice, food relief, counselling information.

6

<b>Name</b>	<b>Greenwood Tennis Club Inc – Senior Social Play</b>
<b>Location</b>	<b>Lloyd Drive, (behind Warwick Senior High School), Warwick</b>
<b>Phone</b>	<b>0408 922 347</b>
<b>Email</b>	<b>svdelfos@outlook.com</b>
<b>Website</b>	<b>greenwoodtennis.org.au</b>
<b>Details</b>	Organised social play for seniors, held on Saturday afternoons and Wednesday evenings. The club also organises several social events for members to participate in. Fees apply.



7

<b>Name</b>	<b>Marmion Probus Club (Mixed) Inc</b>
<b>Location</b>	<b>Percy Doyle Reserve, Ron Chamberlain Drive 40 Warwick Road, Duncraig (at the Lawn Bowling Club)</b>
<b>Phone</b>	<b>0478 628 605</b>
<b>Email</b>	<b>marmion@probusclubs.com.au</b>
<b>Details</b>	A not-for-profit organisation providing fun, friendship and fellowship to retirees. Meets on the second Monday of each month at 9.45am.

8

<b>Name</b>	<b>Prime Movers Inc (Northern Suburbs)</b>
<b>Location</b>	<b>Warwick Community Hall 12 Dorchester Avenue, Warwick</b>
<b>Phone</b>	<b>0444 560 037</b>
<b>Email</b>	<b>secretary@primemovers-exercise.com.au</b>
<b>Website</b>	<b>primemovers-exercise.com.au</b>
<b>Details</b>	Prime Movers provides low impact exercise for over 50s. Classes run for one hour and are structured to include stretching, low impact aerobics and muscle work, carried out to music in a friendly environment. Fees apply. Refer to the website for days and times of classes.

9

<b>Name</b>	<b>Rise Creatives – Arts Hub</b>
<b>Location</b>	<b>Greenwood Warwick Community Care Centre 12 Dorchester Avenue, Warwick</b>
<b>Phone</b>	<b>9448 8804</b>
<b>Email</b>	<b>sandra.jones@risenetwork.com.au</b>
<b>Website</b>	<b>risenetwork.com.au</b>
<b>Details</b>	An arty social centre for people with a disability, those with mental health challenges and older people. Activities include art, woodwork, pottery, craft, and social outings, in a safe and supportive environment. Open to clients six days a week. Please contact the centre for more information.

7

**Name** Sorrento Bowling Club Inc

**Location** Percy Doyle Reserve  
Ron Chamberlain Drive, 40 Warwick Road, Duncraig

**Phone** 9447 0696

**Email** mail@sorrentobowlingclub.com.au

**Website** sorrentobowlingclub.com.au

**Details** Play lawn bowls, croquet, darts or just enjoy the social atmosphere of the club. Sorrento Bowling Club is one of the largest bowling clubs in Western Australia and features five high standard lawn greens. Membership fees apply.

7

**Name** Sorrento Croquet Club

**Location** Percy Doyle Reserve  
Ron Chamberlain Drive, 40 Warwick Road, Duncraig  
(at the Lawn Bowling Club)

**Phone** 0403 270 510

**Email** sorrentocroquet@gmail.com

**Details** A croquet club based in the northern suburbs, located at the Sorrento Bowling Club. Operating hours are Wednesday, Thursday and Saturday. Free coaching is available.

3

**Name** The Pastel Society of WA

**Location** Mildenhall  
49 Beddi Road, Duncraig

**Phone** 0488 773 305

**Email** contact@pastelsocietywa.org.au

**Website** pastelsocietywa.org.au

**Details** The Pastel Society was formed in 1983 to cater to the needs of pastel artists of all levels of ability and to promote the medium to the public at large. The Society hosts one exhibition each year to offer artwork for sale by members, and regularly invites experienced pastel artists to demonstrate their skills to members. Regular workshops are also held and new members are welcome. The group meets on Monday evenings, 7.30pm – 9.30pm. Fees apply.

10

**Name** **The Wandoo Singers**

**Location** **Trinity North Uniting Church Centre**  
**29 Wandoo Road, Duncraig**

**Phone** **9447 0475**

**Email** **admin@tnuca.org.au**

**Details** This singing group consists of women who have been providing musical entertainment since 1996 to nursing homes, community groups, retirement villages etc. – primarily in the daytime. All ages welcome.

7

**Name** **Undercroft Bridge Club**

**Location** **Percy Doyle Reserve**  
**Ron Chamberlain Drive, 40 Warwick Road, Duncraig**

**Phone** **9447 3226**

**Email** **ubcinc@westnet.com.au**

**Website** **undercroft.bridgeaustralia.org**

**Details** A friendly club that welcomes people of all ages and abilities to come along for a game of bridge. It is preferable that you attend with a partner/friend, however if not possible, a partner can be arranged. Lessons are available at various times throughout the year. The club plays every day, seven afternoon sessions per week and three evening sessions. Fees apply.

11

**Name** **Warwick Community Chess Club**

**Location** **Warwick Church of Christ**  
**77 Ellersdale Avenue, Warwick**

**Phone** **0417 976 872**

**Email** **sejones@iinet.net.au**

**Details** The aim of the club is to have fun playing chess in a friendly environment. The club is open to adults of all chess playing strengths, and beginners are especially welcome. The club meets on Thursday evenings from 7.00pm. Free chess coaching is available. Fees apply.

11

**Name** [Warwick Over 50s Club](#)

**Location** Warwick Church of Christ, 77 Ellersdale Avenue, Warwick

**Phone** 9447 7877

**Email** [welcome@warwickcoc.org.au](mailto:welcome@warwickcoc.org.au)

**Website** [warwickcoc.org.au](http://warwickcoc.org.au)

**Details** The group meets on Tuesdays, 1.30pm – 4.00pm. Afternoon tea is provided, and activities include indoor bowls, scrabble, and the occasional day outing. Fees apply.

8

**Name** [Warwick Seniors Group](#)

**Location** Warwick Community Hall, 12 Dorchester Avenue, Warwick

**Phone** 9309 2238; 9448 0856

**Email** [jill-diana@hotmail.com](mailto:jill-diana@hotmail.com)

**Details** Social club for over 55s providing English Sequence Dancing on Monday evenings, Wednesday and Thursday mornings. Fees apply.

12

**Name** [Warwick Grove Shopping Centre](#)

**Location** Beach Road, Warwick

**Phone** 9447 4800

**Email** [info@warwickgrove.com.au](mailto:info@warwickgrove.com.au)

**Website** [warwickgrove.com.au](http://warwickgrove.com.au)

**Details** Warwick Grove is a one-stop hub for shopping, fun and relaxation. There is a range of fashion, entertainment, dining and well-being options.

13

**Name** [Warwick Stadium](#)

**Location** Corner of Warwick and Wanneroo Roads, Warwick

**Phone** 9247 2266

**Email** [info@warwickstadium.com.au](mailto:info@warwickstadium.com.au)

**Website** [warwickstadium.com.au](http://warwickstadium.com.au)

**Details** One of the largest sporting community facilities in the City of Joondalup with extensive basketball, volleyball, badminton and netball. A large fitness gym, dedicated women's only gym, allied health offerings, café and a range of bookable spaces are available. All welcome.



Further information regarding other groups that service the South Ward can be found at [joondalup.wa.gov.au](http://joondalup.wa.gov.au)

### Resident and Ratepayer Associations

- Marmion, Sorrento, Duncraig Progress and Ratepayers' Association

### Natural Areas Friends Groups

- Friends of Sorrento Beach and Marmion Foreshore
- Friends of Trigonometric Park
- Friends of Warwick Bushland



# Support Services

<b>Advocare</b>	<b>Phone: 1300 724 679</b>
<b>Email: <a href="mailto:rights@advocare.org.au">rights@advocare.org.au</a></b>	<b>Web: <a href="http://advocare.org.au">advocare.org.au</a></b>
Promotion of older people's rights through the provision of free and confidential information, resolving issues with service providers and links to support and protection.	
<b>Aged Care Navigator</b>	<b>Phone: 1300 025 298 or 9472 0104</b>
<b>Email: <a href="mailto:agedcareinformation@cotawa.org.au">agedcareinformation@cotawa.org.au</a></b>	<b>Web: <a href="http://cotawa.org.au">cotawa.org.au</a></b>
Free and independent aged care and aged care supports information service of COTA (Council on the Ageing).	
<b>Alzheimer's WA</b>	<b>Phone: 1300 667 788</b>
<b>Email: <a href="mailto:support@alzheimerswa.org.au">support@alzheimerswa.org.au</a></b>	<b>Web: <a href="http://alzheimerswa.org.au">alzheimerswa.org.au</a></b>
Support to people living with dementia, carers and families through advocacy, early intervention programs, support groups (carer and social), respite in client's homes, day centres and short stay respite.	
<b>Beyond Blue</b>	<b>Phone: 1300 224 636</b>
	<b>Web: <a href="http://beyondblue.org.au">beyondblue.org.au</a></b>
Providing advice and support via telephone 24/7, daily web chat (between 3.00pm – 12.00am) and email (with a response within 24 hours).	
<b>Black Swan Health Ltd</b>	<b>Phone: 9201 0044</b>
<b>Email: <a href="mailto:info@blackswanhealth.com.au">info@blackswanhealth.com.au</a></b>	<b>Web: <a href="http://blackswanhealth.com.au">blackswanhealth.com.au</a></b>
Programs include mental health and counselling services, aged care services and services to support people living with diabetes, chronic pain, cardiovascular disease, chronic renal disease and respiratory conditions.	
<b>Carer Gateway</b>	<b>Phone: 1800 422 737</b>
	<b>Web: <a href="http://carergateway.gov.au">carergateway.gov.au</a></b>
Intervention services and supports including carer support planning, tailored financial packages for practical assistance, counselling (in person or telephone), peer support, emergency respite, coaching and online skills-based courses.	

<b>Carers WA</b>	<b>Phone: 1300 227 377</b>
<b>Email: <a href="mailto:info@carerswa.asn.au">info@carerswa.asn.au</a></b>	<b>Web: <a href="http://carerswa.asn.au">carerswa.asn.au</a></b>
Services include information and resources, counselling, education/training, social support, carer advocacy and representation and young carers.	

<b>Centrelink</b>	<b>Phone: 13 23 07 or 1300 169 468</b>
	<b>Web: <a href="http://servicesaustralia.gov.au">servicesaustralia.gov.au</a></b>
<b>Location: 68 Reid Promenade, Joondalup 6027 and 85-87 Ellersdale Avenue, Warwick</b>	
A range of payments, benefits and services for older people including the age pension, social work services and the Commonwealth Seniors Health Care Card.	

<b>Citizens Advice Bureau – Joondalup Branch</b>	<b>Phone: 9301 2833</b>
<b>Email: <a href="mailto:joondalup@cabwa.com.au">joondalup@cabwa.com.au</a></b>	<b>Web: <a href="http://cabwa.com.au">cabwa.com.au</a></b>
<b>Location: Lotteries House, Unit 5/70 Davidson Tce, Joondalup</b>	
Free, confidential, impartial information and referral service and a low cost legal service including legal advice, wills and enduring power of attorneys. Other services include tax help, financial information, mediation and dispute resolution, and help with standard form letters.	

<b>Companion Card</b>	<b>Phone: 1800 617 337</b>
	<b>Web: <a href="http://wa.companioncard.org.au">wa.companioncard.org.au</a></b>
Cardholders with a disability who need carers support present their companion card when booking or purchasing a ticket from a participating business and receive a second ticket for their companion at no charge.	

<b>Concessions WA</b>	<b>Phone: 6217 6888</b>
	<b>Web: <a href="http://concessions.wa.gov.au">concessions.wa.gov.au</a></b>
A resource to find details of rebates, concessions and subsidy schemes provided by the State Government of Western Australia including: accommodation and housing, Seniors Card benefits, arts and culture, sport and recreation, legal, tourism, travel and transport, health and disability, education, training and employment.	

<b>Connect Groups WA</b>	<b>Phone: 9364 6909</b>
<b>Email: <a href="mailto:info@connectgroups.org.au">info@connectgroups.org.au</a></b>	<b>Web: <a href="http://connectgroups.org.au">connectgroups.org.au</a></b>
A directory of support programs offering assistance to new and existing community groups.	

<b>COTA (WA)</b>	<b>Phone: 9472 0104</b>
<b>Email: <a href="mailto:admin@cotawa.org.au">admin@cotawa.org.au</a></b>	<b>Web: <a href="http://cotawa.org.au">cotawa.org.au</a></b>
<p>COTA (Council on the Ageing) is an essential resource for all seniors and is a peak body providing advocacy and support, peer education, membership services, housing information and referral services, Active Ageing programs and referrals.</p> <p>COTA's At Home Guide is available on the <b>COTA website</b> and hard copies are available at City of Joondalup Libraries.</p> <p>The Goodbye Guide includes an end of life planning checklist with the information you need to have readily available for loved ones in the event of an unexpected death or severe disability. The Goodbye Guide can be found through the <b>COTA website</b>.</p>	

<b>Elder Abuse Helpline – WA</b>	<b>Phone: 1300 724 679</b>
	<b>Web: <a href="http://advocare.org.au">advocare.org.au</a></b>
<p>The Elder Abuse Helpline can give you the information you need to help protect yourself or others. Abuse can be financial, emotional, social, physical, sexual and/or neglect.</p>	

<b>GP Mental Health Care Plan</b>	<b>Phone: 1300 724 679</b>
<p>Written by GPs for eligible patients living with anxiety, depression and other mental health conditions. This involves identifying what type of health care is needed, and the agreed aims to work towards.</p>	

<b>GRAI - GLBTI Rights in Ageing Inc</b>	<b>Email: <a href="mailto:info@grai.org.au">info@grai.org.au</a></b>
	<b>Website: <a href="http://grai.org.au">grai.org.au</a></b>
<p>Available online only. The GRAI mission is to create a responsive and inclusive mature age environment while promoting and supporting a quality of life for older people of diverse sexualities and gender identities.</p>	

<b>Health Direct</b>	<b>Phone: 1800 022 222</b>
	<b>Web: <a href="http://healthdirect.gov.au">healthdirect.gov.au</a></b>
<p>A 24-hour free health service and information provided by a registered nurse which can refer to a follow up GP phone call if needed.</p>	



<b>Indigo (formerly Independent Living Centre)</b>	<b>Phone: 1300 885 886</b>
	<b>Web: <a href="http://ilc.com.au">ilc.com.au</a></b>
<b>Location: 11 Aberdare Road, Nedlands</b>	
Providing a range of services and training which enhance independence and accessibility. These include assistive technology (devices and equipment), National Equipment Database, and equipment hire.	

<b>Injury Matters</b>	<b>Phone: 1300 303 540</b>
	<b>Web: <a href="http://stayonyourfeet.com.au">stayonyourfeet.com.au</a></b>
Stay on Your Feet has simple tips and tools you can use to keep you active and prevent falls. Community Connect allows people to stay connected with others through phone, email or in person.	

<b>Ishar Multicultural Women's Health Centre</b>	<b>Phone: 9345 5335</b>
<b>Email: <a href="mailto:info@ishar.org.au">info@ishar.org.au</a></b>	<b>Web: <a href="http://ishar.org.au">ishar.org.au</a></b>
<b>Location: 21 Sunbury Road, Mirrabooka</b>	
Women are provided with information, advice, counselling, training and support, or are referred onto another agency for specialised assistance.	

<b>Lifeline WA</b>	<b>Phone: 13 11 14 (24 hours/7 days)</b>
	<b>Web: <a href="http://lifelinewa.org.au">lifelinewa.org.au</a></b>
<b>Location: 11 Aberdare Road, Nedlands</b>	
Services include counselling, crisis interventions, group programs, self-care resources, personal support, training and education, information and referrals.	

<b>Men's Helpline</b>	<b>Phone: 1300 789 978 (24 hours/7 days)</b>
	<b>Web: <a href="http://mensline.org.au">mensline.org.au</a></b>
An online counselling service for men with emotional health and relationship concerns, such as parenting challenges, anger, depression, and stress.	

<b>Metropolitan Migrant Resource Centre (MMRC)</b>	<b>Phone: 9345 5755</b>
<b>Email: <a href="mailto:admin@mmrcwa.org.au">admin@mmrcwa.org.au</a></b>	<b>Web: <a href="http://mmrcwa.org.au">mmrcwa.org.au</a></b>
MMRC is a not-for-profit settlement service that provides high quality, culturally appropriate, client centred services that meet the needs of refugees, humanitarian entrants and newly arrived migrants.	

<b>My Aged Care</b>	<b>Phone: 1800 200 422</b>
	<b>Web: <a href="http://myagedcare.gov.au">myagedcare.gov.au</a></b>
This is the starting point on your aged care journey. Find and access information on aged care home options through government and subsidised services to help around the house.	

<b>National Seniors</b>	<b>Phone: 1300 765 050</b>
	<b>Web: <a href="http://nationalseniors.com.au">nationalseniors.com.au</a></b>
Membership based not-for-profit organisation, representing older Australians, delivering branch meetings Australia wide and lobbying all levels of government on issues affecting older Australians.	

<b>Northern Suburbs Community Legal Centre Inc</b>	<b>Phone: 9301 4413</b>
<b>Email: <a href="mailto:joondalup@nsclegal.org.au">joondalup@nsclegal.org.au</a></b>	<b>Web: <a href="http://nsclegal.org.au">nsclegal.org.au</a></b>
<b>Location: Edith Cowan University, Building 1, 270 Joondalup Drive, Joondalup</b>	
A not-for-profit provider of legal advice and assistance to those in financial hardship in the areas of elder law, family law, property law, family violence, criminal law, tenancy, consumer and civil law.	

<b>Older People's Rights Service</b>	<b>Phone: 9301 4413; 9440 1663</b>
<b>Email: <a href="mailto:joondalup@nsclegal.org.au">joondalup@nsclegal.org.au</a></b>	<b>Web: <a href="http://nsclegal.org.au">nsclegal.org.au</a></b>
<b>Location: Edith Cowan University, Building 1, 270 Joondalup Drive, Joondalup</b>	
This service is a partnership between Advocare and the Northern Suburbs Community Legal Centre, providing specialist legal and social work service for those experiencing elder abuse or who are at risk of such abuse by people of trust.	

<b>Pets of Older Persons (POOPS) WA Inc.</b>	<b>Phone: 1300 110 092</b>
<b>Email: <a href="mailto:admin@poopswa.org.au">admin@poopswa.org.au</a></b>	<b>Web: <a href="http://poopswa.org.au">poopswa.org.au</a></b>
Volunteer support for those who are frail or are living with a disability through home visits, animal feeding, dog walking and transport to/from vet clinics or boarding kennels.	
<b>QLife</b>	<b>Phone: 1800 184 527</b>
	<b>Website: <a href="http://qlife.org.au">qlife.org.au</a></b>
Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships. Visit <b><a href="http://qlife.org.au">qlife.org.au</a></b> to access web chat, available 3.00pm – midnight.	
<b>Seniors Card Centre</b>	<b>Phone: 6551 8800 or 1800 671 233</b>
<b>Email: <a href="mailto:info@seniorcard.wa.gov.au">info@seniorcard.wa.gov.au</a></b>	<b>Web: <a href="http://seniorcard.wa.gov.au">seniorcard.wa.gov.au</a></b>
<b>Location: 140 William Street, Perth WA 6000</b>	
This service provides information and rebates regarding accommodation options, education, finance and business, health and lifestyle.	
<b>Seniors Housing Advisory Centre (SHAC)</b>	<b>Phone: 1300 367 057</b>
<b>Email: <a href="mailto:seniors.housing@dmirs.wa.gov.au">seniors.housing@dmirs.wa.gov.au</a></b>	<b>Web: <a href="http://commerce.wa.gov.au">commerce.wa.gov.au</a></b>
<b>Location: Level 2, 140 William St, Perth</b>	
Free independent information and advisory service covering the full range of housing options available for seniors.	
<b>The Spiers Centre</b>	<b>Phone: 9401 2699</b>
<b>Email: <a href="mailto:info@thespierscentre.com.au">info@thespierscentre.com.au</a></b>	<b>Web: <a href="http://thespierscentre.com.au">thespierscentre.com.au</a></b>
<b>Location: 2 Albatross Court, Heathridge</b>	
Food, clothing, vouchers, financial counselling and emergency relief. Please call for more information or appointments.	
<b>Taxi User Subsidy Scheme</b>	<b>Phone: 1300 660 147</b>
	<b>Web: <a href="http://transport.wa.gov.au">transport.wa.gov.au</a></b>
Subsidy available to eligible people with disabilities (including frailty) travelling in taxis. Referrals can be made through medical practitioners.	

<b>Telecross Service</b>	<b>Phone: 1300 885 698</b>
	<b>Web: <a href="http://redcross.org.au">redcross.org.au</a></b>
A reassuring daily morning telephone call to check on the wellbeing of seniors and people with disabilities who are living alone.	

<b>Transperth – Public Transport</b>	<b>Phone: 13 62 13 or 1800 800 022</b>
	<b>Web: <a href="http://transperth.wa.gov.au">transperth.wa.gov.au</a></b>
Plan your journey online via the Transperth app, online or telephone. Every bus is accessible with no step up. Call at least one hour in advance if you need special assistance at a train station. The CAT bus is a free service with 20 stops around the Joondalup City Centre, leaving from Joondalup Train Station. Large format timetables are available on request via the Transperth InfoLine.	

<b>Wanslea Grandcare</b>	<b>Phone: 1800 008 323</b>
<b>Email: <a href="mailto:support@wanslea.asn.au">support@wanslea.asn.au</a></b>	<b>Web: <a href="http://wanslea.asn.au">wanslea.asn.au</a></b>
<b>Location: 110 Scarborough Beach Road, Scarborough</b>	
Information, advocacy and financial support services for grandparents raising grandchildren fulltime. Check out the Grandcarers Support Scheme.	

<b>Women's Domestic Violence Helpline</b>	<b>Phone: 1800 007 339</b>
	<b>Website: <a href="http://dcp.wa.gov.au">dcp.wa.gov.au</a></b>
A crisis and emergency helpline supporting women experiencing family and domestic violence, including phone counselling; information and advice; referral to local advocacy and support services; liaison with police if necessary and referral to safe accommodation.	

<b>Women's Health and Family Services</b>	<b>Phone: 1800 998 399 or 6330 5400</b>
<b>Email: <a href="mailto:infojoondalup@whfs.org.au">infojoondalup@whfs.org.au</a></b>	<b>Web: <a href="http://whfs.org.au">whfs.org.au</a></b>
<b>Location: Joondalup Lotteries House, Suite 6, 70 Davidson Terrace, Joondalup</b>	
Supporting and empowering women and their families. Services include women's medical clinic, counselling, domestic violence advocacy, multicultural women's advocacy, parenting support, Aboriginal family services; body esteem program, individual and group supports, and health promotion. Groups include walking, tai chi, and mesh-injured women's support group.	



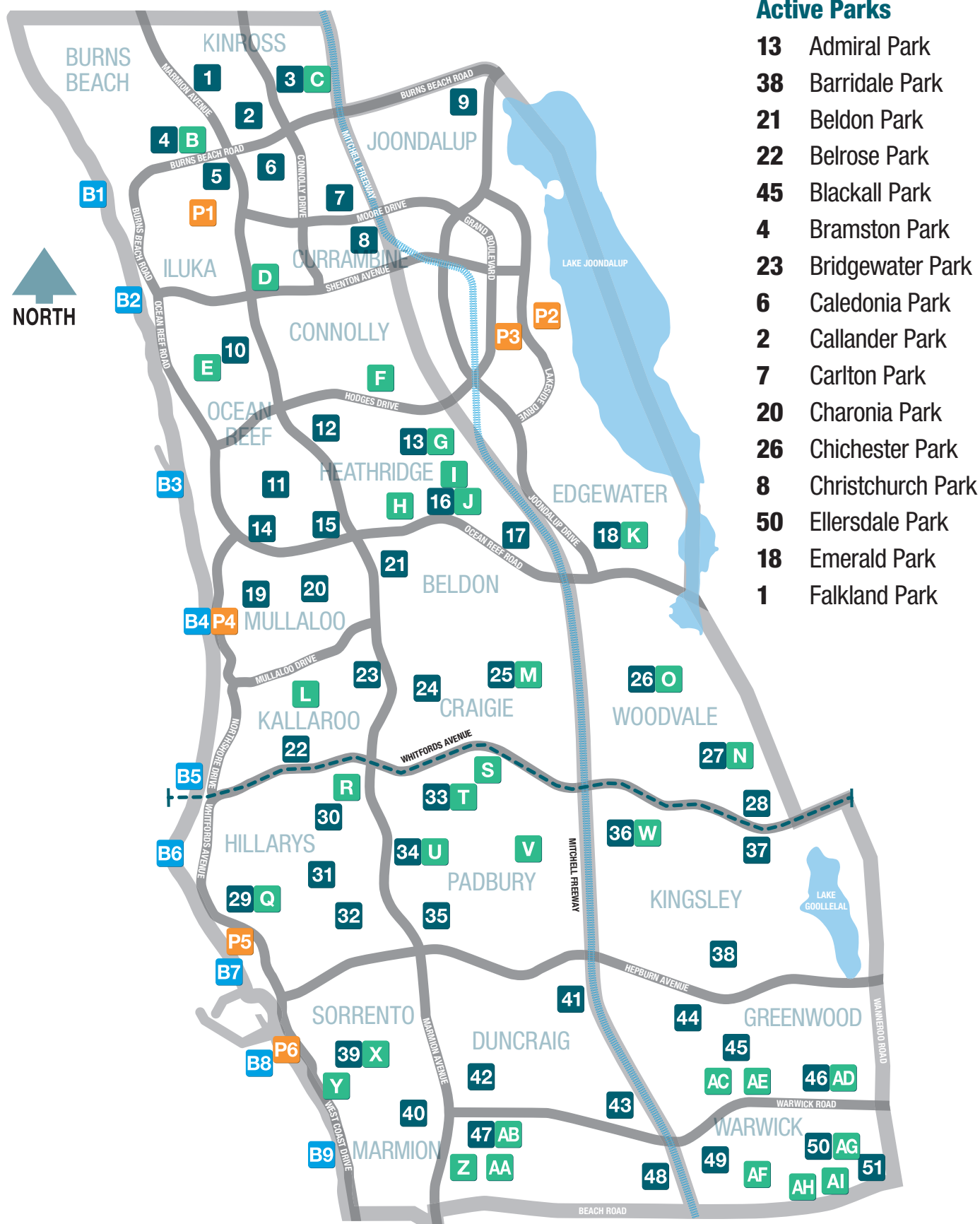
# Activities and Groups List

Association of Independent Retirees (AIR)	South-West Ward
Beltones Singing for Fun Group	South-East Ward
Caring Hands – A craft and friendship group	Central Ward
City of Joondalup – Administration Building	North Ward
City of Joondalup – Civic Centre	North Ward
City of Joondalup Leisure Centre – Craigie	Central Ward
City of Joondalup Libraries – Duncraig	South Ward
City of Joondalup Libraries – Joondalup	North Ward
City of Joondalup Libraries – Whitford	South-West Ward
City of Joondalup Libraries – Woodvale	Central Ward
Country Women's Association of WA – Joondalup and Districts Branch	North-Central Ward
Cycling Without Age – Affiliated Sorrento	South-West Ward
Duncraig Badminton Club	South Ward
Duncraig Edible Garden – Community Garden	South Ward
Duncraig Recreation Centre	South Ward
Duncraig Senior Citizens Centre	South Ward
Duncraig Seniors Social Badminton Club Inc	South Ward
Easybeat Walkers	South-West Ward
Emerald Park Craft Group	North-Central Ward
Glengarry Private Hospital	South Ward
Golden Oldies (Tenpin bowling)	South Ward
Grandparents Rearing Grandchildren WA	South Ward
Greenwood Embroiderers' Group	South-East Ward
Greenwood Tennis Club Inc – Senior Social Play	South Ward
HBF Arena	North Ward
Hillarys Boat Harbour	South-West Ward
Joondalup Bowling Club Inc	North Ward

Joondalup Bridge Club	South-West Ward
Joondalup City Probus Club	North Ward
Joondalup Health Campus	North Ward
Joondalup Men's Shed	North Ward
Joondalup Resort and Country Club	North-Central Ward
Joondalup Volunteer Resource Centre	South-West Ward
Kallaroo Embroidery Group	South-West Ward
Kallaroo Probus Club	Central Ward
Kingsley Konnect – Kingsley Church of Christ	South-East Ward
Kingsley Seniors	South-East Ward
Kingsley Tennis Club	Central Ward
Lakeside Joondalup Shopping Centre	North Ward
LIFEplus	South-West Ward
Let's Get Arty	North-Central Ward
Local Vocals Pop Choir	South-East Ward
Marmion Probus Club (Mixed) Inc	South Ward
National Seniors Australia – Hillarys and Districts Branch Inc	South-West Ward
National Seniors Australia (NSA) – Joondalup Branch	North-Central Ward
Northern Districts Bridge Club	South-West Ward
Northern Exposure Photographers Group Inc	Central Ward
Northern Friendship Group Inc	Mobile
Ocean Reef Sea Sports Club	North-Central Ward
Ocean Ridge Senior Citizens Club Inc	North-Central Ward
Open House at St Anselm's Anglican Church	South-East Ward
Perth Chess Club (PCC)	Central Ward
Peter Cowan Writers Centre Inc	North Ward
Prime Movers Inc (Northern Suburbs)	North Ward
Prime Movers Inc (Northern Suburbs)	Central Ward
Prime Movers Inc (Northern Suburbs)	South Ward
Probus Club of Kingsley Inc	South-West Ward

Probus Club of Whitfords	South-West Ward
Retirees WA Joondalup and Districts Branch	North Ward
Rise Creatives – Arts Hub	South Ward
Senior Friendship Group	North Ward
Seniors Social Group Joondalup	Mobile
Solace Grief Support Group WA Inc	North-Central Ward
Sorrento Bowling Club Inc	South Ward
Sorrento Croquet Club	South Ward
Super Fit – Exercises for seniors	North-Central Ward
Super Tuesday	North-Central Ward
Taoist Tai Chi Society of Australia Inc	North Ward
Taoist Tai Chi Society of Australia Inc	South-West Ward
The Pastel Society of WA	South Ward
The Wandoo Singers	South Ward
Trinity North Uniting Church Coffee Chat Group	South-East Ward
Undercroft Bridge Club	South Ward
University of the Third Age (U3A) – Joondalup	Central Ward
Wallabies Badminton Club	North-Central Ward
Wanjoo Seniors	Central Ward
Wanneroo Joondalup Art Society (WJAS)	South-West Ward
Warwick Community Chess Club	South Ward
Warwick Grove Shopping Centre	South Ward
Warwick Over 50s Club	South Ward
Warwick Seniors Group	South Ward
Westfield Whitford City	South-West Ward
Whitford Masters Swimming Club	Central Ward
Whitford Senior Citizens Club	South-West Ward
Women's Health and Family Services	North Ward
Woodvale Social Club (Community Vision)	Central Ward

# Community Facilities Activity Map





**29** Flinders Park  
**33** Forrest Park  
**43** Glengarry Park  
**49** Hawker Park  
**16** Heathridge Park  
**32** Hillarys Park  
**5** Iluka District Open Space  
**30** James Cook Park  
**48** Juniper Park  
**36** Kingsley Park  
**19** Korella Park  
**11** Lexcen Park  
**17** Littorina Park  
**34** MacDonald Park  
**3** MacNaughton Park  
**42** Marri Park  
**31** Mawson Park  
**41** Melene Park  
**14** Mirror Park  
**37** Moolanda Park  
**35** Newcombe Park  
**15** Ocean Reef Park  
**24** Otago Park  
**28** Parkside Park  
**46** Penistone Park  
**47** Percy Doyle Reserve  
**12** Prince Regent Park  
**40** Robin Park  
**10** Santiago Park  
**39** Seacrest Park  
**27** Timberlane Park  
**25** Warrandyte Park  
**44** Warrigal park  
**51** Warwick Open Space

### Community Facilities

**G** Admiral Park Community Sporting Facility  
**E** Beaumaris Community Centre  
**B** Bramston Park Community Sporting Facility  
**AC** Calectasia Hall  
**O** Chichester Park Clubroom  
**F** Connolly Community Centre  
**D** Currambine Community Centre  
**AF** Dorchester Community Centre  
**Z** Duncraig Community Hall  
**AG** Ellersdale Park Clubrooms  
**K** Emerald Park Community Facility  
**U** Fleur Frame Pavilion  
**Q** Flinders Park Community Hall  
**T** Forrest Park Community Sporting Facility  
**V** Gibson Park Community Centre  
**AE** Greenwood Scout Hall  
**AH** Greenwood Warwick Community Care Centre  
**H** Guy Daniel Clubrooms  
**I** Heathridge Community Centre  
**J** Heathridge Park Clubrooms  
**W** Kingsley Memorial Clubrooms  
**C** MacNaughton Park Clubroom

**AA** Mildenhall  
**S** Padbury Hall  
**AD** Penistone Park Community Sporting Facility  
**AB** Percy Doyle Football and Tee Ball Clubroom  
**L** Rob Baddock Community Hall  
**X** Seacrest Park Community Sporting Facility  
**Y** Sorrento Community Hall  
**N** Timberlane Park Hall  
**M** Warrandyte Park Clubroom  
**AI** Warwick Community Centre  
**R** Whitford Senior Citizens Centre  
**9** Windermere Park

### Beaches

**B2** Beaumaris Beach  
**B1** Burns Beach  
**B7** Hillarys Beach  
**B9** Marmion Beach  
**B4** Mullaloo Beach  
**B3** Ocean Reef Beach  
**B6** Pinnaroo Point  
**B8** Sorrento Beach  
**B5** Whitfords Beach

### Passive Parks

**P3** Central Park  
**P5** Hillarys Beach Park  
**P2** Neil Hawkins Park  
**P1** Sir James McCusker Park  
**P6** Sorrento Beach Park  
**P4** Tom Simpson Park







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*This document is available in alternative  
formats upon request.*