



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 or call **9400 4705** or visit the City of Joondalup Community Directory at 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, call **9400 4734** or email 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

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.

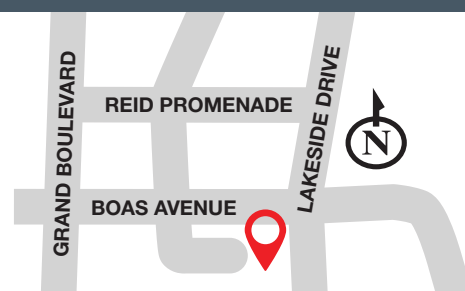
To find out what else is offered at the City of Joondalup Libraries, contact your local library or call **9400 4751**.

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**.

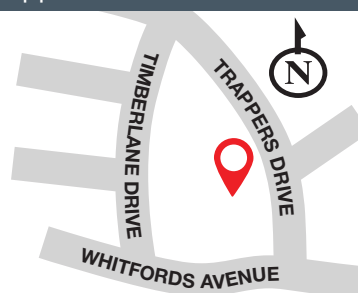
Joondalup – 9400 4707
102 Boas Avenue



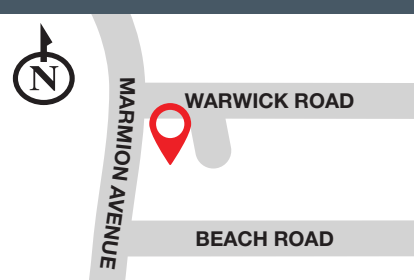
Whitford – 9400 4870
Cnr Marmion Avenue and Banks Avenue



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.

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

Name	Northern Friendship Group Inc
Location	Operates from various locations in region
Phone	0459 660 058; 0404 283 246
Email	barbaracooper1@hotmail.com
Details	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.

Name	Seniors Social Group Joondalup
Location	Operates from various locations in region
Phone	0419 936 503; 0415 271 500
Email	seniors.social.group@gmail.com
Details	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



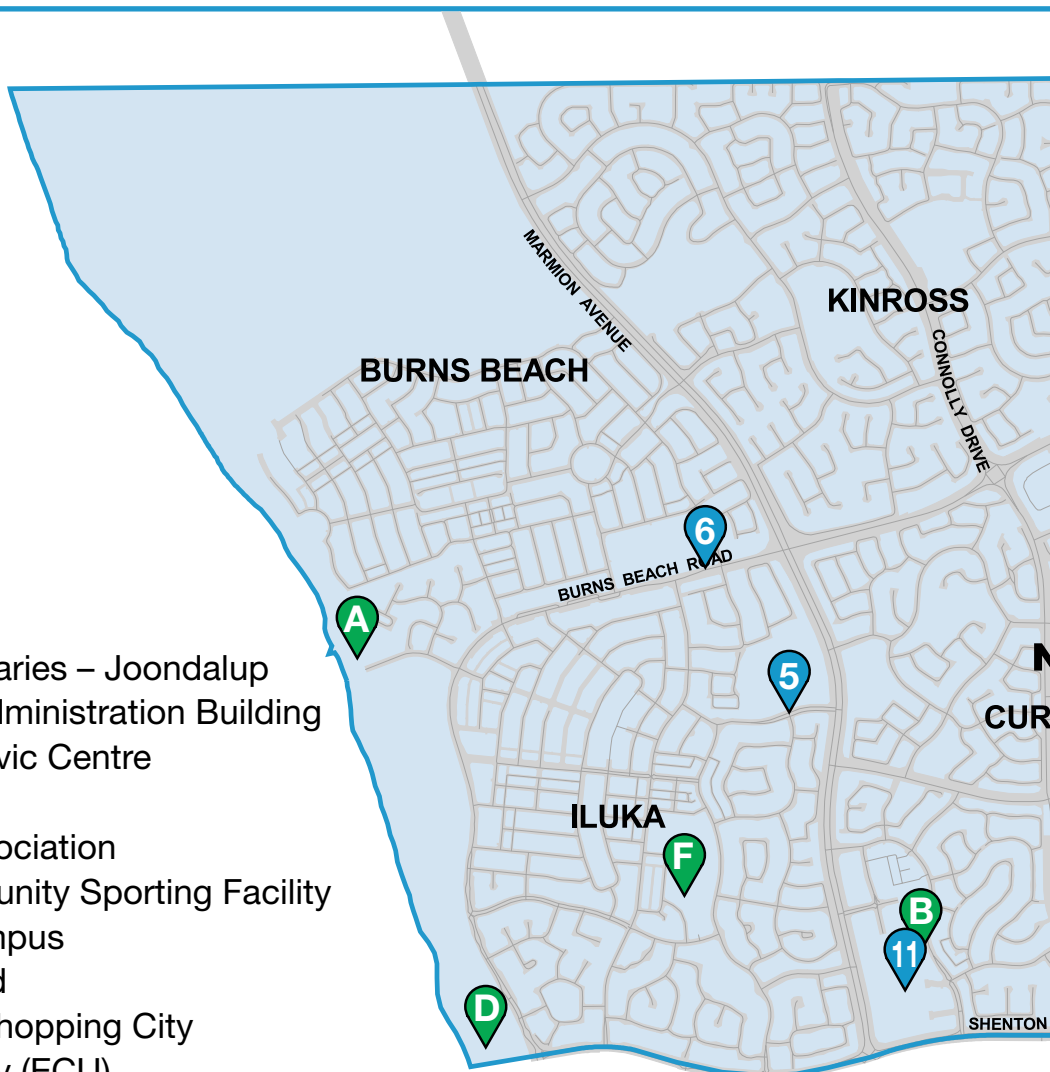
Key Locations

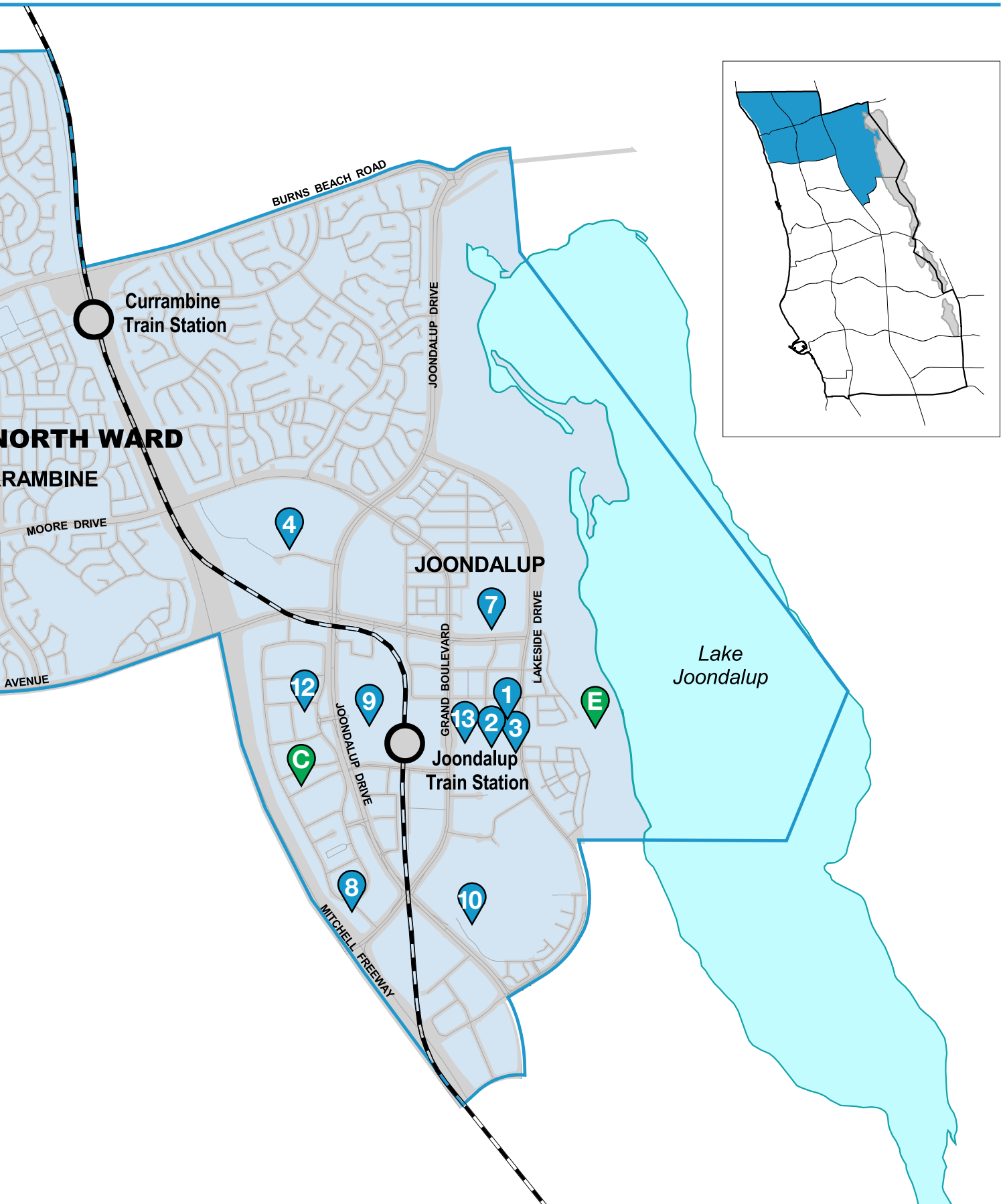
- 1 City of Joondalup Libraries – Joondalup
- 2 City of Joondalup – Administration Building
- 3 City of Joondalup – Civic Centre
- 4 HBF Arena
- 5 Joondalup Sports Association
- 6 Bramston Park Community Sporting Facility
- 7 Joondalup Health Campus
- 8 Joondalup Men's Shed
- 9 Lakeside Joondalup Shopping 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

Website 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

Website 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

Website 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

4

Name	HBF Arena
Location	Kennedya Drive, Joondalup
Phone	9300 3355
Email	contactus@hbfarena.com.au
Website	hbfarena.com.au
Details	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

Name	Joondalup Bowling Club Inc
Location	Joondalup Sports Association 6 Miami Beach Promenade, Iluka
Phone	9304 1131
Email	secretary@joondalupbowls.com.au
Website	joondalupbowls.com.au
Details	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

Name	Joondalup City Probus Club
Location	Bramston Park Community Sporting Facility Mattingleys Approach, Burns Beach
Phone	0438 173 417
Email	sec.jcprobusclub@outlook.com
Email	joondalupcityprobus.sec@iinet.net.au
Details	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

Name	Peter Cowan Writers Centre Inc (PCWC)
Location	Edith Cowan University Campus Building 20 – Cowan House, 270 Joondalup Drive, Joondalup
Phone	0410 909 016
Email	PeterCowanWritersCentre@outlook.com
Website	pcwc.org.au
Details	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

Name	Prime Movers Inc (Northern Suburbs)
Location	Currambine Community Centre 64 Delamere Avenue, Currambine
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 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

Name	Retirees WA Joondalup and Districts Branch
Location	Currambine Community Centre, 64 Delamere Avenue, Currambine
Phone	9307 5603 or 0438 072 661
Email	luciendat@iinet.net.au
Details	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

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



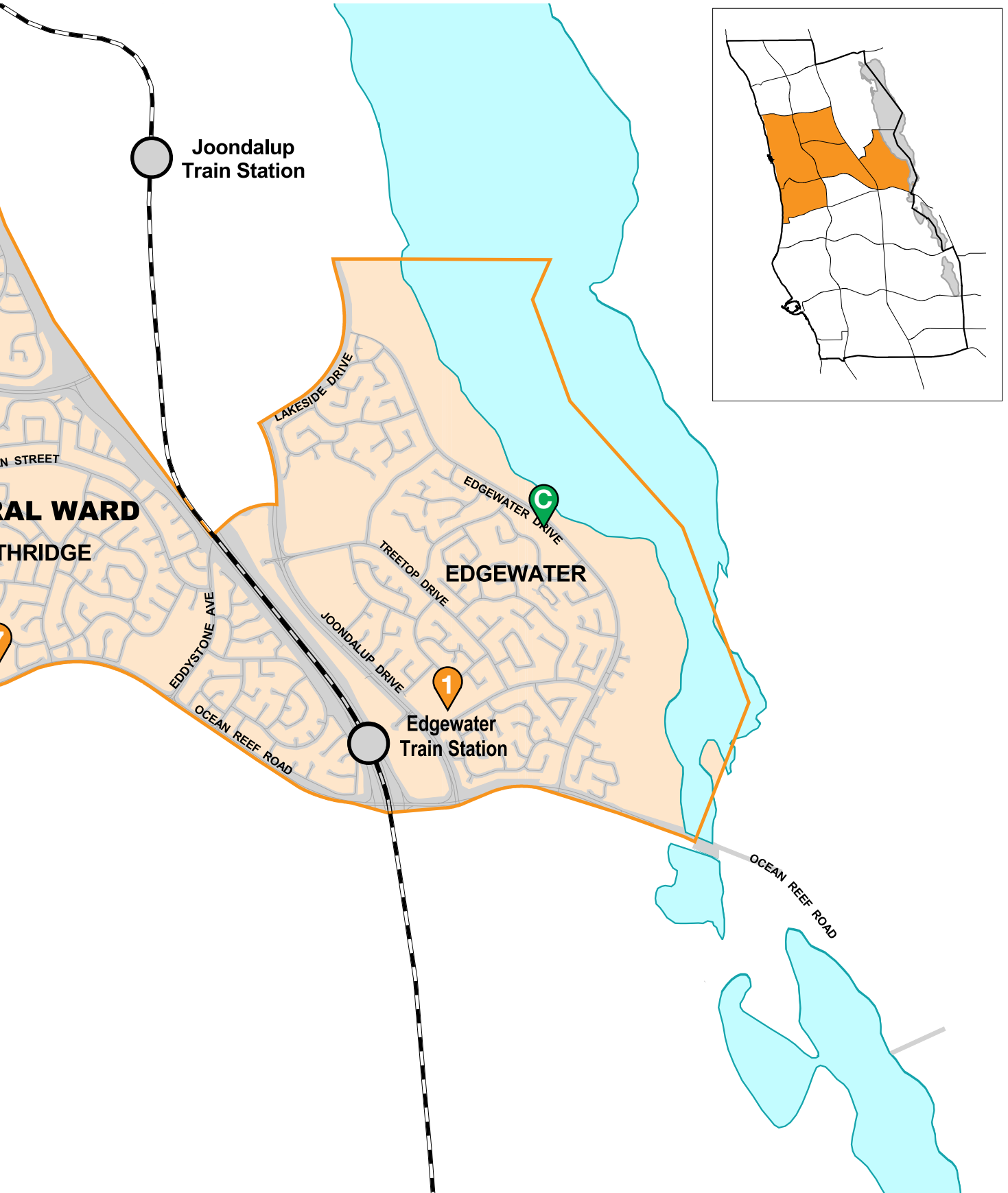
Key Locations

- 1 Emerald Park Clubrooms
- 2 Joondalup Resort and Country Club
- 3 True North Church
- 4 Connolly Community Centre
- 5 Ocean Reef Sea Sports Club
- 6 Beaumaris Community Hall
- 7 Heathridge Community Centre



Parks

- A. Heathridge Park
- B. Lexcen Park
- C. Picnic Cove Park
- D. Tom Simpson Park



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

Name **Let's Get Arty – Art Group****Location** **Heathridge Community Centre
16 Sail Terrace, Heathridge****Phone** **0413 307 855****Email** **dawndoug@westnet.com.au****Details** 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

Name **National Seniors Australia (NSA) - Joondalup Branch****Location** **Connolly Community Centre
Glenelg Place, Connolly****Phone** **1300 765 050****Email** **nsa.joondalup@gmail.com****Website** **nationalseniors.com.au****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.

5

Name **Ocean Reef Sea Sports Club****Location** **Ocean Reef Marina
Boat Harbour Quays, Ocean Reef****Phone** **9401 8800****Email** **office@orssc.asn.au****Website** **orssc.asn.au****Details** 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 **Beumaris 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

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



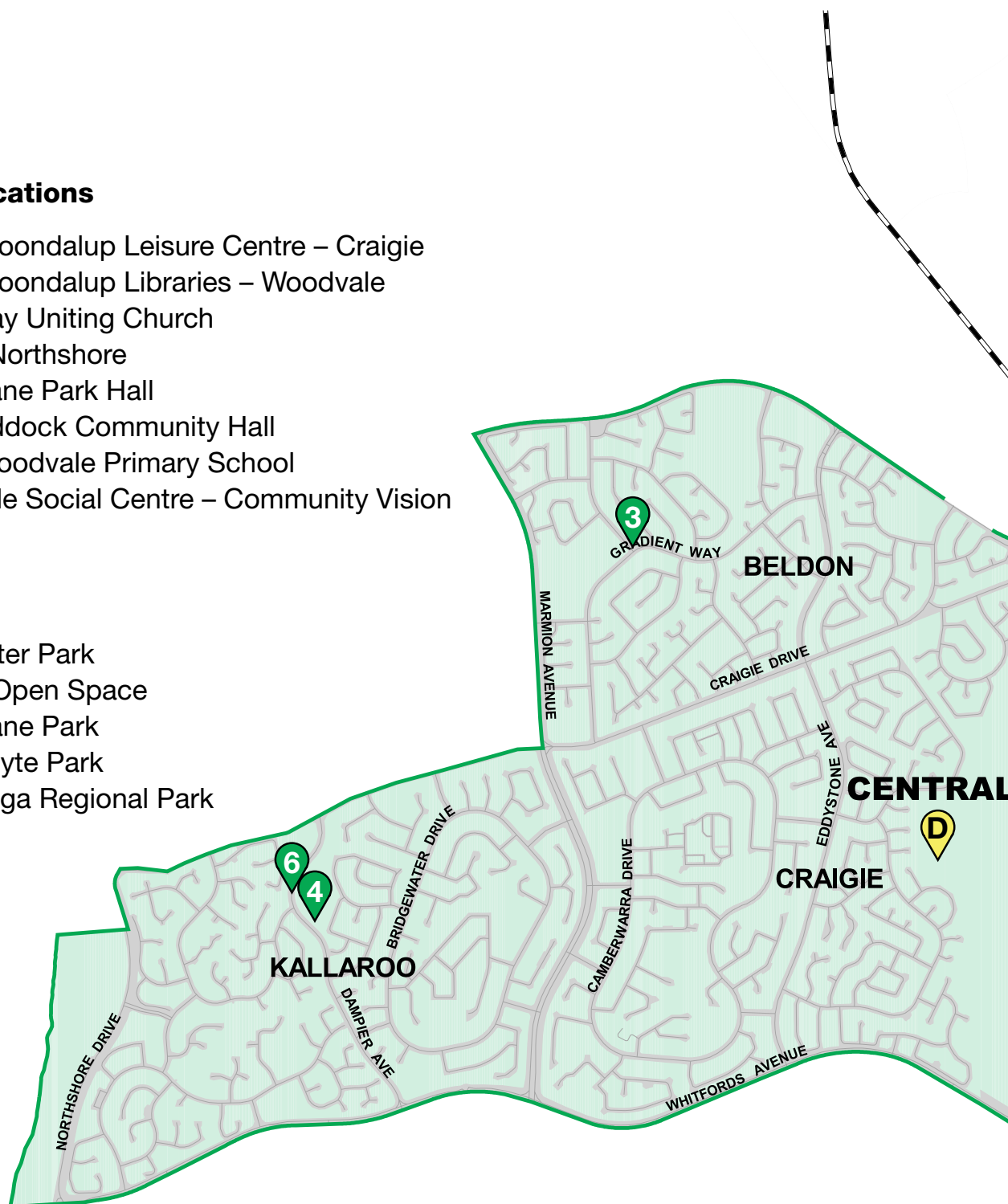
Key Locations

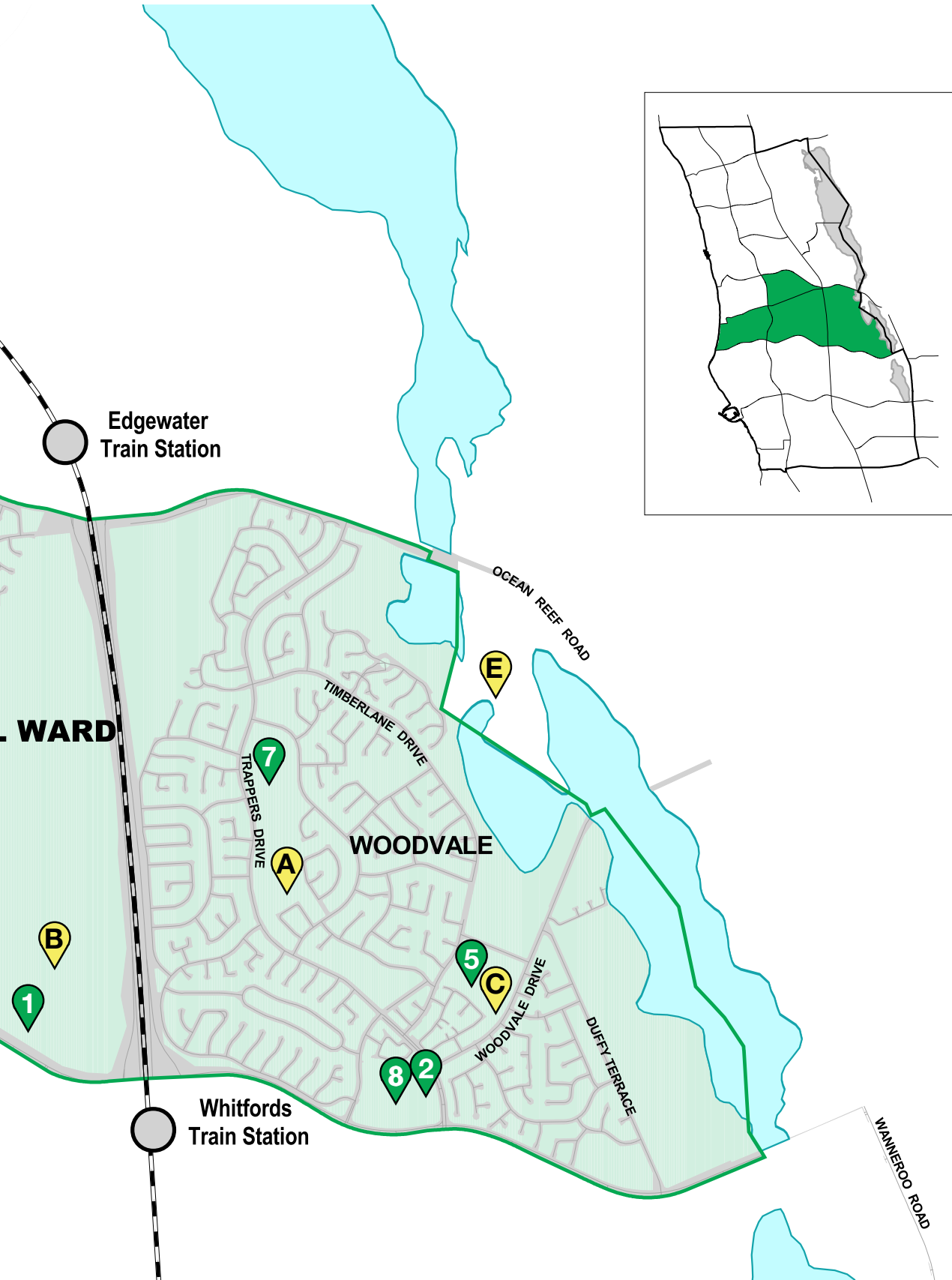
- 1 City of Joondalup Leisure Centre – Craigie
- 2 City of Joondalup Libraries – Woodvale
- 3 NorthWay Uniting Church
- 4 St Ives Northshore
- 5 Timberlane Park Hall
- 6 Rod Baddock Community Hall
- 7 North Woodvale Primary School
- 8 Woodvale Social Centre – Community Vision



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**

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.

1

6

Name	University of the Third Age (U3A) – Joondalup
Location	Rob Baddock Community Hall, 160 Dampier Avenue, Kallaroo
Phone	0439 806 820
Email	U3ajoondalupregion@outlook.com
Website	u3awa.org
Details	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

Name	Wanjoo Seniors Group
Location	Woodvale Social Centre (Community Vision), 5 Trappers Drive, Woodvale
Phone	9405 1698
Email	margcrawf@hotmail.com
Details	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

Name	Whitford Masters Swimming Club
Location	City of Joondalup Leisure Centre – Craigie, Whitfords Avenue, Craigie
Phone	0411 773 023
Email	president@whitfordmastersswimming.org.au
Details	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

Resident and Ratepayer Associations

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

Natural Areas Friends Groups

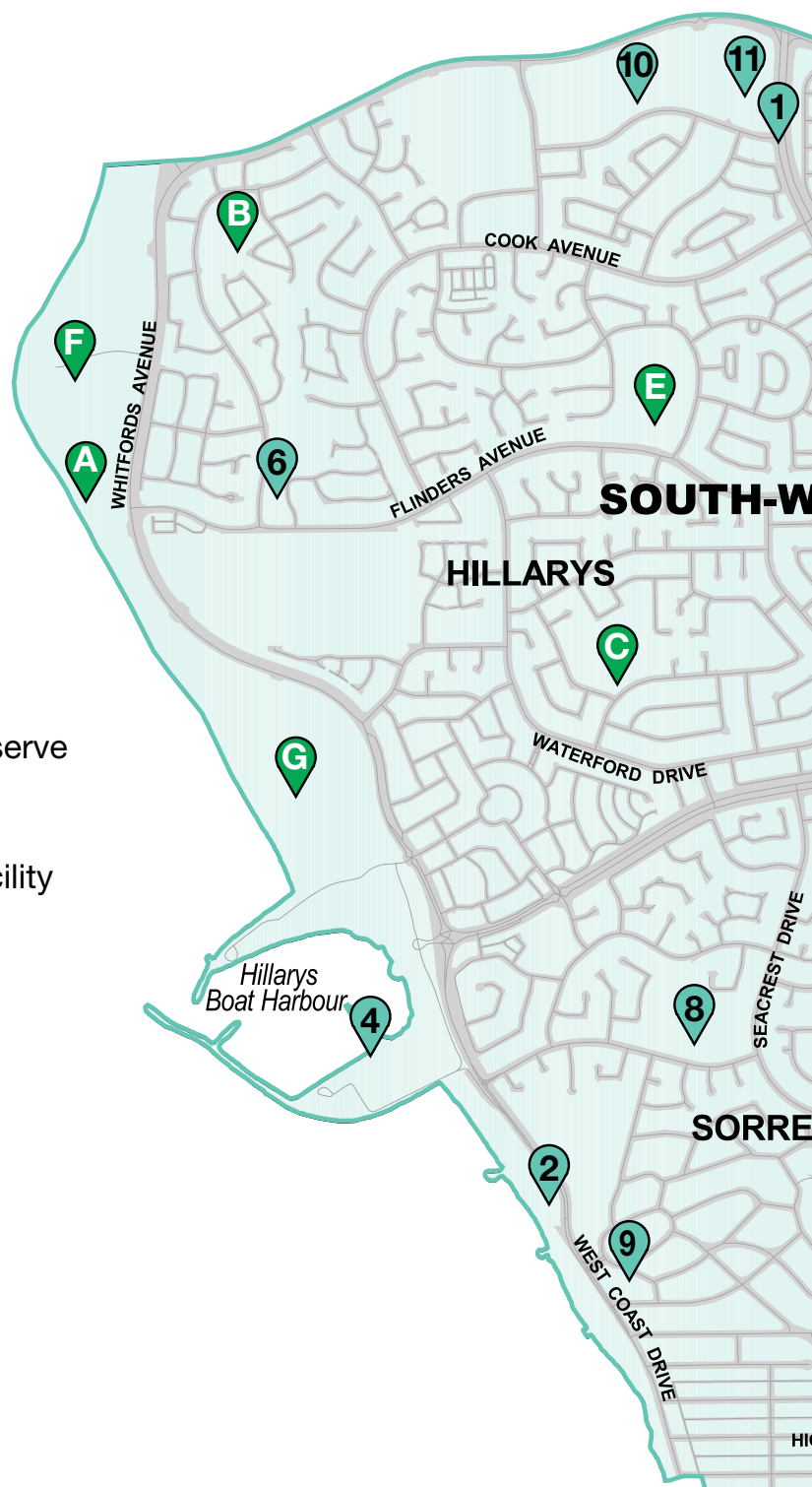
- Friends of Craigie Bushland
- Friends of Maritana Bushland





South-West Ward Map

Hillarys, Padbury, Sorrento



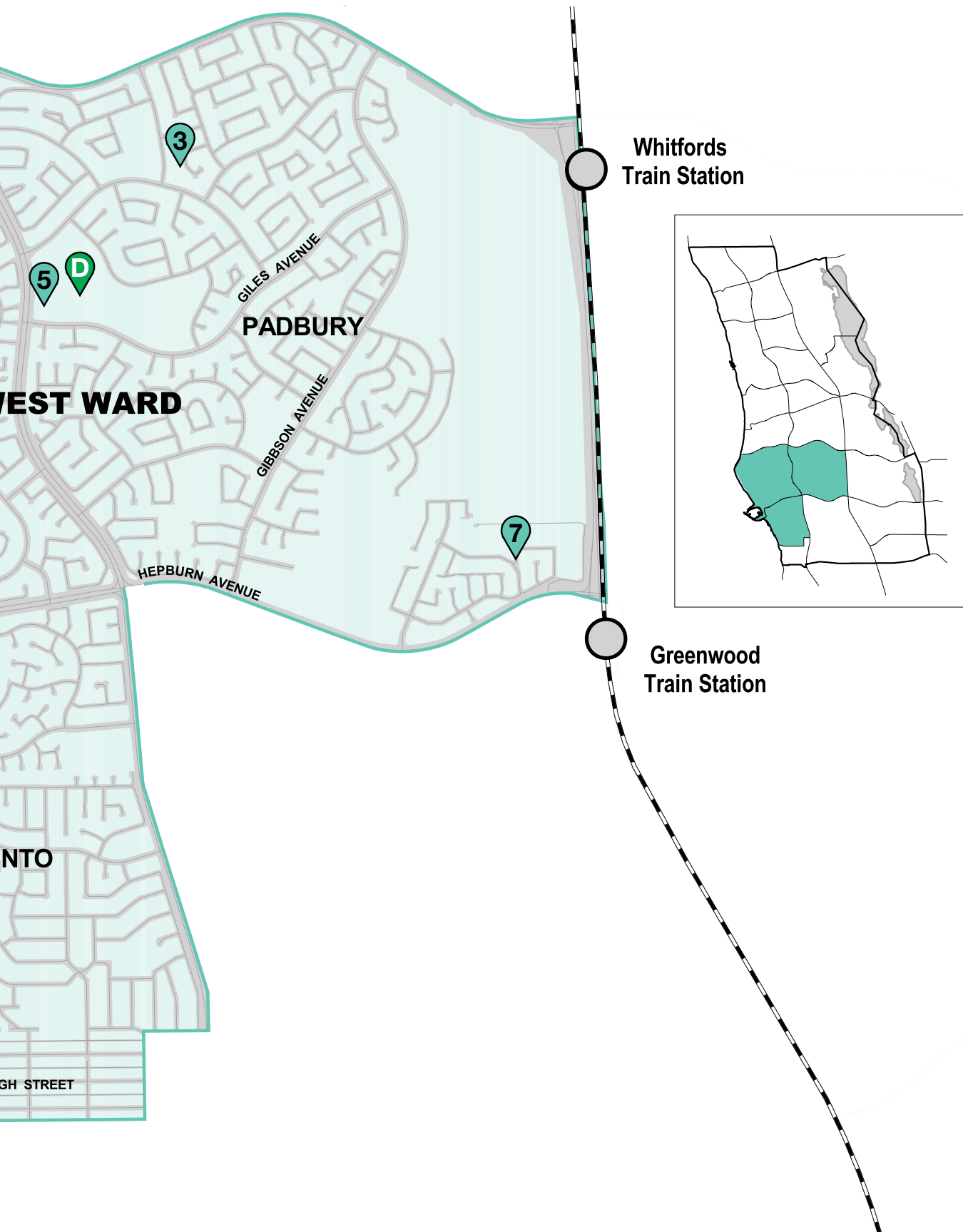
Key Locations

- 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

Name	City of Joondalup Libraries – Whitford
Location	15 Banks Avenue (Cnr Marmion and Banks Avenue), Hillarys
Phone	9400 4870
Email	libraries@joondalup.wa.gov.au
Website	joondalup.wa.gov.au
Details	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

Name	Cycling Without Age – Affiliate Sorrento
Location	Sorrento Surf Lifesaving Club (SSLC) 189 West Coast Drive, Sorrento
Phone	0416 089 253
Email	alanagh@cyclingwithoutage.org.au
Website	cyclingwithoutage.org.au
Details	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

Name	Easybeat Walkers
Location	Padbury Hall 2 Caley Road, Padbury
Phone	0418 940 033
Email	tv1@multiline.com.au
Details	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

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

Website 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

Website 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

Name	Joondalup Volunteer Resource Centre (JVRC)
Location	15 Banks Avenue, (Corner of Marmion and Banks Avenue), Hillarys (Whitford Library)
Phone	9400 4734 or 0417 943 718
Email	volunteer@joondalup.wa.gov.au
Website	joondalup.wa.gov.au

Details 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.

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.

6

Name	Kallaroo Embroidery Group
Location	Flinders Park Community Hall, Broadbeach Avenue, Hillarys
Phone	0428 849 583
Email	karenhorton86@gmail.com

Details 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.

7

Name	LIFEplus
Location	C3 Church Hepburn Heights, 31 Chadlington Drive, Padbury
Phone	9307 5000
Email	info@c3hh.com.au
Website	c3hh.com.au

Details 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.

6

Name **National Seniors Australia (NSA) – Hillarys and Districts Branch Inc**

Location **Flinders Park Community Hall
Broadbeach Avenue, Hillarys**

Phone **0438 996 186; 1300 765 050**

Email **secretarynsahillarys@gmail.com**

Website **nationalseniors.com.au**

Details 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

Name **Northern Districts Bridge Club**

Location **Seacrest Park Community Sporting Facility
93 Seacrest Drive, Sorrento**

Phone **9203 8172**

Email **ndbc6793@gmail.com**

Website **ndbc.bridgeaustralia.org**

Details 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

Name **Probus Club of Kingsley Inc**

Location **Padbury Hall
2 Caley Road, Padbury**

Phone **0458 281 995**

Email **timothy.hodgkins@bigpond.com**

Website **probuswa.wordpress.com**

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).

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

Name	Westfield Whitford City
Location	Corner of Marmion Avenue and Whitfords Avenue, Hillarys
Phone	9308 2751
Email	whitfordcity@scentregroup.com
Website	westfield.com.au/whitfordcity
Details	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

Name	Whitford Senior Citizens Club
Location	15 Banks Avenue (Cnr Marmion and Banks Avenues), Hillarys
Phone	9401 1292
Email	whitfordseniors@gmail.com
Details	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.

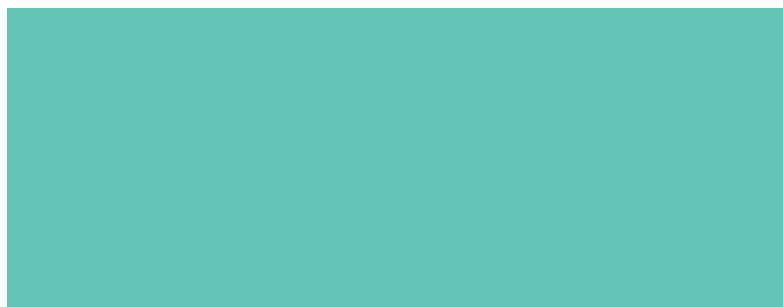
Further information regarding other groups that service the South-West Ward can be found at joondalup.wa.gov.au

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



Key Locations

- 1** Penistone Park Community Sporting Facility
- 2** Meerilinga Family Centre
- 3** Kingsley Masonic Hall (Cunrow Knucky Hall)
- 4** Kingsley Church of Christ
- 5** Kingsley Memorial Clubrooms
- 6** St Anselms Anglican Church
- 7** Trinity North Uniting Church

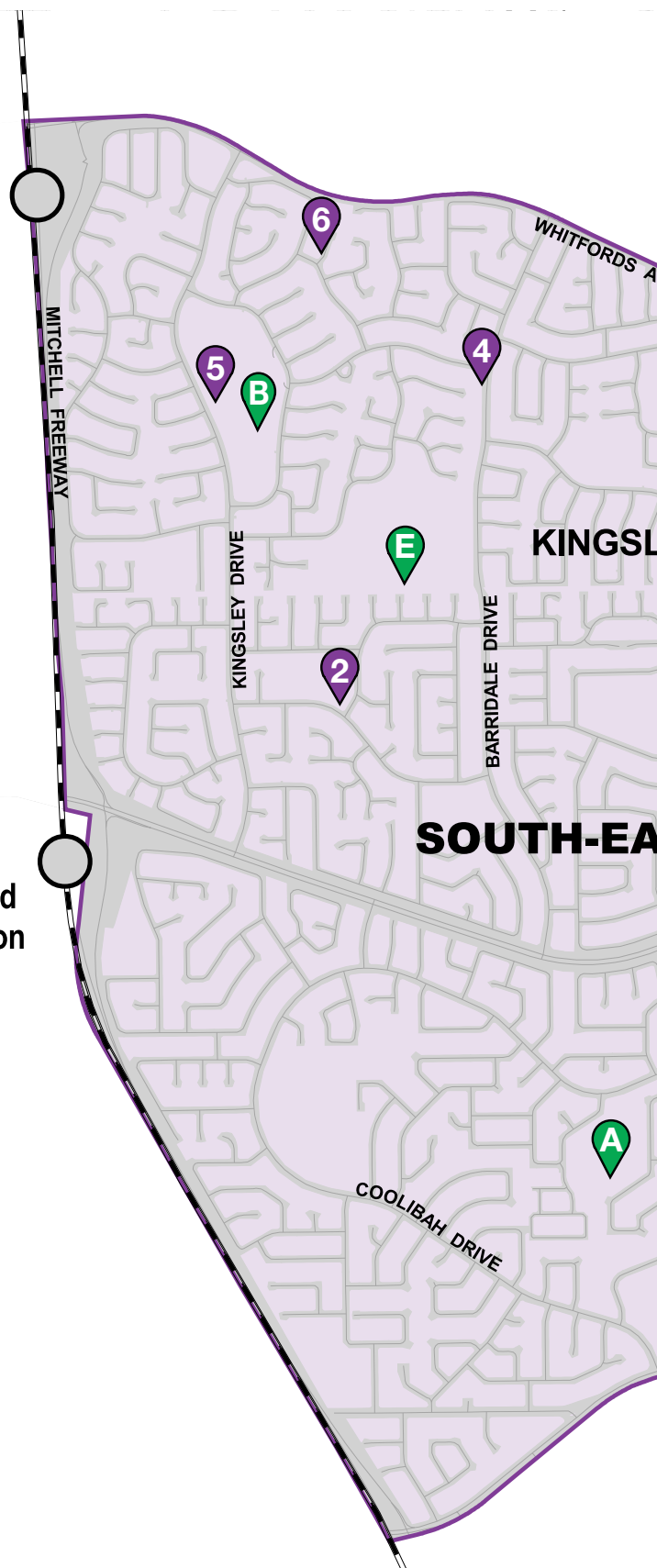


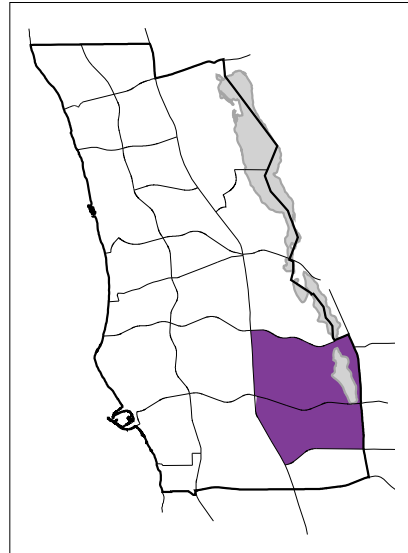
Parks

- A** Blackall Park
- B** Kingsley Park
- C** Moolanda Park
- D** Penistone Park
- E** Shepherds Bush Park

Whitfords
Train Station

Greenwood
Train Station





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@tnuca.org.au**

Website **tnuca.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

Resident and Ratepayer Associations

- Kingsley and Greenwood Residents' Association Inc

Natural Areas Friends Groups

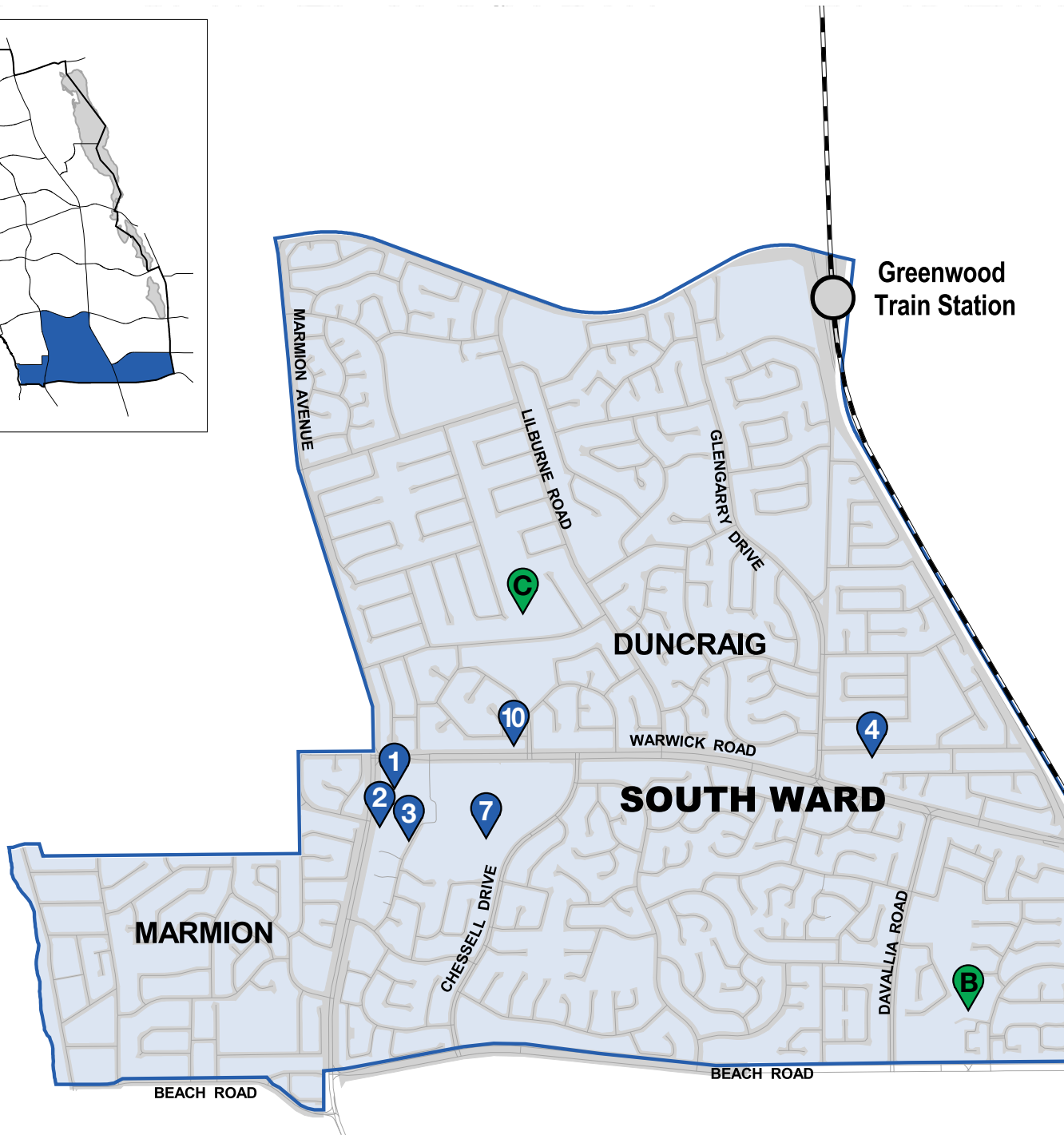
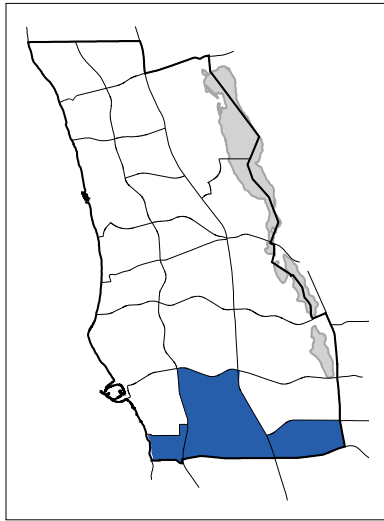
- Friends of Cadogan Park
- Friends of Shepherd Bush Park





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@duncraignediblegarden.org.au

Website duncraignediblegarden.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

Name **Duncraig Senior Citizens Centre**

Location **Mildenhall**
49 Beddi Road, Duncraig

Phone **0417 946 190 (President) or 0499 924 088 (Secretary)**

Email **jolo3@bigpond.com**

Details 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

Name **Duncraig Seniors Social Badminton Club Inc**

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

Phone **0400 215 764**

Email **udjosch@iinet.net.au; dmur@bigpond.com**

Details 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

Name **Glengarry Private Hospital**

Location **53 Arnisdale Road, Duncraig**

Phone **9447 0111**

Website **glengarryprivate.com.au**

Details 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.

Name	Golden Oldies (Tenpin Bowling)
Location	Super Bowl Warwick, 12 Dugdale St, Warwick
Phone	0417 939 638
Email	secoleman@iinet.net.au
Website	superbowl.com.au
Details	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

Name	Grandparents Rearing Grandchildren WA
Location	The Grove, 6 Dugdale Street, Warwick
Phone	9246 4753; 0418 431 964
Email	secretary@grgwa.org.au
	grandparentsrearinggrandchildren.org.au
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 and information to several services – childcare, vacation care, budgeting and financial advice, food relief, counselling information.

6

Name	Greenwood Tennis Club Inc – Senior Social Play
Location	Lloyd Drive, (behind Warwick Senior High School), Warwick
Phone	0408 922 347
Email	svdelfos@outlook.com
Website	greenwoodtennis.org.au
Details	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

Name **Marmion Probus Club (Mixed) Inc**

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

Phone **0478 628 605**

Email **marmion@probusclubs.com.au**

Details A not-for-profit organisation providing fun, friendship and fellowship to retirees. Meets on the second Monday of each month at 9.45am.

8

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

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

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 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

Name **Rise Creatives – Arts Hub**

Location **Greenwood Warwick Community Care Centre
12 Dorchester Avenue, Warwick**

Phone **9448 8804**

Email **sandra.jones@risenetwork.com.au**

Website **risenetwork.com.au**

Details 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

Website 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

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

Website 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

Website 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

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

Advocare	Phone: 1300 724 679
Email: rights@advocare.org.au	Web: advocare.org.au
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.	
Aged Care Navigator	Phone: 1300 025 298 or 9472 0104
Email: agedcareinformation@cotawa.org.au	Web: cotawa.org.au
Free and independent aged care and aged care supports information service of COTA (Council on the Ageing).	
Alzheimer's WA	Phone: 1300 667 788
Email: support@alzheimerswa.org.au	Web: alzheimerswa.org.au
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.	
Beyond Blue	Phone: 1300 224 636
	Web: beyondblue.org.au
Providing advice and support via telephone 24/7, daily web chat (between 3.00pm – 12.00am) and email (with a response within 24 hours).	
Black Swan Health Ltd	Phone: 9201 0044
Email: info@blackswanhealth.com.au	Web: blackswanhealth.com.au
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.	
Carer Gateway	Phone: 1800 422 737
	Web: carergateway.gov.au
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.	

Carers WA	Phone: 1300 227 377
Email: info@carerswa.asn.au	Web: carerswa.asn.au
Services include information and resources, counselling, education/training, social support, carer advocacy and representation and young carers.	

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

Citizens Advice Bureau – Joondalup Branch	Phone: 9301 2833
Email: joondalup@cabwa.com.au	Web: cabwa.com.au
Location: Lotteries House, Unit 5/70 Davidson Tce, Joondalup	
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.	

Companion Card	Phone: 1800 617 337
	Web: wa.companioncard.org.au
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.	

Concessions WA	Phone: 6217 6888
	Web: concessions.wa.gov.au
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.	

Connect Groups WA	Phone: 9364 6909
Email: info@connectgroups.org.au	Web: connectgroups.org.au
A directory of support programs offering assistance to new and existing community groups.	

COTA (WA)	Phone: 9472 0104
Email: admin@cotawa.org.au	Web: cotawa.org.au
<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 COTA website 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 COTA website.</p>	

Elder Abuse Helpline – WA	Phone: 1300 724 679
	Web: advocare.org.au
<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>	

GP Mental Health Care Plan	Phone: 1300 724 679
<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>	

GRAI - GLBTI Rights in Ageing Inc	Email: info@grai.org.au
	Website: grai.org.au
<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>	

Health Direct	Phone: 1800 022 222
	Web: healthdirect.gov.au
<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>	

Indigo (formerly Independent Living Centre)	Phone: 1300 885 886
	Web: ilc.com.au
Location: 11 Aberdare Road, Nedlands	
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.	

Injury Matters	Phone: 1300 303 540
	Web: stayonyourfeet.com.au
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.	

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

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

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

Metropolitan Migrant Resource Centre (MMRC)	Phone: 9345 5755
Email: admin@mmrcwa.org.au	Web: mmrcwa.org.au
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.	

My Aged Care	Phone: 1800 200 422
	Web: myagedcare.gov.au
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.	

National Seniors	Phone: 1300 765 050
	Web: nationalseniors.com.au
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.	

Northern Suburbs Community Legal Centre Inc	Phone: 9301 4413
Email: joondalup@nsclegal.org.au	Web: nsclegal.org.au
Location: Edith Cowan University, Building 1, 270 Joondalup Drive, Joondalup	
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.	

Older People's Rights Service	Phone: 9301 4413; 9440 1663
Email: joondalup@nsclegal.org.au	Web: nsclegal.org.au
Location: Edith Cowan University, Building 1, 270 Joondalup Drive, Joondalup	
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.	

Pets of Older Persons (POOPS) WA Inc.	Phone: 1300 110 092
Email: admin@poopswa.org.au	Web: poopswa.org.au
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.	
QLife	Phone: 1800 184 527
	Website: qlife.org.au
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 qlife.org.au to access web chat, available 3.00pm – midnight.	
Seniors Card Centre	Phone: 6551 8800 or 1800 671 233
Email: info@seniorscard.wa.gov.au	Web: seniorscard.wa.gov.au
Location: 140 William Street, Perth WA 6000	
This service provides information and rebates regarding accommodation options, education, finance and business, health and lifestyle.	
Seniors Housing Advisory Centre (SHAC)	Phone: 1300 367 057
Email: seniors.housing@dmirs.wa.gov.au	Web: commerce.wa.gov.au
Location: Level 2, 140 William St, Perth	
Free independent information and advisory service covering the full range of housing options available for seniors.	
The Spiers Centre	Phone: 9401 2699
Email: info@thespierscentre.com.au	Web: thespierscentre.com.au
Location: 2 Albatross Court, Heathridge	
Food, clothing, vouchers, financial counselling and emergency relief. Please call for more information or appointments.	
Taxi User Subsidy Scheme	Phone: 1300 660 147
	Web: transport.wa.gov.au
Subsidy available to eligible people with disabilities (including frailty) travelling in taxis. Referrals can be made through medical practitioners.	

Telecross Service	Phone: 1300 885 698
	Web: redcross.org.au
A reassuring daily morning telephone call to check on the wellbeing of seniors and people with disabilities who are living alone.	

Transperth – Public Transport	Phone: 13 62 13 or 1800 800 022
	Web: transperth.wa.gov.au
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.	

Wanslea Grandcare	Phone: 1800 008 323
Email: support@wanslea.asn.au	Web: wanslea.asn.au
Location: 110 Scarborough Beach Road, Scarborough	
Information, advocacy and financial support services for grandparents raising grandchildren fulltime. Check out the Grandcarers Support Scheme.	

Women's Domestic Violence Helpline	Phone: 1800 007 339
	Website: dcp.wa.gov.au
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.	

Women's Health and Family Services	Phone: 1800 998 399 or 6330 5400
Email: infojoondalup@whfs.org.au	Web: whfs.org.au
Location: Joondalup Lotteries House, Suite 6, 70 Davidson Terrace, Joondalup	
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.	

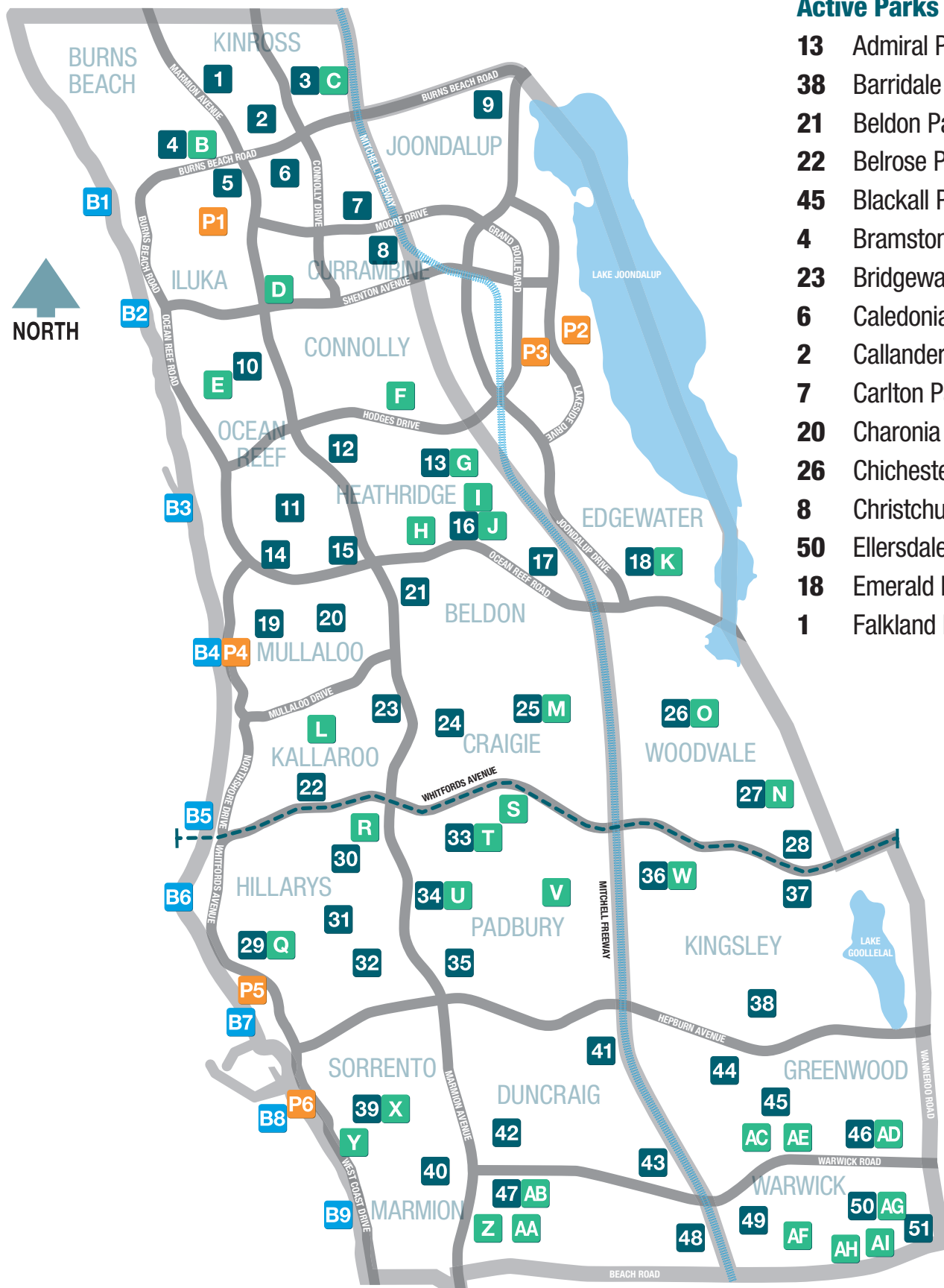
Activities and Groups List

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



Active Parks

- 13** Admiral Park
- 38** Barridale Park
- 21** Beldon Park
- 22** Belrose Park
- 45** Blackall Park
- 4** Bramston Park
- 23** Bridgewater Park
- 6** Caledonia Park
- 2** Callander Park
- 7** Carlton Park
- 20** Charonia Park
- 26** Chichester Park
- 8** Christchurch Park
- 50** Ellersdale Park
- 18** Emerald Park
- 1** Falkland Park

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.*