



CITY OF VINCENT

# WHAT'S ON FOR SENIORS



The City of Vincent's Community Development team is excited to bring you the latest news and events for our seniors.

**Registrations are essential as places are limited at these events.**



## LEISURE YEARS PRESENTED BY RAC

**Date:** Friday 19 July 2024

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Enjoy your leisure years with safety first. Come along and join us for a presentation by a Community Engagement Officer from the RAC. Following the presentation a light morning tea will be served.

Topics of discussion will include:

- Personal security
- Securing your home
- Safe road travel
- Future mobility



## NOM! COOKING CLASS PRESENTED BY FOODBANK

**Date:** Tuesday 30 July & Tuesday 6 August 2024  
(register for one session)

**Time:** 10am – 12.30pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Join us for a cooking class presented by Foodbank, that includes nutritional education and a hands-on cooking experience. Enjoy your freshly cooked meals with your fellow participants after the session and take home a goodie bag so you can make the recipe at home.



## MORNING TEA FOR RETURNED SERVICEMEN AND WOMEN

**Date:** Friday 16 August 2024

**Time:** 10am – 12pm

**Cost:** FREE

**Location:** Mt Hawthorn Lesser Hall,  
197 Scarborough Beach Road, Mt Hawthorn

Join us for a special commemoration morning of gratitude and remembrance as we invite all returned servicemen and women to a sit-down morning tea, hosted by the City of Vincent, in partnership with Mount Hawthorn RSL.

This event invitation extends to serving persons or ex-serving persons living within the City of Vincent.



## ENRICH YOUR BRAIN WORKSHOP PRESENTED BY ALZHEIMER'S WA

**Date:** Wednesday 4 September 2024

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Hear from the experts and join us for a presentation from Alzheimer's WA to understand dementia and learn tools on how to enrich your life with a healthy lifestyle to minimise future risks. Following the presentation there will be a light morning tea served.



## DEMYSTIFYING AGED CARE PRESENTED BY BAPTIST CARE

**Date:** Wednesday 2 October 2024

**Time:** 10 – 11.30am

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

Have questions about aged care? Join us for a presentation by age care specialist Baptist Care. Following the presentation there will be a light morning tea served.

Topics of discussion will include:

- Overview of current age care
- Explanation of different care options
- Fees and eligibility for funding
- Information about processes involved in accessing care services



## SENIORS TECH EXPO

**Date:** Friday 18 October 2024

**Time:** 10am – 12pm

**Cost:** FREE

**Location:** Community Centre, 99 Loftus Street, Leederville

In partnership with the Seniors Recreation Council of WA during Get Online Week, we are hosting our Seniors Tech Expo. Come along and have all your questions answered about all the new technology around. Light refreshments will be provided to participants.



# BUS TOURS



## HILLS ARE ALIVE AND THE SWAN VALLEY

**Date:** Thursday 12 September 2024

**Time:** 9am – 3.30pm

**Cost:** \$49

**Pick up and drop off:** Community Centre,  
99 Loftus Street, Leederville

The day will commence with morning tea at Lake Leschenaultia, where you can explore the hills with a blaze of coloured flora followed by a tasty lunch at Parkerville Tavern which is included in your ticket price. Following lunch, you will take a scenic drive through John Forrest National Park before stopping in the Swan Valley for some cheese tasting.

City of Vincent offers a subsidised rate for our senior residents to attend bus tour outings.

Bookings are limited to one tour per Vincent resident, per calendar year.

To secure a seat on the bus tour, we require payment at the time of booking. For registration and payment please call **9273 6000**.

Registration is essential as places are limited at these events.

Please note all upcoming events scheduled in the City of Vincent Function Room have been relocated to the Community Centre due to safety repairs on the lift.

For more information or to register for any of these events, please contact the Community Development team on **6112 5838** or via email at [community.development@vincent.wa.gov.au](mailto:community.development@vincent.wa.gov.au) or visit [vincent.wa.gov.au/events](http://vincent.wa.gov.au/events)

If you are receiving this flyer via post, please consider the environment and ask for it to be emailed instead. Send us an email at [community.development@vincent.wa.gov.au](mailto:community.development@vincent.wa.gov.au) with your request to change the delivery method.