

Digital Help

Do you need some help with your laptop, smart phone, tablet or PC?

Book an appointment with our tech-savvy volunteer to receive one on one assistance with all your technology concerns.

Bring your device along with you.

Tuesdays in Meeting Room Time:
9am – 3pm
(half hour appointments available)

Please book in with our reception volunteers.



CITY OF MANDURAH **SENIORS**



41 Ormsby Terrace
PO Box 210
MANDURAH WA 6210
Phone 9550 3799

seniors@mandurah.wa.gov.au

mandurah.wa.gov.au/seniors

CITY OF MANDURAH **SENIORS**

Members Services

Centre Opening Hours, 8am – 4pm
Office Opening Hours, 9am – 3pm



Leesa's Hairdressing

Monday—Friday 8.30am-4pm

Ladies

Cuts	from \$25
Perm	from \$105
Tint (permanent)	from \$55
Tint (semi-permanent)	from \$55
Sets	from \$20
Blow Wave	from \$25
Streaks	from \$55

Men's

Cuts	from \$15
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Bookings essential, contact the hairdresser 9550 3788.

Botanical Bowen by Fran Shipp

Thursday 8.45am-3.15pm

**\$60 one hour massage/treatment
or \$30 for half hour**

Bowen therapy can help if you are:

- Stressed
- In pain
- Sore muscles
- Experiencing poor or lack of sleep
- Suffering from regular headaches

To book please contact Fran on 0488 283 463.

Murdoch Chiropractic Outreach Clinic

Mondays 2-4pm

Wednesdays 8.30-10am

By appointment only.

- Run by the Murdoch University Chiropractic Clinic.
- Final year students are fully supervised.
- Free assessments and treatments every week.

Bookings essential, contact admin 9550 3799.

Beautician Cassandra Lee

Tuesdays and Fridays 9am - 4pm

Cassandra Lee offers a range of treatments including waxing, facials, manicures, pedicures and massage.

Eyebrow Shape	\$20
Classic Glow Facial	\$75
30 Minute Massage	\$55
Mini Manicure and Mini Pedicure	\$65
Shellac Removal and Reapplication	\$55

For bookings, contact Cassandra on 0480 629 194.

Reflexology/Reiki

Wednesdays 9am-2.15pm with Tess Gere

\$60 for each of the following treatments:

Reflexology

- Natural healing to reduce tension and improve circulation.
- Based on principles of foot reflexes corresponding to every gland and organ of the body.

Japanese Cosmo Face Lift

- Ease tense facial muscles to reduce wrinkles and sagging.
- Natural, non-surgical, concentrated treatment.
- Hand work only to lift facial tissue.

Reiki

- Reduce stress, improve relaxation and promotes healing.

To book please contact Tess on 0417 955 981.

Podiatrist - Doug Veitch

Mondays 8.30am-3.30pm

\$68.50 per visit

Providing all your podiatry needs at a low fee of \$68.50.

No fee charged on top of eligible EPC plan. Receipt provided for health fund rebate.

By appointment only. Bookings essential, contact 0422 188 634.