55+

Groups and Activities Guide

Find out what’s out there in your community.
The 55+ Groups and Activities Guide is a resource to help you take that first step. The clubs, groups and activities listed in this guide were selected with older residents in mind and are just a small sample of what is available in your community. The guide has been divided into the City’s wards to make it easier to find the groups closest to you, but you don’t need to live in that area to join a group.

If you find any details that need updating or if you represent a group that would like to be listed in future publications, please contact the City on 9400 4705.

Correct as of November 2017.
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For further information or to update details please contact the City’s Community Information Officer on 9400 4705.

This document is available in alternate formats upon request.
City of Joondalup Programs

Community Transport Program
The City’s Community Transport Program transports eligible residents to and from nominated shopping centres, Joondalup Library, Sunday Serenades and senior citizens centres in the community. A small fee is payable for each round trip. To register call 9400 4204.

Sparking Connections
Would you like to join a club or group, volunteer or get involved in the community?
There are over 200 groups in Joondalup with something to suit everyone. A volunteer from Sparking Connections can match your interests to a suitable group, program or activity and help you connect. To register your interest email community.development@joondalup.wa.gov.au or call 9400 4503.

Joondalup Volunteer Resource Centre (JVRC)
The JVRC supports volunteers looking for positions in the community and supports organisations in volunteer management. The Centre is open between 9.30am – 2.30pm Tuesdays, Wednesdays and Thursdays during school terms. The centre also has an outreach service to Craigie Leisure Centre, and also visits a different library branch each Wednesday. To arrange a referral call 9400 4734 or email volunteer@joondalup.wa.gov.au. The JVRC is a partnership between Volunteering WA and the City of Joondalup.
City of Joondalup Programs

The City of Joondalup has four public libraries and a specialised Reference and Local History collection located at Joondalup Library. All libraries have free public internet access, WiFi, scanning facilities and word processing. 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.

General Enquiries  9400 4751
Duncraig  9400 4790
Joondalup  9400 4707
Whitford  9400 4870
Woodvale  9400 4180

Books on Wheels
Books on Wheels is a free service that caters to those who due to frailty, or limited mobility, are unable to reach 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.

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.

Knitting Groups
Join fellow knitters at your local library to work on your own creations, knit something for charity or participate in a community project. Beginners are welcome with tea and coffee provided. For further information call your local library.

Live and Learn
Live and Learn is a monthly presentation for older adults. Come along and listen to a speaker, learn something new, participate in a discussion or simply be entertained. Events include author visits, talks on travel and personal adventures, gardening, talks on war, environmental issues, plus much more. There is a small charge to attend. For further information call 9400 4751.
Discovery Sessions
Discovery Sessions include interactive workshops, information sessions, entertainment and new learning experiences for adults. These sessions cover a diverse range of topics from forensic science to gardening, history to travel, plus much more. Presentations are held throughout the year and consist of morning, afternoon or evening sessions. There is a small charge per session. For further information call 9400 4751.

Keystrokes
Keystrokes is a one-on-one training session covering beginner technology topics of your choice using your own laptop, phone or tablet. For further information, or to make a booking, please call your local library.

Games
Enjoy a range of games at your local library. Games are for use in the libraries only and can be borrowed for the whole day if desired. Games available include Scrabble, Mah-jong, Chess, Yahtzee, Rummikub, Canasta, and many more. City of Joondalup Libraries also run a number of games programs including a monthly ‘Game On!’ morning session, weekly Mahjong sessions, and a monthly ‘Fun with Crosswords’. For further information call 9400 4751.
City of Joondalup Programs

City of Joondalup Leisure Centres – Craigie and Duncraig

The City of Joondalup Leisure Centres – Craigie and Duncraig offer a great range of programs and activities for people over the age of 55. Programs and activities are suitable for those who would like to remain active and fit, embark on an exercise and fitness program for the first time or those who would like to meet new friends. Along with City run programs, other user groups operate out of the centres. For further information call 9400 4600.

Platinum Fitness
Platinum Fitness offers a range of Pump, Aqua, Circuit and Pilates classes specifically for those over the age of 50 years. Classes offer a wide range of benefits in a welcoming and encouraging environment.

Platinum Adventure
Platinum Adventure offers a wide range of activities and excursions to people aged over 50 years who are residents of the City of Joondalup or a member of the City of Joondalup Leisure Centres. The program promotes fun, friendship, adventure and independence.

Leisure Centre Memberships
A range of affordable membership options are available to help you keep fit, mobile and active. City of Joondalup residents and ratepayers who are senior or have a pension card are entitled to a 25% discount on memberships. Seniors aged 75 years and over are entitled to a 33% discount on memberships. Proof of residency and entitlement are required.
North Ward
Burns Beach, Currambine, Iluka, Joondalup, Kinross

City of Joondalup Libraries – Joondalup
Phone: 9400 4707
102 Boas Ave, Joondalup

Joondalup Library, with a specialised Reference and Local History collection, offers free public internet access, WiFi, word processing and scanning facilities. Photocopying and fax are also available for a fee. The Joondalup Library hosts a wide variety of programs and services including a knitting group, a games morning, mah-jong, English conversation classes, a French conversation group, and family history research sessions.

For full details of programs offered by the City, see the City run programs section of this guide.
North Ward Map
Burns Beach, Currambine, Iluka, Joondalup, Kinross

Burns Beach
Burns Beach Road
Marmion Avenue
Mitchell Freeway

Currambine
Marmion Avenue
Shenton Avenue

Iluka

Kinross
**ACTIVITY LOCATION**

1. Joondalup Sports Association
2. Currambine Community Centre
3. Joondalup Art Gallery (JAG)
4. Joondalup Lotteries House
5. Edith Cowan University (ECU)

**KEY LOCATIONS**

A. Currambine Train Station
B. HBF Arena
C. Joondalup Health Campus
D. City of Joondalup Administration Building, Civic Centre and Library
### Joondalup Bowling Club

**Venue/Facility:** Joondalup Sports Association 6 Miami Beach Promenade, Iluka  
**Phone:** 9304 1131  
**Email:** secretary@joondalupbowls.com.au, bingo@joondalupbowls.com.au  
**Website:** joondalupbowls.com.au  
**Activity Details:** Ladies bowling on Tuesday and Wednesday mornings and men’s on Thursday and Saturday afternoons. The Joondalup Bowling Club welcomes visitors, both young and not so young for social play. Come along and meet new friends. The club offers a free coaching course to members who are new to lawn bowls and run regular bingo competitions on Monday evenings, commencing at 7.30pm. Fees apply.

### Prime Movers Inc. (Northern Suburbs)

**Venue/Facility:** Currambine Community Centre 64 Delamere Avenue, Currambine  
**Phone:** 9386 2049  
**Email:** jdav3702@bigpond.net.au  
**Website:** primemovers-exercise.com.au  
**Activity 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.

### Joondalup Community Art Association (JCAA)

**Venue/Facility:** Joondalup Art Gallery (JAG) 4/48 Central Walk, Joondalup  
**Phone:** 9300 3088  
**Email:** gallery@jcaa.org.au  
**Website:** jag.org.au  
**Activity Details:** The JAG is an exhibition gallery and workshop for the JCAA, (previously known as the blend(er) gallery and workshop), and is considered the home of community arts in Joondalup. Contact JAG to find out what workshops are currently running.
### Women’s Health and Family Services

| Venue/Facility: | Joondalup Lotteries House  
70 Davidson Terrace, Joondalup |
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9300 1566</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:infojoondalup@whfs.org.au">infojoondalup@whfs.org.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>womenshealthworks.org.au</td>
</tr>
<tr>
<td>Activity Details:</td>
<td>Various activities including craft group, Joondalup Community Choir, and Stepping It Out, a fun social walking program with both outdoor and indoor walking groups.</td>
</tr>
</tbody>
</table>

### Joondalup Knit and Natter

| Venue/Facility: | Edith Cowan University (ECU), Staff Lounge Building 9,  
270 Joondalup Drive, Joondalup |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>0413 686 964</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:eleanorrigby1@hotmail.com">eleanorrigby1@hotmail.com</a></td>
</tr>
<tr>
<td>Activity Details:</td>
<td>The knitting and crochet group meet at ECU on the first and third Sunday of each month from 1.00pm – 4.00pm.</td>
</tr>
</tbody>
</table>

### Peter Cowan Writers Centre (PCWC)

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Edith Cowan Heritage House, Edith Cowan University (ECU), Building 20, 270 Joondalup Drive, Joondalup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9301 2282</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:cowan05@bigpond.com">cowan05@bigpond.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td>pcwc.org.au</td>
</tr>
<tr>
<td>Activity Details:</td>
<td>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. It is located in the beautiful Edith Cowan Heritage House, nestled by the lake, on the ECU campus in Joondalup. Office hours are Monday to Thursday 10.00am – 3.00pm.</td>
</tr>
</tbody>
</table>
North Ward Groups and Activities
Burns Beach, Currambine, Iluka, Joondalup, Kinross

Other groups that service this area that may be of interest:

**Resident and Ratepayer Associations**
- Burns Beach Residents Association
- Currambine Residents Association
- Iluka Home Owners Association
- Kinross Residents 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
Connolly, Edgewater, Heathridge, Mullaloo, Ocean Reef
North-Central Ward Map
Connolly, Edgewater, Heathridge, Mullaloo, Ocean Reef
ACTIVITY LOCATION
1 Beaumaris Community Hall
2 Ocean Reef Sea Sports Club
3 Connolly Community Centre
4 Salvation Army Community Centre
5 Heathridge Leisure Centre
6 Emerald Park Clubrooms
7 True North Church

KEY LOCATIONS
A Joondalup Resort and Country Club
B Edgewater Train Station
# North-Central Ward Groups and Activities

**Connolly, Edgewater, Heathridge, Mullaloo, Ocean Reef**

## Ocean Ridge Senior Citizens Club

**Venue/Facility:** Beaumaris Community Hall, Constellation Drive, Ocean Reef

- **Phone:** 9307 4231
- **Email:** benandsylv2@bigpond.com

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 12.15pm – 3.45pm on Mondays and 10.30am – 3.30pm on Fridays. Membership fees apply.

## Ocean Reef Sea Sports Club

**Venue/Facility:** Ocean Reef Marina, Boat Harbour Quay, Ocean Reef

- **Phone:** 9401 8800
- **Email:** office@orssc.asn.au
- **Website:** orssc.asn.au

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.

## National Seniors Australia (NSA) - Joondalup Branch

**Venue/Facility:** Connolly Community Centre, Glenelg Place, Connolly

- **Phone:** 1300 765 050
- **Email:** nsa.joondalup@gmail.com
- **Website:** nationalseniors.com.au

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.

## Born to Sing Choir

**Venue/Facility:** Salvation Army Community Centre, 36 Christmas Avenue, Heathridge

- **Phone:** 0433 653 219
- **Email:** martinsings@gmail.com
- **Website:** martinmeader.com

The Born to Sing choir welcomes all singers and non-singers alike, to come along and sing songs that engender good will, raise self-esteem and help you lose the blues. The choir sings a diverse range of styles, and meets on Wednesday evenings between 7.00pm – 9.00pm. Fees apply.
### Wallabies Badminton Club

<table>
<thead>
<tr>
<th>Venue/Facility</th>
<th>Heathridge Leisure Centre, Sail Terrace, Heathridge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>0409 103 979</td>
</tr>
<tr>
<td>Activity Details</td>
<td>Wallabies are an enthusiastic seniors badminton club with a mix of experienced and new players. The group meets on a Wednesday from 12.00noon to 2.00pm and badminton is followed by afternoon refreshments. Fees apply.</td>
</tr>
</tbody>
</table>

### Emerald Park Craft Group

<table>
<thead>
<tr>
<th>Venue/Facility</th>
<th>Emerald Park Clubrooms, Emerald Way, Edgewater</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>9304 2278 (President) 0477 799 442 (Vice President)</td>
</tr>
<tr>
<td>Activity Details</td>
<td>A senior’s craft group comprising of over 50s very friendly ladies and the occasional brave gentlemen who undertake various craft activities. New members are always welcome, bringing new ideas and friendships to the group. Fees apply.</td>
</tr>
</tbody>
</table>

### Super Tuesday

<table>
<thead>
<tr>
<th>Venue/Facility</th>
<th>True North Church, 19 Scaphella Avenue, Mullaloo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>9403 1800</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:info@truenorthchurch.com.au">info@truenorthchurch.com.au</a></td>
</tr>
<tr>
<td>Website</td>
<td>truenorthchurch.com.au</td>
</tr>
<tr>
<td>Activity Details</td>
<td>The group meets from 9.00am – 12.00noon 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 popping in as well. Morning tea provided. Fees apply.</td>
</tr>
</tbody>
</table>

### Local Vocals Rock Choir

<table>
<thead>
<tr>
<th>Venue/Facility</th>
<th>True North Church, 19 Scaphella Avenue, Mullaloo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>0410 737 105</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:eileenandrich@hotmail.co.uk">eileenandrich@hotmail.co.uk</a></td>
</tr>
<tr>
<td>Website</td>
<td>truenorthchurch.com.au</td>
</tr>
<tr>
<td>Activity Details</td>
<td>Local Vocals Rock are a group of people that meet to sing songs from the 60s through to current rock and pop. Everyone is welcome and there is no experience or music reading ability necessary. Budding singers can release their inner pop/rock star. Please call or email for costs and further information.</td>
</tr>
</tbody>
</table>
Other groups that service this area that may be of interest:

**Resident and Ratepayer Associations**
- Heathridge Residents Association
- Connolly Residents Association
- Edgewater Community Residents Association

**Natural Areas Friends Groups**
- Friends of Carnaby Reserve
- Mullaloo Beach Community Group
- Friends of Korella Park Bushland
- Friends of North Ocean Reef/Iluka Foreshore
- Friends of Periwinkle Bushland
Central Ward
Beldon, Craigie, Kallaroo, Woodvale

City of Joondalup Libraries – Woodvale
Phone: 9400 4180
5 Trappers Drive, Woodvale
Woodvale Library offers free public internet access, Wi-Fi, word processing and scanning facilities. Photocopying and fax are also available for a fee. Woodvale Library hosts a wide range of programs and services including a games afternoon and has plenty of free parking.

City of Joondalup Leisure Centres – Craigie
Phone: 9400 4600
751 Whitford Avenue, Craigie
The City of Joondalup Leisure Centres – Craigie offers the best in fitness, facilities and programs, including a spacious gym, personal training, fitness classes, swimming pools and memberships to suit a variety of lifestyles. Platinum Fitness and Platinum Adventure both operate out of this facility.
For full details of programs offered by the City, see the City run programs section of this guide.
Central Ward Map
Beldon, Craigie, Kallaroo, Woodvale

ACTIVITY LOCATION
1 North Shore Country Club
2 Rob Baddock Community Hall
3 City of Joondalup Leisure Centre – Craigie
4 North Woodvale Primary School
5 Timberlane Park
6 Woodvale Community Centre

KEY LOCATIONS
A City of Joondalup Libraries – Woodvale
## Central Ward Groups and Activities

**Beldon, Craigie, Kallaroo, Woodvale**

### Big Point Tennis

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>North Shore Country Club, 11 Henderson Drive, Kallaroo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>0423 854 857</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:ben@bigpointtennis.com.au">ben@bigpointtennis.com.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>bigpointtennis.com.au</td>
</tr>
</tbody>
</table>

**Activity Details:**
It’s never too late to learn the game of tennis. Whether you are a beginner who has never picked up a racquet or just need your game tweaked a little – the club’s adult programs are suitable for all abilities. Big Point offers coaching to people of all ages and abilities. Adult beginner, intermediate and advanced classes are available. Fees apply.

### Prime Movers Inc. (Northern Suburbs)

| Venue/Facility: | Rob Baddock Community Hall  
|                 | 160 Dampier Avenue, Kallaroo |
| Phone:          | 9386 2049                   |
| Email:          | jdav3702@bigpond.net.au     |
| Website:        | primemovers-exercise.com.au |

**Activity Details:**
Prime Movers provides low impact exercise for the 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 familiar music. Fees apply.

### Wanneroo Joondalup Art Society (WJAS)

| Venue/Facility: | Rob Baddock Community Hall  
|                 | 160 Dampier Avenue, Kallaroo |
| Email:          | wjartsociety@gmail.com      |
| Website:        | wanneroojonadalupartsociety.com |

**Activity 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 has grown from humble beginnings as a social painting group in the 70s, and aims to help local artists develop their skills, promote and exhibit their work and to come together and share information with other artists. Visit the website to find out about upcoming workshops and events.
<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Phone:</th>
<th>Email:</th>
<th>Website:</th>
<th>Activity Details:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rob Baddock Community Hall, 160 Dampier Avenue, Kallaroo</td>
<td>9401 9630</td>
<td><a href="mailto:u3ajoondalupregion@outlook.com">u3ajoondalupregion@outlook.com</a></td>
<td>u3awa.org/regions/joondalup</td>
<td>U3A is a self managed lifelong learning group that encourages older people to share and pursue learning in all its forms. Activities include mah-jong, gardening, book club, writers club, discussion group, outings and guest speakers. Membership is open to people over 50 who are not working full-time, and the group is supported by the University of Western Australia.</td>
</tr>
<tr>
<td>City of Joondalup Leisure Centre – Craigie, Whitfords Avenue, Craigie</td>
<td>9386 2049</td>
<td><a href="mailto:jdav3702@bigpond.net.au">jdav3702@bigpond.net.au</a></td>
<td>primemovers-exercise.com.au</td>
<td>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 familiar music. Fees apply.</td>
</tr>
<tr>
<td>City of Joondalup Leisure Centre Craigie, Whitfords Avenue, Craigie</td>
<td>9447 5409</td>
<td>0439 903 813</td>
<td><a href="mailto:jane@virtualoffice.com.au">jane@virtualoffice.com.au</a></td>
<td>Whitford Masters is a swimming club for all ages from 18 - 90+ who wish to swim for fitness, fun, and competition. Fees apply.</td>
</tr>
</tbody>
</table>
### Perth Chess Club (PCC)

- **Venue/Facility:** North Woodvale Primary School  
  4 Chichester Drive, Woodvale
- **Phone:** 0457 573 879  
- **Email:** fred.dawn@bigpond.com  
- **Website:** perthchessclub.org.au

**Activity 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 come out in all weather to enjoy what the club has to offer. The PCC members are a diverse group, originating from Europe, Africa, Asia, and of course Australia, with abilities ranging from very strong to beginner. The club is always on the lookout for new players to join the friendly competitions. Membership fees apply.

### Kingsley Tennis Club

- **Venue/Facility:** Timberlane Park, Althaea Way, Woodvale
- **Phone:** 0429 112 504  
- **Email:** president@kingsleytennis.net  
- **Website:** kingsleytennis.net

**Activity 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.

### Wanjoo Seniors Group

- **Venue/Facility:** Woodvale Community Centre, 5 Trappers Drive, Woodvale  
  6162 8278
- **Activity Details:**
  The Wanjoo Seniors Group invites new members to join their Monday morning club gatherings. Around 50 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. There is a small cost for morning tea and lunch. A great social group promoting friendship.
<table>
<thead>
<tr>
<th>Community Vision Inc: Woodvale Social Club (Formerly known as Woodvale Adult Day Centre)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue/Facility:</strong> Woodvale Community Centre, 5 Trappers Drive, Woodvale</td>
</tr>
<tr>
<td><strong>Phone:</strong> 9409 2347</td>
</tr>
<tr>
<td><strong>Activity Details:</strong> The Centre operates Monday to Saturday and is a place where people over 55, people with dementia and younger people with a disability can come together to have some fun and enjoy a range of activities. Some of these include iPad fun, exercising, hobbies, special interests, excursions and social entertainment. Transport is available. Eligibility criteria apply, please call the Centre for assessments and further enquiries.</td>
</tr>
</tbody>
</table>
Central Ward Groups and Activities
Beldon, Craigie, Kallaroo, Woodvale

Other groups that service this area that may be of interest:

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
Hillarys, Padbury, Sorrento

City of Joondalup Libraries – Whitford
Phone: 9400 4870
Cnr Marmion and Banks Avenue, Hillarys WA 6025

City of Joondalup Libraries - Whitford offers free public internet access, WiFi, word processing and scanning facilities. Photocopying and fax are also available for a fee. Whitford library hosts a wide range of programs and services including a knitting group.

For full details of programs offered by the City, see the City run programs section of this guide.
ACTIVITY LOCATION

1 Flinders Community Hall
2 RSL Retirement Village
3 Whitford Senior Citizen Centre
4 Seacrest Park Community Facility
5 Fleur Freame Pavillion MacDonald Reserve
6 Padbury Hall
7 MacGregor Drive (Formerly Padbury Senior High School)
8 C3 Church

KEY LOCATIONS

A Hillarys Boat Harbour
B City of Joondalup Libraries – Whitford
### National Seniors Australia (NSA) – Hillarys and Districts Branch

| Venue/Facility: Flinders Park Community Hall, Broadbeach Avenue, Hillarys |
|-----------------|--------------------------------------------------|
| Phone: 9401 9042 |
| Email: cosbycount1@yahoo.com.au |
| Website: nationalseniors.com.au |
| Activity Details: 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. |

### Kallaroo Embroidery Group

| Venue/Facility: Flinders Park Community Hall, Broadbeach Avenue, Hillarys |
|-----------------|--------------------------------------------------|
| Phone: 9446 0332 |
| Email: pesat@westnet.com.au |
| Activity Details: A group that meets on Mondays, 10.00am – 3.00pm, producing beautiful hand embroidery in many different styles, including gold work. All are welcome to join the group. |

### Whitford Ladies Probus Club

| Venue/Facility: 11 Angove Street, Hillarys |
|-----------------|--------------------------------------------------|
| Phone: 0409 840 552 |
| Email: gwenyth.greer@yahoo.com |
| Activity Details: A club for retired or semi-retired women providing opportunities for social interaction. |

### Whitford Senior Citizens Club

| Venue/Facility: 15 Banks Avenue (Cnr Marmion and Banks Avenues), Hillarys |
|-----------------|--------------------------------------------------|
| Phone: 9401 9650 |
| Email: whitfordseniors@gmail.com |
| Activity Details: A social club for over 55s that is open 9.00am – 3.30pm Monday to Sunday. Activities include the Keep Fit Program, dancing, painting, ceramics, carpet bowls, table tennis, badminton, bingo, card games, scrabble, mah-jong, snooker, yoga, meditation, tai chi, outings and free tea and coffee. Broadband kiosk, basic computing, email, web searching and free Wi-Fi is available. Membership fees apply. |
### Northern Districts Bridge Club

**Venue/Facility:** Seacrest Park Community Sporting Facility  
93 Seacrest Drive, Sorrento  
9203 8172

**Email:**  
ndbc6793@gmail.com  
ndbc.bridgeaustralia.org

**Activity Details:** This is a club for bridge players of mixed skill sets. Duplicate bridge sessions are held on Monday and Thursday each week from 12noon – 4.00pm. All welcome. Fees apply.

### Joondalup Bridge Club

**Venue/Facility:** Fleur Freame Pavilion, MacDonald Reserve  
Forrest Road, Padbury  
9401 0494

**Email:**  
mmvlawes@iinet.net.au  
joondalupbridgeclub.com.au

**Activity Details:** The Joondalup Bridge 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.

### Association of Independent Retirees

**Venue/Facility:** Fleur Freame Pavilion, MacDonald Reserve  
Forrest Road, Padbury  
9448 2520

**Email:**  
jmu99602@bigpond.net.au  
independentretirees.com

**Activity Details:** This association aims to protect and advance the interests of retirees who have funded in whole or part, their retirement. Visitors welcome. Meetings held every third Thursday of each month at 9.30am. Fees apply.

### Probus Club of Kingsley

**Venue/Facility:** Padbury Hall, 2 Caley Road, Padbury  
0458 281 995

**Email:**  
timothy.hodgkins@bigpond.com  
probuswa.wordpress.com

**Activity Details:** 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).
### Probus Club of Whitfords

**Venue/Facility:** Padbury Hall, 2 Caley Road, Padbury

**Phone:** 9403 0678

**Email:** whitprob@gmail.com

**Website:** probuswa.wordpress.com

**Activity 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 10am.

### Easybeat Walkers

**Venue/Facility:** Padbury Hall, 2 Caley Road, Padbury

**Phone:** 0418 940 033

**Email:** tvl@multiline.com.au

**Activity Details:** An exercise and lifestyle group for seniors that meet 9.00am – 11.30am every Friday. New members welcome.

### Joondalup Men’s Shed

**Venue/Facility:** 24 MacGregor Drive, Padbury (Former Padbury Senior High School Manual Arts Department)

**Phone:** 9402 6161

**Email:** joondalupmensshed@gmail.com

**Website:** jms.org.au

**Activity Details:** A men’s support group and health promotion charity. Members work on their own projects and/or participate in community projects and handyman work. The Shed opens Monday to Friday 9.00am – 3:30pm. Fees apply.
<table>
<thead>
<tr>
<th><strong>LIFEplus</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue/Facility:</strong></td>
</tr>
<tr>
<td>C3 Church Hepburn Heights</td>
</tr>
<tr>
<td>31 Chadlington Drive, Padbury</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
</tr>
<tr>
<td>9307 5000</td>
</tr>
<tr>
<td><strong>Email:</strong></td>
</tr>
<tr>
<td><a href="mailto:info@c3hh.com.au">info@c3hh.com.au</a></td>
</tr>
<tr>
<td><strong>Website:</strong></td>
</tr>
<tr>
<td>c3hh.com.au</td>
</tr>
<tr>
<td><strong>Activity Details:</strong></td>
</tr>
<tr>
<td>LIFEplus is for over 55s who wish to connect, contribute and live life well into the following decades. 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 the school term). Morning tea 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.</td>
</tr>
</tbody>
</table>
Central Ward Groups and Activities
Hillarys, Padbury, Sorrento

Other groups that service this area that may be of interest:

**Resident and Ratepayer Associations**
Harbour Rise Home Owners Association
Hepburn Heights Landowners 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
Greenwood, Kingsley
ACTIVITY LOCATION
1 St Anselms Anglican Church
2 Kingsley Memorial Hall
3 Kingsley Church of Christ
4 Meerilinga Family Centre
5 Kingsley Masonic Hall (Cunrow Knucky Hall)
6 Trinity North Uniting Church

KEY LOCATIONS
A Greenwood Train Station
### St. Anselm’s Seniors Cuppa and Chat Group

**Venue/Facility:** St Anselm’s Anglican Church  
19 Forest Hill Drive, Kingsley

**Phone:** 9409 1387  
**Email:** admin@kingsley.perth.anglican.org

**Activity Details:** An informal group of seniors that get together for a regular cuppa and chat session, meeting between 1.00pm – 3.00pm on Tuesdays.

### Kingsley Seniors

**Venue/Facility:** Kingsley Memorial Hall, Kingsley Drive, Kingsley

**Phone:** 9409 9775

**Activity Details:** A social club for seniors with activities including carpet bowls every Wednesday 1.00pm – 3.30pm and every Thursday 9.30am – 1.30am; mah-jong and bingo alternate Thursdays 12.30pm – 3.30pm, and the occasional bus excursion. Fees apply.

### Grandparents Rearing Grandchildren WA

**Venue/Facility:** Kingsley Memorial Hall, Kingsley Drive, Kingsley

**Phone:** 0405 414 756  
**Email:** secretary@grgwa.org.au

**Website:** grgwa.org.au

**Activity Details:** 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 to a number of services - childcare, vacation care, budgeting and financial advice, food relief, and counselling information.

### Kingsley Church of Christ Craft Group

**Venue/Facility:** Kingsley Church of Christ, 58 New Cross Road, Kingsley

**Phone:** 9309 3155  
**Email:** admin@kingsleychurch.org

**Website:** kingsleychurch.org

**Activity Details:** This group offers participants the opportunity to learn new crafts, make new friends, and have an enjoyable time. Sessions run Thursdays, 7.00pm – 9.00pm.
<table>
<thead>
<tr>
<th>Beltones Singing for Fun Group</th>
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</thead>
<tbody>
<tr>
<td><strong>Venue/Facility:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
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<td><strong>Email:</strong></td>
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<tr>
<td><strong>Activity Details:</strong></td>
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<table>
<thead>
<tr>
<th>Greenwood Embroiderers Group</th>
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<tr>
<td><strong>Venue/Facility:</strong></td>
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<td><strong>Phone:</strong></td>
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<td><strong>Email:</strong></td>
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<td><strong>Website:</strong></td>
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<tr>
<td><strong>Activity Details:</strong></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Northern Coastal Masonic Ladies Association</th>
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<tbody>
<tr>
<td><strong>Venue/Facility:</strong></td>
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<tr>
<td><strong>Phone:</strong></td>
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<td><strong>Email:</strong></td>
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<tr>
<td><strong>Activity Details:</strong></td>
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<table>
<thead>
<tr>
<th>Trinity North Uniting Church Coffee Chat Groups</th>
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<tr>
<td><strong>Venue/Facility:</strong></td>
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<td><strong>Phone:</strong></td>
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<td><strong>Email:</strong></td>
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<tr>
<td><strong>Website:</strong></td>
</tr>
<tr>
<td><strong>Activity Details:</strong></td>
</tr>
</tbody>
</table>
South-East Ward Groups and Activities
Greenwood, Kingsley

Other groups that service this area that may be of interest:

Resident and Ratepayer Associations
Kingsley and Greenwood Resident Association

Natural Areas Friends Groups
Friends of Cadogan Park
Friends of Shepherds Bush Park Reserve
City of Joondalup Libraries – Duncraig
Phone: 9400 4790
Cnr Warwick Road and Marmion Avenue, Duncraig

City of Joondalup Libraries - Duncraig offers free public internet access, Wi-Fi, word processing and scanning facilities. Photocopying and fax are available for a fee. Duncraig Library hosts a wide range of programs and services including a knitting group, a crossword group and has plenty of free parking.

City of Joondalup Leisure Centres – Duncraig
Phone: 9400 4600
Cnr Warwick Road and Marmion Avenue, Duncraig

The City of Joondalup Leisure Centres – Duncraig offers the best in fitness, facilities and programs, including a spacious gym, personal training, fitness classes and memberships to suit a variety of lifestyles. Platinum Fitness and Platinum Adventure both operate from this facility.

For full details of programs offered by the City, see the City run programs section of this guide.
ACTIVITY LOCATION

1. Trinity North Uniting Church
2. City of Joondalup Libraries and Leisure Centres – Duncraig
3. Percy Doyle Reserve
4. Mildenhall
5. Greenwood Tennis Club
6. Warwick Church of Christ
7. Warwick Community Hall – Greenwood/Warwick Community Centre

KEY LOCATIONS

A. Glengarry Private Hospital
B. City of Joondalup Libraries – Duncraig
### The Wandoo Singers

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Trinity North, Uniting Church Centre 29 Wandoo Road, Duncraig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 0475</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:admin@tnuca.org.au">admin@tnuca.org.au</a></td>
</tr>
</tbody>
</table>

**Activity 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.

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### Trinity North Uniting Church Coffee Chat Groups

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Trinity North, Uniting Church Centre 29 Wandoo Road, Duncraig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 4226</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:admin@tnuca.org.au">admin@tnuca.org.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>tnuca.org.au</td>
</tr>
</tbody>
</table>

**Activity 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 10.00am – 11.30am. Fees apply.

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### Sorrento Bowling Club

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Percy Doyle Reserve, Ron Chamberlain Drive, Duncraig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 0696</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:mail@sorrentobowlingclub.com.au">mail@sorrentobowlingclub.com.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>sorrentobowlingclub.com.au</td>
</tr>
</tbody>
</table>

**Activity 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.

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### Duncraig Badminton Club

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>City of Joondalup Leisure Centres – Duncraig Cnr Warwick Rd and Marmion Av, Duncraig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>0434 194 382</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:duncraigbc@hotmail.com">duncraigbc@hotmail.com</a></td>
</tr>
</tbody>
</table>

**Activity Details:** An organised social badminton club with activities for experienced adults and competent juniors. Club meets on Wednesday evenings between 7.15pm – 10.15pm. Fees apply.
### Duncraig Edible Garden

| Venue/Facility: | City of Joondalup Libraries – Duncraig  
|                | Cnr Warwick Rd & Marmion Av, Duncraig |
| Phone:         | 0449 846 346 |
| Email:         | deginfo@westnet.com.au |
| Website:       | duncraigediblegarden.com |
| Activity Details: | Duncraig Edible Garden is a community garden in the northern suburbs of Perth and built upon permaculture design principles that value sustainable living. |

### Marmion Probus Club (Mixed)

| Venue/Facility: | Percy Doyle Reserve, Ron Chamberlain Drive, Duncraig (at the Lawn Bowling Club) |
| Phone:         | 9401 8250 |
| Email:         | marmion@probusclubs.com.au |
| Activity Details: | A not for profit organisation providing fun, friendship and fellowship to retirees. Meets on the second Monday of each month at 9.45am. |

### Sorrento Croquet Club

| Venue/Facility: | Percy Doyle Reserve, Ron Chamberlain Drive, Duncraig (at the Lawn Bowling Club) |
| Phone:         | 9447 0696 |
| Email:         | sorrentocroquet@gmail.com |
| Activity Details: | A croquet club based in the northern suburbs, located at the Sorrento Bowling Club. Operating hours are Tuesday, Thursday and Friday, 8.45am – 12.00pm and Wednesdays and Saturdays 12.45pm – 4.00pm. Free coaching is available. |

### Glengarry Mixed Probus Club

<p>| Venue/Facility: | Percy Doyle Reserve, Ron Chamberlain Drive, Duncraig (at the Lawn Bowling Club) |
| Phone:         | 9407 7718 |
| Activity Details: | A not for profit organisation providing fun, friendship and fellowship to retirees. Meets on the third Monday of each month at 10.00am (except in December). |</p>
<table>
<thead>
<tr>
<th><strong>South Ward Groups and Activities</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Duncraig, Marmion, Warwick</strong></td>
</tr>
</tbody>
</table>

### Undercroft Bridge Club

- **Venue/Facility:** Percy Doyle Reserve, Ron Chamberlain Drive, Duncraig
- **Phone:** 9447 3226
- **Email:** ubcinc@westnet.com.au
- **Website:** undercroft.bridgeaustralia.org

This is a friendly club that welcomes people of all ages and abilities to join in for a game of bridge. Lessons are available at various times throughout the year. A small session fee applies with tea/coffee and biscuits provided.

- **Activity Details:** Monday - Saturday 12.30pm – 4.00pm and Monday - Thursday 7.30pm – 10.30pm.

### Duncraig Senior Citizens Centre

- **Venue/Facility:** Mildenhall, 49 Beddi Road, Duncraig
- **Phone:** 9447 2682

The club hosts activities on most days, including mahjong, 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.

### The Pastel Society of WA

- **Venue/Facility:** Mildenhall, 49 Beddi Road, Duncraig
- **Phone:** 0488 773 305
- **Email:** contact@pastelsocietywa.org.au
- **Website:** pastelsocietywa.org.au

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 always welcome. Fees apply.
# South Ward Groups and Activities

## Duncraig, Marmion, Warwick

### Undercroft Bridge Club

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Percy Doyle Reserve, Ron Chamberlain Drive, Duncraig</th>
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</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 3226</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:ubcinc@westnet.com.au">ubcinc@westnet.com.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>undercroft.bridgeaustralia.org</td>
</tr>
</tbody>
</table>

This is a friendly club that welcomes people of all ages and abilities to join in for a game of bridge. Lessons are available at various times throughout the year. A small session fee applies with tea/coffee and biscuits provided.

- **Monday - Saturday 12.30pm – 4.00pm**
- **Monday - Thursday 7.30pm – 10.30pm**

### Duncraig Senior Citizens Centre

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Mildenhall, 49 Beddi Road, Duncraig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 2682</td>
</tr>
<tr>
<td>Email:</td>
<td>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.</td>
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### The Pastel Society of WA

<table>
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<tr>
<th>Venue/Facility:</th>
<th>Mildenhall, 49 Beddi Road, Duncraig</th>
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<tbody>
<tr>
<td>Phone:</td>
<td>0488 773 305</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:contact@pastelsocietywa.org.au">contact@pastelsocietywa.org.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>pastelsocietywa.org.au</td>
</tr>
</tbody>
</table>

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 always welcome. Fees apply.

### Greenwood Tennis Club Inc. - Senior Social Play

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Lloyd Drive, (Behind Warwick Senior High School), Warwick</th>
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</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9247 3851</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:david.bickford@paragonfinance.com.au">david.bickford@paragonfinance.com.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>greenwoodtennis.org.au</td>
</tr>
</tbody>
</table>

Organised social play for seniors is held on Saturday afternoons 2.00pm – 5.00pm and Wednesdays 7.00pm – 9.30/10.00pm. All other midweek nights, after 7.00pm, are available to members for privately organised social play. Additionally, the club organises a number of entertaining social events for members to participate in. Fees apply.

### Warwick Over 50s Club

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Warwick Church of Christ, 77 Ellersdale Avenue, Warwick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 7877</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:info@warwickcoc.org.au">info@warwickcoc.org.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>warwickcoc.org.au</td>
</tr>
</tbody>
</table>

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

### Warwick Craft Group

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Warwick Church of Christ, 77 Ellersdale Avenue, Warwick</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9447 7877</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:info@warwickcoc.org.au">info@warwickcoc.org.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>warwickcoc.org.au</td>
</tr>
</tbody>
</table>

This group meets at 9.30am on Thursday mornings, taking over the church for a variety of craft activities. All welcome.

### Prime Movers Inc. (Northern Suburbs)

<table>
<thead>
<tr>
<th>Venue/Facility:</th>
<th>Warwick Community Hall, 12 Dorchester Avenue, Warwick</th>
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</thead>
<tbody>
<tr>
<td>Phone:</td>
<td>9386 2049</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:jdav3702@bigpond.net.au">jdav3702@bigpond.net.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td>primemovers-exercise.com.au</td>
</tr>
</tbody>
</table>

Prime Movers provides low impact exercise for the 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 familiar music. Fees apply.
# South Ward Groups and Activities

Duncraig, Marmion, Warwick

<table>
<thead>
<tr>
<th>Creative Arts by Rise (CATA)</th>
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</thead>
<tbody>
<tr>
<td><strong>Venue/Facility:</strong> Greenwood-Warwick Community Centre 12 Dorchester Avenue, Warwick</td>
</tr>
<tr>
<td><strong>Phone:</strong> 9448 8804</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:admin@catagroup.org.au">admin@catagroup.org.au</a></td>
</tr>
<tr>
<td><strong>Website:</strong> catagroup.org.au</td>
</tr>
<tr>
<td><strong>Activity Details:</strong> CATA offers a day centre for people with disabilities and those who are, providing centre based art, woodwork, pottery and other creative and therapeutic activities, and social outings, in a safe and supportive environment. Open to clients six days a week. Please contact the centre for more information.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Warwick Seniors Group</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Venue/Facility:</strong> Warwick Community Hall, 12 Dorchester Avenue, Warwick</td>
</tr>
<tr>
<td><strong>Phone:</strong> 9448 0856</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:jill-diana@hotmail.com">jill-diana@hotmail.com</a></td>
</tr>
<tr>
<td><strong>Activity Details:</strong> A social club for over 55s that provides activities such as mah-jong and English sequence dancing. Dancing is hosted on Mondays and Thursdays between 9.30am – 11.30am, with evening sessions on the first Friday evening of each month, 7.30pm – 10.30pm. Mah-jong sessions are held on Tuesdays between 12.00pm – 3.00pm. Fees apply.</td>
</tr>
</tbody>
</table>
South Ward Groups and Activities
Duncraig, Marmion, Warwick

Creative Arts by Rise (CATA)

Venue/Facility: Greenwood-Warwick Community Centre
12 Dorchester Avenue, Warwick
Phone: 9448 8804
Email: admin@catagroup.org.au
Website: catagroup.org.au

CATA offers a day centre for people with disabilities and those who are, providing centre based art, woodwork, pottery and other creative and therapeutic activities, and social outings, in a safe and supportive environment. Open to clients six days a week. Please contact the centre for more information.

Warwick Seniors Group

Venue/Facility: Warwick Community Hall, 12 Dorchester Avenue, Warwick
Phone: 9448 0856
Email: jill-diana@hotmail.com

A social club for over 55s that provides activities such as mah-jong and English sequence dancing. Dancing is hosted on Mondays and Thursdays between 9.30am – 11.30am, with evening sessions on the first Friday evening of each month, 7.30pm – 10.30pm. Mah-jong sessions are held on Tuesdays between 12.00pm – 3.00pm. Fees apply.
South Ward Groups and Activities
Duncraig, Marmion, Warwick

Other groups that service this area that may be of interest:

**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
South Ward Groups and Activities
Duncraig, Marmion, Warwick
Essential Services in Your Community

Home and Community Care (HACC) Program
The Western Australian (HACC) Program is a joint funding initiative of the Commonwealth and WA State Governments to provide basic support services for Australians over the age of 65 and their carers to assist them to continue living independently at home. HACC aims to maximise people’s independence and can provide basic support for people to:

- Participate in social activity in a group or one-on-one;
- Help with everyday household tasks and essential activities such as shopping and banking; and
- Enhance nutrition, function, strength, independence and safety

To organise an individual assessment, call the Regional Assessment Service on 1300 785 415.

Advocare Incorporated
Advocare is an independent, community based, not for profit organisation that supports and protects the rights of older people and people with disabilities. This organisation provides advocacy, information and education to senior individuals for issues relating to quality of care services and elder abuse through family networks. For further information please call 9479 7566 or visit advocate.org.au

Additionally, the Elder Abuse Hotline can be reached on 1300 724 679.
Seniors Card Centre
This Seniors Card Centre provides information and rebates regarding accommodation options, education, finance and business, health and lifestyle. Call 1800 671 233 between 9.00am – 3.00pm on weekdays, or visit seniorscard.wa.gov.au for further information.

Older People’s Rights Service
This service is a partnership between Advocare and the Northern Suburbs Community Legal Centre. This is a free legal service for older people experiencing elder abuse as well as crisis counselling and support, information, education and referrals. Call 9440 1663 to enquire, or visit nscllegal.org.au for further information.

Telecross
Telecross is a free service run by Red Cross provides people who are elderly or housebound with a reassuring daily phone call to ensure that they are safe and well. Call 1300 885 698 for further information.

Joondalup Health Campus
Joondalup Health Campus provides services including rehabilitation and acute aged care medicine, and Allied Health Services such as physiotherapy to ensure you are fit and well. It is also the emergency department for the northern corridor. Situated on the corner of Grand Boulevard and Shenton Avenue, Joondalup, the health campus can be contacted on 9400 9400. In the event of an emergency, call 000 or in the event of a mental health emergency, contact 1300 555 788.