

What’s Happening in Mandurah

CELEBRATING WOMEN’S HISTORY MONTH

This Women’s History Month, Mandurah Museum is featuring some significant Mandurah educators from the 1870s to the 1970s.

Visit Mandurah Museum to explore the achievements and contributions teachers made to the lives of Mandurah children during this period. Photographs, documents, and objects will be displayed showing schooling during this time.

When: 8 March - 30 April 2024
Opening Hours: Tuesday - Friday 10am-3pm
Entry: Free
Where: Mandurah Community Museum, 3 Pinjarra Road, Mandurah WA.

Masterpieces 2K24 Art Competition and Exhibition

The Masterpieces Art Competition and Exhibition 2K24 by (CASM) Contemporary Art Spaces Mandurah is an annual showcase for local artists aged 12-25, offering them a professional gallery display. Discover this years talent from 6 April - 12 May. Joining the fun are Junior Masterpieces 5-11yrs, exhibited at Mez Art Space, Manpac.

CASM gallery hours are Wednesday to Friday, 10am to 4pm. For more information, call CASM on 9550 3662. Contemporary Art Spaces Mandurah (CASM), 63 Ormsby Tce. Mandurah.

Urban Composting—Food for Thought Workshop

Learn composting tips to redirect your home's organic waste from landfill and create vibrant, humus-based soil that captures carbon, is nutrient-rich, full of diverse life, and saves you money!

Attend our FREE Urban Composting and Bokashi Bin Workshop with The Urban Revolution.

Date: Saturday, April 6
Time: 9am-1pm
Location: Falcon eLibrary
Booking essential: www.eventbrite.com.au/e/urban-composting-bokashi-bin-food-for-thought-workshop-tickets-845497845817

Peel Open Studios 2024

Discover the Peel region’s unique, creative offering during this rare opportunity to explore the joys and wonders of the creative process, see works of art in progress across a wide range of mediums, and meet talented local visual artists in their studios. From 13 - 21 April 2024, around 100 visual artists across 36 locations will open the doors to their art studios to welcome thousands of visitors from across Western Australia.

Recurr every Sunday, Monday, Tuesday, Wednesday, Thursday, Friday and Saturday.

Event guides available at CASM or online: peelopenstudios.com.

Big Dog Day Out

Join us for Big Dog Day Out, a day filled with tail-wagging excitement and activities to delight both dogs and their owners. Whether you have a playful pup, a seasoned senior, or a curious canine companion, there's something for everyone at this paw-some event.

Date: 14 April 2024
Time: 9am-1pm
Location: Novara Foreshore Reserve, Dampier Ave, Falcon WA 6210

Newsletter

April 2024

A Message from the Coordinator

Every 3 months or so I like to sit back, take a moment and reflect on things we’ve accomplished at the Seniors Centre and it never fails to amaze me what we can achieve all together. The World Health Organisation’s Age Friendly Strategy is based on 8 pillars:

- Community & Health Care
- Transportation
- Housing
- Outdoor Spaces & Building
- Civic Participation & Employment
- Communication & Information
- Social Participation, and
- Respect & Social Inclusion

I’d like to talk about the last two of these in particular—“Social Participation”, and “Respect & Social Inclusion”.

I am so proud, and feel very privileged to come in each and every day to experience the way everyone in this “club” lives and breathes these attributes.

From the all the volunteers who exude joy as we walk in and around the building, the staff, of whom I am so very proud of, and to the members who are the very heart and soul of this facility.

Yes, we can all have days when we get out of bed on the wrong side, we can all face difficulties or

pain, but the overarching feeling I get is respect, inclusion and a sense of pride that only comes when people feel welcomed and valued.

So, I just wanted to take the opportunity to say thank you everyone for bringing the joy with you each and every time you come in. And I hope you all feel the same pride and happiness as I do.

Kind regards

Lisa Gardiner,
Coordinator Seniors

Announcements

Professor Anne-Marie Hill’s research team from UWA are looking for volunteers to play the role of “patient” in a short video in April/May. No acting experience necessary! Just need to have short conversation with a staff member. Must be able to get to Royal Perth Hospital. Call Tammy on 0410 426 005

MEET YOUR VOLUNTEER - Lee and Garry Granger—Event Officers

What is the most interesting job you have had?

Lee – Air Hostess
Garry – Project Manager - building MY CHARLEY (Super Yacht)

If you could travel anywhere in the world, where and why?

Lee – there are so many places I would still love to see but Antarctica because it’s so remote and to see penguins in the wild.
Garry – Switzerland - because it’s a beautiful country

If you could have dinner with anyone, who and why?

Lee – My Mum and Dad because I miss them.
Garry – My Mum because I miss her.








Lee and Garry love volunteering here at Seniors because of the people they get to spend time with and meet.



Upcoming Events Calendar

Some events may be subject to change or cancellation. Check our Facebook group for updates.



DATE & TIME	IMAGE	EVENT NAME	DESCRIPTION	VENUE	COST	BOOKINGS
Friday 5 April 1.30pm – 3pm		Grey Matter Quiz	Test your Grey Matter at our monthly quiz. Get a table together (5-6 people) or come by yourself. You might even win a prize! (Please note the change of date due to Easter)	Seniors Centre, Dining Room	\$2 per person	Book at the reception desk
Friday 5 April 4pm—6pm		Sundowner by the Bay	Come and enjoy our beautiful Mandjar Bay water views with a drink, great company and Karaoke with Angela from Mandurah Party Bus entertainment. BYO drinks and nibbles.	Seniors Centre, Dining Room	Free	Book at Admin
Tuesday 9 April 10am—12noon		Heartfelt Sewing	Join in mindful stitching and create a beautiful felt heart to keep or give to a friend.	Seniors Centre, Café area	Free	Book at Admin
Thursday 11 April 1pm—3pm		Heart Health Nutrition and Cooking Workshop	Join in this Workshop for Heart Health where you'll learn heart-smart ingredient choices, cook hands-on heart-healthy recipes, and discover how to improve your well-being through dietary changes.	Seniors Centre, Craft Room	Free	Book at Admin
Thursday 18 April 1pm—2pm		Native Bee Hotel Workshop	Come and discover the amazing world of Australian Native Bees. Construct a coffee cup Bee hotel to take home	Seniors Centre, Craft Room	\$5 per person	Book at Admin
Tuesday 23 April 1pm-3pm		Vision Australia Information Session	Join Vision Australia for a free information session to learn about the specialist services available to support people who are blind or have low vision to live the life they choose.	Seniors Centre, Craft Room	Free	Book at Admin
Wednesday 24 April 8.30am—1pm		Anzac Day (All Day) Breakfast	Join us to honor the service and sacrifice of Australian and allied forces in all conflicts and peacekeeping missions. Menu includes Anzac Day Gunfire Breakfast featuring sausage, bacon, scrambled eggs, hashbrowns, beans, toast, juice, and fresh fruit.	Seniors Centre, Dining Room	\$17 members \$22 non—members	Bookings, Lunch Desk from 3 April
Friday 26 April 1.30pm – 3pm		Grey Matter Quiz	Test your Grey Matter at our monthly quiz. Get a table together (5-6 people) or come by yourself. You might even win a prize!	Seniors Centre, Dining Room	\$2 per person	Book at the reception desk
Tuesday 30 April 1pm—3pm		Money Mentors Finance Workshop	Mandurah's Money Mentors, financial councillors, will host an informative workshop covering financial elder abuse, scams, and the cost of living, providing valuable insights and resources for attendees.	Seniors Centre, Craft Room	Free	Book at Admin
Wednesday 1 May 1.15pm—3pm		Moira Scott in Concert	Save the date— Experience the captivating vocals and authentic storytelling of Moira Scott, the renowned county singer. Don't miss out on her unforgettable performance!	Seniors Centre, Main Hall	\$5 members \$10 non-members	Tickets at the door
Thursday 2 May 12.30pm—1.30pm		Lets Make Music Group	Save the date— Discover the joy of handchime music with Carol from Handbells in Pell! No experience necessary, it's a team effort, only two notes per person—come and learn something new and have fun.	Seniors Centre, Craft Room	Free	Book at Admin