

What's Happening in Mandurah

Where Thorns Speak Exhibition

Enter a world where stories grow wild in Where Thorns Speak, the first solo exhibition by local fine art photographer Louise Alexander. Through surreal portraits and fractured narratives, the exhibition explores a powerful space where the feminine voice is no longer silenced.

Where: Contemporary Art Spaces, 63 Orsmy Tce, Mandurah
Opening: Friday 1 May
Exhibition: 2 - 31 May
Contact: 9550 3662 or casm@mandurah.wa.gov.au for more details.

Pink Walk - Mother's Day event

Start Mother's Day with a FREE 4km community walk to raise breast cancer awareness. Walk in support and in memory

while enjoying Mandurah's community spirit outdoors—the perfect way to celebrate mums and the special women in your life. Just turn up and walk with us.

Where: George Robinson Garden
When: Sunday 10 May, 7am - 11am

Creative Horizons - Art Workshop for Adults

Immerse yourself in the realm of creativity with this series of workshops led by local Mandurah artists, Kerry Davies and Sarah Petrich. Embark on a journey of self-expression and artistic discovery to nurture your skills and ignite your imagination.

Where: Lakelands Library and Community Centre, 49 Banksiadale Gate, Lakelands
When: Wednesday 13, 27 May, 10, 24 June, 10.30am to 12.30pm
Cost: \$10 per person per workshop
Contact: 9548 3048

Getting to know our Volunteers - Ingrid

Why did you start volunteering at the Senior Centre?

What better way to give back to the community in a warm and friendly environment.

Can you share one of your favourite moments or memories from your time volunteering here?

It was nice to sit back and socialise on our volunteer Christmas cruise.

What do you most like about volunteering here?

Everyday is a pleasure to come to work in a fun, friendly environment, full of laughter and no stress, where you are thanked and appreciated. I have met so many wonderful colleagues and have formed some special friendships.

What's something interesting about you that people might not know - such as a hobby, talent, or life experience?

You are never too old to follow your dreams. I am playing hockey in the World Cup in Belgium this year.

If you could give one piece of advice or a positive message to our readers, what would it be?

Life is very precious, make the most of it and enjoy every moment.



Welcome to the May Newsletter.

We have another wonderful month ahead at the Centre, with plenty of opportunities to come together, enjoy good company, try something new, and take part in activities that support wellbeing and connection.

May begins with Heart Week and a healthy cooking demonstration, sharing simple and practical ideas for preparing fresh, flavourful meals that support good heart health.

Music lovers are in for a treat with a lively afternoon concert from award-winning entertainer Robert Graham, performing well-known favourites from the '50s through to today. These concerts are always a great way to relax and enjoy live entertainment together.

We're also pleased to welcome Dovidia, who will be attending the Centre during May and June. Dovidia provides free 30-minute one-on-one sessions to assist seniors with completing their My Aged Care referral. Bookings are essential.

Learning and conversation continue with Stand Up to Ageism, a peer-to-peer session exploring how ageism and stereotypes can affect older people, and

how to feel more confident speaking up.

Our Taste of Italy lunch offers a relaxed opportunity to enjoy a hearty meal and spend time chatting with others, while the monthly My Story – Our Voice group continues to provide a supportive space to share stories, listen, and connect.

This month's Speaker Spotlight features Amie from the Department of Justice, Corrective Services and her drug detection dog. Take a fascinating look at how they keep our community safe.

Later in the month, our popular Wannadoo Bus Tour heads out for a relaxed day that includes morning tea, op-shopping and antique shopping, and lunch out. We finish the month with the much-loved Grey Matters Quiz, a fun and friendly way to test your knowledge and share a few laughs.

We're also reinvigorating the Centre's menu, with new and refreshed meal options coming soon - so keep an eye out for updates.










Please refer to the events calendar for full details of all events and activities. We look forward to seeing you around the Centre soon.

Warm regards,
Seniors Centre Team

Upcoming Events Calendar

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



	Date and Time	Event Name	Description	Venue	Cost	Bookings
	Tuesday 5 May 1pm - 2.30pm	Cooking for a healthy heart	Celebrate Heart Week with a healthy cooking demonstration showcasing fresh, flavourful meals, heart - friendly ingredients, and easy ways to reduce salt without losing taste.	Seniors Centre, Craft Room	Free for members and \$10 non-members	Book at Admin
	Wednesday 6 May 1.15pm - 3pm	Robert Graham in Concert	Enjoy a fun musical afternoon with award - winning entertainer Robert Graham, playing hits from the '50s to today.	Seniors Centre, Main Hall	\$5 members \$11 non-members	Tickets at the door
	Monday 11 May from 10.30am - 1.30pm	Do you need help with your My Aged Care registration?	Dovida will provide free 30-minute one-on-one sessions to assist seniors with completing their My Aged Care referral.	Seniors Centre, Meeting Room	Free	Book at Admin
	Wednesday 19 May 1 - 2pm	Stand up to Ageism	Join us for a peer-to-peer session to better understand ageism, how stereotypes can lead to discrimination, and ways to speak up for things that are important to you.	Seniors Centre, Craft Room	Free	Book at Admin
	Wednesday 20 May 12pm	Taste of Italy lunch	Join us for a Taste of Italy - a relaxed and cheerful lunch with good company and plenty of conversation, featuring hearty lasagne, a fresh green salad and warm garlic bread.	Seniors Centre, Dining Room	\$12 members \$18 non-members	Book at Admin
	Monday 25 May 1pm	My Story - Our Voice	A supportive monthly group where you can share the stories that have shaped your life, with help to write or present them if needed.	Seniors Centre, Meeting Room	Free	Book at Admin
	Tuesday 26 May 1pm - 2pm	Speaker Spotlight - Department of Justice, Corrective Services	Meet Amie from the Department of Justice, Corrective Services and her drug detection dog for a fascinating look at how they help keep our community safe.	Seniors Centre, Craft Room	Free	Book at Admin
	Wednesday 27 May Pick up 8.30am and drop off 4.15pm	Wannadoo Bus Tour - Op shop delights and discoveries	Morning tea at Faulkner Park, a spot of op - shopping, then lunch at the Firehouse Restaurant. Finish the day with a treasure hunt at Treasure Chest Salvage.	Bus bay north of Mandurah Visitors Centre	\$85 per person	Book at Admin. Payment required at time of booking
	Friday 29 May 1.30pm - 3.30pm	Grey Matters Quiz	Test your Grey Matter at our monthly quiz. Get a table together (6 people) or come by yourself. You might even win a prize.	Seniors Centre, Dining Room	\$2 per person	Book at Admin

Mandurah Seniors Centre, 41 Ormsby Tce, Mandurah | 9550 3799 seniors@mandurah.wa.gov.au