

Connect Victoria Park

THE AGELESS

FREE

PLEASE TAKE
ONE

SENIORS WEEK

A NEW DIMENSION OF
WELLBEING

CELEBRATING THE FESTIVE
SEASON

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

FROM THE EDITOR

There's a lot happening at the Hub over the next few months, and as I look through this edition of The AGEless, one message keeps coming through: there are always opportunities to try something new, stay connected and be part of your community.

Sometimes, taking that first step can be the hardest part. In this edition, Delia shares how she plucked up the courage to walk through the Hub doors after moving to Victoria Park. What started with looking for somewhere to exercise has grown into friendships, activities and a place where she feels comfortable being herself. Her advice is simple: "give it a go."

That is very much what the Hub is about. Whether it's joining a class, coming along to Connect 60+, learning something new through Be Connected, taking part in Mental Health Week, or simply sitting down for a coffee and a chat, there are plenty of ways to get involved.

This edition also introduces Financial Wellbeing as our eighth dimension of wellbeing. Looking after our finances is an important part of feeling confident and independent, particularly as our circumstances change throughout life. Our aim is to provide opportunities to learn, ask questions and find reliable information so that members can make their own informed decisions.

We also have plenty of opportunities to celebrate together. Seniors Week brings celebrations at Walking Footy, Grubs 'N' Bugs and a movie matinee, while later in the year we'll enjoy Christmas Canvases, our Christmas lunch and other festive activities.

There is something particularly special about the stories we share in The AGEless, from Delia's journey to the Hub, to the memories and experiences that make up our community, these stories remind us that everyone has something to contribute.

As we head towards the end of another year, I encourage you to take a chance, try something different, introduce yourself to someone new or perhaps come through the Hub doors for the first time. You never know where that first step might lead.

IN THIS EDITION

VILLAGE HUB MEMBERSHIP	2	MEET THE INSTRUCTOR	11
Why join the Village Hub		Line Dancing - Glenn	
VIC PARK: OUR STORIES	4	MENTAL HEALTH WEEK 12	
A new project with Connect and Theatre 180		Taking Control in the face of Change	
NEW DIMENSION	5	BIRTHDAYS	12
Introducing Financial Wellbeing		WEDNESDAY CRAFT CLUB	
BE CONNECTED	6	By Sook Leng Chan	
Christmas Connections - Bring the Family together online		PURPLE ROAD	14
CELEBRATE SENIORS WEEK	7	See it at the Vic Park Library in November	
York's Timeless Treasures		LUNCH TIME CONCERTS	14
CHRISTMAS CANVASES	8	Free in October	
Paint Sip and Celebrate		WHAT'S THE BUZZ	15-17
OUT N ABOUT	8	What's coming up	
Christmas Day Trip		EVERY WEEK AT THE HUB	18
MELBOURNE CUP AND CHRISTMAS LUNCHES	9	SPECIAL EVENTS AT THE HUB	19
MEET A MEMBER DELIA	10		
By Trish Thompson			
DID YOU KNOW	10		
Pneumococcal Vaccine			

On the Cover this Month
Mary ready for Christmas



VICTORIA PARK: OUR STORIES

Do you have a story to tell about Victoria Park?

What do you remember about Victoria Park? Perhaps you grew up here and remember the shops, schools and streets of your childhood. Maybe you moved here later in life and have watched the neighbourhood change around you. Or perhaps you have a story about a local character, community group, business, family, event or place that has become part of your own Victoria Park story.

Whatever your connection, we want to hear it.

Connect Victoria Park, together with THEATRE 180, is bringing local seniors together for a relaxed morning of storytelling, conversation and memories as part of a new local oral history project.

Remembering the Victoria Park we knew

Victoria Park has changed enormously over the years. Streets have been transformed, old buildings and businesses have disappeared, new ones have taken their place, and the people who make up the community have changed too. But alongside these physical changes are the personal memories that give a place its character.

We want to capture some of those memories – the stories that might not appear in a history book.

Perhaps you remember going to the local shops as a child, catching the bus into town, attending a school or sporting club, or knowing all the families in your street. Maybe you remember a particular café or corner shop, a local event, a memorable character, or the way the community came together during an important time.

Your story might be funny, surprising, poignant or simply a memory that you have carried with you for years. It doesn't have to be a famous story – sometimes the ordinary experiences of everyday life are the ones that tell us the most about a community.

Come and share your story

Join us on **Tuesday 2 February** for the first informal chat. Over a cup of tea, you'll have the opportunity to talk with others who have their own connections and memories of Victoria Park.



These two pictures are the same location. Where is it?



What Vic Park events have stuck in your memory?



What was here when you moved to Vic Park?

A NEW DIMENSION OF WELLBEING: FINANCIAL WELLBEING



Looking after your money is also looking after your wellbeing. At Connect Victoria Park, we believe that wellbeing is about much more than keeping physically active. It's about having the knowledge, confidence and connections to live a healthy, fulfilling and independent life.

That's why, in 2027, we are excited to introduce Financial Wellbeing as the eighth dimension of wellbeing.

Our financial circumstances can have a significant impact on how we feel, the choices we make and our ability to enjoy life. Financial wellbeing isn't about how much money you have—it's about feeling in control of your finances, being able to meet your needs, making informed decisions and having confidence about your financial future.

Why Financial Wellbeing matters

As we get older, our financial circumstances can change. Retirement, changes to income, rising living costs, unexpected expenses and decisions around superannuation or government payments can all bring new challenges.

Financial stress can also affect our broader wellbeing. Worrying about money can contribute to anxiety, sleepless nights and social isolation. People may avoid activities or social occasions because they are concerned about the cost, or feel uncertain about where to turn for reliable information.

Having a better understanding of your finances can provide greater confidence, independence and peace of mind.

Financial wellbeing is therefore closely connected to all the other dimensions of healthy ageing. Having control over our finances can help us stay socially connected, participate in activities we enjoy, maintain our physical and mental wellbeing, and make choices about the life we want to lead.

Financial wellbeing isn't about being an expert in money. It's about having the confidence to ask questions, understand your options and know where to find trustworthy information when you need it.

***In 2027, we're expanding the conversation.
Because feeling well also means feeling
confident, capable and in control of the life
you want to live.***

Connect 60+ will explore practical topics that can help members build their financial confidence. This may include understanding household budgets, managing rising costs, avoiding scams, making the most of available concessions and services, and knowing where to seek independent financial information and support.

While we will not be providing you with specific financial advice, everyone's financial circumstances are different. We will be providing you with opportunities to learn from experts, ask questions and build confidence making your own decisions.

Wellbeing is the whole picture

The addition of Financial Wellbeing reflects an important part of our approach to healthy ageing: we are not simply interested in adding years to life—***we want to help people make the most of those years.***

Whether it's moving our bodies, keeping our minds active, nurturing friendships, discovering new interests or feeling more confident about our finances, every dimension contributes to our overall wellbeing.



CHRISTMAS CONNECTIONS

BRING THE FAMILY TOGETHER ONLINE



Can't have everyone around the Christmas table this year? A video call can bring you a little closer.

Christmas is a special time for catching up with family and friends, but sometimes the people we want to see most are too far away to join us in person. Whether they're interstate, overseas or simply unable to travel, video calling is a wonderful way to share a little Christmas magic together.

With a smartphone, tablet or computer, you can see and hear your loved ones while you chat — almost like having them sitting in the room with you!

What do I need?

Getting started is easier than you might think. You'll need:

- A smartphone, tablet or computer with a camera, microphone and speakers.
- An internet connection, Wi-Fi is best if you're using your mobile phone.
- A video calling app, such as FaceTime, WhatsApp or Zoom.

If you're not sure how to set up your device, don't worry. We can help you get started at the Hub.

Which video call should I use?

FaceTime: If you and your family use Apple devices such as iPhones or iPads, FaceTime is simple to use and works with your existing contacts. You can even have a group call with family members in different locations.

WhatsApp: WhatsApp allows you to send messages and photos as well as make video calls. It works across different types of phones, making it a useful option when family members have different devices.

Zoom: Zoom is another popular option, particularly if you're bringing a larger group together. One person can set up the call and send everyone else a link to join.



Make Christmas a little more special

Why not arrange a virtual Christmas catch-up?

You could have a cuppa with a grandchild, watch the grandchildren open their presents, share Christmas lunch together, or simply sit down for a chat with family who can't be there in person.

You don't have to be a technology expert, you just need to give it a try!

If technology feels a little daunting, ask a family member to help you set up your first call, or book a Member Help Centre appointment at the Hub. Once you've made one video call, you may find it's much easier than you expected.



This Christmas, stay connected

Technology can't replace a hug, a shared meal or having everyone together around the Christmas table, but it can help us stay connected when being together isn't possible.

So this Christmas, turn on the camera, say hello and share a little festive cheer with the people who matter most.

Merry Christmas, and happy video calling! 

You can find out more about this and other topics by attending Be Connected at the Hub or by booking a Member Help Centre appointment.



Be Connected
Every Australian online.

☀ CELEBRATE SENIORS WEEK

Seniors Week is a wonderful opportunity to celebrate the contribution older people make to our community. It is also an opportunity to get together, try something new and have some fun!

This year, the Hub is joining the celebrations with a great line-up of activities designed to get you moving, learning, connecting and enjoying time together.

🍌 **Walking Footy for men 55+ with the West Coast Eagles**

What better way to celebrate than with a bit of footy?

Join us for a special Walking Footy session at Mineral Resources Park with the West Coast Eagles. Have a go at some footy skills, enjoy a gentle game and catch up with others afterwards over morning tea.

Walking Footy is designed specifically for older adults, combining football skills and game play with fitness, balance and strength in a safe and social environment.

You don't need to be a football star — just come along, have a go and enjoy the fun!

🌱 **Connect 60+ – Grubs N Bugs**

Our popular Connect 60+ Grubs N Bugs session is also getting into the Seniors Week spirit.

Come along to learn more about gardening, get your hands dirty and share some gardening knowledge and stories with fellow green thumbs. We're delighted to welcome back the ever popular Cultivating Curmudgeon to lead this special session.

And because gardening is always better with good company, the Town of Victoria Park will be providing morning tea for everyone to enjoy.

Whether you're an experienced gardener or someone who simply enjoys being outdoors, this is a great opportunity to learn something new and connect with others.



🎬 **Saturday Movie Matinee – Thelma**

And what better way to finish the week than with a movie? Join us on Saturday for a special Seniors Week Movie Matinee featuring Thelma.

Bring a friend, sit back and relax and enjoy an afternoon at the movies with your Village Hub friends. It's the perfect opportunity to catch up, meet someone new and enjoy a great film.

💙 **Come and celebrate with us**

Seniors Week is about recognising that getting older doesn't mean slowing down — it's about staying connected, continuing to learn, having fun and being part of your community.

So come along, bring a friend and make the most of Seniors Week with us. We look forward to celebrating with you!

Bookings are essential for all activities. See the program for dates and times. Bookings can be made via the Connect website or Village Hub app.

CHRISTMAS CANVASES 🎄 PAINT, SIP & CELEBRATE!



Looking for a fun and creative way to get into the Christmas spirit? Join the Village Hub and Victoria Park Centre for the Arts for a special Christmas Canvases Paint & Sip!

Come along on Friday 11 December, from 6.00–8.00pm, at the Victoria Park Centre for the Arts, and spend a relaxed evening creating your very own Christmas-inspired artwork.

You don't need to be an artist – this is all about having a go, enjoying the creative process and spending time with others. Whether you're a confident painter or haven't picked up a paintbrush since school, you'll be guided through the activity in a friendly and relaxed atmosphere.

Bring a friend, meet some new people and enjoy a drink while you paint. It's a great opportunity to unwind, get creative and perhaps create something you can proudly display at home over the festive season – or give as a handmade Christmas gift.

The collaboration between the Village Hub and Victoria Park Centre for the Arts brings together creativity, community and connection, with an evening designed to be enjoyable for everyone.



Christmas Canvases Paint & Sip Sundowner



Friday 11 December



6.00–8.00pm (arrive 5.30 for 6.00pm start)



Victoria Park Centre for the Arts



\$15 Village Hub members | \$20 non-members

Spaces are limited, so book early and join us for a festive evening of painting, sipping and Christmas cheer!

OUT N ABOUT CHRISTMAS BUS TRIP STRINGY BARK WINERY

Christmas is a time to celebrate, connect with friends and family, and enjoy the festive spirit that fills our community. Create special memories, and take part in the fun and excitement that Christmas brings with a wonderful trip to Stringy Bark Winery with the Village Hub Community!

You will start at Whiteman Park with its craft village and motor museum, for morning tea. Then explore the beautiful Chittering Valley including the magnificent Devine Mercy Catholic Church.

Next stop is the rustic and charming Stringy Bark Winery where we can relax, taste the latest vintage, and enjoy a hearty Christmas lunch.

We will slowly make our way back home with a stop in the Swan Valley for wine or chocolate tastings.



This will be our last bus trip for 2026, so we hope you can join us!

Date: Thursday, December 3

Time: 8.30am - 4.30pm

Cost:

- **\$110 Members**
- **\$120 Non-Members**

MELBOURNE CUP AND CHRISTMAS LUNCHES AT THE HUB

It's time to celebrate two of the Village Hub's favourite traditions – good food, good company and a little bit of fun!



Melbourne Cup Lunch – Tuesday 3 November

Get into the Melbourne Cup spirit as we bring a little of the colour and excitement of Flemington to the Village Hub. Dust off your favourite raceday outfit and, of course, your best spring hat (there'll be a prize for the best hat)! For those who like a little flutter, we'll also be running a Melbourne Cup sweep and we will have all the action from Flemington on the screen.



Our lunch will begin with a delicious antipasto and a glass of bubbles, followed by roast chicken and vegetables, with berries, jelly and ice cream to finish



Christmas Lunch – Tuesday 15 December

Then, as Christmas approaches, we'll gather again for a traditional Christmas lunch at the Village Hub. Expect all the familiar festive favourites, served in the friendly and relaxed atmosphere that makes our community lunches so enjoyable



We're particularly thankful to new members Andrew and Debbie, who have generously agreed to take the lead in the kitchen for both lunches. We're looking forward to seeing what they cook up!

Both lunches are a great opportunity to catch up with friends, meet other members and enjoy a meal together.

Tickets: \$25 members | \$30 non-members
Bookings are essential, so make sure you secure your place and join us for these two special Village celebrations.

MEET A MEMBER - DELIA

By Trish Thompson

You have probably spied Delia a self-confessed “Jigsaw Junkie” at the Jigsaw table in the corner of the hall at The Hub, or with Sebastian in previous issues of the Ageless showing off their jigsaw prowess (together they and many others have completed 8, 1000 piece puzzles. She has found camaraderie and joy at the Jigsaw table, but there is more to Delia than her new found love of jigsaws.

After emigrating from the United Kingdom in 1972, Delia spent her working life supporting children with special needs. Professionally trained in special needs education, she worked for more than 25 years as an Education Assistant in metropolitan kindergartens, pre-primary and primary schools. Her role involved working alongside teachers and supporting children with a wide range of needs, including autism and ADHD, as well as children with physical and intellectual disabilities. She also provided assistance to children with significant physical disabilities, including those who used wheelchairs. Her work was a major part of her life, and she brought dedication, patience and compassion to every child she supported.

Two years ago, after moving to Victoria Park and recovering from an illness, Delia was looking for somewhere to exercise. A neighbour mentioned there was a ‘place down the road’ with lots of activities. She plucked up the courage to walk through the Hub’s doors – and hasn’t looked back. She says it took a little confidence to come along at first, but she soon realised it was a place where she could be herself and that

coming to the Hub was one of the best things she had ever done.

After reading The Ageless and being encouraged by the team to try “anything and everything”, Delia joined the Hub and

quickly became an active member. She loves the variety of classes, with something different happening every day, and appreciates that no one expects you to do anything you can’t do.

Delia is a regular participant in the Hub’s exercise program and values the way the classes keep both mind and body active, connected and coordinated. With such a wide range of activities, there is always something she can enjoy. The classes have also helped Delia build strong social connections. She particularly enjoys the friendships she has made and the occasional ‘coffee and chinwag’ after class with a small group of friends.

When she’s not at the Hub, Delia enjoys dog-sitting her daughter’s pooch, helping a friend with occasional childcare and making the most of life in vibrant and welcoming Victoria Park. She loves the busy strip, the cafés and eateries, and the easy connections to the wider community.

Her advice is simple: don’t hesitate to come through the doors, try something new and, most importantly, ‘give it a go’.



DID YOU KNOW? - PNEUMOCOCCAL VACCINE

Pneumococcal disease can cause serious illnesses such as pneumonia, meningitis, and bloodstream infections. Vaccination is one of the best ways to protect yourself.

The Australian Immunisation Handbook recommends pneumococcal vaccination for all adults aged 65 years and over, and a free pneumococcal vaccine is available under the National Immunisation Program for people over 65.

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



MEET OUR LINE DANCING INSTRUCTOR - GLENN

If you've been to one of our line dancing classes, you'll already know Glenn's energy on the dance floor.

Glenn is a mechanic by trade and runs his own mobile business, GMC Mechanical, specialising in light-duty vehicles. But dancing has been just as much a part of his life for over three decades.

Glenn started line dancing 32 years ago, at the age of 34, after being introduced to it by a friend. He fell in love with the music and the steps almost instantly, and began dancing with the Mustang Line Dance Company. Back then, he was dancing with his one-year-old daughter in his arms.

While line dancing is his first love - because, as he puts it, "you can do it on your own" - Glenn's passion for dance extends much further. He's also skilled in clogging, a traditional American dance similar to tap but performed with a fixed and loose plate, and West Coast swing, a partner dance style.

Glenn's teaching journey began at Urban Cowboy, where the soundtrack was pure American country, think Dolly Parton and Kenny Rogers. After six years, he took over the company, and he's been running it ever since.

With 20 years of instructing under his belt, Glenn has taught people of all ages, from kids to adults to seniors across his career. He offers both beginner and advanced classes, so there's a place for dancers at every level.

For Glenn, the best part of teaching is watching people master the steps. "It's very fulfilling when students learn and pick up the dance moves," he says. He loves the challenge of teaching and watching his students progress.

Some of Glenn's students have been dancing with him for 30 years, and over that time, many have become like family. Seeing them multiple times a week, he's noticed that for a lot of people, line dancing is about the community and



the social connection that comes with it.

Glenn's playlists might surprise you — alongside classic country, he mixes in modern hits from artists like Pink and Taylor Swift, and even AI-generated tracks that capture that country sound.

Glenn is also mindful of accessibility. In his classes with some dancers in their 80s, he modifies the choreography — removing turns and adjusting steps — so everyone can join in and enjoy the dance.

If you're new to line dancing and feeling a bit daunted, Glenn's advice is simple: stick with it, and don't give up after the first try. It's mostly about remembering the steps, and within around 8 classes, most people reach a comfortable, danceable level.

And finally... meet Odie, Glenn's four-legged sidekick. Odie is a rescue dog, half dingo, who was found roaming the streets of Onslow. He is now 10 years old, having joined Glenn as his constant companion eight years ago. Odie goes everywhere with Glenn - from line dancing classes to mobile mechanic jobs. Glenn jokes, "having Odie around is a bit like having a two-year-old."

Mental Health Week

Taking Control in the Face of Change



Mental Health Week WA | 4 – 11 October 2026



Mental Health Week is a chance to start conversations about mental health, reduce stigma and discover practical ways to support our wellbeing. This year's theme, **“Towards wellbeing: Taking control in the face of change,”** reminds us that while we cannot always control what happens, we can take steps to support ourselves through change.

At the Village Hub, wellbeing is at the heart of what we do. Staying connected, continuing to learn and having opportunities to participate and contribute can make a real difference to how we feel.

Be Confident: Preparing for your appointment

Tuesday 6 October | 11.15am–12.15pm
Hosted by Consumers of Mental Health WA

This Be Confident session will provide practical strategies to help you feel more prepared for an appointment, ask questions and communicate what is important to you. It is an opportunity to learn and take a more active role in your wellbeing.

Come and talk about the Village Hub

We will also be at the Victoria Park Farmers Market on Sunday 4 October during Mental Health Week and would love our members to join us. Come along and help us talk to the community about what the Hub offers and how it supports wellbeing

The Hub provides opportunities to build social wellbeing through connection and belonging, intellectual wellbeing through learning and trying new things, and emotional wellbeing through participation, purpose and support

We are proud to be an Act Belong Commit partner, promoting the simple message that looking after our mental wellbeing involves staying active, staying connected and staying involved.

This Mental Health Week, take one small step towards wellbeing – come along, get involved, learn something new or meet someone new.



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

18 Oct Hubert 13 Nov Elizabeth
8 Nov Lesley 12 Dec Andrew



Wednesday Craft Club By Sook Leng Chan



At the Connect Vic Park fondly called the Hub
A hive of happy workshops hums and thrums
Line dancing, tai chi, yoga, pilates
Social Cycling, mahjong for keen minds and bodies:
Nordic pole walking, writing club, bookclub, singing
days;
And Active For Life to keep us moving in joyful ways.

But Wednesday, oh Wednesday -
is my favourite of all,
For that is our Craft Club, my mid week call.
Not all of us crafty, not all threads stay taut.
But we still have a good yarn - and not just of the
wool sort.

Faye, the leader from Kalgorlie she hails, with
stories bold and bright -
Many careers behind her, each one a lovely sight.
Once she went for an interview,
thinking it was for a pub
But the bosses eyed her bosom and offered her
another "club"
"A hooker?!" dear Faye shrieked -
"That will not be me!"
And off she ran in a beeline,
as quick as quick could be.

There's Delys, our knitting and crochet queen,
Busy with cardigans, beanies, blankets -
her hands a steady machine
She never drops a stitch, barely glances at a guide
Yet every intricate cardi seems effortless from her
side,
But innocent she is not, despite what she may claim
A toy boy she has and a sparkle of cheeky flame!
Her bawdy jokes send us howling,
clutching at our chairs,
Adding spice to the banter, that happily fills our air.

Teresa our bikkie supplier -
bubbly, warm and sincere,
All the way from India, spreading
kindness far and near
Wendy the hexi queen, puts my stitching to shame -
Invisible seams in patterns deserving great acclaim.
Refusing to fix ugly work until
my errors were detected,
My blanket now is christened
"Before and after meeting Delys" -sort of corrected.

And gentle Margaret from Kewdale
-noble in her trade,
Teaching tiny children swimming unafraid.
And who can forget Mary Mary quite contrary
Forever devoted to England - loyal, loving, merry;
She tends to every garden bed ensuring each is fed.
From her tote bag to her knick knacks,
all proudly coloured red.

We're blessed with our Carmel,
our hairdresser extraordinaire -
With her scissors and hairdryer,
she transforms us with care;
With every careful snip and swish,
she waves her magic wand,
Turning ordinary mornings into moments of
swanlike charm.

And then there are others who come and go -
Sharing a cuppa, a chat, letting warm friendship grow
How lucky I am to have found these lovelies -
This circle of kindness, crafts, laughter and stories
So here's to Christmas - may it bring bright cheer
May good health follow us into the coming year.
Fewer doctors' visits, teeth all our own, cataracts
done and clear -
Till we meet again in 2027. My friends so dear.

VIC PARK PURPLE ROAD

The Purple Road is a community awareness campaign which grew out of a roll of material, some forgotten balls of wool, and lots of enthusiasm from a small group of people who share a hope of spreading a message.

The continually growing road is made up of thousands of hand-made purple flowers, contributed via volunteers in art and craft groups and older adults of our community.

Purple is the colour of age and wisdom. Every flower represents someone's story, a conversation or reflection relating to the very important, yet sensitive subject of elder abuse.

Elder abuse is a human rights issue which can prevent someone from ageing positively.

The Purple Road is a collaborative artwork, a visual representation of the rights of an older person which gives rise to positive ageing and empowerment of our older community members.

In 2021 the Village Hub joined with Harold Hawthorne Community Centre and the Victoria Park CWA to produce our own piece of the Purple Road. The Purple Road has grown to reach 100 metres with contributions made from across Western Australia and even internationally.

Our Victoria Park section of the Purple Road will be on display at the Town of Victoria Park Library during November to Celebrate Seniors Week, if you haven't seen it in person, make sure that you check it out.



FREE LUNCHTIME CONCERTS



Calling all music lovers!

Perth is home to a range of free lunchtime concerts this spring, featuring classical and chamber music, orchestral performances, jazz, and more.

The concerts are a fantastic opportunity to enjoy live music and explore some beautiful venues, including churches, the new ECU City Campus, and UWA. Why not make a day of it? Grab a coffee or lunch, and discover all that Perth has to offer as the weather starts to warm up.

These outings are self-guided trips organised by a member. You can choose to meet at Connect and travel together by bus, or meet the group directly at the venue.

We will share further details closer to each concert date, so keep an eye on upcoming announcements.

Upcoming Concerts

14 Oct	Mirabilis Collective, UWA
21 Oct	HearNOW Ensemble, McCusker Recital Hall WAAPA
28 Oct	Holli Scott (Visiting Artist) Jazz, SoundHouse
20 Nov	Scotch College Musicians, Wesley Church

WHAT'S THE BUZZ?

BE CONFIDENT - PREPARING FOR YOUR APPOINTMENT



Presented by consumers of Mental Health WA, this workshop will help you plan for an appointment. What questions should you ask, how do you advocate for yourself?

- Learn lifelong practical self advocacy skills
- Feel confident to speak up in your own way
- Take home resources to support you

This special 2 hour free workshop is being presented as part of Mental Health Week.



BE CONFIDENT - GENTLE TRAVEL IN INDIA



Join us on Wednesday 14 October 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 Charles and Anna from Malabar Passage this informative session will explore comfortable and accessible travel for mature travellers, including the benefits of traveling in a small group. Whether you're planning a future trip or simply curious about this fascinating region, come along and be inspired.



CONNECT 60+



Connect 60+ is a seven week active ageing programme designed to support and help you stay strong, energised, and connected. Each week we explore one of the dimensions of wellbeing through practical strategies and fun, hands-on activities. Discover new ways to boost your wellbeing and continue thriving.

The final round of Connect 60+ for 2026 commences on Friday 23 October. Check the weekly blog for programme updates.



WHAT'S THE BUZZ?



WEDNESDAY WELLBEING



Wednesday wellbeing is a 7 week holistic active ageing programme presented in collaboration with Bassendean 55plus and supported by the Town of Bassendean. Each week we explore one of seven dimensions of wellbeing as well as what it means to be part of an age-friendly community. Discover Tai Chi, creative crafts, pole walking, drumming and so much more!

Bassendean 55plus
50 Old Perth Road, Bassendean
Wednesdays 9.30am -11.00am
Commencing 28 October (\$5 per session)

BE CONFIDENT WILLS MADE EASY



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 Older Peoples Rights Service, 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 28 October at 11.15am



BE CONNECTED TRANSPERTH



Find out how to use the Transperth App.

- Track your bus, train or ferry in real time on a map
- find nearby stops and stations, and see live service times
- Plan your trip using Journey Planner
- Register, link and check your SmartRider balance and My Alerts notifications
- Save your favourite stops, stations, and journeys for quick access to arrival times
- Manage your SmartParker vehicles and bike shelters

WHAT'S THE BUZZ?

BE CONFIDENT - SENSES WA

Senses WA will be presenting this session and providing information on coping with hearing loss, vision loss and combined sensory loss.

Loss of hearing and vision can cause problems with completing forms, participating in conversations, gathering information and ultimately may result in withdrawing from social situations. This may mean a drop in important social connection.

Find out about strategies involving technology, communication techniques and peer support.



BE CONNECTED WA GOVERNMENT WEBSITES SERVICES, SAVINGS AND REBATES

Learn about some of the government services available to you online as a resident of Western Australia. You'll find out about the wa.gov.au website and how you can use it to search for and access these different services.

You can also find out how to use these services to apply for rebates, check local fuel prices in your area, get vouchers and other discounts for things you might like to do and even where to start looking for any lost superannuation funds.

MEMBER MEASUREMENT DAY

Join us for our last Member Measurement Day for 2026 on Friday, 4 December 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.



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**
10.00am - 12.00pm



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 Members
\$13 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 - 11.00am



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

OCTOBER

Hub Book Club ■ ■ ■
Monday 5 October
 2.00pm - 3.00pm

Mental Health Week ■ ■ ■
 Vic Park Farmers Market Stall
Sunday 4 October
 8.00am - 12.00pm

Mental Health Week ■ ■ ■
 Be Confident
 Preparing for your appointment
Tuesday 6 October
 11.15am - 1.15pm

Be Confident - ■ ■ ■
 Malabar Passage
 Gentle Travel in India
Wednesday 14 October
 11.15am - 12.15pm

Free Lunch Time Concert ■ ■ ■
 UWA
Wednesday 14 October
 1.00pm - 2.00pm

Free Lunch Time Concert ■ ■ ■
 WAAPA
Wednesday 21 October
 1.00pm - 2.00pm

Connect 60+ ■ ■ ■ ■ ■ ■ ■
 7 Dimensions of Wellbeing
 Workshops
Fridays
23 October - 4 December
 9.30am - 11.00am

Free Lunch Time Concert ■ ■ ■
 Sound House
Wednesday 21 October
 1.00pm - 2.00pm

Wednesday ■ ■ ■ ■ ■ ■ ■
 Wellbeing
 7 Dimensions of Wellbeing
Wednesdays
28 October - 16 December
 9.30am - 11.00am
 \$5

Be Confident - ■ ■ ■
 Wills Made Easy
Wednesday 28 October
 11.15am - 12.15pm

NOVEMBER

Hub Book Club ■ ■ ■
Monday 2 November
 2.00pm - 3.00pm

Melbourne Cup Lunch ■ ■
Tuesday 3 November
 11.30am - 1.00pm
 \$25 Members
 \$30 Non-members

Be Connected - ■ ■ ■
 Transperth
Wednesday 11 November
 11.15am - 12.15pm

Walking Footy ■ ■ ■
 Seniors Week Morning tea
Thursday 12 November
 9.00 - 10.00am

Grubs N Bugs ■ ■ ■
 Seniors Week Connect 60+
 Morning tea
Friday 13 November
 9.00 - 10.00am

Seniors Week Movie ■ ■ ■
 Matinee - Thelma
Saturday 14 November
 2.00 - 5.00pm

Free Lunch Time Concert ■ ■ ■
 Sound House
Friday 20 November
 1.00pm - 2.00pm

Be Confident ■ ■ ■
 Senses WA
 Hearing and Vision Loss Barriers
 and Strategies
Wednesday 25 November
 11.15am - 12.15pm

Christmas Sundowner ■ ■
Friday 27 November
 4.30pm - 6.30pm
 \$5 Members
 \$10 Non-members

DECEMBER

Out N About ■ ■ ■
 Stringy Bark Winery
Thursday 3 December
 8.30am - 4.15pm
 \$110 Members
 \$120 Non-members

Member ■ ■ ■
 Measurement Day
Friday 4 December
 9.30am - 11.30am

Hub Book Club ■ ■ ■
Monday 7 December
 2.00pm - 3.00pm

Be Connected - ■ ■ ■
 WA govt websites
Wednesday 9 December
 11.15am - 12.15pm

Christmas Canvases ■ ■ ■
 Vic Park Arts Centre
Friday 11 December
 6.00pm - 8.00pm
 arrive 5.30pm for 6.00pm start
 \$25 Members
 \$30 Non Members

Christmas Lunch ■ ■ ■
Tuesday 15 December
 12.00- 2.00pm
 \$25 Members
 \$30 Non-members





Thursday morning is Walking Footy



Connect Victoria Park Inc
The Hub, 5 Mackie Street VICTORIA PARK 6100
9361 2904
Email: admin@connectvictoriapark.org
connectvictoriapark.org

Supported by funding from the Town of Victoria Park



*merry
christmas*

The following are our
Christmas hours for 2026

Office Closed
Thurs 24 December 2026

Office re-opens
Mon 4 January 2027

Last Class for 2026
Fri 18 December

2026 Classes Resume
Mon 4 January 2027

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