

Connect Victoria Park

THE AGELESS

FREE

PLEASE TAKE ONE

**THE VILLAGE HUB
GOES ON THE ROAD**

**LETS GET SOCIAL
-DISCO BINGO AND
WINE
APPRECIATION**

**NATIONAL
VOLUNTEER WEEK**

For those who know that age is just a number

VILLAGE HUB MEMBERSHIP

Become a Village Hub Member for just \$50.00 per year and pay as little as \$3 for individual classes (with class packs)

Why join the Village Hub?

- Feel part of a community.
- Meet others with similar interests and expand on them together.
- Ask for assistance from other members when you need it. or offer to help, enabling us all to age well in the community we love.
- Access to Member Help Centre for free one on one help.
- Access to exclusive member newsletter and online content.
- Get great satisfaction in helping others by becoming a group leader, kitchen volunteer, event helper or doing small tasks for fellow members.
- Receive more than 30% discount on over 10 classes per week including Art, Dance and Fitness.
- Access to class packs providing further discount on our well priced classes.
- 20% Discount on already subsidised podiatry services.
- Attend social activities such as Community Lunch and Special Events at discounted member rates.

BECOME A MEMBER TODAY AND RECEIVE ALL THIS FOR LESS THAN A DOLLAR A WEEK!

CLASS PACKS

5 CLASS PACK
\$25

Attend any five classes
(\$5 per class)
Valid for 2 months

15 CLASS PACK
\$60

Attend any fifteen
classes (\$4 per class)
Valid for 2 months

30 CLASS PACK
\$90

Attend any thirty
classes (\$3 per class)
Valid for 3 months

To Join



INCLUDED CLASSES

- Active for Life
- Active for Life -Circuit
- Art Class
- Ballroom Fit
- Chair Yoga
- Improvers Line Dancing
- Pilates
- Rawhides - Beginners Line Dancing
- Shibashi Tai Chi
- Strength and Mobility
- Zumba

FROM THE EDITOR

2024 has already been filled with celebrations and new developments. We are thrilled to have been able to celebrate our volunteers. With National Volunteer Week coming up in May, in this issue we look at why volunteering is not only great for the community, but can also have a positive effect on your wellbeing.

In March, we were pleased to attend the Swan International Women's Day Breakfast, hosted by Zaneta Mascarenhas MP, Federal Member for Swan. Representing Connect Victoria Park were members of staff along with some of our group leaders and volunteers. We were delighted to nominate Volunteer Board Member, Kay Clark and Mackie Street Singers coordinator Jan Mason for the Swan Senior Woman of the Year award and acknowledge their substantial contribution to our community.

Our 6th birthday celebration was also an opportunity to extend a well deserved thankyou to all of our dedicated volunteers. Your commitment and contribution are instrumental in shaping our vibrant and thriving community. It is your participation that makes the Village Hub special.

We were pleased to be able to welcome Zaneta to this event and have the opportunity to acknowledge her for her invaluable support in securing funding for the blue acoustic curtains in the hall as well as our new hearing augmentation devices. These devices will play a vital role in enhancing the experience of those with hearing difficulties, making our classes, talks, and workshops more accessible. If you or anyone you know could benefit from this equipment, please don't hesitate to ask us.

Also in this issue - we profile the Social dimension of wellness and in the coming months we're excited to be working with you, our members, to host some brand new social events. You can find the details of some of these on the following pages.

We look forward to seeing you at an event soon.

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volunteers Dian, Jan,
Kay, Anita and Libby at
the Swan International
Women's Day Awards
Breakfast



THE SEVEN DIMENSIONS OF WELLNESS

Social

In this edition, we look at another of the Seven Dimensions of Wellness as defined by the International Council of Active Ageing - the Social Dimension.

These can be used as a practical strategy for making your life better and improving life satisfaction, and is the principle that lies at the heart of the programmes offered at our Village Hub.

While it's widely recognised that good nutrition, exercise and good physical health, are essential for healthy ageing, it's equally important to understand the significance of social wellbeing in this process.

About a quarter of Australia's older adults grapple with loneliness, according to the Australian Psychological Society and the consequences of social isolation are complex. Research has consistently shown that those with strong social networks tend to live longer, respond better to stress, and enjoy various health benefits, including improved immunity.

There are many ways to improve your social wellbeing – you can participate in a variety of activities, join group discussions, clubs or organisations that align with your interests, volunteer in the community, keep in regular touch with friends and family, and also reflect on your own personal social needs. These actions not only foster connections but also contribute to emotional wellbeing. The power of social interactions cannot be overstated.

Social wellbeing is also about cultivating and maintaining healthy, reciprocal relationships. Positive social connections can offer comfort and support during difficult times and can also make you resilient in coping with challenges. It's not just about the sort of social activities you do but also about how you choose to interact, express yourself, and form personal connections with others in your community.



An active social life has many benefits, such as elevating mood, enhancing cognitive health, reducing the risk of age-related cognitive decline, and adding variety to your life. It also adds depth and meaning to life through the sharing of special moments, big or small, with friends and loved ones. When we are socially connected and have stable, supportive relationships, we are more likely to make healthy choices and experience better mental and physical health outcomes.



At the Village Hub, we offer many programmes designed to foster socialisation and community engagement. Our programme balances purely social activities and events such as community dinners and lunches, our Out 'N' About series of day trips, and other special one-off events, with classes and other learning opportunities where people socialise while learning a new skill. Member-led activities allow us to socialise while sharing a joint interest. All of these provide opportunities to connect with other members of the Village Hub and form new friendships.

Our volunteering opportunities also provide a platform for socialising while engaging in meaningful activities. These initiatives not only promote physical activity but also create a sense of belonging and connection among our members.

We hope our programmes at the Village Hub can support you on your journey towards holistic wellness, one social connection at a time!



Older Adults Outdoor Adventure

10 Guided Walks

Thursday May 2 - November 7
every 3 weeks
9.30 - 10.30 then coffee

Walks include:- Hyde Park, UWA, Kent St Weir, Karrakatta Cemetery, Tomato Lake, Sunset Hospital and river reserve, Herdsman Lake, Jirdarup Bushland, Elizabeth Quay, Kings Park

Free for CVP tenants
Village Hub members: \$30
Non members 55+: \$35





UNVEILING THE ESSENCE: EXPLORE WA WINES WITH WINE AFICIONADO, GERRY PREWETT

Explore the world of Australian wines, guided by Village Hub neighbour and wine connoisseur, Gerry Prewett. In an evening of wine appreciation, prepare to tantalize your taste buds, as you learn what makes an excellent wine. Sample some new wines that you may not have tried, discover your personal preferences and find out what to look for when purchasing a bottle.

Don your glad rags and get ready to experience the ultimate fusion of bingo music and pop culture from the second part of the 20th century.

Join us this June for a lively twist on a classic game. Disco Bingo will merge quiz rounds and bingo rounds with the energy of the disco floor meeting the fun of bingo and a quiz night.

With our retro bingo board and an a quiz master/bingo caller to keep the fun rolling, you can test your knowledge in our pop culture quiz, win prizes in the games and have a whole lot of fun! It's sure to be an unforgettable Saturday Night.

Get your team together, (we can help you form one if needed) and dust off your best disco gear (there will be a prize for the best dressed).

What are the finer points of wine tasting? Uncover the distinctive flavors that define Australia's best loved wines. Gerry, with his expertise and passion for wines, will lead you through a exploration of what makes some wines memorable and extraordinary.

Join with other Village Hub members and friends to share laughter, and expand your knowledge in a relaxed atmosphere. Whether you're a seasoned wine enthusiast or just beginning to appreciate the complexities of a good bottle, this event promises something special for everyone.

We are hopeful that this will be the first in a series of events that will offer you even more opportunities to try



a broader array of local wines, further expanding your knowledge and appreciation.

Book early as numbers are strictly limited.



AUTUMN/WINTER MORNING TEA AND FASHION PARADE FRIDAY 19 APRIL 10.30AM



BLACK PEPPER



Gumtree Scams - How to Avoid Them

Gumtree has become a staple platform for people looking to buy and sell items online. However, alongside its convenience comes the threat of scams perpetrated by those seeking to exploit unsuspecting users.. Understanding the signs of these scams is important to staying safe online from financial loss and in extreme cases personal harm.



One tactic often used by scammers is to attempt to redirect communication away from the Gumtree platform and onto email. The aim of this is to bypass the security on Gumtree and to engage in fraudulent activities. Scammers also often try to evade in-person meetings, concocting elaborate tales to justify their absence. These stories typically revolve around purported overseas trips or unforeseen circumstances that prevent face-to-face interactions.

Another significant indicator of potential scam is requests for off platform transactions.

Scammers may ask for sensitive information such as bank account details or demand that payments be made upfront, again bypassing Gumtree's safeguards and security.

To stay safe when using Gumtree it is important to conduct all transactions within Gumtree's secure system. They should be wary of any requests to communicate via email and refrain from engaging in off-platform transactions. Report any suspicious activity to Gumtree's support team and contact their financial institutions promptly if they suspect fraudulent behavior.

In the unfortunate event of a scam, swift action is crucial. Report the incident to Gumtree, providing detailed information including ad numbers and any contact details that you have that are associated with the scammer. Simultaneously, reach out to your financial institution to seek assistance in reversing any unauthorised transactions and safeguarding your accounts.

If you are the victim of a scam, you can seek additional support and guidance from organisations like IDCARE, which specialise in assisting people affected by various forms of online fraud.

By remaining aware and adhering to simple rules for online transactions, users can better protect themselves against scams and contribute to a safer digital marketplace environment on platforms like Gumtree. As technology evolves, so too must our awareness and caution in navigating the complexities of online commerce.

You can find out more about this and other topics by attending the Village Hub's monthly Be Connected sessions, or you can book a Member Help Centre appointment with a Village Hub Volunteer or staff member.

NATIONAL VOLUNTEER WEEK 20-26 MAY 2024

In May we join with others around the country to celebrate National Volunteer Week. This year the theme of "Something for Everyone" recognises the diverse passions and talents everyone brings to the act of volunteering.

At the Village Hub, the avenues for volunteering are as varied as the interests and talents of the volunteers themselves. From leading groups and helping a fellow member out, to assisting in our kitchen or helping to coordinate a social community event, there truly is "Something for Everyone." Whether you're passionate about books, the arts, environmental conservation, or simply lending a helping hand, there's a role tailored to your unique strengths and interests.

Importantly, volunteering isn't just about giving; it's about belonging and committing to a cause, group or event that is greater than oneself. It is joining in with others and contributing to your own intellectual, emotional and vocational wellbeing.

The Village Hub is a proud partner of Act Belong Commit, and has recently been invited to be a member of the partner reference group. What we know is that volunteers not only contribute to the well-being of others but also foster a sense of purpose and connectedness within themselves contributing to their own mental health.



As we celebrate National Volunteer Week, let's embrace the notion that there's a place for everyone in the tapestry of volunteering. Together, we can continue to build inclusive communities where everyone can find their place and make a meaningful impact.



MEET A MEMBER JAN MASON



Jan has been a Village Hub member since January 2019, when she joined the "Stay Sharp" wellness program.

She participated in a community choir meetup in February of that year, which later evolved into the Mackie Street Singers. As the coordinator of Mackie Street Singers, Jan played a key role in engaging David Harries as the Musical Director. Together they have cultivated a diverse choir of about 75 members (aged 18 to 93), fostering unity and joy through music. The choir's rehearsals have facilitated intergenerational connections, with members socialising outside of formal rehearsals.

Jan has a long history of community service. She chaired the Boronia Community Board for 19 years, focusing on bridging gaps between the community and the prison system, emphasising skill development for incarcerated women. Her 25-year commitment to Kiwanis addressed global challenges like disease and poverty. Jan also volunteered for ShopFront, advocating for people experiencing homelessness, and fostered enduring connections over coffee. She also served for eight years as an Elected Member of the Town of Victoria Park Council.

In March Jan was nominated for the Senior Woman of the year at the Swan International Womens Day Awards.

MEET A MEMBER KAY CLARK



Kay has provided countless volunteer hours undertaking the often thankless task of Secretary of the Board of Connect Victoria Park Inc (formerly Senior Citizens' Welfare Association of WA) for 28 years.

The role of Secretary is essential to the good governance and smooth running of an incorporated organisation and ensures that important decisions are recorded and rules are upheld. It is usually an unsung role, of someone working behind the scenes without the fanfare and recognition that some other volunteer roles receive.

Kay has also played this important role over many years for Victoria Park Youth Accommodation for approximately 10 years and Victoria Park Jobmate (a job club that provided mentoring for unemployed people) for approximately 7 years.

Through all of these roles, Kay has some of the most disadvantaged people in our community: unemployed people and youth and seniors that require secure and affordable housing.

Kay's is an enthusiastic supporter of CVP's efforts to increase housing for low income older people and keeps us focussed on our core purpose and values. She was nominated for Senior Woman of the Year at the Swan International Women's Day Awards.

OUT 'N' ABOUT - THE VILLAGE HUB GOES ON THE ROAD

At the Village Hub we offer many opportunities to connect with others who have shared interests. One of our very popular programmes is the "Out 'N' About" series of tours and excursions—an initiative designed to foster social bonds and enrich the lives of our community members.

Out 'N' About is an opportunity to see something new, have a new experience and share it with friends or make new friends.



In February, we got together with some members to chat about the Out N About, their insights were instrumental in shaping the programme for 2024/25.

Check out the following two trips on the horizon before the end of June. On May 16th, join Village Hub member Anita Clayton on a trip to the WA Academy of Performing Arts (WAPPA) for the Warana prize concert using public transport. This outing is free (with a Seniors Card) excluding lunch.

Then, on May 27th, embark on a scenic journey to Peel Manor House—a Georgian Manor nestled in a beautiful classical garden. Enjoy a two course lunch, sample local wine at Peel Estate, and explore the picturesque landscapes of Point Peron, Shoalwater, and Safety Bay.

We hope you can join your friends at the Village Hub as we go on the road with Out 'N' About!

OZ HARVEST

Recently, our kitchen has seen a flurry of activity, thanks to the presence of OzHarvest, an organisation dedicated to rescuing surplus food and addressing food wastage.

OzHarvest is a leading food rescue organisation operating nationally, who collect surplus food of excellent quality from various donors, including supermarkets and restaurants, and distribute it to charities nationwide. This endeavour is particularly crucial in light of the staggering statistics: Australia annually wastes 7.6 million tonnes of food, while 3.7 million households struggle to secure enough food.

OzHarvest will be operating one of their most impactful programs, from our kitchen on Wednesdays, Thursdays and Fridays - Cooking for a Cause.

Cooking for a Cause is a hands-on cooking class that is specifically tailored for corporate groups, offering them a unique opportunity for team building and to make a difference to those in need. Over the course of three hours, OzHarvest chefs and the corporate teams dive into the culinary world, utilising the rescued ingredients to create restaurant-quality meals. These dishes are then packed up and delivered directly to local disadvantaged communities and charities, ensuring that no food goes to waste and that those facing food insecurity receive nourishing meals.

Participants in the Cooking for a Cause program not only gain invaluable cooking skills but also learn about the importance of minimising waste in the kitchen. From mastering efficient chopping techniques to creatively using every part of an ingredient, the session is a rich learning experience.

We are excited about the possibility of extending this opportunity to our members in the future. By participating, we can contribute to reducing food waste, enhancing food security, and promoting sustainability within our community.



BIRTHDAYS

When we're young we await each birthday with anticipation and excitement. At some point, many of us begin hiding our birthdays, hoping no one will notice that we've made another lap around the sun.

It's time to Grow Bolder, take pride in the years we've lived, and make the rest of our life the best of our life! Growing Bolder means being grateful and feeling proud of each year we accumulate, especially if we're lucky enough to make it to triple digits. So, on your next birthday, get up early, put on your favorite outfit, buy yourself a fancy coffee and treat yourself like the guest of honour in every room you walk into.

The following Guests of Honour are celebrating significant birthdays in the coming months

7 April	Lyn O
12 April	Keith R
15 April	Sally T
21 April	Husnawaty M
20 May	Marie N
24 May	Mary-Anne A
14 June	Bernard R
20 June	Carolyn W

WHAT'S THE BUZZ?

Art Group

New at The Hub!

Introducing our Art Group, led by member John Baldock, an artist and art teacher and director of Alpha Studios, a private art school that specialises in creative development.

Whether you are a beginner or have already dabbled in the arts before, these sessions are all about expressing and exploring your personal creative style. Come along for this amazing new group!



Off to Optus

Our Walking Footy Team are off to Optus Stadium again this April, as they again face off against the combined walking footy team from the South West.

The match will take place as a curtain raiser ahead of the Eagles v Richmond game at Optus on Sunday 14 April. This year we are hoping to bring home the trophy.

Footy Fitness and Walking footy training takes place every Thursday morning from 7.30am. Term 2 commences Thursday 11 April.

BlackPepper Autumn Fashion Parade

Following on from last years Mother's Day Fashion Parade, we again welcome Black Pepper to the Village Hub to launch their Autumn/Winter collection. Come along with friends and see what this local boutique has on offer. There will be a raffle of two hampers and morning tea provided by the Coffee Club at the Park Centre Shopping Centre.

You can register online under events or call the office





Member Measurement ■ ■ ■

Our next Member Measurement Day will take place on Friday 10 May. Village Hub members can evaluate their mobility, strength, and balance and receive a measurement record card to monitor progress over time. Additionally, they will answer four questions related to their wellness and quality of life. This information will be recorded on a measurement card that they can build on. We had over 30 people at the first Village Hub measurement day. This is your opportunity to commence your measurement journey.

Fremantle Eisteddfod ■ ■ ■

On Friday 3 May, our very own Mackie Street Singers will be competing in the 2024 Fremantle Eisteddfod. They will participate in the Open Choir Section which is open to all choirs with 12 or more members. They will be performing a piece from the musical Guys and Dolls entitled Fugue for Tin Horns and a medley of Beatles songs. We wish them well!

If you are interested in joining the Mackie Street Singers, they meet at The Hub on Tuesday evenings from 6.15pm



Warana Prize Concert ■ ■ ■

Join our member Anita for an unmissable FREE concert experience at The WA Academy of Performing Arts (WAAPA) for the Warana Prize Concert 1. The Warana Music Prize is awarded to the best concerto performer in a WAAPA classical music program.

We meet at the Village Hub at 10.00am and hop on the 960 bus to WAAPA. You have the option to grab lunch from the Grindhouse Cafe or bring a picnic to enjoy during the event.



Out 'N' About - Peel Manor



Explore the beautiful southern suburbs of Perth with your Village Hub community.

On this Out 'N About tour we will be going to Wells Park for a picnic morning tea, before exploring the Catalpa Memorial and Point Peron lookout. Afterward, we'll indulge in a two-course lunch at the magnificent Peel Manor House followed by wine tasting at Peel Estate Wines.

Don't miss out on this one!



Pre Paid Funerals



Are re you considering Funeral Insurance or Pre-paid funerals. Find out if these are the right choice for you?

Consumer Protection WA will visit the Hub on May 29 to discuss Funeral Insurance and prepaid funerals, the key legal aspects involved with them and disadvanatges

Explore the pitfalls of this ever growing trend and if it is the right choice for you or you loved ones.

Voluntary Assisted Dying



Tender Funerals, a not-for-profit funeral service, will be hosting a special community education session on Voluntary Assisted Dying (VAD) at the Hub on Friday 14 June. VAD became a legal end of life choice for eligible Western Australians from 1 July 2021.

The session will be delivered by a representative from the VAD team at South Metropolitan Health Service. Find out about eligibility, key points, processes, and ask any questions you may have..






EVERY WEEK AT THE HUB





Check our website for up to date information




MONDAY

Social Cycling      7.30am






Mateo's Barber Shop
8.30am - 4.00pm


Art Class   
9.00am - 11.00am
\$10 Member
\$15 Non-member




Zumba    
10.00am - 11.00am
\$8 Member \$12 Non-member




Ballroom Fit   
1.00pm - 2.00pm
\$8 Member \$12 Non-member



TUESDAY

Cooking at the Hub     
8.30am - 1.30pm





Podiatry 
8.30am - 12.00pm
(fortnightly)
\$20 Member \$25 Non Member





Rawhides   
(Line Dancing for Beginners)
9.15am - 10.00am
\$5 Member \$8 Non-member

Improvers Line   
Dancing
10.00am - 11.30am
\$8 Member \$12 Non-member

Community Lunch  
12.00pm - 1.00pm
\$10 Member \$12 Non-member

Active For Life 
1.30pm - 2.15pm
\$8 Member \$12 Non-member

Chair Yoga - Rachel    
2.30pm - 3.30pm
\$8 Member \$12 Non-member




Mackie Street Singers    
6.15pm - 8.00pm
\$3 Member \$5 Non-member

WEDNESDAY

Hairdressing @ the Hub with Carmel
8.30am - 12.00pm




Member Help Centre
9.00am - 1.00pm



• Coffee Club     
10.00am - 11.00am

• Individual and Tech Support   
9.00am - 1.00pm




Crafty Friends     
9.30am - 11.30am




Mahjong    
9.30am - 11.30am

Pilates   
1.00pm - 2.00pm
\$8 Member \$12 Non-member

Active For Life - Circuit  
2.30pm - 3.15pm
\$8 Member \$12 Non-member

THURSDAY

Footy Fitness   
for Men 55+
Mineral Resources Park
7.30am - 9.30am
\$2 Donation



Grubs 'N' Bugs   
Intergenerational Play Group
Victoria Park Community Garden
9.00am - 10.30am
Donation

Shibashi Tai Chi    
9.30am - 10.30am
\$8 Member \$12 Non-Member

Active For Life   
11.00am - 11.45am
\$8 Member \$12 Non-Member








FRIDAY

Chapters     
(Creative Writing)
9.30am - 11.30am

Strength and Mobility  
10.30am - 11.30am
\$8.00 Member \$12 Full Price

Art Group     
Sketching/painting
12.45pm - 2.00pm


7 Dimensions of Wellness

-  Emotional
-  Intellectual
-  Physical
-  Vocational
-  Social
-  Spiritual
-  Environmental


-  Available on ZOOM
-  Member led Activity
-  Free for Village Hub Members

SPECIAL EVENTS AT THE HUB

Hub Book Club 
Monday 8 April 
2.30pm - 3.30pm

Be Connected 
WA Government Websites
Wednesday 10 April
11.15am - 12.15pm
Access information and services from the State Government

Djiran All Ages Noongar Language Classes 
Wednesday 10 April - 8 May
5.30pm Beginners
7.00pm Intermediate
\$120 Members
\$150 Non Members
5 week course in Noongar language and culture


Walking Footy at Optus Stadium 
Sunday 14 April
10.30am - 3.30pm
Showcase of Walking Footy and second annual City V Country match as curtain raiser to Eagles v Richmond Game


Autumn Fashion Parade and Morning Tea 
Friday 19 April
10.30 - 12.30pm
Check out the new Autumn and Winter fashions from Black Pepper Boutique followed by a delicious morning tea

Be Confident 
Legal Health Check Elder Rights WA 
Wednesday 24 April
11.15am - 12.15pm
Do you have all of your documents up to date?


OAOA Guided Walks 
Thursday 2 May - 7 November
9.30 - 10.30am
Free CVP Tennants
\$30 Members
\$35 Non - Members
10 guided walks 3 weeks apart. followed by coffee.


Hub Book Club 
Monday 6 May
2.30pm - 3.30pm


Be Connected 
Identifying and Avoiding Scams
Wednesday 8 May
11.15am - 12.15pm
Stay Safe online


Member Measurement Day 
Friday 10 May
12.00pm - 3.30pm
Book an appointment for our second Member Measurement Day and track your progress


Wine Appreciation 
Monday 13 May
6.30pm - 8.00pm
\$12.00 Members
\$15 Non Members
Discover Australian Wines

Out N About - WAAPA 
WARANA Prize Concert
Thursday 16 May
10.00am - 3.00pm
Awarded to the best concerto performer in a WAAPA classical music program, based on a written application and audition.


Out N About - Peel Manor House 
Monday 27 May
9.00am - 3.30pm
Members \$95
Non Members \$105
Explore Point Peron and Shoal water Bay area, including the Catalpa Memorial with lunch at Peel manor and wine tasting at Peel Estate.

Be Confident 
Prepaid Funerals and Funeral Insurance
Consumer Protection WA
Wednesday 29 May
11.15am - 12.15pm
Find out your rights and what you need to be aware of when considering one of these products


Community Dinner 
Wednesday 29 May
4.00pm Cooking
6.00pm Dining


Disco Bingo 
Saturday 1 June
6.00pm - 9pm
Fun night of Bingo and trivia.


Hub Book Club 
Monday 3 June
2.30pm - 3.30pm

Be Connected 
Catch Up TV, Youtube and Streaming Apps
Wednesday 12 June
11.15am - 12.15pm
Entertainment choices

Mookaroo All Ages Noongar Language Classes 
Wednesday 12 June - 17 July
5.30pm Beginners
7.00pm Intermediate
\$120 Members
\$150 Non Members
5 week course in Noongar language and culture

Voluntary Assisted Dying 
Presented by Tender Funerals and Delivered by South Metro Health
Friday 14 June
10.30am - 11.30am
Discuss the issue of voluntary assisted dying and your rights

Be Confident 
Ann Pettit
Sustainability and your wellbeing
Wednesday 26 June
11.15am - 12.15pm

Community Dinner 
Wednesday 26 June
4.00pm Cooking
6.00pm Dining



Village Hub Member Alida celebrates her 90th birthday with the Mackie Street Singers

For those who know that Age is just a
number



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9361 2904

Email: admin@connectvictoriapark.org

connectvictoriapark.org

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