

G.O.L.D

Growing Older Living Dangerously

WINTER 2019



City of
Wanneroo

Better Balance for Life**1**

This fitness and balance class incorporates Tai Chi, which is medically proven to relieve pain caused by muscular skeletal conditions, improve health, balance and movement in joints.

When Friday 21 June / 10.45am-12.45pm (approx)
Where Kingsway Indoor Stadium
 130 Kingsway, Madeley
Cost FREE (max 50 people)
Food Afternoon tea provided, BYO water
Wear Comfortable clothes and shoes

Institute of Medical Research**1**

Visit the Harry Perkins Institute of Medical Research and take a walk down memory lane to discover historical highlights in medical research that led to the medicines we rely on today.

When Wednesday 17 July / 10.30am -12pm
Where QE11 Medical Centre
 6 Verdun Street, Nedlands
Cost FREE (max 20 people)
Food Not supplied, café on site
Bring Water

WA Shipwrecks Museum and Lunch**1**

WA Shipwrecks Museum is recognised as the foremost maritime archaeology museum in the southern hemisphere. Enjoy the history then take a short walk to Cicerello's for a fish and chip lunch.

When Friday 19 July / 9am-4pm (approx)
Where WA Shipwreck Museum, Fremantle
Cost \$15 (max 35 people)
Food Cicerello's lunch (drinks not provided)
Bring Water, hat and sunscreen
Bus Pick up 9am - Wanneroo Civic Centre
 Drop off 4pm - Wanneroo Civic Centre

Puzzle Walk and Lunch at Kings Park**2**

If you love a challenge and some competition with your mates, try this puzzle walk while enjoying the beautiful scenery of Kings Park. Followed by lunch at Botanical Café.

When Tuesday 30 July / 10am-2pm (approx)
Where Kings Park, meet at Botanical Café
Cost \$10 (max 30 people)
Food Lunch included
Bring Water

Amaze Miniature Park, Mandurah**1**

Enjoy the quaint miniature village, a game of mini golf or a leisurely walk through the mazes, secret garden, lakes and water features. Enjoy lunch at nearby Decadent C's Chocolate Factory/Café.

When Friday 9 August / 7.45am-4pm (approx)
Where Mandurah
Cost \$25 (max 45 people)
Food Lunch provided, BYO water
Bus Pickup 7.45am - Butler Community Centre
 Pickup 8.15am - Wanneroo Civic Centre
 Pickup 8.30am - Kingsway Indoor Stadium

Floral Art Class**1**

Create a beautiful flower arrangement with *Flowers in Wonderland*. Join Shirley in a fun flower class and make something amazing to take home with you.

When Friday 16 August / 2pm-5pm
Where Butler Community Centre
 55 Kingsbridge Boulevard, Butler
Cost \$10 (max 20 people)
Food Afternoon tea provided
Bring Water

SEE REVERSE FOR OTHER GREAT ACTIVITIES

Difficulty Level **1** Easy **2** Medium **3** Difficult

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

EVENT	BOOKING NO.	COST
Better Balance for Life		FREE
Institute for Medical Res		FREE
WA Shipwrecks Museum		\$15
Puzzle Walk Kings Park		\$10
Amaze Miniature Park		\$25
Floral Art Class		\$10

Photography Consent YES NO

PAYMENT OPTIONS (See conditions overleaf)

IN PERSON

Bring this form with your payment to the City of Wanneroo Civic Centre, 23 Dundubar 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	
Name on card	
Activity Total*	
Signature	

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

OFFICE USE ONLY		Date
Type	717	Amount Charged \$
Receipt Number		

GOLD WINTER PROGRAM 2019

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**

Call 9405 5000 from 8.30am Wednesday 5 June 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 6 June to book if places are available.

All applicants must obtain a booking number by phone prior to lodging their payment form and payment. You may book up to four activities (for two people) per phone call.

Bookings essential. Payments will not be taken if you have not phoned 9405 5000 to obtain a booking number. Bookings close two weeks prior to event.

Payments must be made **WITHIN TWO** days of booking to **SECURE** your place. Please notify if you are unable to make a payment in this time frame or your place may be forfeited.

CANCELLATIONS: Refunds will only be made if a medical certificate is provided, when activities have been cancelled due to weather or other factors, or as determined by the Manager Community Facilities. No credits will be given.

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

BUS PICK-UP LOCATIONS

Butler Community Centre
(Entrance on Connolly Drive)
55 Kingsbridge Boulevard, Butler

Wanneroo Civic Centre
23 Dundobar Road, Wanneroo

Kingsway Indoor Stadium
130 Kingsway Road, Madeley



Other events to attend this Winter

A SPECIAL SOIREE WITH NATASHA LESTER

Thursday 25 July / 6pm-7.30pm / Wanneroo Library

Author of popular titles *The Paris Seamstress* and *The French Photographer*, Natasha Lester will share insights into her life as a writer and how France influences and inspires her writing.

French inspired refreshments will be served.

Details and bookings: wansoiree.eventbrite.com.au

HEARSAY EXHIBITION

8 July to 31 August / 10am-4pm / Wanneroo Gallery

Hearsay shares fire-side tales of the fantastic, intriguing and the bizarre. From Henry the Alkimos Ghost to big cat sightings, to the dare-devil feats of the Birdman Rally and adventures of Moondyne Joe; the exhibition blurs the line between fact and fiction.

Set to the backdrop of the shipwreck coast and the Gnarara pine plantations and drawn from the rich history of the Wanneroo region, the exhibition features artworks, theatrical performances and highlights from the City of Wanneroo collections.

For details, please visit wanneroo.wa.gov.au

FAMILY HISTORY MONTH

August / City of Wanneroo Libraries

Celebrate Family History month this August with events in each of the City's libraries.

From *Start Your Journey* to *Roadblocks and Brick Walls*, there is something for everyone.

Details and bookings:

hmawanneroo.eventbrite.com.au

Unable to attend? Check out the online resources at library.wanneroo.wa.gov.au



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