

G.O.L.D AUTUMN PROGRAM 2016

You will need to register as a GOLD member to participate in any activities. Contact the City anytime on 9405 5000 or programs@wanneroo.wa.gov.au to join. Once you are a member you will receive each new program by email when it is available.

BOOKING PROCESS

- **CITY OF WANNEROO RESIDENTS** can call **9405 5000** from 8.30am, Wednesday 9 March to register and receive a booking number which must be quoted on the attached payment form.
- **NOT A CITY RESIDENT?** Call **9405 5000** from 8.30am, Thursday 10 March to book if places are available.

All applicants must obtain a booking number by phone prior to lodging their payment form and payment.

Bookings are essential. Payments will not be taken if you have not phoned 9405 5000 to obtain a booking number for each activity.

Payment must be made **WITHIN FIVE** days of booking to **SECURE** your place. Please notify if you are unable to make payment in this timeframe or your place may be forfeited.

CANCELLATIONS: Refunds are only given if you cancel three full working days before the event, or if you have a medical certificate. Refunds will also be provided when activities have been cancelled due to weather or other factors. No credits will be given.

For more information or enquiries, please email programs@wanneroo.wa.gov.au or call 9405 5000.



OTHER EVENTS TO ATTEND THIS AUTUMN

GOLD COFFEE MORNINGS

Fancy a catch up with your fellow GOLD members? Join us for an informal coffee morning on the first Tuesday of every month. Coffee and cake for \$10.

First Tuesday of each month
10am (starting 5 April 2016)
Leapfrogs Café
25 Drovers Place, Wanneroo



BUCKINGHAM HOUSE HERITAGE HIGH TEA

The Wanneroo Museum and Elixir Café invite you to enjoy a traditional high tea set in the grounds of Buckingham House. Includes a guided tour.

Friday 6 May // 2pm-4pm
Buckingham House
10 Neville Drive, Wanneroo

Bookings:
Call **9405 5920** to book your place. \$55 per person.



CITY OF WANNEROO MUSEUM TOUR

Time travel as you discover the rich and pioneering history of Wanneroo at the Regional Museum.



Friday 27 May // 2pm-3pm
Wanneroo Library and Cultural Centre, 3 Rocca Wy Wanneroo

Bookings: Call **9405 5920** to book your place.



G.O.L.D
Growing Older Living Dangerously
AUTUMN 2016



23 Dundobar Road, Wanneroo, WA 6065
Locked Bag 1, Wanneroo, WA 6946
T : (08) 9405 5000 F : (08) 9405 5499
After Hours : 1300 13 83 93
E : enquiries@wanneroo.wa.gov.au
wanneroo.wa.gov.au  



Nordic Walking [2]

Ever tried Nordic Walking? Nordic Walking is an energetic, relaxing and fun way to get active while protecting joints and knees. Come try a one hour guided Nordic Walk along the Jindalee Coast.

When **Wednesday 16 March // 9.30am-11.30am**

Where Brigantine Park, Jindalee
Meet at 9.20am at Brigantine Park
off Jindalee Blvd

Cost \$6 per person

Please bring a hat, water and wear closed in shoes.

Day Trip to York [1]

Join us for a drive to York where we will discover the Residency Museum which houses a rich variety of displays all with a local theme. We will enjoy a picnic lunch and a look around. **Lunch provided.**

When **Thursday 31 March // 11am-4pm**

Where York

Cost \$15 per person

Please bring a hat, water and snacks.

Bus Pick Up

Butler Community Centre - 8.15am

Wanneroo Civic Centre - 8.45am

Kingsway Indoor Stadium - 9.00am

Supa Golf [2]

Come and try out Supa Golf, a modified form of golf where the golf clubs have oversized heads and are made of plastic. Similarly the ball is also oversized and softer. We will then stop at Madhatters on Milston for lunch. **Lunch Provided.**

When **Friday 15 April // 10am-3pm**

Where Supa Golf, Henley Brook

Cost \$25 per person

Please wear a hat, comfortable clothing and bring water.

Bus Pick Up

Butler Community Centre - 9.00am

Wanneroo Civic Centre - 9.15am

Tennis Lesson [2]

Ever thought of trying tennis? Want to learn some tips to improve your game? Come and have a tennis lesson in a relaxed and fun environment.

When **Tuesday 26 April // 10am-11am**

Where Elliot Road Tennis Courts, Wanneroo
Meet here at 9.50am

Cost \$10 per person

Please wear comfortable clothing, sneakers, hat and bring water.

Australian Sign Language (Auslan) [1]

Have you ever wanted to know how to communicate with people who have problems hearing? Or how to communicate if you sometimes have trouble hearing others? Auslan is a great skill to learn, as even knowing a few simple signs can help you to communicate more effectively, especially in a crowded place where it is not always easy to hear others

When **Monday 2 May // 10am-12pm**

Where Wanneroo Recreation Centre,
Scenic Drive Wanneroo

Cost \$6 per person

Zumba Gold [2]

This fun workout incorporates the contagious Latin and international rhythms already popular with the 12 million people taking Zumba® classes each week. The Zumba Gold version is performed at a lower intensity that is safe and effective for all ages!

When **Wednesday 11 May // 11am-12pm**

Where BaiLatina Studio, Royce Court, Joondalup
Meet here at 10.50am

Cost \$6 per person

Please wear comfortable clothing, sneakers and bring water.

**SEE REVERSE FOR SOME OTHER
GREAT CITY OF WANNEROO ACTIVITIES**

Difficulty Level [1] Easy [2] Medium [3] Difficult

Please fill out a **SEPARATE** form for each person.

EVENT	BOOKING NO.	COST
Nordic Walking		\$6
Day Trip to York		\$15
Supa Golf		\$25
Tennis Lesson		\$10
Sign Language		\$6
Zumba Gold		\$6

Photography Consent YES NO

PAYMENT OPTIONS

IN PERSON

Bring this form with your payment to the City of Wanneroo Civic Centre, 23 Dundobar Road, Wanneroo or to Clarkson Library, 27 Ocean Keys Boulevard, Clarkson. (Please note Clarkson Library is unable to take payments on Saturdays.)

POSTAL

Send this form with your cheque / money order (made payable to the City of Wanneroo) or credit card payment to: **Locked Bag 1, Wanneroo WA 6946**

PHONE - Pay with your credit card on **9405 5000**





Card No.

Expiry Date	<input type="text"/>
Name on card	<input type="text"/>
Activity Total*	<input type="text"/>
Signature	<input type="text"/>

*Credit Card payments incur a surcharge @ 0.57% (including GST).

OFFICE USE ONLY		Date
Type	717	Amount Charged \$
Receipt Number	<input type="text"/>	