

What's New in May?



Aged Care Navigators Community Hub

If you are looking for information about Government supported aged care, call 1300 025 298 to book an appointment with one of the volunteers from COTA WA.
Tuesdays & Thursdays from 30 April | 9am to 12pm | The Homestead



Village Hub &
Neighbour to
Neighbour
HELP
CENTRE

Village Hub and Neighbour to Neighbour Help Centre

Receive support across a range of issues impacting on your ageing and independent living or find out how the Neighbour to Neighbour Program could assist you.
Fridays from 3 May | 1 to 2pm | Bookings essential 9361 2904

Active For Life

Active For Life has moved to Thursdays. Keep fit and active with Hannes Holly, qualified Stay Sharp and Living Longer, Living Stronger instructor.

Thursdays from 2 May | 11:30am to 12:30pm | \$7 members, \$10 non-members



Tai Chi Practice Class

This new practice class is ideal for beginners and people who want to build on their existing Tai Chi skills.

Mondays from 6 May | 9:15 to 10:15am | \$7 members, \$10 non-members

Watercolour Course

In this 7 week course, you will build skills and techniques in watercolour. All participants are to supply their own materials. Week 7 will be a visit to an art gallery.

Thursday 22 May | 1 to 3pm | \$70 members, \$85 non-members



Sunday Special Coach Tour—Spencer Brook Ramble

Introducing our first weekend trip. Enjoy lunch at the Riverside Hotel in Northam followed by a scenic drive through Spencer Brook..

Sunday 19 May | 9:30am to 4pm | \$50 members | \$70 non-members

Bridge for Beginners—4 Week Course

Bridge is by far one of the greatest card games of all. It can provide immense challenge and enjoyment. Learn the basics with our experienced volunteer tutor.

Wednesday 29 May | 10am—12pm | \$2 donation



Sustainability Orientated Origami Workshop

Organised by the Sustainability Solutions group, this workshop will teach you how to make practical household items such as bin liners out of newspaper.

Wednesday 29 May | 10 to 11:30am | Donation to Trinity School for Seniors



Wine and Cheese Sundowner

Join us for our first Village Hub Sundowner run by fellow members. These will be a regular occurrence on the last Friday of each month.

Friday 31 May | 4:30—6pm | \$5 includes your first drink | Cash bar



Registration is essential for all events. Please visit our calendar at www.connectvictoriapark.org to register and pay. For more information, please call 08 9361 2904 or visit us during business hours (8.30am—4pm)

CONNECT VICTORIA PARK INC.

The Homestead - 5 Mackie Street, Victoria Park, 6100 - 08 9361 2904

admin@connectvictoriapark.org | www.connectvictoriapark.org

