

Connect Victoria Park

# THE AGELESS

**FREE**  
PLEASE TAKE  
ONE

**SENIORS WEEK 2025  
EVENTS**

**\$9.6M BOOST FOR OUR  
COMMUNITY HOUSING**

**STAYING SAFE ONLINE  
THIS CHRISTMAS**

For those who know that age is just a number



FROM THE EDITOR

IN THIS EDITION

Welcome to the Spring/Summer edition of The Ageless, our quarterly Village Hub magazine filled with stories, inspiration, and community updates as we step into the warmer months.

This edition is full of reasons to gather, learn, and celebrate. We're marking Seniors Week with a vibrant program of events, and the spirit of the season continues with Christmas just around the corner. It's also a time to welcome Kambarang—the Noongar season of birth and wildflowers—and we're excited to start Kambarang Noongar Language Class led by Dylan Collard, a beautiful way to connect with language and Country. We end the year with our "Connect 60+ Favourites" series where we revisit the workshops you've loved most over the past year.

This issue also includes member contributions: Vicki Healy's piece on Diana, our much-loved Zumba instructor, and a "Meet a Member" feature introducing Faye.

On the community front, we look at the partnership between the Cook and Albanese Labor governments and Connect to provide more security and opportunity for older residents in Victoria Park.

You'll also find details of our upcoming events and a full calendar of informative and engaging sessions to carry you through the summer months.

As always, The Ageless shines a light on the voices and stories of our community. We hope this edition brings you warmth, joy, and plenty of festive cheer.

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On the Cover this Month

Debbie, Jovy, Angela, Esther, Violet and Jessie aka the Connect Cuties

From All the Staff at Connect Victoria Park we wish you a very merry Christmas and a happy New Year

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CHRISTMAS HOURS

The following are our Christmas hours for 2025

Office Closed

Wed 24 December 2025

Office re-opens

Mon 5 January 2026

Last Class for 2025

Fri 19 December 2025

2026 Classes Resume

Mon 5 January 2026

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# VILLAGE HUB MEMBERSHIP

**Become a Member today for less than a dollar a week!**

- 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 **Village Hub Member for just \$50.00 per year** and pay as little as \$3.50 for individual classes (with class packs)

## CLASS PACKS

### 5 CLASS PACK

**\$30**

Attend any five classes  
(\$6 per class)  
Valid for 3 months

### 15 CLASS PACK

**\$75**

Attend any fifteen classes  
(\$5 per class)  
Valid for 3 months

### 30 CLASS PACK

**\$105**

Attend any thirty classes  
(\$3.50 per class)  
Valid for 3 months

# To Join



## INCLUDED CLASSES

- Active for Life
- Active for Life -Circuit
- Ballroom Fit
- Chair Yoga
- Improvers Line Dancing
- Pilates
- Rawhides - Beginners Line Dancing
- Shibashi Tai Chi
- Yoga
- Zumba

# CELEBRATING SENIORS WEEK AT THE HUB

WA Seniors Week 2025 runs from Sunday 9 November to Sunday 16 November.

Seniors Week is a time to celebrate the role older adults play in our community — their wisdom, life experiences, and ongoing contributions. It's also an opportunity to highlight the importance of positive ageing, where staying active, socially connected, and engaged in lifelong learning are at the heart of wellbeing.

This year, we're excited to partner with the Town of Victoria Park, West Coast Eagles, Victoria Park Community Garden and Grubs 'N' Bugs to present three special Seniors Week events.

At the Village Hub, we believe ageing is something to be embraced. Our program reflects this by offering opportunities to self-empower, learn, connect in meaningful ways and showcase the vibrancy of later life.

Read more about our events below:

## **Footy Fitness and Morning Tea**

*Thursday 13 November*

*7.30am – 9.30am*

*Mineral Resources Park*

We kick off our Seniors Week celebration with an energising morning at the home of our partner, **West Coast Eagles**. Footy Fitness is a weekly walking footy group for those 55+, focusing on developing fitness, balance and strength through footy skills and gameplay in a safe and fun environment. After the session, we'll have a chance to have a social catchup with a delicious morning tea provided by the Town of Victoria Park.

If you haven't tried Footy Fitness before, this is a fantastic

opportunity to give it a go and meet some new friends.

## **Patchwork Mural and Morning Tea feat. Connect 60+ and Grubs n' Bugs**

*Friday 14 November*

*9.30am – 11.30am*

*Victoria Park Community Garden*

A special morning connecting a session of **Connect 60+** and **Grubs N Bugs**, our intergenerational gardening Playgroup. Explore social wellness in the beautiful environment of the **Vic Park Community Garden**. We'll get our creative juices flowing with a patchwork mural, followed by morning tea. This is a great chance to explore creativity, the beauty of green spaces and the joy of intergenerational connections.

## **Seniors Week Movie: Nyad**

*Friday 14 November*

*6.00pm – 8.00pm*

*Connect Victoria Park*

Wrap up Seniors Week with your friends at the Village Hub. We will be screening **Nyad**, an inspiring movie that tells the remarkable true story of Diana Nyad, who — at 64 — achieved her lifelong dream of swimming from Cuba to Florida. This powerful film celebrates perseverance, resilience, and the idea that it's never too late to chase a goal. We'll have popcorn and a cash bar.

We thank the Town of Victoria Park for their support of these events.





## MEET A MEMBER - FAYE



Faye has been a familiar face at Connect for over eleven years, when she moved in to our housing. She joined in to bingo as part of the social club and before long she was running the games herself, organising them for seven years. Along the way, she served on a committee and has lent a hand wherever needed—from Melbourne Cup and Christmas lunches to bus trips and more. “I just like being part of everything,” she says.

Before settling in Perth, Faye lived an adventurous life that took her across Australia. She grew up in rural Victoria, and trained as a nurse in Melbourne. She then set out on a working holiday trying her hand at all kinds of jobs –from running a hotel in Sydney, to managing a caravan park in Geraldton, and even cooking on a cattle station in Fitzroy Crossing.

But it was Kalgoorlie that stole her heart – for the friendship, and stories. At just 22, new and looking for work, she was told to try her luck on Hay Street. She knocked on the door of one of the little houses there and asked about any jobs going. An older woman smiled and said, “Yes, but I don’t think you know what kind of job this is – this is a brothel.” Mortified, Faye declined immediately and marched back to the bar that had sent her there to give them a piece of her mind. Luckily, within days, she landed a bartending job. What began as an awkward encounter turned into one of her favourite memories of the town she would call home for eight years.

Faye has seen the community at Connect grow and change since she first moved in. She says the best part is the friendships and bonds formed over shared activities. “You get to know so many people here,” she says, “and that’s what makes it so special.”

For Faye, leading the craft group on Wednesdays is now her passion project. It’s a place to be creative, to sit together, and share stories – much like the one you’re reading now.

## WA MENTAL HEALTH WEEK 2025: EMPOWERING COMMUNITIES

This year’s Mental Health Week in Western Australia carries the theme Empowering Communities. At Connect we know empowerment begins with recognising the power we each hold to care for our own wellbeing and to support one another in meaningful ways.

For our members, empowerment is about connection, purpose, and resilience. We find this through relationships, shared experiences, and keeping active and engaged.

The message links closely to the Act Belong Commit campaign, which encourages us all to:

- **Act** – keep mentally, physically, socially and spiritually active.
- **Belong** – foster friendships, join in, and feel part of something bigger.
- **Commit** – take on activities that provide meaning and purpose, while contributing to the community.

At the Hub, these principles are lived out every day. From social groups and cultural activities to volunteering and mentoring, members are creating spaces where everyone feels valued and included. Small acts—sharing a story, learning a new skill, or simply showing up—empower us individually while strengthening our community as a whole.

To kick off Mental Health Week, we will be hosting a stall at the Town of Victoria Park’s Mental Health Week Launch on **Saturday 4 October**, at **Read Park**. Come along to visit us, learn more about our programs, or volunteer to help on the day. We are also partnering with Happiness Co Foundation to host a **Kindness BBQ** on Friday 10 October. This event is funded by the Western Australian Association for Mental Health with the support of Lotterywest. Together, we are building a strong mentally healthy community where everyone has the opportunity to thrive.





# PRESS RELEASE

## 9.69 MILLION TO FUND 15 NEW SOCIAL HOMES FOR SENIORS IN VIC PARK

**THE ONGOING SUCCESSFUL PARTNERSHIP BETWEEN THE COOK AND ALBANESE LABOR GOVERNMENTS WILL SEE 15 NEW SOCIAL HOUSING DWELLINGS FOR SENIORS BUILT IN VICTORIA PARK, WITH COMBINED FUNDING GRANTS OF \$9,698,000**

- Nearly \$10 million combined State and Federal funding to deliver 15 social homes for seniors
- Project sourced through the Call for Submissions for Community Housing Providers (CHPs)
- Will be owned and managed by CHP Connect Victoria Park

The ongoing successful partnership between the Cook and Albanese Labor governments will see 15 new social housing dwellings for seniors built in Victoria Park, with combined funding grants of \$9,698,000.

The State Government will provide the land in Leonard Street, Victoria Park, along with a grant of \$450,000, with the remaining funding secured from Housing Australia.

The 15 new homes in a lifted three-storey development will be delivered by Community Housing Provider (CHP) Connect Victoria Park.

The development was sourced through the Department of Housing and Works' Call for Submissions for CHPs.

Connect Victoria Park owns and operates 70 social and affordable housing units in Victoria Park, as well as a Village Hub offering opportunities for social connection, learning and support available to all community members over 55.

Nine of the 15 one-bedroom apartments will be built to Gold Level Livable Housing Australia standard, with the remaining six built to Silver Level, with a communal lounge and dining space on the ground floor.

The site is well located, close to high-frequency public transport, retail and medical amenities and Connect Victoria Park's Village Hub.





**Comments attributed to Housing and Works Minister John Carey:**

"Our ongoing partnership with the Federal Government and the community housing sector is continuing to deliver much-needed housing for vulnerable people in our community, including seniors.

"The development is designed to provide a high level of accessibility for tenants, and is well-located near public transport and amenity.

"It's part of our record \$5.8 billion investment in housing and homelessness measures since 2021, with more than 3,500 social homes added across the State.

**Comments attributed to Victoria Park MLA Hannah Beazley:**

"This is a great outcome for the Victoria Park community to have the Cook and Albanese Labor governments allocate land and funding to build more social homes for the benefit of the seniors in our local community.

"Connect Victoria Park is a highly respected local housing provider in our community which works hard to ensure its tenants are connected, supported and engaged with the community.

"This latest commitment will see social housing built for seniors close to transport, shops and services which are such an essential part of creating liveable communities."

**Comments attributed to Federal Member for Swan Zaneta Mascarenhas:**

"I am thrilled to see more housing here in my electorate for those who need it, and I look forward to welcoming these new residents.

"State and Federal governments are working together with Connect Victoria Park, a community-focused housing provider, to do great work.

"Social housing for seniors like this, is rolling out and breaking ground.

"We've announced 5 per cent housing deposits for first home buyers from 1 October, so we have houses built and a fairer go for first home buyers too.

"Whether you're dealing with brick and mortar or bills and mortgages, State and Federal governments are working together to improve housing for all Australians.

"There is still so much to do, but this is a great step."

**PUBLISHED 28 AUGUST 2025**

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Hon. John Carey  
Minister for Planning and Lands;  
Housing and Works; Health  
Infrastructure



# MEET OUR ZUMBA INSTRUCTOR - DIANA

By Vicki Healy



Diana has been enamoured with Zumba for 15 years and has been teaching for 11 of those years. Her passion began when her best friend asked her to be a Zumba class buddy. Coming from a Malaysian Chinese background, Latin American dance was completely new to her. However, she instantly fell in love with the myriad of movements and rhythms. She also enjoyed learning about the historical and cultural backgrounds that came with each style of dance. After six months of dancing to Zumba DVDs in the comfort of her own lounge room, she finally got to a class with her friend and less than four years after that, she undertook the Zumba Instructor qualification course and started teaching. She now teaches an average of 10 classes a week which runs the whole gamut from primary schools, high schools, adults and low-impact classes for beginners, people returning to exercise and adults requiring modified movements.

Zumba offers many health benefits including improved cardiovascular fitness through interval training. Through dance, you practice weight transfers which lowers the chance of injury from a fall. Cognitive ability is also improved because the mind is constantly engaged through fun and recognition of movement patterns. The brain also releases serotonin and dopamine from the fun and the exercise aspects of the class which promotes motivation, better sleep, better digestion and all-round happiness.

For Diana, happiness and increased fitness are the main things she wants people to gain from the class. Her goal is to create a "No judgement

zone" that promotes fun and the building of relationships with each other. She doesn't want anyone to worry about doing the moves perfectly but wants to create a space where people can "let all their cares go for that hour and be happy in that moment." She asks people to come prepared with a smile and reminds them to concentrate on having fun.

Having fun with Diana is not difficult; one student said, "She is always smiling and happy and you come away feeling great. She's really energetic and that rubs off on us." For Diana, making people smile is the best part of her job, "I love seeing a sea of smiling faces beaming at me. It really lifts the spirits and you can't beat that!"

Diana has taught a variety of different classes including one-on-one lessons, birthday parties, fundraisers and even classes that consisted of 200 school students. She adapts classes to suit the capabilities of each group and is very proud of the progress her students at Connect have made. The class at Connect is not classed as Zumba Gold but it is still adapted to suit the needs of older adults. She has seen a marked and remarkable increase in fitness and stamina in the participants at Connect and is very impressed at how they tackle most routines with confidence and a jolly attitude of fun! with confidence and have a lot of fun.

**Zumba Classes are on Mondays at 10am.**







## STAYING SAFE ONLINE THIS CHRISTMAS

Love it or dread it, the pre-Christmas rush is here. Online shopping makes gift buying easier than ever, but it also brings more chances for scammers to strike. The good news? With a little awareness, you can shop safely and confidently.

### Missed Parcel Delivery Scams

Scammers send texts or emails claiming you've "missed a delivery" and must pay a fee or click a link.

- Real courier companies (like Australia Post) leave a card in your letterbox if you're not home.
- They'll never ask for payment or personal details via text.
- Always check parcels with your official tracking number.

### Pet Scams

Discounted or "free" puppies and kittens online can be heartbreaking scams. Warning signs include:

- Sellers asking for upfront transport costs.
- Sob stories about why they're giving the pet away.
- Refusal to talk on the phone or meet in person.

### Fake Shopping Websites

Fake sites can look convincing. Watch for:

- Strange web addresses (extra letters, words like offers or sale).
- Bargains that seem too good to be true.

- Requests for payment by bank transfer, Bitcoin, or gift cards.
- Spelling errors or no proper contact details.

**Safer option: Pay by PayPal or credit card, which offer extra protection.**

### Quick Safety Checklist

- **Don't** click on links in suspicious texts or emails.
- Use official websites or saved bookmarks.
- Check reviews before buying.
- Trust your instincts — if it feels wrong, walk away.

### Where to Get Help

- Bank or PayPal: Stop or reverse payments.
- IDCARE (1300 432 273): Identity theft support.
- Scamwatch: Report scams at [www.scamwatch.gov.au](http://www.scamwatch.gov.au).

✨ Stay alert, shop smart, and enjoy a safe and happy festive season!

**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.**

## THERES A NEW BIN IN TOWN - FOGO HAS ARRIVED



FOGO stands for Food Organics, Garden Organics – it's the new 3-bin system that turns household food and garden waste into nutrient-rich compost, helping to reduce landfill and support more sustainable waste management.

The new 3-bin system consists of:

- lime green lid FOGO bin, collected weekly
- red lid general waste bin, collected fortnightly
- yellow lid recycling bin, collected fortnightly
- kitchen caddy & compostable caddy liners

FOGO will be introduced in Vic Park in two phases:

Phase 1 was completed in August. Phase 2 will commence in November and will include all remaining eligible residential properties in the Town. Commercial properties and multi-unit dwellings with more than 10 units are not part of the 2025 FOGO rollout these will happen in the future.

Your collection days will stay the same but the bins you put out each week will change. Under the FOGO system, your FOGO bin goes out every week with either your general bin or your recycling bin.

What goes in FOGO

### **Food waste, including:**

- Raw and cooked food (including meat, bones and egg shells)
- Fruit and vegetables
- Bread, cereal, pasta and grains
- Dairy products
- Loose leaf tea (not the bag packaging)

### **Garden organics, including**

- Lawn clippings
- Small branches
- Flowers, weeds, leaves etc.

### **Compostable caddy liners**

- Only line your caddy with certified compostable liners (AS4736 or AS5810) or newspaper
- 'Biodegradable' or 'plant-based' materials are not fully compostable and cannot be disposed of in your FOGO bin.

## DID YOU KNOW? SPECTACLE SUBSIDY SCHEME

Need a new pair of specs? If you receive an Age, Disability or Service Pension, or hold a WA Seniors Card, you may be eligible for help with the cost of new glasses or contact lenses!

Through the WA Spectacle Subsidy Scheme, eligible Western Australians can receive up to \$54.34 towards a complete pair of prescribed spectacles or contact lenses.

This subsidy is available once every two years. Claim forms are easy to access from any WA optometrist or optical dispenser.



## BIRTHDAYS

When we are 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.

The following guests of honour are celebrating significant birthdays:

5 Oct	Kerry	26 Nov	Jane
22 Oct	Doug	8 Dec	Lynne
4 Nov	Joanne	14 Dec	Graeme
10 Nov	Wendy	14 Dec	Michelle





# WHAT'S THE BUZZ?

## ADVANCE CARE PLANNING DOCUMENT COMPLETION WORKSHOP

Advance Care Planning is a process of making plans that cover your future care, health and finances. This document completion workshop is for those who have attended any previous information session on this process, and would like to take the next step in completing your documents.

You will be guided by experts who will answer any questions in this FREE workshop on 9 October, 12.00pm - 2.30 pm.



## BE CONFIDENT WHAT DOES IT MEAN TO BE HEALTHY?

Join physiotherapist Robert Moore as he explores the root meanings of what health means, and how re-establishing the true meaning helps us to understand what we can do to live a healthy life.

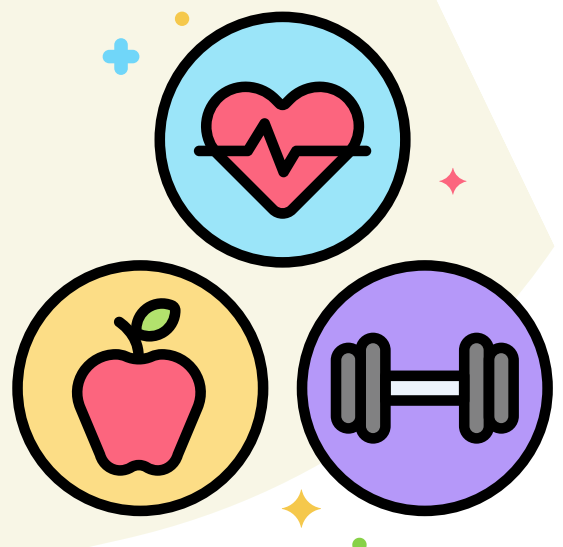
Robert has a passion for encouraging people to increase their awareness of the things that they can change to create better health and a better future.



## KAMBARANG NOONGAR LANGUAGE CLASS

Join Noongar Wadjuk man Dylan Collard for the Kambarang season of Noongar Language classes starting October 15. Kambarang is known for its vibrant native wildflowers like the bright orange-yellow Moojar (Australian Christmas Tree). It marks a warming trend, with longer and warmer days.

The Noongar language stands as a testament to resilience, despite the challenging historical backdrop marked by unjust policies, including the collective impact of Assimilation Policies in Australia. Today, it is a language in revitalisation, and Dylan is committed to being a part of this meaningful journey.



# WHAT'S THE BUZZ?



## MELBOURNE LUNCH

CUP



Join us for our Melbourne Cup lunch on Tuesday, November 4. Enjoy good company, delicious food, and the excitement of the race that stops the nation. We'll have sweeps, prizes, and plenty of laughter as we watch the big race together. Don't miss this chance to dress up, celebrate, and share the afternoon with the Village Hub community.

## MEASUREMENT DAY



Join us for the last Member Measurement Day of the year on Friday, 21 November starting at 9.30am.

You can evaluate your mobility, strength, and balance and receive a measurement record card to monitor progress over time. This information will be recorded on a measurement card that they can build on. If you haven't yet done one, this is your opportunity to start tracking your health and wellbeing.

There will also be morning tea to share.

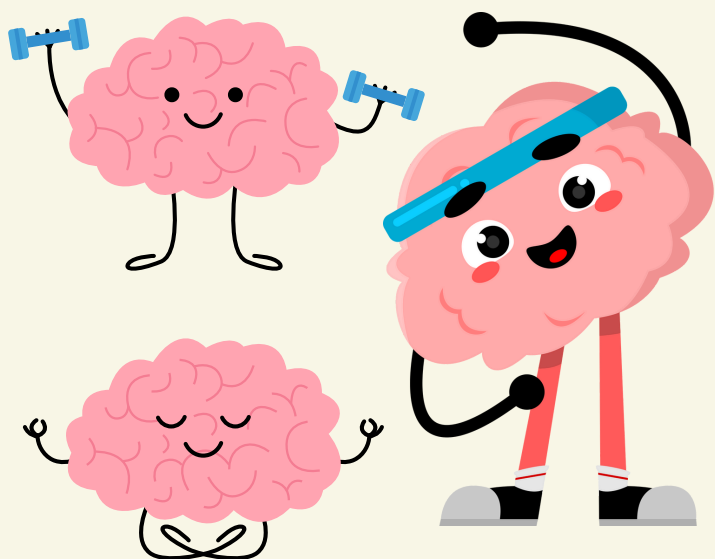


## BE CONFIDENT - LET'S GET THINKING ABOUT BRAIN HEALTH



Looking after our brain health is just as important as looking after our body. Join Vicki for an interactive session where we'll explore ways to keep the brain healthy, gain a better understanding of dementia and diagnosis, and talk about how we can build community and reduce stigma.

Through videos and resources from Dementia Australia, this session is an engaging space to learn, share experiences, and ask questions. Everyone is encouraged to be part of the conversation.





# WHAT'S THE BUZZ?



## HUB SUNDOWNER



Come along and unwind at our next Hub Sundowner. It will be a relaxed evening to connect with fellow members. It's a great chance to meet new people, catch up with friends, dance, sing and celebrate our vibrant Village Hub community.

There will be live music and a cash bar available. Please bring along a plate to share.

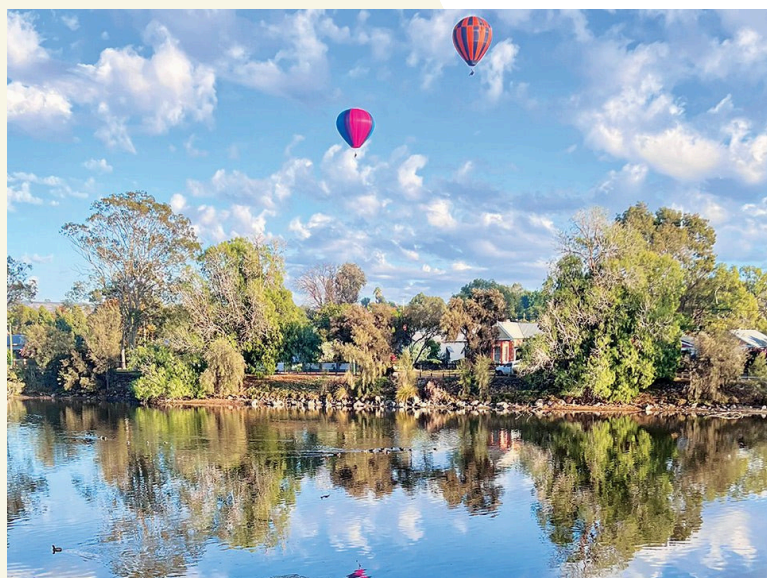
Everyone is welcome, so bring your good cheer and join us for a great evening.

## OUT 'N' ABOUT NORTHAM AND WHITEGUM FARM



\$110 | 9.00am – 4.00pm

Celebrate Christmas with a day trip to Northam and Whitegum Farm. Enjoy morning tea by the Avon River, free time to explore Northam, and a festive two-course lunch at Whitegum Farm with Christmas decorations, crackers, and lollies. On the way home, we'll stop at York Olive Farm to sample their products — and perhaps try their award-winning ice cream!



## CHRISTMAS LUNCH



Celebrate the joy of the season with your Village Hub community! Our Christmas Lunch, will feature a delicious three course meal prepared by our wonderful volunteers. It's the perfect way to come together, share the spirit of Christmas, and enjoy a wonderful afternoon with friends old and new.

There will also be a raffle and cash bar available.

# 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

9.30am - 11.30am

\$25 All



#### Zumba

10.00am - 11.00am

\$8 Member

\$12 Non-member



#### Ballroom Fit

1.00pm - 2.00pm

\$12 Member

\$15 Non-member



#### Mackie Street Singers Monday Club

6.15pm - 8.00pm

\$3 Member

\$5 Non-member



### TUESDAY

#### Cooking at the Hub

8.30am - 1.30pm



#### Podiatry

8.30am - 12.00pm

(fortnightly)

\$20 Member

\$25 Non Member



#### Nordic Pole Walking

9.00am - 10.00am



#### Rawhides (Line Dancing for Beginners)

9.15am - 10.00am

\$8 Member

\$12 Non-member



#### Improvers Line

##### Dancing

10.00am - 11.30am

\$12 Member

\$15 Non-member



#### Spanish Conversation

11.00 - 12.00



#### Community Lunch

12.00pm - 1.00pm

\$12 Member

\$15 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 Community Choir

6.15pm - 8.00pm

\$3 Member

\$5 Non-member



### WEDNESDAY

#### Hairdressing @ the Hub with Carmel

8.30am - 12.00pm

#### Walking Group

8.30am - 9.30am



#### Crafty Friends

9.30am - 11.30am



#### Mahjong

9.30am - 11.30am



#### Coffee Club

9.30am - 11.30am

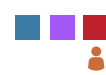


#### Member Help Centre

Individual and Tech

Support

9.00am - 1.00pm



#### Pilates

1.00pm - 2.00pm

\$8 Member

\$12 Non-member



#### Active For Life - Circuit

2.15pm - 3.00pm

\$8 Member

\$12 Non-member



### THURSDAY

#### Footy Fitness for Men 55+

Mineral Resources Park

7.30am - 9.30am

\$2 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

#### Connect 60+

9.30am - 11.30am



#### Chapters

(Creative Writing)

9.30am - 12.00pm



#### Grubs 'N' Bugs

Intergenerational Play Group

Victoria Park Community

Garden

9.00am - 10.30am

Donation



#### Yoga with Natasha

1.00pm - 2.00pm

\$8.00 Member

\$12.00 Non- Member





# SPECIAL EVENTS AT THE HUB

## OCTOBER

## NOVEMBER

## DECEMBER

Connect 60+ ■■■■■■  
7 Dimensions of Wellness  
Workshops  
**Fridays**  
**3 October- 14 November**  
9.30am - 11.30am

Hub Book Club ■■■  
**Monday 3 November**  
2.30pm - 3.30pm

Hub Book Club ■■■  
**Monday 2 December**  
2.30pm - 3.30pm

Melbourne Cup Lunch ■■  
**Tuesday 4 November**  
11.30am - 1.00pm  
\$25 Member \$30 Non Member

Out N About ' ■■■  
Northam and White Gum  
Farm  
**Friday 5 December**  
**9.00am - 4.00pm**  
\$110 Members  
\$120 Non Members

Mental Health Week ■■■  
Community Event  
**Saturday 4 October**  
**Read Park**  
10.00am - 2.00pm

Be Connected - ■■■  
Smart Home Technology and  
Voice Assistants  
**Wednesday 12 November**  
**August**  
11.15am - 12.15pm

Hub Book Club ■■■  
**Monday 6 October**  
2.30pm - 3.30pm

Seniors Week Footy ■■■  
Fitness and Morning Tea  
**Thursday 13 November**  
**Mineral Resources Park**  
7.30am - 9.30am

Connect 60+ ■■■■■■  
Favourites  
**Fridays**  
**5 December - 19 December**  
9.30am - 11.30am

Be Connected - ■■■  
WiFi and Mobile Networks  
**Wednesday 8 October**  
11.15am - 12.15pm

Seniors Week Grubs N ■■■  
Bugs and Morning Tea  
**Friday 14 November**  
**Vic Park Community**  
**Garden**  
9.30am - 11.30am

Christmas Lunch ■■  
**Tuesday 16 December**  
**11.30 am - 1.30pm**  
\$25 Members  
\$30 Non Members

Advance Care Planning ■■■  
Document Completion  
Workshop  
**Thursday 9 October**  
11.15am - 12.15pm

Kambarang All Ages ■■■  
Noongar Language Classes  
**Wednesdays**  
**15 October - 12 November**  
5.30pm Beginners  
7.00pm Intermediate  
5 week course

Seniors Week Movie - ■■■  
Nyad  
**Friday 14 November**  
6.00pm - 8.00pm

Member ■■■  
Measurement Day  
**Friday 21 November**  
9.00am - 11.00am  
Book an appointment Member  
Measurement Day and track your  
progress

Be Confident - ■■■  
What Does It Mean to Be  
Healthy - Robert Moore  
**Wednesday 29 October**  
11.15am - 12.15pm

Be Confident - ■■■  
Lets Get Thinking About Brain  
Health  
**Wednesday 26 November**  
11.15am - 12.15pm

Hub Sundowner ■■■  
**Friday 28 November**  
4.30pm - 6.00pm  
\$5 Members  
\$10 Non Members



### 7 Dimensions of Wellness

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

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



Sebastian and Delia with their completed community puzzle



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