

Seniors Directory

2024

INDEX

| | |
|--|-----------|
| Accommodation | 1 |
| BAPTISTCARE MORRISON GARDENS | 1 |
| DARLINGTON RETIREMENT ACCOMMODATION ASSOCIATION (INC)..... | 1 |
| EUREKA VILLAGE SWAN VIEW..... | 2 |
| GUILDFORD VILLAGE | 2 |
| HELENA VALLEY LIFESTYLE VILLAGE | 3 |
| HILLTOP GROVE ESTATE | 3 |
| KARINGAL GREEN HEALTH & AGED CARE COMMUNITY..... | 3 |
| MIDLAND NURSING HOME..... | 4 |
| PARRY CARE CENTRE | 4 |
| PARRY VILLAGE..... | 4 |
| REGIS GREENMOUNT | 5 |
| ROSHANA CARMEL AGED CARE | 5 |
| SUNSHINE PARK AGED CARE FACILITY & LIFESTYLE VILLAGE..... | 6 |
| TUOHY AGED CARE HOME..... | 6 |
| VILLA MARIA HOSTEL..... | 7 |
| YALLAMBEE RESIDENTIAL CARE | 7 |
| YALLAMBEE VILLAGE..... | 7 |
| Advocacy & Information | 8 |
| ADVOCARE INCORPORATED | 8 |
| AGED CARE QUALITY & SAFETY COMMISSION..... | 9 |
| ALZHEIMERS WA | 9 |
| CITIZENS ADVICE BUREAU - MIDLAND | 10 |
| COUNCIL ON THE AGEING (WA) INC (COTA)..... | 10 |
| ELDER ABUSE HELPLINE..... | 11 |
| ELDER RIGHTS WA (Legal Aid WA)..... | 11 |
| MY AGED CARE, Australian Government..... | 12 |
| NATIONAL SENIORS AUSTRALIA | 12 |
| OFFICE OF THE PUBLIC ADVOCATE | 13 |
| OLDER WOMEN'S NETWORK WA | 13 |
| PARKINSON'S WESTERN AUSTRALIA INC..... | 14 |
| SCAMWATCH | 14 |
| SENIORS CARD..... | 15 |
| WA SCAMNET | 15 |
| Aged Care Health & Support Services | 16 |

| | |
|--|-----------|
| AMANA LIVING – Customer Service Centre | 16 |
| AUSTRALIAN RED CROSS - Telecross..... | 16 |
| CARERS WA | 17 |
| CITY OF SWAN COMMUNITY CARE SERVICES | 17 |
| COMMONWEALTH HOME SUPPORT PROGRAM | 18 |
| ENRICH LIVING SERVICES | 18 |
| HEALTHDIRECT..... | 19 |
| HOME CHEF | 19 |
| HOME INSTEAD - Aged Care Services..... | 20 |
| KINCARE - Aged Care Services | 20 |
| MERCYCARE HOME CARE | 20 |
| MIDLAND PUBLIC HOSPITAL (St John of God)..... | 21 |
| MY AGED CARE..... | 21 |
| OCCUPATIONAL THERAPY SERVICES GROUP..... | 22 |
| PERTH HILLS HOME CARE NURSES | 22 |
| PLATINUM HEALTHCARE, Home Care..... | 22 |
| RISE NETWORK | 23 |
| SILVER CHAIN, Home & Personal Care | 23 |
| SIMPLY HELPING SOUTH EAST PERTH, Home Care Provider..... | 23 |
| SOLACE GRIEF SUPPORT GROUP | 24 |
| SWAN ACAT (Aged Care Assessment Team)..... | 24 |
| SWAN DISTRICTS SENIOR CITIZENS ASSOC INC..... | 25 |
| VETERANS' HOME CARE | 25 |
| Churches & Places of Worship..... | 26 |
| ANGLICAN PARISH OF DARLINGTON/BELLEVUE..... | 26 |
| BELLEVUE BAPTIST CHURCH | 26 |
| BIBLE BAPTIST CHURCH & CHRISTIAN ACADEMY | 26 |
| DARLINGTON CHRISTIAN FELLOWSHIP | 27 |
| GLEN FORREST UNITING CHURCH..... | 27 |
| MUNDARING ANGLICAN PARISH | 27 |
| MUNDARING CHURCH OF CHRIST | 28 |
| MUNDARING COMMUNITY CHURCH | 28 |
| MUNDARING UNITING CHURCH PARISH | 28 |
| PARKERVILLE BAPTIST CHURCH | 28 |
| SACRED HEART CATHOLIC PARISH..... | 29 |
| SWAN VIEW SALVATION ARMY CHURCH | 29 |
| SAWYERS VALLEY CHRISTIAN FELLOWSHIP | 29 |

| | |
|---|-----------|
| SWAN VIEW UNITING CHURCH..... | 29 |
| Multicultural Matters | 30 |
| AUSTRALIAN ANGLO-INDIAN ASSOCIATION | 30 |
| DUTCH CLUB NEERLANDIA OF WA, Neerlandia Seniors' Club..... | 30 |
| INDIAN SOCIETY OF WESTERN AUSTRALIA..... | 30 |
| IRISH CLUB OF WA | 31 |
| ITALIAN AGED CARE – VILLA TERENCE..... | 31 |
| ITALO-AUSTRALIAN WELFARE & CULTURAL CENTRE INC..... | 32 |
| OFFICE OF MULTICULTURAL INTERESTS (OMI) | 32 |
| Department of Local Government, Sport and Cultural Industries | 32 |
| RAINBOW MULTICULTURAL AGED CARE PROGRAM..... | 33 |
| SWAN ITALIAN SPORTING CLUB SENIORS DAY | 33 |
| UMBRELLA MULTICULTURAL COMMUNITY CARE | 34 |
| WA ITALIAN CLUB | 34 |
| Recreation & Leisure | 35 |
| ART & CRAFT | 35 |
| Bellevue Baptist Open Door Craft Group..... | 35 |
| Chidlow Spinners & Craft Group..... | 35 |
| Craft Group..... | 35 |
| Darlington Arts Festival Association | 36 |
| Embroidery Group – Boya | 36 |
| Hills Weavers | 36 |
| Knit and Crochet Group - Boya | 37 |
| Knit and Crochet Group - Mundaring..... | 37 |
| Mundaring CWA Craft Sessions..... | 37 |
| Mundaring Quilt & Craft..... | 38 |
| Mundaring Weir Gallery..... | 38 |
| Parky C.A.F.E..... | 39 |
| WA Woodturners Association - Mundaring..... | 39 |
| BOWLING | 40 |
| Mundaring Bowling Club..... | 40 |
| Mundaring Seniors Inc – Indoor Carpet Bowls | 41 |
| COMMUNITY GROUPS | 41 |
| Get Away Club..... | 41 |
| Hills Dinner Group | 42 |
| Mundaring Seniors Inc..... | 42 |
| Mundaring Community Men's Shed..... | 43 |
| Probus Club Mundaring..... | 43 |
| Probus Club Swan View | 44 |
| Rotary Club of Mundaring..... | 44 |
| Wheels – Seniors on the Move..... | 45 |
| CONSERVATION | 45 |
| Trillion Trees..... | 45 |
| Local Friends and Catchment Groups..... | 46 |
| COUNTRY WOMEN'S ASSOCIATIONS | 46 |

| | |
|---|-----------|
| Forrest Darlings CWA..... | 46 |
| Mundaring CWA..... | 47 |
| Mt Helena / Parkerville CWA..... | 47 |
| FITNESS AND LEISURE | 48 |
| Chair Yoga | 48 |
| Club Sierra Senior Fit Program..... | 49 |
| Exercise for Seniors | 49 |
| Glen Forrest Physiotherapy Masters Pilates Class..... | 50 |
| Health Care & Fitness for over 50's..... | 50 |
| Open Eyed Meditation for Seniors..... | 50 |
| Prime Movers – Movement to Music | 51 |
| Seniors Move & Groove | 51 |
| Seniors Recreation Council of WA | 52 |
| Swan View Baddie (Badminton)..... | 52 |
| FURTHER EDUCATION..... | 53 |
| Be Connected (free online learning)..... | 53 |
| Mundaring Adult Creative & Learning Centre..... | 53 |
| Mustard Seed – Teaching Technology..... | 54 |
| GAMES | 54 |
| Bolivia..... | 54 |
| Bridge - Glen Forrest Bridge Club | 55 |
| Crobs' Coffee & Chess | 55 |
| Crosswords / Scrabble / Rummikub | 55 |
| Jigsaw Club - Mundaring..... | 56 |
| Mah Jong..... | 56 |
| Scrabble | 56 |
| GARDENING | 57 |
| Eastern Hills Branch, WA Wildflower Society | 57 |
| Midland Friendly Garden Club..... | 57 |
| Mundaring Garden Club | 57 |
| Seedlings for Landcare Program (SFL)..... | 58 |
| GOPHER REPAIRS..... | 58 |
| Mundaring Community Men's Shed..... | 58 |
| HISTORICAL | 59 |
| Mundaring and Hills Historical Society | 59 |
| Mundaring District Museum..... | 59 |
| LIBRARY SERVICES..... | 60 |
| PHOTOGRAPHY | 62 |
| Mundaring Camera Club | 62 |
| RSL WA | 62 |
| Bellevue Sub Branch..... | 62 |
| Chidlow Sub Branch..... | 63 |
| Mundaring Sub Branch..... | 63 |
| SENIOR'S DROP-IN SESSION | 63 |
| The Hub of the Hills..... | 63 |
| SHIRE OF MUNDARING RECREATION SERVICES..... | 64 |
| Bilgoman Pool | 64 |
| Brown Park Social Seniors Program | 64 |
| Lake Leschenaultia..... | 65 |

| | |
|--|-----------|
| Mount Helena Aquatic Centre | 66 |
| THE HUB OF THE HILLS | 67 |
| Active Ageing Network | 67 |
| WALKING | 68 |
| Over 55 Walking Association..... | 68 |
| Residents & Ratepayers | 69 |
| Safety & Security | 70 |
| FIRE BRIGADE..... | 70 |
| Local Volunteer Bush Fire Brigades | 70 |
| POLICE..... | 70 |
| Midland Police Station..... | 70 |
| Mundaring Police Station..... | 70 |
| Police Information..... | 71 |
| TUNSTALL MONITORED PERSONAL ALARMS..... | 71 |
| Seniors Aid Products..... | 72 |
| Daily Living Products Midland..... | 72 |
| Medihire & Sales..... | 72 |
| Websites of Interest | 73 |
| Be Connected (free online learning)..... | 73 |
| National Seniors..... | 73 |
| The Senior | 73 |
| U3A Online..... | 74 |
| Your Life Choices..... | 74 |
| Inclusion in Directory | 75 |
| Disclaimer | 76 |

Other Formats

On request, this Directory is available in alternative formats.

To request this Directory in an alternative format please contact:

Paula Heath



Secretary Community Services
9290 6682
scss@mundaring.wa.gov.au

Accommodation

BAPTISTCARE MORRISON GARDENS

| | |
|----------------|--|
| Phone | 1300 660 640 |
| Website | www.baptistcare.com.au/residential-care/facilities/morrison-gardens/ |
| Address | 1a North Street MIDLAND WA 6056 |
| Service | All levels of care including ageing in place and dementia specific. |

DARLINGTON RETIREMENT ACCOMMODATION ASSOCIATION (INC)

| | |
|----------------|--|
| Phone | 0427 271 765 (Carolyn) |
| Email | grandi41@bigpond.com |
| Service | Darlington Retirement Accommodation Association is a non-profit community service organisation established to provide retirement accommodation for residents within the Darlington district over the age of 60. Priority is given to people who have limited means and need accommodation at lower than market cost, while wanting to maintain their existing community and social relationships within Darlington and may need the companionship and support that a small retirement community can provide. |

EUREKA VILLAGE SWAN VIEW

| | |
|----------------|---|
| Phone | 1300 356 818 |
| Website | Eureka Swan View - Eureka Villages - Seniors Retirement Rental - Eureka Villages |
| Email | enquiries@eurekavillages.com.au |
| Address | 301 Morrison Road SWAN VIEW WA 6056 |
| Service | <p>Eureka offers quality, flexible and affordable rental retirement living for independent seniors, providing comfortable low-maintenance rental units in a secure, gated community.</p> <p>Their dedicated Village Manager and friendly residents host a welcoming and inclusive community that promotes an active and social lifestyle.</p> |

GUILDFORD VILLAGE

| | |
|----------------|--|
| Phone | 9279 7755 |
| Website | www.stjudes.com.au/contact-us/guildford-village |
| Email | info@stjudes.com.au |
| Address | 32-34 Swan Street East GUILDFORD WA 6055 |
| Service | <ul style="list-style-type: none">➤ Suitable for people requiring aged care and dementia or palliative care➤ Secure, landscaped grounds➤ Fully accredited by the Australian Aged Care Quality Agency |

HELENA VALLEY LIFESTYLE VILLAGE

- Phone** 6298 0888
- Website** www.helenavalleylifestyle.com.au
- Address** 2340 Helena Valley Road
HELENA VALLEY WA 6056
- Service**
- Set in bushland in Perth's foothills
 - Gated community where you can lock-and-leave as you please
 - Has a Clubhouse with indoor heated pool, spa and sauna, pool and billiards room, and an outdoor alfresco area
-

HILLTOP GROVE ESTATE

- Address** 1425 Jacoby Street
MUNDARING WA 6073
- Service**
- Set among 3ha of natural bush in the Perth hills
 - A select group of 34 individual lots for over 55's, averaging 400sqm and each with its own title
 - Has a craft room, gym, space for functions, and respite accommodation
-

KARINGAL GREEN HEALTH & AGED CARE COMMUNITY

- Phone** 6372 0400
- Website** www.karingalgreen.com.au
- Email** enquiry@karingalgreen.com.au
- Address** 53 Hawkevale Road
HIGH WYCOMBE WA 6057
- Service**
- 160 bed residential aged care home
 - Single and companion rooms, all with private ensuites
 - Dementia and Parkinson's specific care
 - Onsite wellness centre, heated hydrotherapy pool, gymnasium, café and cinema
 - Indoor and outdoor living spaces
 - Team of registered nurses on site 24 hours
-

MIDLAND NURSING HOME

| | |
|----------------|---|
| Phone | 9274 3157 |
| Website | https://www.midnurse.com.au |
| Email | contactus@midnurse.com.au |
| Address | 44 John Street MIDLAND WA 6056 |
| Service | <ul style="list-style-type: none"> ➤ Privately owned independent stand alone organisation ➤ Residential aged care – high care ➤ Full range of services on site ➤ Nursing and personal care 24 hours a day |

PARRY CARE CENTRE

| | |
|----------------|--|
| Phone | 1300 262 626 |
| Address | 74 Warlingham Drive LESMURDIE WA 6076 |
| Website | www.amanaliving.com.au/nursing-homes/locations/parry-care-centre |
| Service | <ul style="list-style-type: none"> ➤ 40 low care beds ➤ Rooms have own lounge, separate bedroom and ensuite bathrooms ➤ Activities and outings ➤ Secure dementia-specific wing |

PARRY VILLAGE

| | |
|----------------|---|
| Phone | 1300 262 626 |
| Address | 74 Warlingham Drive LESMURDIE WA 6076 |
| Website | http://www.amanaliving.com.au/retirement-villages/locations/parry-village |
| Service | <ul style="list-style-type: none"> ➤ One and two bedroom units ➤ Landscaped gardens ➤ Community room |

REGIS GREENMOUNT

- Phone** 1300 998 100
- Address** 22 Coongan Avenue
GREENMOUNT WA 6056
- Website** www.regis.com.au
- Service**
- 127 bed facility
 - Offers ageing in place, palliative, dementia specific and respite care.
-

ROSHANA CARMEL AGED CARE

- Phone** 6390 0700
- Email** info@roshana.com.au
- Website** www.roshana.com.au/aged-care/carmel-roshana-care
- Address** 24 Valencia Road
CARMEL WA 6076
- Service**
- High-care facility
 - Nursing and support staff available 24 hours
 - Residential aged care, palliative care and non-dedicated respite
 - Cinema, hair salon, lifestyle activities, wellness garden, personalised meal plans
-

SUNSHINE PARK AGED CARE FACILITY & LIFESTYLE VILLAGE

| | |
|----------------|---|
| Phone | 9291 6100 |
| Email | sunshinepark@roshana.com.au |
| Address | 10 Brady Road LESMURDIE WA 6076 |
| Website | www.roshana.com.au/aged-care/sunshine-park-lesmurdie-wa |
| Service | <p>Sunshine Park Aged Care Facility:</p> <ul style="list-style-type: none"> ➤ 36 low care beds ➤ Residential aged care, palliative care and non-dedicated respite ➤ Beds are available to accommodate dementia enrichment living as and when required ➤ All levels of care, including dementia enrichment living ➤ Weekly afternoon coffee club and a “Men’s Den” <p>Sunshine Park Lifestyle Village:</p> <ul style="list-style-type: none"> ➤ One and two-bedroom independent living units |

TUOHY AGED CARE HOME

| | |
|----------------|--|
| Phone | 9274 1756 |
| Website | www.hallprior.com.au/tuohy/ |
| Address | 22 Morrison Road MIDLAND WA 6056 |
| Service | <ul style="list-style-type: none"> ➤ 24 hour care by registered nurses ➤ Inclusive aged care welcoming all people regardless of lifestyle choices, ethnicity, faith, sexual orientation or gender identity |

VILLA MARIA HOSTEL

| | |
|----------------|--|
| Phone | 9291 6314 |
| Address | 173 Lesmurdie Road LESMURDIE WA 6076 |
| Website | www.residential-care.mercyhealth.com.au/homes/aged-care-homes/villa-maria-hostel/ |
| Service | <ul style="list-style-type: none">➤ Single rooms with private ensuites➤ 24 hour on-call security in case of emergency |

YALLAMBEE RESIDENTIAL CARE

| | |
|----------------|---|
| Phone | 9295 1511 or 1300 660 640 |
| Web | www.baptistcare.com.au/residential-care/facilities/yallambee/ |
| Address | 2 Fenton Street MUNDARING WA 6073 |
| Service | <ul style="list-style-type: none">➤ Four separate houses, each with 10 rooms➤ Rooms have private ensuite➤ All levels of care provided |

YALLAMBEE VILLAGE

| | |
|----------------|--|
| Phone | 1300 660 640 |
| Website | www.baptistcare.com.au/retirement-living/villages/yallambee-village/ |
| Address | Fenton/Jacoby Streets MUNDARING WA 6073 |
| Service | <ul style="list-style-type: none">➤ Self-care, independent living units.➤ 36 lease for life units➤ 17 rental units (1 and 2 bedroom, Department of Communities joint venture). |

Advocacy & Information

ADVOCARE INCORPORATED

Phone 1800 655 566 (Freecall) or 9479 7566

Elder Abuse Helpline 1300 724 679

Website www.advocare.org.au

Email rights@advocare.org.au

Business Address Perron Place
Suite 4/61 Kitchener Avenue
VICTORIA PARK WA 6100

Service

- A leader in addressing the rights of older people and elder abuse,
- Fight proactively for the rights of older people.
- Help older Western Australians access the right supports, information and protections available to them.
- A not-for-profit organisation, completely independent from aged care providers.
- Support and services are free, confidential and unbiased.
- Advocare aims to empower older people by giving them information and choice so they can make informed decisions to live the life they want on their terms.

AGED CARE QUALITY & SAFETY COMMISSION

Phone 1800 951 822 (Freecall)

Email info@agedcarequality.gov.au

Website www.agedcarequality.gov.au

Service The Aged Care Quality and Safety Commission provides a free service you can use if you have a concern or complaint about any of the care and services you receive from an Australian Government-subsidised service provider. The Commissioner accepts confidential and anonymous complaints.

The Commissioner handles complaints about aged care homes and services delivered in your own home through home care packages or the Commonwealth Home Support Program.

ALZHEIMERS WA

Phone 1300 66 77 88

Website www.alzheimerswa.org.au

Office Locations 1/40 Subiaco Square Road
SUBIACO WA 6008

Mary Chester House
9 Bedbrook Place
SHENTON PARK WA 6008

Service

- Advocates, educates, supports and engages with Western Australians living with all types of dementia.
- Works with those living with dementia and the organisations that care and support them.
- Works in partnership with community, aged, health and disability providers.

CITIZENS ADVICE BUREAU - MIDLAND

| | |
|----------------|---|
| Phone | Legal Advice: 9221 5711 (Monday to Friday, 9.30am to 4pm) |
| | Midland Office: 9271 2500 (Monday to Friday, 9am to 3pm) |
| Email | midland@cabwa.com.au |
| Website | www.cabwa.com.au |
| Address | Tuckers Arcade Shop 6, 4 Old Great Northern Highway, MIDLAND WA 6056 |
| Service | The Citizens Advice Bureau is a not for profit information and referral agency, connecting people all over Western Australia with information and services so they can make independent and informed decisions. |
| | Please ring for an appointment for any of the following services:- |
| | <ul style="list-style-type: none"> ➤ Legal advice ➤ Will preparation ➤ Enduring Power of Attorney documents ➤ Family law |

COUNCIL ON THE AGEING (WA) INC (COTA)

| | |
|-------------------------|--|
| Phone | 9472 0104 |
| Email | admin@cotawa.org.au |
| Website | www.cotawa.org.au |
| Business Address | City West Lotteries House Office 10, 2 Delhi Street WEST PERTH WA 6005 |
| Hours | Monday to Friday 9am to 4pm |
| Service | <ul style="list-style-type: none"> ➤ Information and support for seniors and their families. ➤ Provides useful information, resources and programs to support older people, including navigating the aged care system and improving health and fitness. ➤ Strength for Life training program. |

ELDER ABUSE HELPLINE

| | |
|-----------------|--|
| Helpline | 1300 724 679 |
| Service | For information, resources and support. Elder abuse affects many older Western Australians and may involve financial, social, physical, sexual, psychological and emotional abuse. |

ELDER RIGHTS WA (Legal Aid WA)

| | |
|-------------------------|---|
| Phone | 1300 650 579 |
| Hours | 9am to 4pm Monday to Friday |
| Website | www.legalaid.wa.gov.au |
| Email | ElderRightsWA@legalaid.wa.gov.au |
| Business Address | Legal Aid WA building 32 St Georges Terrace PERTH WA 6000 |
| Eligibility | Clients are people who are 65 years and older and First Nations and Linguistically Diverse clients who are 55 years and older. They can provide third parties (such as carers or other family members) with information and referrals, but cannot provide them with personalised advice. |
| Service | <p>Elder Rights WA (ERWA) is a holistic legal service for seniors and the aged based in the Civil Law division of Legal Aid WA.</p> <p>Their legal team provides legal advice, assistance and representation on certain types of legal matters and their social work team provides a range of tailored social work support in assisting clients in dealing with social, physical and mental challenges.</p> <p>ERWA provides free legal advice on a number of different services including legal advice on Enduring Powers of Attorney, Enduring Powers of Guardianship, Advance Health Directives and Wills.</p> |

MY AGED CARE, Australian Government

| | |
|-----------------|---|
| Helpline | 1800 200 422 |
| Website | www.myagedcare.gov.au |
| Service | <p>My Aged Care is the starting point to access Australian Government Funded services. From home support to aged care homes, find the right services to help you.</p> <p>My Aged Care is made up of the My Aged Care website and a national contact centre. Together they can provide you with information on aged care, whether for yourself, a family member, friend or someone you're caring for. The contact centre can be phoned on 1800 200 422 between 8am and 8pm on weekdays and between 10am and 2pm on Saturdays. The phone line is closed on Sundays and national public holidays.</p> <p>My Aged Care provides:</p> <ul style="list-style-type: none">➤ information on the different types of aged care services available➤ an assessment of needs to identify eligibility and the right type of care➤ referrals and support to find service providers that can meet your needs➤ information on what you might need to pay towards the cost of your care. |

NATIONAL SENIORS AUSTRALIA

| | |
|----------------|---|
| Phone | 1300 765 050 |
| Website | www.nationalseniors.com.au |
| Email | general@nationalseniors.com.au |
| Service | National Seniors is a not-for-profit membership and advocacy organisation that gives older Australians – working and retired - a strong national voice. |

OFFICE OF THE PUBLIC ADVOCATE

| | |
|-------------------------|--|
| Phone | 1300 858 455 or 9278 7300 |
| Email | opa@justice.wa.gov.au |
| Website | www.publicadvocate.wa.gov.au |
| Business Address | Level 23, David Malcolm Justice Centre 28 Barrack Street PERTH WA 6000 |
| Service | <ul style="list-style-type: none"> ➤ The Office of the Public Advocate works to promote and protect the human rights of Western Australian adults with decision making disabilities to reduce their risk of neglect, exploitation and abuse. ➤ Between 9am and 4.30pm Monday to Friday staff provide information about the rights and needs of people with a decision making disability. |

OLDER WOMEN'S NETWORK WA

| | |
|--------------------|--|
| Phone | 9398 2464 |
| Website | www.ownaustralia.org.au/older-womens-network-western-australia-own-wa/ |
| Address | Gosnells Uniting Church Hall Hicks Street GOSNELLS WA 6110 |
| Hours | 2 nd and 4 th Wednesday of each month 12 noon to 2.30pm |
| Eligibility | Women aged 50 years and over. |
| Service | OWN WA is an organisation of and for mature women who seek to enrich their lives, and those of others, by involvement in discussion groups, fun and friendship, information sharing, mutual support and social outings and gatherings. |

PARKINSON'S WESTERN AUSTRALIA INC.

| | |
|----------------|---|
| Phone | 6457 7373 |
| Email | info@parkinsonswa.org.au |
| Website | www.parkinsonswa.org.au |
| Address | The Niche, Suite B, 11 Aberdare Road NEDLANDS WA 6009 |
| Service | Parkinson's WA Inc provides a Parkinson's Nurse Specialist Service; support networks for people with Parkinson's and their family carers; and educational resources and training. |

SCAMWATCH

| | |
|----------------|--|
| Website | www.scamwatch.gov.au |
| Service | ScamWatch provides information on how to recognise, avoid and report scams. A new National Anti-Scam Centre has been set up to build on the work of ScamWatch. The National Anti-Scam Centre helps people spot and avoid scams; makes it easier to report scams; improves information sharing to disrupt scammers; works across government and with industry; and supports law enforcement. |

SENIORS CARD

| | |
|--------------------|---|
| Phone | 1800 671 233 |
| Hours | 8.30am to 4.30pm weekdays |
| Website | www.seniorscard.wa.gov.au |
| Email | info@seniorscard.wa.gov.au |
| Address | Gordon Stephenson House Level 2, 140 William Street PERTH WA 6000 |
| Eligibility | To be eligible for the WA Seniors Card program, you need to be aged 65 years or above, an Australian Citizen or hold an Australian Permanent Resident Visa, reside in Western Australia and work less than 25 hours per week. |
| Service | <ul style="list-style-type: none">➤ Information for seniors on discounts, concessions and other services available to them.➤ Administering of Seniors Card. |

WA SCAMNET

| | |
|----------------|---|
| Phone | 1300 304 054 – Consumer Protection Advice Line |
| Website | www.scamnet.wa.gov.au |
| Service | WA ScamNet profiles the most prevalent scams targeting Western Australians and provides information on different types of scams, how to recognise scams, and what to do if you have received a scam. It also provides links to other useful websites. Subscribe to WA ScamNet alert and keep informed about current scams. |

Aged Care Health & Support Services

AMANA LIVING – Customer Service Centre

Phone 1300 262 626

Website www.amanaliving.com.au

Address Level 1, 1-9 Tanunda Drive
RIVERVALE WA 6103

Service Amana Living is one of WA's largest not-for-profit providers of care and services for older people. They provide a full range of aged care including affordable housing for seniors, residential aged care, at home care, day clubs and dementia services.

AUSTRALIAN RED CROSS - Telecross

Phone 1300 885 698

Website <http://www.redcross.org.au/telecross.aspx>

Service Telecross is a service that provides the elderly and housebound with a reassuring daily phone call to ensure that they are safe and well. If this call goes unanswered an agreed emergency procedure will be activated and help arranged if necessary. This service is available through My Aged Care referrals.

CARERS WA

| | |
|----------------|--|
| Phone | 1300 227 377 |
| Email | info@carerswa.asn.au |
| Website | www.carerswa.asn.au |
| Address | The Carer Centre 182 Lord Street PERTH WA 6000 |
| Service | Carers WA is a non-profit community based organisation and registered charity dedicated to improving the lives of family carers living in WA. Carers WA role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers. |

CITY OF SWAN COMMUNITY CARE SERVICES

| | |
|----------------|--|
| Phone | 9267 9055 |
| Website | www.swan.wa.gov.au/care |
| Service | <p>City of Swan Community Care Services help frail aged and people with disability to maintain quality of life and independence, and prevent premature entry into residential care.</p> <p>Community Care supports clients to build their capacity at home and in the community. They manage client assessments, information and advocacy, day centres (including dementia specific), home-based respite, carer support, personal care, social support, shopping assistance, domestic assistance, home maintenance and community transport.</p> <p>There is a small fee involved with each service (for eligible City of Swan residents only).</p> |

COMMONWEALTH HOME SUPPORT PROGRAM

| | |
|--------------------|---|
| Phone | 1800 200 422 (Freecall) |
| | You can phone the contact centre to assess your eligibility and discuss your support needs. |
| Website | https://www.myagedcare.gov.au/help-at-home/commonwealth-home-support-programme |
| Service | The Commonwealth Home Support Programme (CHSP) helps senior Australians access entry-level support services to live independently and safely at home. |
| Eligibility | <p>Eligibility for this program is based on your support needs and age. If you're having trouble with everyday tasks and feel that a little support could improve your health and wellbeing, CHSP could be right for you.</p> <p>To be eligible for this program, you must be aged:</p> <ul style="list-style-type: none">• 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), or• 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people), on a low income and homeless, or at risk of being homeless. |

ENRICH LIVING SERVICES

| | |
|----------------|--|
| Phone | 1300 164 274 |
| Email | hello@enrichliving.com.au |
| Website | www.enrichliving.com.au |
| Service | Enrich Living provides a comprehensive range of support and in home services to help older persons continue to enjoy their independence and quality of life in the place they love – their home. |

HEALTHDIRECT

| | |
|----------------|---|
| Phone | 1800 022 222 |
| Website | www.healthdirect.gov.au |
| Hours | 24 hours, 7 days a week |
| Service | <p>Healthdirect provides free health information and advice 24 hours a day, 7 days a week. Their registered nurses provide advice when you're not sure what to do – whether you should see a local GP, manage the condition at home, or go to an emergency department.</p> <p>Their website also has an online symptom checker.</p> |

HOME CHEF

| | |
|----------------|--|
| Phone | 9510 9866 |
| Email | info@homechef.com.au |
| Website | www.homechef.com.au |
| Service | <p>A WA owned and operated company providing snap-frozen home-style meals which are nutritionally balanced and delivered to your door.</p> <p>In addition to their regular meals, Home Chef provides special dietary meals, texture modified meals (IDDSI level 4 and 6).</p> <p>Home Chef supports Home Care Package customers and those with a Commonwealth Home Support Program (check with your provider).</p> |

HOME INSTEAD - Aged Care Services

Phone 6118 6398

Email perthnortheast@homeinstead.com.au

Website www.homeinstead.com.au

Service Support services for older people to continue living safely and independently in their own home. Individually customised services are flexible to changing needs. Services include respite care, transition and palliative care, personal care, dementia care, companionship and assisted transport, domestic assistance, meal plan and preparation.

KINCARE - Aged Care Services

Phone 1300 733 510

Email mail@kincare.com.au

Website www.kincare.com.au

Service If you are aged 65 and over and looking for help and support to stay living in your home longer, KinCare can help you. They provide government-subsidised and privately-funded aged care packages specifically tailored to suit individual needs.

MERCYCARE HOME CARE

Phone 1800 637 299

Website www.mercycare.com.au/home-care

Email agedcare@mercycare.com.au

Service MercyCare provide the services and care that will help you to live safely and independently in your own home.

MIDLAND PUBLIC HOSPITAL (St John of God)

| | |
|----------------|--|
| Phone | 9462 4000 |
| Email | info.midland@sjog.org.au |
| Website | www.sjog.org.au/midland |
| Address | 1 Clayton Street MIDLAND WA 6056 |
| Service | St John of God Midland Public Hospital is a 307 bed public hospital offering a comprehensive range of health rehabilitation services, including stroke rehabilitation. |

MY AGED CARE

| | |
|----------------|--|
| Phone | 1800 200 422 |
| Website | www.myagedcare.gov.au |
| Hours | Monday to Friday 8am to 8pm Saturday 10am to 2pm |
| Service | My Aged Care is the starting point for accessing Australian Government-funded aged care services. They provide the information and support you need to understand, access and navigate the aged care system. You can access My Aged Care online or on the phone. My Aged Care provides information on the different types of aged care services available, an assessment of needs to identify eligibility and the right type of care, referrals and support to find service providers that can meet your needs, and information on what you might need to pay towards the cost of your care. |

OCCUPATIONAL THERAPY SERVICES GROUP

Phone 9332 1783

Email info@otservicesgroup.com

Website www.otservicesgroup.com

Service Home Occupational Therapy Services are available from the OT Services Group which provides experienced & registered Occupational Therapists to assess your home or rehabilitation needs, enhancing your safety and independence and helping you to keep an active lifestyle. Their aim is to keep you and your family members in your own home and community.

PERTH HILLS HOME CARE NURSES

Phone 0447 771 603

Email support@perth-hills-home-care-nurses.com

Website www.perth-hills-home-care-nurses.com

Service Perth Hills Home Care Nurses provide home care nursing services to NDIS, CHSP and HCP recipients who are dealing with health issues. They offer tailored care to clients, following a care plan and recommendations from doctors, hospitals and specialists.

PLATINUM HEALTHCARE, Home Care

Phone 9470 4075

Website www.platinumhealthcare.com.au

Service Platinum Healthcare provides in-home aged care services including home care, respite care and palliative care.

RISE NETWORK

| | |
|---------|--|
| Phone | 6274 3700 |
| Email | contact@risenetwork.com.au |
| Website | www.rise.org.au |
| Address | Head Office - Helen's Place 41a Great Northern Highway MIDDLE SWAN WA 6056 |
| Service | Rise supports the needs of older residents within the Shire of Mundaring, along with City of Swan and City of Kalamunda. Service options are offered as part of a Home Care Package (HCP) or Commonwealth Home Support Program (CHSP). Services include in-home support, as well as assistance with cleaning, personal care, gardening, shopping and transport. Rise also operates several social clubs for seniors, and run exercise classes. |

SILVER CHAIN, Home & Personal Care

| | |
|---------|---|
| Phone | 1300 650 803 |
| Website | www.silverchain.org.au/wa/ |
| Service | Silver Chain provides personalised in-home care to enable you to live an independent life in the comfort of your own home, whether you require a little help around the house, nursing/health care or a tailored support package. |

SIMPLY HELPING SOUTH EAST PERTH, Home Care Provider

| | |
|---------|--|
| Phone | 0416 205 819 |
| Email | sepmanager@simplyhelping.com.au |
| Website | www.simplyhelping.com.au/south-east-perth |
| Service | 24/7 support services, home help, companion care, dementia care, personal and respite care, disability care, gardening and home maintenance. |

SOLACE GRIEF SUPPORT GROUP

Phone 0488 991 084

Website www.solacegriefsupportwa.org.au

Email info@solacegriefsupportwa.org.au

Hours **Sharing & Caring Group**
Mundaring Church of Christ
1470 Stoneville Road
MUNDARING WA 6073

Third Tuesday of the month at 9.30am

Café Group
Patch of Country Café
1/7160 Great Eastern Highway
MUNDARING WA 6073

First Thursday of the month at 10am

Service Solace is a support group for those who are grieving the loss of their beloved spouse/partner, regardless of when they died, the cause of death, or the age at death. Some of the support options offered include Telephone, Sharing & Caring Group support, Café Group and Walking Group.

SWAN ACAT (Aged Care Assessment Team)

Phone 9462 4345

Website www.agedcareonline.com.au/aged-care-online/acat-finder/western-australia-2

Email swan.acat@health.wa.gov.au

Address Midland Public Hospital
1 Clayton Street
MIDLAND WA 6056

Service Aged Care Assessments can also be organised with My Aged Care, either online or by calling 1800 200 422.

SWAN DISTRICTS SENIOR CITIZENS ASSOC INC.

| | |
|----------------|--|
| Phone | 0481 859 411 |
| Email | sdsca.inc@gmail.com |
| Website | https://swandistrictseniorcitizensassociation.wordpress.com/ |
| Hours | Monday, Wednesday and Thursday, 10am to 3pm |
| Address | Bellevue Baptist Church 35 Great Eastern Highway BELLEVUE WA 6056 |
| Service | <p>Swan Districts Senior Citizens Association Inc (SDSCA) is a registered not-for-profit organisation focused on providing social interactions and outings for people over 55.</p> <p>Currently running out of the Bellevue Baptist Church three times a week, the SDSCA has three separate clubs under its purview:</p> <ul style="list-style-type: none"> ➤ Indoor Bowls Club; Monday 8.15am to 11.45am, contact 0431 431 009. ➤ Bingo Club; Wednesday 10am to 3pm, contact 0458 800 313. ➤ Sunshine Social Club; Thursday 12pm to 3pm, provides the opportunity to attend a variety of different activities each week. Bingo is played every other week, with off weeks alternating between cards and music. |

VETERANS' HOME CARE

| | |
|----------------|--|
| Phone | 1300 550 450 |
| Website | www.dva.gov.au |
| Service | <p>Veterans' Home care (VHC) is designed to help you continue living at home by providing a small amount of practical help; it is not designed to meet complex or high-level care. VHC provide a range of low level home care services (such as domestic assistance, personal care, respite care and safety related home and garden maintenance) to eligible veterans and war widows/ widowers (Gold or White Card holders).</p> |

Churches & Places of Worship

ANGLICAN PARISH OF DARLINGTON/BELLEVUE

Phone 6292 0074
Email info@hillsanglicans.com
Website www.hillsanglicans.com
Address St Cuthbert's Church
Cnr Darlington & Hillsden Roads
DARLINGTON WA 6070

BELLEVUE BAPTIST CHURCH

Phone 9250 1439
Email info@bbc.asn.au
Website www.bbc.asn.au
Address 35 Great Eastern Highway
BELLEVUE WA 6056

BIBLE BAPTIST CHURCH & CHRISTIAN ACADEMY

Phone 9572 1648
Email church@biblebaptist.com.au
Website www.biblebaptist.com.au
Address 6-8 Chidlow Street
MT HELENA WA 6082

DARLINGTON CHRISTIAN FELLOWSHIP

| | |
|----------------|--|
| Phone | Pastor Callan McEwan - 0474 155 364 |
| Email | dcfincorporated@gmail.com |
| Website | www.darlingtonchristianfellowship.com.au |
| Address | Cnr Darlington & Allestree Road DARLINGTON WA 6070 |
| Hours | Sunday mornings at 9.30am |

GLEN FORREST UNITING CHURCH

| | |
|----------------|--|
| Phone | 0477 535 307 |
| Email | apcrook@bigpond.net.au |
| Website | www.unitingchurchwa.org.au/congregation/glen-forrest-uniting-church/ |
| Address | 56 McGlew Road GLEN FORREST WA 6071 |

MUNDARING ANGLICAN PARISH

| | |
|----------------|---|
| Phone | 9295 1029 |
| Email | mundaringparish@outlook.com |
| Website | www.mundaringanglicanparish.com |
| Address | The Church of the Epiphany 11 Mann Street MUNDARING WA 6073 St Francis Church Werribee Road WOOROLOO WA 6558 |

MUNDARING CHURCH OF CHRIST

Phone 9295 0339
Email info@mundaringcofc.org.au
Website www.mundaringcofc.org.au
Address The Connection Centre
1470 Stoneville Road
MUNDARING WA 6073

MUNDARING COMMUNITY CHURCH

Contact Debbie
Phone 0417 979 376
Hours Sunday mornings 10am
Address The Hub of the Hills
8 Craig Street
MUNDARING WA 6073

MUNDARING UNITING CHURCH PARISH

Phone Office contact: 6193 4499
Congregation contact: 9298 8389
Email mundaringuc@westnet.com.au
Address 120 Stoneville Road (opposite KFC entrance)
MUNDARING WA 6073

PARKERVILLE BAPTIST CHURCH

Phone 9295 6789
Email admin@parkeville.net.au
Website www.parkerville.church
Address 910 Seaborne Street
PARKERVILLE WA 6081

SACRED HEART CATHOLIC PARISH

Phone 9295 1059

Website www.sacredheartmundaring.com.au

Address Sacred Heart Parish Mundaring
200 Coolgardie Street
MUNDARING WA 6073

Church of Our Lady of Good Counsel
Cnr Willcox Street & Old Northam Road
CHIDLOW WA 6556

SWAN VIEW SALVATION ARMY CHURCH

Phone 9294 2811

Website www.salvationarmy.org.au/swanview

Address 371-373 Morrison Road
SWAN VIEW WA 6056

SAWYERS VALLEY CHRISTIAN FELLOWSHIP

Phone 0430 596 677

Email roselovesfrogs@yahoo.com

Meet 9.30am Sunday mornings

Address 485 Helena Terrace
SAWYERS VALLEY WA 6074

SWAN VIEW UNITING CHURCH

Phone 9255 2567

Email wraxall@inet.net.au or elcid651@gmail.com

Website www.swanviewunitingchurch.com

Address Cnr Watton Court & Gladstone Avenue
SWAN VIEW WA 6056

Multicultural Matters

AUSTRALIAN ANGLO-INDIAN ASSOCIATION

| | |
|---------|--|
| Phone | 9401 3482 |
| Email | austangloind@bigpond.com |
| Website | www.australiananglo-indianassoc.org.au |
| Address | 32 Fernwood Square PADBURY WA 6025 |
| Service | The Association is dedicated to the needs and aspirations of Anglo-Indians. |

DUTCH CLUB NEERLANDIA OF WA, Neerlandia Seniors' Club

| | |
|---------|--|
| Phone | John Zwartkruis – 0434 920 252 |
| Email | neerlandia@dutchclubwa.com |
| Website | www.dutchclubwa.com |
| Address | 110 North Lake Road MYAREE WA 6154 |

INDIAN SOCIETY OF WESTERN AUSTRALIA

| | |
|---------|--|
| Phone | 1800 004 792 |
| Email | secretary@iswa-perth.org |
| Website | www.iswa-perth.org |
| Address | Indian Community Centre 12 Whyalla Street WILLETTON WA 6155 |

IRISH CLUB OF WA

| | |
|-----------------|--|
| Phone | 9381 5213 |
| Email | info@irishclubofwa.com.au |
| Website | www.irishclubofwa.com.au |
| Facebook | @irishclubofwa |
| Address | 61 Townsend Road SUBIACO WA 6008 |

ITALIAN AGED CARE – VILLA TERENCE

| | |
|----------------|---|
| Phone | 9247 0888 |
| Website | www.iaci.com.au |
| Address | 33 Kent Road MARANGAROO WA 6064 |
| Service | Italian Aged Care offers a variety of services to older people from a variety of cultures but primarily of Italian descent. Services include home care, day therapy centre, independent living units, residential care and specialised dementia care. |

ITALO-AUSTRALIAN WELFARE & CULTURAL CENTRE INC

| | |
|----------------|---|
| Phone | 9228 2220 |
| Email | centro@iawcc.org.au |
| Address | 209 Fitzgerald Street PERTH WA 6000 |
| Service | The IAWCC has been a peak organisation in the Italian community since its inception in 1956. Services offered include: <ul style="list-style-type: none"> ➤ Delivery of many social welfare services to the aged, including the dissemination of culturally appropriate information on matters of health care and other areas of need; ➤ Visitation programs including the "Community Visitors Scheme (CVS) - Home Care (one-to-one) and Residential Care (one-to-one and groups); ➤ Home Care Packages (HCP) to assist with the provision of a range of services to elderly people in their own homes; |

OFFICE OF MULTICULTURAL INTERESTS (OMI) Department of Local Government, Sport and Cultural Industries

| | |
|----------------|---|
| Phone | 6552 7300 |
| Email | harmony@omi.wa.gov.au |
| Web | www.omi.wa.gov.au |
| Address | 2 nd Floor Reception, 140 William Street PERTH WA 6000 |
| Service | The Office of Multicultural Interests (OMI) is part of the Department of Local Government, Sport and Cultural Industries. OMI works to achieve the full potential of multiculturalism in Western Australia. |

RAINBOW MULTICULTURAL AGED CARE PROGRAM

| | |
|--------------------|--|
| Phone | 9271 2026 |
| Mobile | 0419 914 361 |
| Email | manager@rainbowagedcare.com.au |
| Website | www.rainbowagedcare.com.au |
| Address | 33 Eighth Avenue MAYLANDS WA 6051 |
| Eligibility | <p>Services cover community groups from Belarus, Bosnia & Hercegovina, Bulgaria, Croatia, Czech Republic, Hungary, Latvia, Lithuania, Macedonia, Poland, Romania, Russia, Serbia, Slovenia and Ukraine.</p> <p>To access government-subsidised aged care services for the first time you need to apply for an assessment (online). Alternatively you can contact your family doctor and ask for a referral letter to My Aged Care.</p> |
| Service | Services include personal care; housekeeping; shopping; gardening; minor home maintenance; social support. |

SWAN ITALIAN SPORTING CLUB SENIORS DAY

| | |
|-----------------|--|
| Phone | Nick - 0417 176 573 |
| Email | admin@swanitaliansportingclub.com.au |
| Facebook | swanitaliansportingclub.com.au |
| Website | www.swanitaliansportingclub.com.au/seniors-day/ |
| Address | 9 Francis Street MIDDLE SWAN WA 6056 |
| When | Every Wednesday, doors open at 9am |
| Service | Seniors Day - two course lunch for seniors every Wednesday, bookings preferred for large groups. Following lunch there is music to dance to, as well as bingo and card games. |

UMBRELLA MULTICULTURAL COMMUNITY CARE

Phone 9275 4411

Email enquiries@umbrellacommunitycare.com.au

Website www.umbrellacommunitycare.com.au

Address 39 Abernethy Road
BELMONT WA 6104

Service Umbrella delivers home care services to seniors, including those from culturally and linguistically diverse backgrounds. In October 2023 they became a signatory to the joint statement on the rights of LGBTIQ+ seniors in aged care.

Services they provide include Commonwealth Home Support Program (CHSP), Home Care Packages (HCP) and Aged Care Volunteer Visitors Scheme (ACVVS).

WA ITALIAN CLUB

Phone 9328 4104

Email reception@waitalianclub.com

Website www.waitalianclub.com

Address 217-225 Fitzgerald Street
WEST PERTH WA 6005

Recreation & Leisure

ART & CRAFT

Bellevue Baptist Open Door Craft Group

| | |
|--------------|---|
| Email | info@bbc.asn.au |
| Venue | Bellevue Baptist Church 35 Great Eastern Highway BELLEVUE WA 6056 |
| Hours | During school terms Wednesday mornings 9.30am to 11am |

Chidlow Spinners & Craft Group

| | |
|--------------|--|
| Phone | Walter - 0419 937 499 Heather - 9572 3801 |
| Venue | Chidlow Recreation Pavilion Old Northam Road CHIDLOW WA 6556 |
| Hours | Mondays 10am to 12noon |

Craft Group

| | |
|--------------|---|
| Phone | 9295 0052 or 9290 6683 |
| Venue | The Hub of the Hills 8 Craig Street MUNDARING WA 6073 |
| Hours | Thursdays 10am to 12noon |

Darlington Arts Festival Association

(First weekend in November)

Email admin@darlingtonartsfestival.com

Website www.darlingtonartsfestival.com

Address PO Box 87
DARLINGTON WA 6070

Venue Darlington Oval and Hall

Embroidery Group – Boya

Phone 9290 6755 (Boya Library)

Venue Boya Library
119-135 Scott Street
HELENA VALLEY WA 6056

Details For those who love to embroider and would like to work on projects in the company of others over a cuppa. This is a self-guided group and no bookings are required. Light refreshments are provided.

Hours Monday afternoons, 1pm to 3pm

Hills Weavers

Phone 0408 957 258

Venue Parkerville Pavilion
Seaborne Road
PARKEVILLE WA 6081

Hours Thursday mornings, 9am to 12pm

Knit and Crochet Group - Boya

| | |
|----------------|--|
| Phone | 9290 6755 (Boya Library) |
| Venue | Boya Library 119-135 Scott Street HELENA VALLEY WA 6056 |
| Details | A social group where people who like to knit and crochet bring along their projects to work on in the company of others. This is a self-guided group and no bookings are necessary. Light refreshments are provided. |
| Hours | Monday mornings, 10am to 12pm |

Knit and Crochet Group - Mundaring

| | |
|----------------|--|
| Phone | 9290 6780 (Mundaring Library) |
| Venue | Mundaring Lesser Hall 3025 Jacoby Street MUNDARING WA 6073 |
| Details | A social group where people who like to knit and crochet bring along their projects to work on in the company of others. This is a self-guided group and no bookings are necessary. Light refreshments are provided. |
| Hours | Wednesday mornings, 10am to 12pm |

Mundaring CWA Craft Sessions

| | |
|----------------|---|
| Phone | Margaret – 0417 956 628 |
| Venue | CWA Centre, Sculpture Park Maddock Street MUNDARING WA 6073 |
| Hours | Second Wednesday of the month at 1pm |
| Details | Bring along your own craft project to work on. |

Mundaring Quilt & Craft

| | |
|--------------|--|
| Phone | Violet - 0411 065 227 |
| Venue | Mundaring Recreation Pavilion 50 Mundaring Weir Road MUNDARING WA 6073 |
| Hours | Thursdays 10am to 2pm |

Mundaring Weir Gallery

| | |
|-----------------|--|
| Phone | 9295 0200 (during open hours only) |
| Website | www.mundaringweirgallery.wixsite.com/gallery |
| Facebook | MundaringWeirGallery |
| Email | mwgallery@yahoo.com.au |
| Venue | Mundaring Weir Hall Hall Road MUNDARING WA 6073 |
| Service | A variety of locally produced arts and crafts along with a selection of antiques and collectibles. |
| Hours | Friday, Saturday, Sunday and Public Holidays 11.30am to 5pm |

Parky C.A.F.E

| | |
|----------------|---|
| Phone | 9295 6789 |
| Email | cafe@parkerville.net.au |
| Details | Parky C.A.F.E (Coffee And Friendship Etc!) is a community program of the Church where participants contribute to each other in love, care, friendship and craft skills. |
| Cost | \$7 per session |
| Venue | Parkerville Baptist Church House Cnr Seaborne and Redfern Road PARKEVILLE WA 6081 |
| Hours | School Term Tuesday Morning 9.30am to 11.30am Tuesday Evening 7pm to 9.30pm Thursday 9.30am to 12pm (Creche available) |

WA Woodturners Association - Mundaring

| | |
|----------------|--|
| Phone | Peter - 0467 818 160 |
| Email | petercompton2001@yahoo.com |
| Website | www.woodturnerswa.org.au/mundaring/ |
| Venue | Old Parkerville Primary School Cnr Dura & Riley Road PARKEVILLE WA 6081 |
| Details | Open to all ages and skill levels. We have plenty of lathes and equipment – we will teach you how. |
| Hours | Wednesday afternoon 1.30pm to 4pm Saturday morning 9.30am to 12noon |

BOWLING

Glen Forrest Sports Club Inc

| | |
|-----------------------|--|
| Phone | 9298 8343 for social bowls enquiries |
| Email | glenforrestsportsclub@gmail.com |
| Website | www.glenforrestsportsclub.com/bowls-glen |
| Pennants | Ladies – Robyn: 0417 179 761 Mens – Tony: 0408 259 357 |
| Barefoot Bowls | Organised barefoot bowls is played on most Friday evenings under lights in the warmer months. |
| Venue | Glen Forrest Sports Club McGlew Road GLEN FORREST WA 6071 |

Mundaring Bowling Club

| | |
|----------------|---|
| Phone | 9295 1109 |
| Email | bowls.sec@mundaringsportingclub.com.au |
| Website | www.mundaringbowlingclub.com.au |
| Details | <p>The club has approximately 200 active bowling members, ladies and men, who participate in both pennants and social events throughout the year.</p> <p>New members are always welcome, qualified coaches, equipment and support facilities available to assist with your introduction to the sport of lawn bowls.</p> |
| Venue | Mundaring Sporting Club 665 Coolgardie Street MUNDARING WA 6073 |

Mundaring Seniors Inc – Indoor Carpet Bowls

| | |
|--------------------|--|
| Email | mundaring seniors@gmail.com |
| Venue | The Hub of the Hills 8 Craig Street MUNDARING WA 6073 |
| Eligibility | Over 55's. The hall has wheelchair access. |
| Hours | Wednesday 12.30pm to 3.30pm |

COMMUNITY GROUPS

Get Away Club

| | |
|--------------------|---|
| Phone | 6274 3777 |
| Email | communications@risenetwork.com.au |
| Address | Centenary House 2 Astroloma Place KOONGAMIA WA 6056 |
| Eligibility | Age 65+ |
| Details | <p>Get Away Club members are active seniors who come from many different walks of life but all with similar goals, to socialise, make friends, visit interesting places and enjoy themselves. Members currently range in age from their 60s to early 90s.</p> <p>The Club promotes social and community activities to assist with remaining independent and connected to the community through a range of group activities such as bus trips, movies, theatre, concerts, weekends away and outdoor fun.</p> |

Hills Dinner Group

Phone Faye - 0487 277 288

Email bedcat45@gmail.com

Cost Membership is \$20 per year

Details The not-for-profit Hills Dinner Group for singles over 55 has been running for around 20 years. We organise a once-a-month Saturday night dinner and a Sunday lunch at restaurants in the general arc of Kalamunda, Guildford, Swan Valley and Mundaring. We also regularly attend Saturday night movies at Ace Cinemas in Midland.

Mundaring Seniors Inc.

Email mundaring seniors@gmail.com

Venue The Hub of the Hills
8 Craig Street
MUNDARING WA 6073

Eligibility Over 55's. The hall has wheelchair access.

Details Activities include indoor carpet bowls and day outings.

Mundaring Community Men's Shed

| | |
|----------------|--|
| Phone | 0456 759 089 |
| Email | secretary@mundaringshed.org.au |
| Website | www.mundaringshed.org.au |
| Address | 1 Morilla Road MUNDARING WA 6073 |
| Open | Monday to Friday from 9am to 1pm Last Saturday of the month from 9am to 12pm. Closed on public holidays. |
| Details | The Mundaring Community Men's Shed provides men with a friendly, supportive environment where they can socialise, improve their health and wellbeing, and work on personal and community projects. |

Probus Club Mundaring

| | |
|-----------------|---|
| Phone | 0417 179 761 |
| Email | romacain@gmail.com |
| Facebook | @mundaringprobus |
| Meet | 10am on the second Monday of the month |
| Venue | Glen Forrest Sports Club McGlew Road GLEN FORREST WA 6071 |
| Cost | Membership \$40, entrance each meeting \$5 |
| Details | <ul style="list-style-type: none"> ➤ Monthly speaker meetings on various topics. ➤ End of month Saturday coffee meeting at a local café. ➤ Several outings/activities monthly. |

Probus Club Swan View

Contact Secretary, Kerry Boyd
 P: 9250 5996
 M: 0448 505 996
 E: kerryswanview@yahoo.com.au

Liaison, Robert (Bob) Nicholls
 P: 9255 2567
 E: wraxall@iinet.net.au

Hours 9.30am on the third Wednesday of the month.

Venue Swan View Uniting Church
 82 Gladstone Avenue
 SWAN VIEW WA 6056

Rotary Club of Mundaring

Phone 0419 928 728

Email rotarymundaring@hotmail.com

Website www.rotarymundaring.org.au

Facebook @RotaryclubofMundaring

Meeting times 3 Wednesday evenings per month
 6.15pm for a 6.45pm meeting

Meeting venue Mahogany Inn
 4260 Great Eastern Highway
 MAHOGANY CREEK WA 6072

Service The Club is involved with:

- Servicing the community and helping others in need
- The club runs fundraisers - Swap Marts are held several times a year
- Community members are very welcome to attend meetings to find out more about what they do
- Informal dinner available at the Mahogany Inn meetings at a minimal cost

Wheels – Seniors on the Move

Phone 0409 929 454 or 0423 178 266

Email wheels1795@gmail.com

Website www.wheelsseniors.com.au

Eligibility Any person over the age of 50

Details 'Wheels' is an independent, not-for-profit group of like-minded older people and is organised by the members, for the members, doing what they want to do. Wheels hope to promote health and wellbeing and encourage older people to lead an active life, as well as provide the opportunity to have a network of friends to support each other through the ageing years. An annual membership fee is payable. An application for membership is available online or by telephoning or emailing as above.

CONSERVATION

Trillion Trees

Phone 9250 1888

Email contact@trilliontrees.org.au

Website www.trilliontrees.org.au

Address Lot 2 Stirling Crescent
HAZELMERE WA 6055

Details Trillion Trees dedicates its efforts to improving biodiversity and combating salinity and soil erosion by planting native trees and understory. There are many opportunities for volunteers in admin roles or assisting in the nursery with seeding, sowing, propagation, pricking out seedlings and potting.

Local Friends and Catchment Groups

Details There are many opportunities for volunteers to help at busy bee days or field walks.

Catchment Groups

- Helena River Catchment Group – secretary.helenarivercwg@gmail.com
- Jane Brook Catchment Group – janebrookcwg@gmail.com
- Susannah Brook Catchment Group – secretary.sbcwg@gmail.com
- Wooroloo Brook Landcare Group – shire@mundaring.wa.gov.au

Friends Groups ➤ Contact the Shire on 9290 6666 or email shire@mundaring.wa.gov.au

COUNTRY WOMEN'S ASSOCIATIONS

Forrest Darlings CWA

Phone: Vandra Stenton (President) – 0422 901 922

Facebook: @forrestdarlingscwa

Email forrestdarlingscwa@gmail.com

Address Darlington Pavilion
16 Pine Terrace
DARLINGTON WA 6070

Hours Third Wednesday of each month, 7pm to 9pm

Mundaring CWA

| | |
|----------------|---|
| Phone | Margaret (Secretary) - 0417 956 628 |
| Email | ricepowergranny@hotmail.com |
| Address | CWA Centre, Sculpture Park Maddock Street MUNDARING WA 6073 |
| Hours | Meetings on fourth Wednesday of each month at 7pm Craft sessions on second Wednesday of the month at 1pm. All welcome – bring along own craft projects to work on. |

Mt Helena / Parkerville CWA

| | |
|----------------|--|
| Phone | Kerry (Secretary) - 0409 641 017 |
| Email | kerrylborgas@gmail.com |
| Address | CWA Rooms Keane Street East MOUNT HELENA WA 6082 |
| Hours | Third Wednesday of each month at 9.30am |

FITNESS AND LEISURE

Chair Yoga

Phone 6118 0277

Email hello@stonestrowyoga.com.au

Website <https://stonestrowyoga.com.au/chair-yoga/>

Address Stone's Throw Yoga
2815 Jacoby Street
MUNDARING WA 6073

Details

- Chair Yoga brings all the benefits of a yoga practice to those who prefer or require the support of a chair.
- As a result of this accessible practice you are likely to experience improvements in flexibility, mobility, strength, balance, and body awareness.
- In addition, mindfulness, meditation and breath work have been shown to have a myriad of mental health benefits, including reducing the symptoms of anxiety and depression.

Hours Every Tuesday 11am to 12pm (bookings essential)

Cost

- Introductory offer \$65 for 21 days of unlimited yoga classes.
- 10% off memberships and class passes (excluding introductory offer) for Pensioner Concession and Health Care Card holders.

Club Sierra Senior Fit Program

| | |
|----------------|--|
| Phone | 9295 1426 |
| Email | reception@clubsierra.com.au |
| Website | www.clubsierra.com.au |
| Address | Corner Coppin Road and Great Eastern Highway MUNDARING WA 6073 |
| Details | <p>Club Sierra offers a wide variety of fitness classes, heated pool, fully equipped gym, squash, sauna, spa, nutrition advice and personal training.</p> <p>Club Sierra runs a Senior Fit program for over 60's to help gain or maintain a healthy body and mind. The Program focuses on helping to reduce the incidence of falls, maintain muscle and bone density, and improve overall wellbeing.</p> <p>Regular morning tea catch ups for Senior Fit members are held.</p> |
| Hours | Monday, Wednesday, Thursday and Friday at 11am |
| Cost | <p>Initial consult \$75 (required for first time gym users)</p> <p>Single session \$12</p> <p>Block of 10 sessions \$100 (\$10 each)</p> <p>Monthly program membership \$80</p> |

Exercise for Seniors

| | |
|----------------|---|
| Phone | Wendy - 6274 3748 (must book through Rise) |
| Address | The Hub of the Hills 8 Craig Street MUNDARING WA 6073 |
| Hours | Thursday 9.30am |

Glen Forrest Physiotherapy Masters Pilates Class

| | |
|--------------------|---|
| Phone | 9298 9648 |
| Email | mail@glenforrestphysio.com.au |
| Website | www.glenforrestphysio.com.au |
| Address | Unit 2, 5 Hardey Road GLEN FORREST WA 6071 |
| Information | <p>Masters Class is an exercise class designed for people over 60 who want to improve their strength, flexibility, posture and balance.</p> <p>Classes are held Monday, Tuesday, Wednesday and Thursday.</p> <p>Block bookings are required at \$18 per class (bookings essential).</p> |

Health Care & Fitness for over 50's

| | |
|----------------|--|
| Phone | Jenny Rutherford – 0417 934 808 |
| Address | Brown Park Lesser Hall Salisbury Road, SWAN VIEW WA 6056 |
| Hours | Thursday 11am to 12pm |

Open Eyed Meditation for Seniors

| | |
|----------------|---|
| Phone | Raajen – 0451 875 748 |
| Address | The Hub of the Hills 8 Craig Street MUNDARING WA 6073 |
| Hours | Friday 10am to 11.30am |
| Details | <p>Start your day with a peaceful and inspiring hour of meditation as experienced facilitators guide you through a relaxing meditation, followed by morning tea. Benefits include reduced stress, improved concentration, calmer responses to life, and improved health & wellbeing. Morning tea provided. \$2 to attend.</p> |

Prime Movers – Movement to Music

| | | |
|----------------|---|-----------------------|
| Phone | 0440 560 037 (9am-5pm Monday to Friday) Or class instructor, Fiona - 0412 886 248 | |
| Website | www.primemovers-exercise.com.au | |
| Venue | Mundaring Arena 50 Mundaring Weir Road MUNDARING WA 6073 | |
| Hours | Monday and Thursday 9.30am to 10.30am | |
| Cost | Annual Membership | \$20 per year |
| | Class Fee | \$5 per class |
| | Visitors | \$6 per class |
| | Pre-paid voucher | \$50 (for 11 classes) |
| Details | Prime Movers provide movement to music classes for the over 50's and are structured to include stretching, low impact aerobics and muscle work. | |
| | Classes are held from February to December, except for public holidays. | |

Seniors Move & Groove

| | |
|-----------------------|---|
| Phone | Melanie - 0478 544 388 or Cathy - 0429 795 939 |
| Email | dgebbetis@bigpond.com |
| Cost | \$5 per session |
| Mundaring | The Hub of the Hills 8 Craig Street Monday 10am to 11am |
| Mt Helena | Elsie Austin Pavilion Chidlow Street Wednesday 11.30am to 12.30pm |
| Mahogany Creek | Mahogany Creek Hall 3060 Strettle Road Thursday 10am to 11am |

Seniors Recreation Council of WA

Phone 6118 2716

Email info@srcwa.asn.au

Website www.srcwa.asn.au

Address 275D Abernethy Road
CLOVERDALE WA 6105

Hours Monday to Friday 8am to 3pm

Details Seniors Recreation Council of WA is a uniquely Western Australian organisation and is recognised as the peak body for organisations supporting seniors' involvement in sport and recreation. They promote the ethos of "Healthy Ageing Through Activity".

The Council provides information on a range of activities and organises events and programs, including Tech Savvy Seniors, Have A Go Days, LiveLighter Aged Care Games and Seniors Exergaming WA. They also publish the 'Add Life to Your Years' directory, which details a range of recreation opportunities.

Swan View Baddie (Badminton)

Phone 0413 273 297 - Halina

Email jackiewicz.halina@gmail.com

Address Brown Park Recreation Centre
Salisbury Road
SWAN VIEW WA 6056

Hours Tuesdays 9am to 10.30am

FURTHER EDUCATION

Be Connected (free online learning)

| | |
|-----------------|--|
| Website | www.beconnected.esafety.gov.au |
| Helpline | 1300 795 897 |
| Service | <p>Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access their free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.</p> <p>Resources include articles, tips, live online presentations and games.</p> |

Mundaring Adult Creative & Learning Centre

| | |
|----------------|---|
| Phone | 9295 1688 |
| Website | www.mundaringlearning.com.au |
| Email | adultcreativelearning@inet.net.au |
| Venue | <p>Craigie House 3 Craigie Place MUNDARING WA 6073</p> |
| Service | <p>Managed by a volunteer committee, Mundaring Learning is a vibrant, non-profit organisation providing informal, fun classes for the community.</p> <p>Mundaring Adult Creative & Learning Centre provides adults the opportunity to learn new skills, share knowledge, and meet socially. Set in the picturesque Perth Hills, it is a great place to learn new hobbies, finish old projects, and make friends in a relaxed environment.</p> <p>They also have a second hand book store and op shop.</p> |

Mustard Seed – Teaching Technology

| | |
|--------------------|--|
| Phone | 0466 486 530 |
| Email | mail@mustardseed.wa.edu.au |
| Website | www.mustardseed.wa.edu.au |
| Eligibility | Any age group, including seniors |
| Venue | Glen Forrest Uniting Church 56 McGlew Road, Glen Forrest |
| Cost | FREE |
| Service | Mustard Seed – Teaching Technology seeks to help people develop computer skills to enable them to function better in this technological age. Held weekly during school terms on Wednesdays. |

GAMES

Bolivia

| | |
|--------------|--|
| Phone | 9295 1867 or 9290 6683 |
| Hours | Thursday 1pm to 5pm |
| Venue | The Hub of the Hills 8 Craig Street, MUNDARING WA 6073 |

Bridge - Glen Forrest Bridge Club

| | |
|--------------|--|
| Phone | Fred Sibenaler, 0417 913 468 |
| Web | glenforrest.bridgeaustralia.org |
| Email | glenforrestbc@gmail.com |
| Hours | Monday afternoon 1pm to 4.30pm Wednesday afternoon 12.30pm to 4.30pm (Pairs must be seated 15 minutes prior to start time) |
| | Beginners and improvers session on Wednesday morning 9.30am to 11.30am. Partner not essential. |
| Cost | \$7 for non-members to play \$5 for members to play |
| Venue | Glen Forrest Sporting Club McGlew Road GLEN FORREST WA 6071 |

Crobs' Coffee & Chess

| | |
|--------------|--|
| Phone | 0412 951 152 |
| Email | croberton67@gmail.com |
| Hours | Fridays 9.30am to 12.30pm |
| Cost | Free to join, boards provided, instruction available |
| Venue | Café Mojo 16 Craig Street MUNDARING WA 6073 |

Crosswords / Scrabble / Rummikub

| | |
|--------------|---|
| Phone | 9290 6683 |
| Hours | Thursday 1pm to 3pm |
| Venue | The Hub of the Hills 8 Craig Street MUNDARING WA 6073 |

Jigsaw Club - Mundaring

| | |
|----------------|--|
| Phone | 9290 6780 (Mundaring Library) |
| Venue | Mundaring Lesser Hall 3025 Jacoby Street MUNDARING WA 6073 |
| Details | A social jigsaw club where you can work on puzzles with other jigsaw enthusiasts over a cuppa. No bookings necessary. Light refreshments are provided. |
| Hours | Wednesdays, 1pm to 3pm |

Mah Jong

| | |
|--------------|---|
| Phone | 9290 6683 |
| Hours | Tuesday 12.30pm to 4pm |
| Venue | The Hub of the Hills 8 Craig Street MUNDARING WA 6073 |

Scrabble

| | |
|--------------|--|
| Phone | 9299 6713 |
| Email | carmsmax@yahoo.com.au |
| Hours | Tuesday 9am to 12pm |
| Venue | Various houses in the local area |

GARDENING

Eastern Hills Branch, WA Wildflower Society

| | |
|--------------|---|
| Email | eastern.hills.branch@wildflowersocietywa.org.au |
| Venue | Glen Forrest Octagonal Hall 52 McGlew Road GLEN FORREST WA 6071 |
| Hours | Monthly meetings are held on the fourth Friday of the month, with guest speakers talking on a range of interesting topics. Doors open at 7pm. |
| Other | Also hold plant sales, propagation groups and seed cleaning groups. |

Midland Friendly Garden Club

| | |
|--------------|--|
| Hours | Every second Thursday 9am to 11.30am |
| Venue | Bruce Douglas Pavilion Brown Park Community Centre Salisbury Road SWAN VIEW WA 6056 |

Mundaring Garden Club

| | |
|-----------------|--|
| Phone | President, Helen Mitchell – 0438 945 430 Secretary, Mary Denniss – 0459 088 057 |
| Email | President, Helen Mitchell – mitchandhelen@westnet.com.au Secretary, Mary Denniss – marydenniss@gmail.com |
| Facebook | @MundaringGardenClub |
| Hours | Every second Tuesday at 10am |
| Venue | In between excursions, nursery and garden visits, the group meets at: Mundaring Church of Christ Café 1470 Stoneville Road MUNDARING WA 6073 |
| Cost | Annual membership - \$20 |

Seedlings for Landcare Program (SFL)

Phone 9290 6774

Email seedlings@mundaring.wa.gov.au

Details The Seedlings for Landcare Program provides approximately 24,000 free native seedlings for planting on rural-zoned private properties, school grounds and bushland reserves in the Shire of Mundaring.

Examples of landcare activities that may be supported include:

- Revegetation of wetlands and creeklines to improve wildlife habitat, water quality and reduce erosion;
- Revegetation of bushland to improve wildlife habitat and reduce weed invasion and erosion.
- Revegetation of degraded land to create wildlife corridors linking patches of remnant bushland.

Expressions of Interest generally open in February.

GOPHER REPAIRS

Mundaring Community Men's Shed

Phone 0456 759 089

Hours Monday to Friday from 9am to 1pm
Last Saturday of the month from 9am to 12pm.
Closed on public holidays.

Address Men's Shed
1 Morilla Road, Mundaring
MUNDARING WA 6073

Details Need help servicing your gopher? Is it hard to get your gopher to the servicing shop? Maybe we can help. We can:-

1. Check the tyres and replace if needed
2. Check the battery and advise on replacement
3. Check and adjust the steering
4. Check the electrical wiring and switches
5. Other general maintenance, eg. Clean, check bolts are tight

HISTORICAL

Mundaring and Hills Historical Society

| | |
|-----------------|---|
| Phone | 9295 0540 |
| Email | mhhs@mundaringhistory.org |
| Website | www.mundaringhistory.org |
| Facebook | @MundaringAndHillsHistoricalSocietyInc |
| Hours | Monday & Friday 9.30am to 4pm Wednesday 9.30am to 1.30pm |
| Address | Mundaring Station Master's House 3060 Jacoby Street MUNDARING WA 6073 |

Mundaring District Museum

| | |
|----------------|--|
| Phone | 9295 0540 or 9290 6645 (Mundaring Visitor Centre) |
| Email | mhhs@mundaringhistory.org |
| Website | www.mundaringhistory.org |
| Hours | Monday – Saturday 9.30am to 4pm Sunday & Public Holidays 10.30am to 2.30pm |
| Address | Old Mundaring School (Perth Hills Mundaring Visitor Centre building) 7225 Great Eastern Highway MUNDARING WA 6073 |

LIBRARY SERVICES

| | |
|--|---|
| Boya Library | <i>Katharine Susannah Prichard Library</i> 119-135 Scott Street, HELENA VALLEY WA 6056 |
| Phone | 9290 6755 |
| Email | gills@mundaring.wa.gov.au |
| Mundaring Library | <i>Albert Facey Memorial Library</i> 1 Nichol Street MUNDARING WA 6073 |
| Phone | 9290 6780 |
| Email | mills@mundaring.wa.gov.au |
| Hours for Both Libraries | Monday to Thursday- 9am to 7pm Friday- 9am to 5.30pm Saturdays- 9am to 12pm CLOSED Sundays and public holidays |
| Details | The two library branches share a great collection of standard and large print books, magazines, talking books, music CDs, DVDs, jigsaws, eBooks, eAudiobooks, eMagazines, and free on-demand video streaming. The library also provides many services to the community (see below). |
| Home Services | Volunteers deliver items to people who are unable to visit the library. Volunteers are police-checked, and will visit at a pre-arranged time. |
| Mobile Libraries | A mobile library service visits Wooroloo on a three-weekly basis. Items such as books, magazines, DVDs and talking books can be borrowed. |
| Be Connected Computer Help Sessions | Friendly volunteers provide basic computer help, including accessing eBooks and other digital library resources, setting up an email account, basic internet browsing, and using the library catalogue. Contact the libraries to enquire about free computer help sessions. Bookings are essential. |
| Computers and Wi-Fi | Free Wi-Fi and public use computers are available at both libraries. Bookings for the computers is advisable. |
| Printing, Copying and Scanning | Scanning, emailing and printing (both black and white and colour) is available at both libraries. Charges apply for these services. Mobile printing is also available. Our friendly staff can assist you with using these services. |

LIBRARY SERVICES

- Book Clubs** Library book clubs meet in the libraries; contact the libraries to enquire about vacancies.
- Book Club Kit program: Local book clubs can join the Book Club Kit program. Book clubs need to register with the libraries. A non-refundable fee of \$140 entitles the book club to 12 kits per year. The kits include 10 books and sets of discussion notes.
- Story Time and Baby Rhyme Time** Story Time and Baby Rhyme Time sessions are held weekly at both libraries during school terms. Story Time is a fun time of stories, songs and craft suitable for children aged 2 to 5 years. Baby Rhyme Time is a wonderful language enrichment program with stories and songs for children aged 0 to 2 years.
- Seed Library** Mundaring Library has a Seed Library where library members can “borrow” seeds which have been harvested locally and donated. Donations of seeds are encouraged, and are accepted at both libraries. The libraries have donation bags or people can use their own. Call the libraries for more information.
- JP Signing Service** A free JP Signing Service is available at both libraries most weeks. No bookings are required, but it is advisable to call the libraries to check availability.
- Special Events** Talks, workshops and other special events are regularly offered at the libraries. These events are promoted within the libraries, by email to the libraries’ e-newsletter subscribers, via the Shire of Mundaring Libraries’ Facebook page, and the Events calendar on the Shire of Mundaring website.
- Meeting Rooms for Hire at Boya Library** Boya Library has two rooms available for hire during library opening hours. There is a small meeting room, suitable for 4 people, which includes a table and whiteboard. The larger seminar room includes a TV screen with HDMI connection, a table seating up to 10 people, small fridge, and some kitchenware. Bookings are essential.
-

PHOTOGRAPHY

Mundaring Camera Club

| | |
|--------------------|--|
| Email | info@mundaringcamera.club |
| Website | www.mundaringcamera.club |
| Meetings | Every second Wednesday of the month. Doors open 6.45pm. |
| Address | Mundaring Community Men's Shed 1 Morilla Road MUNDARING WA 6073 |
| Eligibility | Anyone interested in photography. |
| Cost | Annual membership is \$110 due in January and pro-rata for the remainder of the year. |
| | Visitors are welcome to attend meetings but cannot enter the monthly competition. |
| About | We welcome new members and visitors alike. Our current members range in skills from beginner to advanced, all contributing to a friendly learning environment to grow our skills and photographic 'eye'. The meetings usually start with a short presentation on a photographic subject of interest, followed by a friendly competition evaluated by guest judges. We welcome both print and digital entries. We also run workshops or excursions for members, usually on a weekend. |

RSL WA

Bellevue Sub Branch

| | |
|----------------|--|
| Contact | Scott Rogers (President) 0437 796 897 |
| Email | bellevuersl@gmail.com |
| Address | 2 Purton Place BELLEVUE WA 6056 |

Chidlow Sub Branch

Contact Justine Pinkerton (Secretary)
0423 265 173

Email chidlow.secretary@sb.rslwa.org.au

Address Chidlow Hall
2130 Old Northam Road
CHIDLOW WA 6556

Mundaring Sub Branch

Contact Eric Smith (President)
0419 925 637

Email eric.anne8@bigpond.com.au

SENIOR'S DROP-IN SESSION

The Hub of the Hills

Phone 9290 6683

Address 8 Craig Street
MUNDARING WA 6073

When Every Wednesday morning
9.30am to 11.30am

A safe area for over 55's to have a chat, read the paper, play board games or complete puzzles.

Tea and coffee available.

SHIRE OF MUNDARING RECREATION SERVICES

Bilgoman Pool

| | |
|----------------|--|
| Phone | 9290 6764 |
| Website | www.mundaring.wa.gov.au/leisure-recreation/bilgoman-aquatic-centre |
| Address | Corner Lionel Road and Great Eastern Highway DARLINGTON WA 6070 |
| Hours | Throughout the summer period of November to April:- Weekdays 5.30am to 7pm Weekends and Public Holidays 7am to 7pm |
| Service | The facility is set in a bushland environment and has:- <ul style="list-style-type: none"> ➤ 50 metre heated Olympic pool ➤ Shaded toddler pool with beach entry ➤ Access ramp into the main pool ➤ Diving pool with two 1 metre diving boards ➤ Kiosk, barbeque facilities, extensive shaded lawn areas <p>Discount entry for Seniors Card and Pension Card holders.</p> |

Brown Park Social Seniors Program

| | |
|--------------------|--|
| Phone | 9290 6771 |
| Venue | Brown Park Community Centre Salisbury Road, SWAN VIEW WA 6056 |
| Hours | Every Wednesday 9am to 11.30am |
| Cost | \$4 per person. Tea, coffee and morning tea provided. |
| Eligibility | Over 50 years of age. |
| Service | A great opportunity to relax and enjoy morning tea and a chat within a friendly atmosphere. Or join in on a game of table tennis, pool, darts, badminton, cards or a board game. The cost includes morning tea. |

Lake Leschenaultia

| | |
|----------------|---|
| Phone | Camping and general enquiries: 9290 6736 |
| Email | lake@mundaring.wa.gov.au |
| Website | www.mundaring.wa.gov.au/leisure-recreation/lake-leschenaultia |
| Address | Rosedale Road, Chidlow |
| Service | Lake Leschenaultia is a 168 hectare bushland park and the lake holds approximately 520 million litres of water. Lake Leschenaultia is a popular spot for leisure activities, such as canoeing, stand-up paddle boarding, swimming, camping, cycling and barbequing. Canoes and stand-up paddle boards are available for hire seasonally. Electric barbeques are available for use free of charge. |

Camp ground includes showers, toilets and camp kitchen (camp kitchen has fridge/freezer, hot and cold water suitable for drinking, food preparation bench, electric barbeque and hot plate).

Family groups are especially well catered for at the lake with shaded areas, lawns, white sand beaches and playground equipment all available.

Lake Leschenaultia is open all year round.

Mount Helena Aquatic Centre

Phone 9290 6796

Address Keane Street
MOUNT HELENA WA 6082

(Adjacent to the Eastern Hills Senior High School)

Hours Throughout the summer period from early-December to early-March

Weekdays 3.15pm to 6pm

Weekends and Public Holidays 12pm to 6pm

Service The facility is used jointly by the school and the community and has:-

- 25 metre solar heated community pool
- Shaded wading pool
- Shaded lawn areas
- Kiosk
- Barbeque facilities
- Accessible toilet

Discount entry for Seniors Card and Pension Card holders.

THE HUB OF THE HILLS

Active Ageing Network

Phone Community Programs Officer - 9290 6683

Email cso4@mundaring.wa.gov.au

Address 8 Craig Street
MUNDARING WA 6073

Service Various activities are held at The Hub of the Hills, many of which fall under the Shire's "Active Ageing Program" umbrella. These activities cost a gold coin donation to attend and include weekly Coffee Mornings, Mah Jong and Bolivia card game sessions, Craft Group, and a Crosswords/Scrabble/Rummikub session.

There is also a weekly Over 55's Drop-In Session held every Wednesday morning where you can have a chat, read the paper, play board games or complete puzzles.

The Active Ageing Network (AAN) are a group of volunteers whose aim is to encourage older members of the community to come together and enjoy each other's company, whilst stimulating community interest and participation in local activities. The AAN organise several key events each year including regular Book Cafes, a Summer Delight Lunch, Winter Soup Lunch, and also assist with organising the annual Hub Christmas Lunch.

The Hub of the Hills is a community facility and is available for hire for meetings, parties and functions. Please contact the Customer Service Officer for more information.

WALKING

Over 55 Walking Association

| | |
|-----------------|--|
| Phone | President – 0449 667 558 |
| Email | offwamembership@gmail.com |
| Website | www.over55walkingassociation.org.au |
| Facebook | @over55walkingassoc |
| Hours | Tuesday mornings Meet at 10am, walk starts promptly at 10.30am |
| Venue | Different locations each week (some in Shire of Mundaring) |
| Details | <p>The Association offers a wide range of walks in Perth and surrounds from March to November each year. The walks are chosen for their surface, interest, availability of parking and provision of toilets.</p> <p>Members can walk as far as they choose and at the pace they choose. Afterwards many members stay behind and enjoy lunch together. Walks can be up to 8km or one and a half hours and are accompanied by trained first aid volunteers. The Association also holds a number of social events throughout the year and there are two general business meetings of the members each year.</p> <p>Membership is \$10 per year.</p> |

Residents & Ratepayers

For more information on the associations below please contact Shire of Mundaring on 9290 6666.

Bellevue Residents & Ratepayers Association

Chidlow Progress Association

Darlington Ratepayers & Residents Association

Glen Forrest Residents & Ratepayers Association

Helena Valley Estate Residents Association

Hovea Ratepayers & Residents Association

Mahogany Creek Progress Association

Mt Helena Residents & Ratepayers Association

Mundaring Residents & Ratepayers Progress Association Inc

Sawyers Valley Residents & Ratepayers Association

Stoneville & Parkerville Progress Association

Swan View Community Association

Safety & Security

FIRE BRIGADE

Local Volunteer Bush Fire Brigades

FOR ALL FIRES RING 000

The Brigades listed below are volunteer fire services and the fire stations are not normally staffed. For general enquiries the best contact time is Saturday mornings between 9.00am and 10.00am when the fire stations are attended for regular testing.

For information on current fires, refer to the DFES website www.dfes.wa.gov.au and select Alerts & Warnings, or ring DFES on 13 33 37.

| <u>BRIGADE</u> | <u>PHONE</u> | <u>BRIGADE</u> | <u>PHONE</u> |
|-----------------------|---------------------|-----------------------|---------------------|
| Chidlow | 9572 3016 | Parkerville | 9295 4484 |
| Darlington | 9299 7217 | Sawyers Valley | 9295 6166 |
| Glen Forrest | 9298 8936 | Stoneville | 9295 6457 |
| Mount Helena | 9572 1414 | Wooroloo | 9573 1166 |
| Mundaring | 9295 6555 | | |

POLICE

Midland Police Station

FOR LIFE THREATENING EMERGENCIES CONTACT 000

Phone 9250 0333

Address 32 Spring Park Road, Midland

Mundaring Police Station

FOR LIFE THREATENING EMERGENCIES CONTACT 000

Phone 9290 1900

Address 7250 Great Eastern Highway, Mundaring

Police Information

Phone 131 444
For Police assistance or attendance

Dial 131 444 from anywhere in the state and your call will be connected to the nearest police station.

SMS Assist - Non Emergency SMS Assist is a text messaging service for people who are deaf, hard of hearing or speech impaired, and can be used for contacting WA Police and requesting assistance. It should not be relied upon in extreme emergency situations. Dial 0403 277 478

Emergency ONLY 000
For life threatening emergencies

Speech or Hearing Impaired In an emergency, the 000 service can be accessed via the National Relay Service by calling TTY 106

TUNSTALL MONITORED PERSONAL ALARMS

Phone 1800 603 377

Email au.info@tunstall.com

Website www.tunstallhealthcare.com.au

Service Tunstall Healthcare provides a monitoring service that operates 24 hours a day, seven days a week. If a personal medical alarm or accompanying sensor is activated, a call is immediately activated to Tunstall's 24-hour Customer Care Centre where it is answered by trained Customer Care Consultants, with support available from Registered Nurses.

Seniors Aid Products

Daily Living Products Midland

| | |
|----------------|--|
| Phone | 9374 0577 |
| Website | www.daily.com.au |
| Address | Unit 3/4, 178-180 Great Eastern Highway MIDLAND WA 6056 |
| Service | Daily Living Products is a company dedicated to assisting people and Health Care organisations in the supply and use of Rehabilitation equipment that enables them to overcome injury, disability and illness. They provide quality products and service that can aid mobility, independence, rehabilitation as well as general levels of comfort and wellbeing. |

Medihire & Sales

| | |
|----------------|---|
| Phone | 9374 0355 |
| Address | 175 Great Eastern Highway MIDLAND WA 6056 |
| Website | www.medihireandsales.com |
| Service | Medihire & Sales offers excellent service with quality equipment and products to assist with mobility and home health care. There are four stores, where a large range of products are displayed. |

Websites of Interest

Be Connected (free online learning)

Website www.beconnected.esafety.gov.au

Helpline 1300 795 897

Details Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access their free learning resources online or join one of the thousands of community organisations running free computer classes across Australia.

Resources include articles, tips, live online presentations and games.

National Seniors

Phone 1300 76 50 50

Website www.nationalseniors.com.au

Email wa@nationalseniors.com.au

Details National Seniors is a not-for-profit membership and advocacy organisation that gives older Australians (working and retired) a strong national voice.

The Senior

Web Site www.thesenior.com.au

Details This website contains a wealth of information for seniors including the latest news, puzzles and also information on travel, health, lifestyle, finance and entertainment.

U3A Online

Website www.u3aonline.org.au

Details U3A Online is the world-first virtual University of the Third Age delivering online learning via the Internet. All that's needed to study online is access to a computer, tablet or other device with an Internet connection - and some basic computing skills.

U3A Online is an individual, independent and autonomous U3A and offers many other useful resources for older people, especially those who are geographically, physically or socially isolated.

Your Life Choices

Website www.yourlifechoices.com.au

Details YourLifeChoices is a digital publication for the 50+ audience, with a core focus on helping Australians navigate midlife and the retirement landscape.

They provide essential news, articles and retirement resources.

Membership is free.

Inclusion in Directory

REGISTRATION FORM FOR INCLUSION IN THE SENIORS DIRECTORY

**If your details require updating, please
complete this form and return**

If you would like your organisation to be included in the Seniors Directory, please fill out the Registration Form below and return to the Shire either by:

MAIL OR IN PERSON

Shire of Mundaring
7000 Great Eastern Highway
MUNDARING WA 6073

EMAIL

scss@mundaring.wa.gov.au

| |
|---|
| Name of Organisation: |
| Phone No: Fax No: |
| Business Address: |
| Postal Address: |
| Email: |
| Website: |
| Hours: |
| Eligibility: |
| Service / Details: |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| Additional Information: |
| |
| |
| |
| |
| Charges/Fees: |

Disclaimer

Shire of Mundaring has made every effort to ensure that the information in this Seniors Directory is accurate and up to date.

Shire of Mundaring has no control over the services listed herein, with the exception of its own services, and cannot accept responsibility for accuracy, completeness or timeliness of the information's suitability, or safety of services.

This Seniors Directory is provided on the basis that Shire of Mundaring will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.

It is **not** the intention of the Seniors Directory to include all services and facilities that are available, but rather a range of relevant information.

If you have any questions about the information in the directory or would like to suggest further inclusions, please contact-

Shire of Mundaring
7000 Great Eastern Highway
MUNDARING WA 6073

9290 6682
scss@mundaring.wa.gov.au