

Announcements

Membership Renewal

Membership renewal forms will arrive in the mail mid to late September. Please bring the form into the centre to renew your membership. Due to the three-month closure during COVID, everyone who was a financial member in March 2020 will get 15 months of membership when they renew for 12 months. If you joined the Centre since we reopened in June, you will have the choice of renewing for three months (to 31 December 2020) or for 15 months (to 31 December 2021). Couples discounts still apply to all renewals.

Exercise Timetable Changes

Due to changes over the last 12 months we have found there were many gaps in the exercise timetable in the Main Hall. To maximise the use of the space and introduce 3 (soon to be 4) new classes there are some changes to the timetable starting Monday 7 September. For a current copy of the activity timetable see the City of Mandurah website or pick up a copy in the centre. Affected groups: Jazz Dance (Tuesday and Thursday), Zumba Gold (Tuesday and Wednesday), Tai Chi (Friday) and Table Tennis (Wednesday).

Inspirational Quote

“A conversation could save a life because it is the one thing that any of us can do that could make a real difference. Getting connected and staying connected is one of the best things we can do”

- Gary Larkin, Founder of R U OK? Day



Community Citizen of the Year Awards

Do you know someone who makes our community a better place? It's time to nominate an individual or group for the Community Citizen of the Year Awards!

The four categories for the citizenship awards are:

1. Community Citizen of the Year
2. Senior Community Citizen of the Year
3. Young Community Citizen of the Year
4. Active Citizenship Award (for a group or event)

Nominations are open until October 31. Nominate via the website citizenshipawards.com.au/nominate



Introduction

Welcome to our new look newsletter! Our fresh new look is inspired by the colours of the Nyoongar seasons and reflects the newly revealed City of Mandurah identity. Part of the new identity is our new dual name for

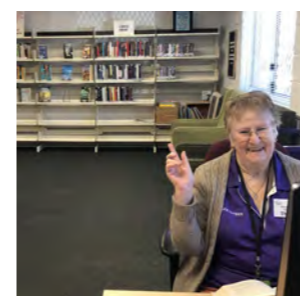
the Seniors Centre, “Dandjoo Kaadadjan Mia” which means “coming together of wisdom – Mia (House).” For more information about the new identity visit the City of Mandurah website mandurah.wa.gov.au

Seniors Library










The Seniors Centre Library has reopened in a new room. Come in to say hi to one of the amazing volunteers who are there every day Monday – Friday (closed Tuesdays 8.30am-12pm and Thursdays 12.30pm-4pm), check out the collection and learn something new.

Don't forget you have access to the entire City of Mandurah Libraries collection, so you can request new releases, complete series, DVDs and all your old favourites to be delivered to the centre in just a few days

Photo Gallery



Upcoming Events Calendar

DATE & TIME	IMAGE	EVENT NAME	DESCRIPTION	VENUE	COST	BOOKINGS
Saturday 5 September 10am		Mandurah Community Gardens "Growing from Seeds" Workshop	Learn about soil preparation and selecting the right seeds for the season. After the workshop you can enjoy a sausage sizzle for a gold coin donation followed by a community busybee in the garden	Coodanup Drive, Coodanup	\$5 per person (free for community garden members)	Bookings are essential contact Cheryl on 0414 348 404 or info@mandurahcommunitygardens.com.au
Monday 7 September 8.30am - 12.30pm		Father Day All Day Breakfast	Celebrate a belated Father's Day with a delicious breakfast buffet for breakfast or lunch. Eggs are made to order with bacon, sausages, mushrooms, hash browns, fresh fruit, tea or coffee and juice all included.	Seniors Centre Dining Room	\$10 members \$15 visitors	Lunch desk 9550 3793
Tuesday 8 September 9am - 12.30pm		Collaborative Approaches to Reducing Social Isolation in Mandurah	The "Improving Social Connectedness of Older Adults" project is a two-year pilot to increase the social connectedness of older Australians at high risk of mental health and health conditions associated with social isolation and/or loneliness.	Mandurah Offshore Fishing and Sailing Club	FREE	Bookings for catering purposes. Contact jane.wittennoom@chorus.com.au
Thursday 10 September 10-11am		R U OK? Morning Tea	Free morning tea, mindful activities and advice on how to ask R U OK? And what to do next. Make sure you are prepared to help those you love in this difficult time.	Seniors Centre Dining Room	FREE	Book at admin 9550 3799
Tuesday 15 September		Advocare – Help with Navigating Aged Care Services	Even if you don't need to access to any services right now you never know what the future holds so don't get caught short, get informed now. Taryn has a wealth of knowledge about the aged care services and your rights and will be available to give you the information you need to navigate the system and protect yourself.	Seniors Centre Main Hall	FREE	Book at admin 9550 3799
Thursday 1 October		International Day of the Older Persons All Day Breakfast Special	Eggs are made to order with bacon, sausages, mushrooms, hash browns, fresh fruit, tea or coffee and juice all included.	Dining Room	\$10 members \$15 visitors	Lunch desk 9550 3793
Saturday 3 October 10am		Mandurah Community Gardens Composting Workshop	Learn the difference between hot and cold composting. After the workshop you can enjoy a sausage sizzle for a gold coin donation followed by a community busybee in the garden	Coodanup Drive, Coodanup	\$5 per person (free for community garden members)	Bookings are essential contact Cheryl on 0414 348 404 or info@mandurahcommunitygardens.com.au
Wednesday 7 October 1.15 - 2.45pm		SOS Choir Concert	Seeing the SOS choir perform is a heart-warming experience not to be missed. The group regularly receives standing ovations for their uplifting and poignant performances.	Seniors Centre Main Hall	\$5 members \$10 visitors	Not required
Tuesday 13 October 1.15 - 2.45pm		Public Trustee Wills & Deceased Estate Seminar	The session will cover the importance of making and safely storing your Will, how to navigate the deceased estate process, financial elder abuse prevention, enduring powers, advance health directives and more.	Seniors Centre Main Hall	FREE	Bookings essential. www.trybooking.com/BHEGZ P: 9550 3799 or E: seniors@mandurah.wa.gov.au