

Connect Victoria Park

THE AGELESS

FREE

PLEASE TAKE
ONE

**BREAKING GROUND ON
CLARK COURT**

**OUR VOICE IN
PICTURES**

**HERE WE GO AGAIN!
CHAPTERS BOOK LAUNCH**

For those who know that age is just a number

VILLAGE HUB MEMBERSHIP

Become a Member today for just over 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
- 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 \$55.00* per year and pay as little as \$4.00 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

\$120*

Attend any thirty classes
(\$4 per class)
Valid for 3 months

To Join



INCLUDED CLASSES

- Active for Life
- Active for Life –Circuit
- Ballroom Fit
- Chair Yoga
- Line Dancing
- Pilates
- Sit Fit
- Shibashi Tai Chi
- Yoga
- Zumba

*Price increase from 1 July 2026

FROM THE EDITOR

As I look through this edition of The AGEless, one theme stands out above all others: community is built through connection.

Sometimes those connections are visible in major milestones, such as the commencement of the Clark Court development. This important project will provide 15 homes for older people experiencing housing insecurity and reflects a commitment to helping people remain connected to the communities they call home.

Community is also built through everyday moments. It can be found in a conversation over coffee, a volunteer helping with an event, a member sharing their story through photography, or a group of writers encouraging one another's creativity. Throughout this edition, you'll discover stories that show how belonging grows when people come together around shared interests and experiences.

This edition also highlights our commitment to inclusion. As Connect develops its Inclusion and Access Plan, we are exploring ways to ensure that everyone feels welcome and able to participate fully in community life. Building an inclusive community requires listening, learning and taking action.

National Volunteer Week, NAIDOC Week and RUOK? Day remind us that strong communities are founded on relationships. Whether it is recognising volunteers, learning from First Nations cultures or checking in on a friend, every action helps strengthen community connections.

As we move through the cooler months, I encourage you to stay involved. Attend an event, join a class, volunteer, learn something new or simply take the time to connect with someone else. Every connection matters, and together they create the vibrant community we all value.

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A MILESTONE MOMENT: BREAKING GROUND ON CLARK COURT

There was plenty to celebrate on the rainy morning of Friday, 15 May 2026, as Connect Victoria Park officially broke ground on the Clark Court (Leonard Street) development.

Despite the wet weather, a wonderful group of supporters, partners and dignitaries gathered on site to mark the beginning of this exciting project. Joining us were the Hon. Hannah Beazley MLA, Zaneta Mascarenhas MP, our Patron Ben Wyatt, representatives from Housing Australia, the Department of Housing and Works, Dale Alcock Projects, the Connect Victoria Park Board, Connect staff, contractors and supporters who have all played an important role in turning this vision into reality.

Clark Court represents a significant milestone for Connect. It is our first building project in 37 years and reflects our ongoing commitment to creating a more connected, inclusive and caring community.

When completed, the development will provide 15 safe and affordable homes for older people experiencing housing insecurity, with a particular focus on women over 60. At a time when rising housing costs are affecting so many people, these homes will make a meaningful difference in the lives of older community members who need stability, security and a place to call home.

This project is a collaboration between Connect Victoria Park and Housing Australia, with support from the Cook Labor Government, and contributes to the national effort to increase the supply of social and affordable housing across Australia.

The project is already moving ahead, with earthworks commencing in June and retaining works now underway. It is exciting to see years of planning becoming reality, and we look forward to sharing the journey as Clark Court progresses towards completion in late 2027.

Thank you to everyone who has helped make this milestone possible. Together, we are building more than homes—we are building opportunity, dignity and community.



Photographs by Dean Fuller - Department of Housing and Works

OUR VOICE IN PICTURES

Your Voice in Pictures was a community photography project that brought together residents aged 55+ from across the Town of Victoria Park to explore their neighbourhood through photography. While the program focused on sharing and developing photography skills, it was also something far more personal: an opportunity to reflect on community, belonging and place.



The project culminated in a community showcase celebrating the stories and perspectives captured throughout the program. The Showcase was attended by more than 100 community members, along with Mayor Karen Vernon and councillors Andra Biondin and Scott Ingram from the Town of Victoria Park, who provided funding for the project,

Seeing the Town Anew

Over ten weeks, participants developed their photography skills and explored visual storytelling through two guiding questions: What makes Victoria Park an age-friendly community? and What makes Vic Park... Vic Park?

The answers revealed a rich and diverse portrait of the suburb.

Volunteering and activism emerged as a recurring theme. For many participants, contributing to the community was inseparable from their sense of belonging and connection to place. In addition, the ongoing community response to Burswood Park reflected a community that has not stopped caring about the decisions made over the places they love.

Nature also featured prominently. Images of Jirdarup Bushland, Swan River and Vic Park Community Garden reflected a deep appreciation for the green spaces woven throughout the suburb. Accessibility, walkability and the quality of public spaces were also common themes, as was the value of slowing down and being present.

Victoria Park's multiculturalism, long one of its defining strengths, appeared throughout. Participants documented connections to their cultural heritage and the ways it continues to shape the suburb through its streets, gatherings and food. Delis and corner stores, some long-standing and some recently renovated, appeared again and again as symbols of community continuity

Some participants also turned their attention to housing security and ageing in place, through reflections on what it means to remain in a community where one has deep roots, and how fragile that sense of permanence can sometimes feel as you grow older.



For participants, the program offered more than an opportunity to learn photography. It provided a chance to be heard, to share their perspectives, and to discover the camera as a tool for expressing their place within the community.

The project was a reminder that age-friendly communities are also built when a community is given opportunities to tell their own story.

SAVE MONEY AT THE BOWSER WITH FUEL PRICE APPS



With the cost of living continuing to rise, finding ways to save money on everyday expenses can make a real difference. One simple way to cut costs is by using fuel price apps and websites to compare petrol prices before you fill up.

Did you know that fuel prices can vary by as much as 30 cents per litre across the same city? For a vehicle with an 80-litre tank, that could mean saving more than \$20 on a single fill.

Finding the Cheapest Fuel

Fuel price apps allow you to search by postcode or suburb and compare prices at nearby service stations. Most apps show prices on an easy-to-read map and allow you to select your preferred fuel type, whether that's Unleaded, Premium, Diesel, or E10.

Many apps also track fuel price cycles, helping you identify when prices are likely to rise or fall so you can fill up at the most economical time.

Useful Fuel Apps in Western Australia

For Western Australians, the Government's FuelWatch service is an excellent tool. FuelWatch provides daily fuel prices across Perth and regional WA, helping motorists find the best deal before heading to the pump.

National apps such as PetrolSpy and Fuel Map Australia also allow users to compare prices across the country and monitor fuel price trends.

More Ways to Save

In addition to using fuel price apps, consider:

- Taking advantage of supermarket fuel discount vouchers.
- Filling up before fuel prices peak in the cycle.
- Keeping tyres properly inflated and maintaining your vehicle to improve fuel efficiency.
- Combining errands into a single trip to reduce fuel consumption.

Stay Safe When Downloading Apps

When downloading any app:

- Only use official app stores such as the Apple App Store or Google Play Store.
- Read the privacy policy before installing.
- Check what permissions the app requests. A fuel app may need your location, but it should not require access to your contacts or microphone.
- Where possible, allow location access only while using the app.
-

A few minutes spent comparing fuel prices could save you hundreds of dollars over the course of a year.



Be Connected

Every Australian online.

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.

OUT N ABOUT YORK'S TIMELESS TREASURES

Join us on our next Out N About adventure as we journey to the historic town of York, one of WA's most charming destinations.

Step back in time and enjoy a scenic drive through the picturesque countryside, followed by morning tea before exploring York's beautifully preserved heritage streets. You can browse quaint boutiques, discover fascinating historic landmarks, and perhaps pay a visit to the famous sock factory. You'll also enjoy a locally guided tour of the Historic Town Hall (subject to availability), offering unique insights into York's rich past.



Lunch will be served at the Imperial Homestead, a restored Gold Rush-era building dating back to 1886. Before heading back, you can indulge in some of the region's finest ice creams and olive oils at the York Olive Farm.

Two-course lunch: Roast and dessert

Date: Thursday 17 September

Time: 8:30am – 4:15pm

Cost:

- \$99 Members
- \$109 Non-Members

MEET OUR SIT FIT INSTRUCTOR - JOANNE



Every Tuesday morning, Joanne brings energy, encouragement, and plenty of great music to Connect Village Hub's popular SIT FIT class.

Designed for people who are new to exercise, returning after a break, or living with mobility challenges, SIT FIT is a seated exercise class that helps participants improve their strength, flexibility, balance, and coordination in a safe and supportive environment.

Joanne developed the program after spending 17 years teaching dance classes to seniors. Recognising that some people needed an option that didn't require long periods of standing, she created SIT FIT to ensure everyone could enjoy the benefits of exercise, regardless of their fitness level or mobility.

Using resistance bands, balls, gentle stretches, and movement to music, the class encourages participants to work at their own pace and according to their own abilities.

For Joanne, the greatest reward is seeing participants grow in confidence and form new friendships. "When I see people exchanging phone numbers or arranging to meet for coffee after class, it makes me smile," she says.

Participants often comment on the physical benefits of the class, but they also love Joanne's carefully selected playlists. A firm believer in the power of music, she says a good beat helps keep everyone moving, motivated, and having fun.

NAIDOC Week 2026 – 50 Years of Deadly

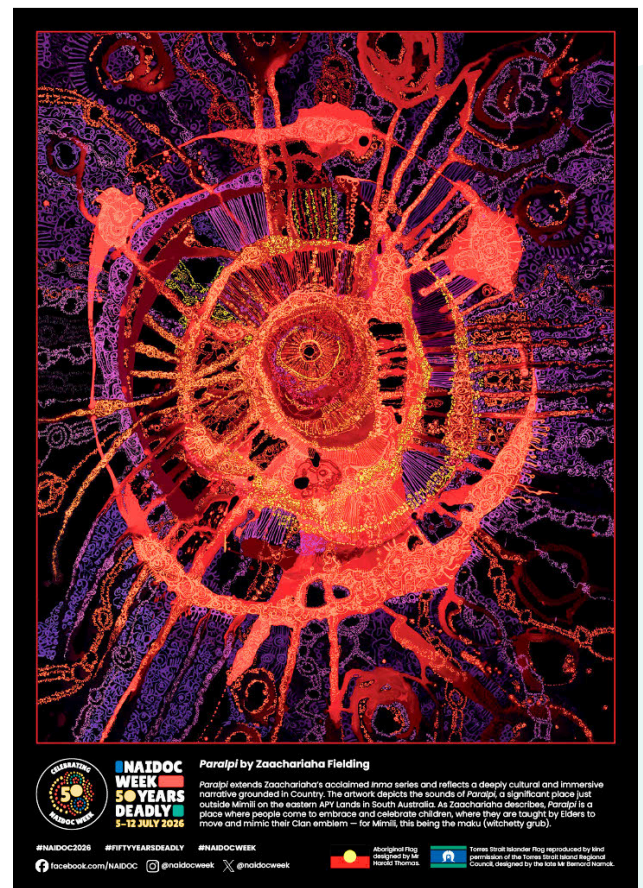
Each year, NAIDOC Week provides an opportunity for Australians to celebrate and recognise the history, culture, achievements, and resilience of Aboriginal and Torres Strait Islander peoples.

Many people enjoy attending NAIDOC Week events, but fewer know the history behind this important national celebration. NAIDOC stands for the National Aboriginal and Islanders Day Observance Committee. Its origins can be traced back to the Day of Mourning held in 1938, when Aboriginal leaders gathered to advocate for the rights and recognition of First Nations peoples. Over the decades, this movement grew into a week-long celebration of culture, community, and achievement that is now recognised across Australia.

This year marks a particularly significant milestone with the theme "50 Years of Deadly." The theme celebrates five decades of NAIDOC Week and honours the people who helped build and sustain the movement. It recognises the Elders who stood firm, the community leaders and organisers who created opportunities for Aboriginal and Torres Strait Islander voices to be heard, the artists who expressed culture and resistance through their work, and the communities who have continued to show up and celebrate year after year.

For many Connect Village Hub members, the theme may resonate strongly. Older Australians understand the importance of preserving history, sharing stories, and passing knowledge from one generation to the next. In Aboriginal and Torres Strait Islander communities, Elders hold a deeply respected role as cultural custodians, teachers, and leaders. Their wisdom helps ensure that traditions, languages, and stories continue to thrive.

The theme also reminds us that NAIDOC Week is more than a celebration. It is a recognition of strength, survival, and the ongoing contribution of Aboriginal and Torres Strait Islander peoples to every aspect of Australian life. It acknowledges how far Australia has come while recognising that the journey towards understanding, reconciliation, and justice continues.



The 2026 National NAIDOC Poster incorporating the Aboriginal Flag and the Torres Strait Islander Flag (licensed by the Torres Strait Island Council).'

As we celebrate 50 Years of Deadly, we honour the achievements of the past, celebrate the strength of First Nations communities today, and look forward to a future where younger generations can continue to grow with pride in their culture and identity.

At Connect Village Hub, we encourage members and visitors to take some time during NAIDOC Week to learn more about the rich cultures and histories of Australia's First Peoples. Whether you attend a local event, visit an exhibition, listen to stories from Elders, or simply take a moment to reflect, every step towards understanding helps build a stronger and more connected community.

Still deadly. Always.

CONNECT VILLAGE HUB RECOGNISED FOR OUTSTANDING VOLUNTEER CONTRIBUTION

Connect Village Hub was proud to be named the Town of Victoria Park's 2026 Volunteer Group/Organisation of the Year at the Town's Volunteer Sundowner held at The Long Hall, Baillie Hill, on Friday 22 May.

The award was presented as part of National Volunteer Week and recognises the extraordinary contribution made by the Hub's volunteers over the past eight years. Since its inception, Hub volunteers have contributed more than 28,000 hours of service, helping older residents in Victoria Park connect, learn, and thrive.

From preparing community lunches and providing administrative support to leading classes, sharing skills, assisting with events, and supporting fellow members, volunteers are at the heart of everything the Village Hub does. Their dedication creates the welcoming atmosphere that members and visitors enjoy every day.

The award was particularly meaningful given the outstanding organisations nominated in this category, including: Friends of Jirdarup Bushland, Guide Dogs WA, Victoria Park Bunting Library, Victoria Park Xavier Hockey Club, and VisAbility WA.



Representatives from the Hub were delighted to attend the Sundowner and accept the award on behalf of the many volunteers who contribute their time, energy, and expertise throughout the year.

While the trophy sits proudly on display, the true achievement belongs to all volunteers who have welcomed a new member, shared a skill, lent a helping hand, or simply taken the time to support another person.

This award is a celebration of the spirit of community that makes the Village Hub such a special place. To all our volunteers—thank you. This recognition belongs to you.

DID YOU KNOW? RSV VACCINE

Vaccination is the most effective way to protect yourself against common winter respiratory viruses, including influenza (flu), COVID-19 and respiratory syncytial virus (RSV). By staying up to date with recommended vaccinations, you can help reduce your risk of serious illness and stay well for the moments that matter most.

RSV can be particularly dangerous for older people over 75 and Aboriginal and Torres Strait Islander adults. It is highly contagious and infects the airways and lungs. RSV spreads through droplets when an infected person talks, coughs or sneezes. The vaccination is safe and free under the National Immunisation Program for:

- Adults aged 75 years and over
- Aboriginal and Torres Strait Islander people aged 60 years and over.

Talk to your GP or health professional to check your eligibility and find out more



A MEMORABLE VISIT TO JEJU ISLAND SEONGEUP FOLK VILLAGE

By Lynne De Souza

During a recent holiday to South Korea, Llew and I had the opportunity to visit beautiful Jeju Island, a UNESCO World Heritage destination located off the south coast of the Korean Peninsula.

Jeju Island is known for its volcanic landscapes, waterfalls, beaches, tangerines and the famous female Haenyeo free divers and also its unique culture. Jeju is one of South Korea's most favourite tourist destinations.

One of the highlights of our visit was Seongeup Folk Village, a traditional village that has preserved many aspects of life from Korea's past. The village contains authentic thatched roof homes, stone-walled gardens, and cultural sites that offer visitors a glimpse into how people lived on Jeju centuries ago. Many of the homes are still occupied by descendants of the original families, helping to keep local traditions alive.



As part of our tour, we were invited to explore several traditional houses and gardens. In one garden, we noticed a group of mature women gathered together. We soon learned that this was the village meeting place for seniors. The women meet daily to socialise, have coffee, participate in activities and also make small handicraft to sell to visitors.



Llew and I mentioned that we also belonged to a seniors community group and their faces lit up with excitement. Despite the language barrier, we shared smiles and laughter when the women went into a flurry of activity to bring out their traditional Korean clothing and proceeded to dress us up for photographs, all of which was a totally unexpected experience, but one that demonstrated kindness and generosity of the local community, and will remain as a treasured memory of the Seongeup Seniors Group on Jeju Island. It reminded us that friendship, community and hospitality are values shared by people around the world.

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 July	Anne	1 Sept	Trevor
3 Aug	Stanley	3 Sept	Mabel
11 Aug	Lesley	8 Sept	Lynda
18 Aug	Rudolph	21 Sept	Rita



DJILBA NOONGAR LANGUAGE CLASSES



Join Wadjuk-Balardong Noongar man Dylan Collard for the Djilba season of Noongar Language classes commencing Wednesday 5 August. Djilba, represented by the colour pink, symbolises the growth and emergence of wildflowers and plants. It marks the beginning of the flowering season across the South West, starting with the bright yellow blooms of acacias. As a transitional season, Djilba brings cold, crisp mornings followed by warmer rainy days, with occasional bursts of sunshine.

Traditionally, Djilba was a time when key food sources included yongar (kangaroo), waitj (emu), and koomal (possum). Young animals can also be seen venturing out with their parents, learning skills such as foraging and navigating their environment. During this time, many birds remain close to their nests, which is why protective behaviours become more noticeable. Birds such as the koolbardi (magpie), djidi djidi (willy wagtail), and chuck-a-luck (wattlebird) are often seen swooping to defend their young.

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. Learning the Noongar language is an important step toward cultural preservation, reconciliation, and community connection. More than just vocabulary, it deepens understanding of Boodja (Country), strengthens respect for local environments, and preserves valuable Noongar knowledge about ecology, seasons, and culture.

MEET A MEMBER - ROBERTA

If you've visited the Hub on a Monday afternoon, you've probably met Roberta at the front desk.

Growing up in Mt Lawley as one of five siblings, Roberta enjoyed a happy childhood in a close-knit neighbourhood.

At 17, a friend's suggestion led her to apply for nursing at Royal Perth Hospital—a decision that shaped a career that took her to many places.

After completing her training and postgraduate midwifery studies, Roberta worked as a nurse in Perth. She then worked in hospitals across the United States and London. Her travels also took her through Scotland, Scandinavia, and Germany, including a memorable visit to Berlin shortly after the Berlin Wall was built.

While living in London, she met her husband, Barry, another Perth local. Married for 59 years, they lived in Pemberton, Kununurra, and eventually Kalamunda. In Pemberton, Roberta used her midwifery skills to support expectant mothers across the region.

Always eager to learn, she later completed a Bachelor of Education at ECU and a master's in educational administration at the University of Oregon. She went on to serve as a primary school principal for 12 years, championing opportunities for children in the performing arts, before returning to nursing at Hollywood Hospital for another 14 years.

Now retired, Roberta volunteers with Vinnies and the Village Hub. She was also awarded an OAM in 2020 for her community service. She continues to live by the values her mother instilled in her. "Community is everything," Roberta says. "It's so important to be involved."



TURNING PAGES TOGETHER: CHAPTERS THIRD BOOK LAUNCHED!



On Saturday 27 June, the Chapters Writers Group celebrated the launch of their third anthology, *Here We Go Again!*, marking another milestone for one of Connect Village Hub's most successful member-led groups.

As the longest-running member-led group at the Village Hub, Chapters has been meeting every Friday morning for the past nine years. Around 20 members regularly gather in the library to share their writing, offer constructive feedback, and support one another's creative journeys. Anyone walking past on a Friday morning is likely to hear plenty of laughter, reflecting the friendships and sense of community that have developed alongside the writing.



Members meet to share stories, poems, memoirs, and other creative works, receiving constructive feedback and support from fellow writers. The group provides a welcoming space where writers of all experience levels can develop their skills, build confidence, and find inspiration.

Here We Go Again! showcases the talent, imagination, and life experiences of the group's diverse writers. Described as "a feast of

memories and musings", the anthology takes readers on a journey from Tiananmen Square to suburban backyards, from misadventures in Puno to memorable incidents at outback milk bars.

The collection explores themes including challenge and change, magical moments, and the extraordinary experiences hidden within everyday life. Through poetry, prose, memoir, and storytelling, the writers share rich and varied perspectives that reflect the voices of our community.

Beautifully illustrated with artwork and photographs contributed by members, as well as their family and friends, the book is a true community collaboration. Filled with humour, reflection, imagination, and heart, *Here We Go Again!* offers something for every reader.

The publication is a testament not only to the creativity of the writers but also to the enduring power of connection, learning, and friendship. After nine years of meeting, writing, and encouraging one another, the members of Chapters continue to prove that everyone has a story worth telling.



Here We Go Again!

By Pam Bagworth



In my dreams I hear the upbeat swing of Here we go again and wreaths of pink and purple bougainvillea twine around a muse-like figure looking surprisingly like Libby Pappas. The muse unwinds in luxuriating languor over reflections on the ever-changing Derbil Yerrigan or the enticing description of desire in Libby's Greek Islands pieces. But casting a pall over the bright multifaceted creative swirl of writing and art there's that pesky, insistent editor, calling me to check commas, edits and word count.

Helen's colour palette of green dresses and red cars is bringing my dream to technicolour life. There are red doors aplenty for Kerry and Angela to open, and Marie-Anne is engaging in a breathtaking tango.

I'm torn away from Neil's outback milk bar to worry about whether Noelene's luggage makes it to Rottnest.

In my dreams I am knocking on the door of the aspiring candidate for Victoria Park, begging for sponsorship for our Anthology.

I try to avoid Pam's callous landlady with the ruthless scissors, as I trim and shape precious writings. I ask Sam's poem for forgiveness for the scattered words, dreams and aspirations which lie on the cutter's floor. Meanwhile Moira's Dawn fairy keeps slipping all over the page, giving me no rest.

Despite Angela's disastrous cooking experiment, I see a lavish spread and birthday celebrations are underway. Wait, there's a woman giving birth over there and Irene is worried about her nicked umbrella while her cabbages and oranges roll through my dream.

In my dreams, I go, like Francois, to my happy place where I can count the stars in the dark sky and roll in Nada's dream of 'what was, had been, could be . . .', channelled by Lynette's guide from the silence.

No dream is complete without some snakes writhing around, supplied by Hilary, while I enjoy the 'beauty and the terror' of our wide brown land', as described by Kerry.

Lefki's Getting to Puno provides to a classic dream journey with cancelled trains, blocked roads, hair raising taxi journeys and the inevitable cyclical nature of a dream journey. Are we there yet?

Like all dreams, there are riots and protest, and I get caught up in the protest at Tiananmen Square.

Oh, for Dorothy's tranquillity to allow me to slip into undisturbed sleep. But here comes Elaine asking 'Am I too late? I was waiting for the Muse to arrive.'

Here we go again! Is Chapters Third Anthology a dream or a nightmare?

Pam is a member of Chapters Creative Writing Group that meets on Friday mornings



RUOK? DAY: A CONVERSATION COULD CHANGE A LIFE

RUOK? Day is a national reminder that staying connected and having meaningful conversations can make a real difference to the people around us.

While the official day encourages us to ask, "Are you OK?", it's important to remember that the question is most effective when we are genuinely prepared to listen to the answer and can be asked ANY day.

Many people experience challenges that may not be immediately visible. Loneliness, grief, health concerns, caring responsibilities, financial pressures, or major life changes can all affect a person's wellbeing. For older adults, retirement, the loss of loved ones, or reduced social connections can sometimes make these challenges even more significant.

Before asking someone if they are OK, consider whether you have the time and privacy for a meaningful conversation. Choose a comfortable setting, listen without judgement, and resist the urge to immediately solve the problem. Often, the greatest gift we can offer is simply our attention and understanding.

The RUOK? organisation recommends four simple steps: Ask, Listen, Encourage Action, and Check In. A follow-up conversation a few days or weeks later can help someone feel supported and valued.

At the Hub, we see every day how important connection is. A friendly chat over coffee, a shared activity, or simply noticing when someone hasn't been around can help strengthen our sense of community.

This RUOK? Day, take a moment to reach out to a friend, neighbour, family member, or fellow Hub member. You don't need to be an expert—you just need to be willing to listen. Sometimes a simple question can be the start of an important conversation.



CONNECT 60+



Connect 60+ is our active ageing program based on the seven dimensions of wellness, supporting participants to explore active ageing. Each Friday morning, the program provides a welcoming space to learn, move, and connect. Sessions combine practical workshops, physical activity, and opportunities to socialise — all aimed at enhancing wellbeing, building confidence, and strengthening community connection.

Following feedback, we have refined the program to place a stronger emphasis on consistent exercise and strength training. Hannes will be facilitating a series of sessions in-person and online, guiding you through exercises that can be easily incorporated into everyday routines.

Next term, starting 14 August, the program will feature a range of workshops on topics such as nutrition, standing up to ageism, and social dancing. These will be complemented by strength training to reinforce what active ageing looks like in practice.

Connect 60+ is offered at no cost to participants. It serves as an introduction to our philosophy on ageing — grounded in the seven dimensions of wellness, while also encouraging you to remain independent and take an active role in your own ageing journey.

Fridays, 14 August - 25 September at 9.30am

WHAT'S THE BUZZ?

BE CONNECTED THE CLOUD AND APPS THAT COME WITH IT

Join this Be Connected session on Wednesday 8 July, to learn about all the free cloud apps that come with your online storage account.

When you sign up for a free Cloud account, you can get access to a range of included apps. Some are great for getting work done, others are more fun or just useful - but they can all be accessed for free and without having to download or install any software on your computer or mobile device.



MEASUREMENT DAY

Join us for our next Member Measurement Day on Friday, 17 July from 9.30am.

You can evaluate your mobility, strength, and balance and receive a measurement record card to monitor progress over time. If you haven't had your measurements taken yet, this is your opportunity to start tracking your health and wellbeing.

There will also be morning tea to share.

BE CONFIDENT -GENTLE TRAVEL IN SOUTH INDIA

Join us on Wednesday 29 July for Kerala, Ayurveda & Gentle Travel in South India. Discover Kerala's rich culture, beautiful backwaters, tea plantations, wildlife, cuisine and wellness traditions, including Ayurveda. Presented by experienced travellers Anna and her partner, this informative session will explore comfortable and accessible travel for mature travellers, with time for questions and discussion. Whether you're planning a future trip or simply curious about this fascinating region, come along and be inspired.



WHAT'S THE BUZZ?



WEDNESDAY WELLBEING



Wednesday Wellbeing - in collaboration with Bassendean 55+ - is our active ageing program designed to support and help you stay strong, energised, and connected. Explore International Council on Active Ageing's seven dimensions of wellness as well as what it means to be part of an age-friendly community through practical strategies and fun, hands-on activities, you'll discover new ways to boost your wellbeing and continue thriving.

Next cycle runs 19 August - 30 September
Wednesday, 9.30am - 11am
\$5 per session

GUIDED WALK CURTIN UNIVERSITY



Did you know Curtin University is home to many beautiful and diverse gardens?

Join Curtin Uni's Parks and Gardens team member and VH member Wendy as they take you on a guided exploration of the First Nations Native Garden, Japanese garden, spiritual garden and hidden murals in the sculpture garden. In addition, grab lunch or a light bite at one of the various cafes on campus.

Thursday 19 August at 10.30am



BE CONFIDENT GET ON BOARD WITH TRANSWA



TransWA is Western Australia's regional public transport road coach and rail operator, going to many destinations like Jurien Bay, Albany and Margaret River. They also have many discounts available for seniors.

Join this talk focused on accessibility, available discounts for various concession cards, and the Pension Free Travel scheme. There will be time for questions and discussion.

Wednesday 26 August at 11.15am

WHAT'S THE BUZZ?



BE CONFIDENT WILLS



Planning for the future can feel overwhelming, but putting your affairs in order is one of the most important things you can do for yourself and your loved ones. This free session, presented by the Citizens Advice Bureau, will guide you through the essentials in a clear and practical way.

Join this session to learn how to create a simple will and understand the key decisions involved.

Wednesday 23 September at 11.15am

BE CONNECTED ALL ABOUT MY GOV AND LINKING SERVICES



Many government services are now available online, making it easy to manage important tasks. Instead of visiting multiple websites and remembering different usernames and passwords, you can access a wide range of services in one convenient place—your myGov account. In this session, learn how to link your services to myGov so everything is securely connected and easy to access.

Wednesday 12 August at 11.15am



SHARE WITH THE MAYOR



Join us for morning tea with the Mayor of Victoria Park, Karen Vernon. This is an opportunity to engage with the mayor and learn about the latest happenings in our Town.

The morning will be filled with conversation, community updates, and of course, tea and treats. Don't miss this chance to connect with Mayor Karen Vernon and stay informed about Victoria Park's exciting developments.

Wednesday 30 September



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



**Member Help Centre
Individual and Tech
Support**
11.30am - 1.00pm



Zumba

10.00am - 11.00am
\$9 Member
\$13 Non-member



Ballroom Fit

1.00pm - 2.00pm
\$12 Member
\$15 Non-member



**Mackie Street
Singers**

6.30pm - 8.00pm
\$3 Member
\$5 Non-member



TUESDAY

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



Sit Fit

9.00am - 9.35am
\$9.00 Members
\$13.00 Non Members



Active For Life

1.30pm - 2.15pm
\$9 Member
\$13 Non-member



Chair Yoga - Rachel

2.30pm - 3.30pm
\$9 Member
\$13 Non-member



**Mackie Street
Community Choir**

6.30pm - 8.30pm
\$7 Member
\$10 Non-member



WEDNESDAY

Hairdressing @ the Hub
with Carmel
8.30am - 12.00pm

**Walking and Nordic
Pole Walking Group**
8.30am - 9.30am



Crafty Friends

9.30am - 11.00am



Mahjong

9.30am - 11.30am



Coffee Club

9.30am - 11.00am



Pilates

1.00pm - 2.00pm
\$9 Member
\$13 Non-member



Active For Life - Circuit

2.15pm - 3.00pm
\$9 Member
\$13 Non-member



7 Dimensions of Wellness

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

THURSDAY

**Footy Fitness for
Men 55+**

Mineral Resources Park
7.30am - 9.30am
\$2



Shibashi Tai Chi

9.30am - 10.30am
\$9 Member
\$13 Non-Member



Active For Life

11.00am - 11.45am
\$9 Member
\$13 Non-Member



Line Dancing

1.00pm - 2.30pm
\$12 Member
\$15 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
\$9 Member
\$13 Non- Member



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

SPECIAL EVENTS AT THE HUB

JULY

Connect 60+ 
7 Dimensions of Wellness
Workshops
Fridays
29 May - 10 July
9.30am - 11.00am

Wednesday Wellbeing
In Bassendean 
At Bassendean 55+
Wednesdays
3 Jun - 15 July
9.30am - 11.00am

Seniors Self Defence 
9 Week Course
Tuesday
16 June - 11 August
10.00am - 11.00am

Hub Book Club 
Monday 6 July
2.00pm - 3.00pm

Naidoc Week 
Monday 6 July -13 July

Be Connected - 
The Cloud and Apps that
Come With It
Wednesday 8 July
11.15am - 12.15pm

Member
Measurement Day 
Friday 17 July
9.30am - 11.30am

Be Confident - 
Kerala, Ayurveda and Gentle
Travel in South India
Wednesday 29 July
11.15am - 12.15pm

AUGUST

Hub Book Club 
Monday 3 August
2.00pm - 3.00pm

All Ages Noongar Language
Class - Djilba 
Wednesdays
5 August - 2 September
Beginners 5.30pm - 6.30pm
Intermediate 7.00pm - 8.00pm
\$120 Members
\$150 Non-Members

Be Connected - 
All about My Gov and linking
services
Wednesday 12 August
11.15am - 12.15pm

Connect 60+ 
7 Dimensions of Wellness
Workshops
Fridays
14 August - 25 September
9.30am - 11.00am

Wednesday Wellbeing
In Bassendean 
At Bassendean 55+
Wednesdays
19 August - 30 September
9.30am - 11.00am

Guided Walk 
Curtin University
Wednesday 19 August
10.30am - 11.30am

Be Confident - 
TransWA
Get On Board with TransWA
Wednesday 26 August
11.15am - 12.15pm

SEPTEMBER

Hub Book Club 
Monday 7 September
2.00pm - 3.00pm

Be Connected - 
Making Medicare claims on
MyGov and My Health Record
Wednesday 9 September
11.15am - 12.15pm

RUOK Day 
Thurs 10 September

Out N About 
York's Timeless Treasures
Thursday 17 September
8.30am - 4.15pm
\$99 Members
\$109 Non-Members

Member
Measurement Day 
Friday 25 September
9.30am - 11.30am

Guided Walk 
TBA
Wednesday 30 September
7.30am - 9.30am

Be Confident - 
Wills
Wednesday 23 September
11.15am - 12.15pm

Be Informed 
Share with the Mayor
Wednesday 30 September
10.00am - 11.30am



Yootwah, Noah and Irene in the Seniors Self Defence Course



Connect Victoria Park Inc
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connectvictoriapark.org

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