

G.O.L.D

Growing Older Living Dangerously
SPRING 2019



City of
Wanneroo

Fun Aerobics with Shirley

1

Come and enjoy this freestyle class with Shirley, an inspiration to the older generation, who has been teaching aerobics for 30 years or more and is now over 70 years old. This class which will combine simple dance moves and some choreography using steps and small weights. Enjoy lunch after the class.

When Wednesday 18 September / 11am-1pm

Where Kingsway Indoor Stadium
130 Kingsway, Madeley

Cost FREE (max 30 people)

Food Lunch provided, BYO water

Wear Comfortable clothes and running shoes

Crown Casino Visit

1

A special request to experience another day out at Crown Casino. Play the pokies, a game of black jack or meander around complex at your leisure. Lunch is provided via a voucher given upon arrival. The Casino bus will pick you up and drop you off.

When Tuesday 24 September / 9am-3.30pm

Where Crown Casino, Burswood

Cost \$10 (max 50 people)

Food Lunch provided (voucher provided)

Bring Water

Bus Pickup 9.00am - Kingsway Indoor Stadium
Drop off 3.30pm - Kingsway Indoor Stadium

Mini Golf Wanneroo Botanical Gardens

1

Enjoy the picturesque Wanneroo Botanical Gardens whilst playing a 36 hole mini-putt course. Then relax and enjoy a lazy lunch at Leapfrogs Cafe.

When Tuesday 1 October / 10am-1.30pm

Where Wanneroo Botanical gardens

Cost \$20 (max 40 people)

Food Lunch provided

Bring Comfortable clothing, hat, enclosed shoes and water

Meet Wanneroo Botanical Gardens
25 Drovers Place, Wanneroo

Peel Manor House

1

Come and experience a day out at beautiful Peel Manor. On arrival you will be taken on a tour of the manor, enjoy tea and scones, lunch and have fun playing lawn games with your friends.

When Wed 23 October / 9am-4.30pm (approx)

Where Peel Manor House
164 Fletcher House, Karnup

Cost \$25 (max 46 people)

Food Morning tea and lunch provided

Bring Water

Bus Pickup 9.00am - Butler Community Centre
Pickup 9.20am - Wanneroo Civic Centre
Pickup 9.35am - Kingsway Indoor Stadium

Dragon Boat Racing

3

Come and experience one of the oldest team water sports on earth. It will be hard work but lots of fun. Enjoy a BBQ sausage sizzle after the race.

When Wednesday 30 October / 10am-1.30pm

Where Maylands Sport and Recreation Club
50 Clarkson Road, Maylands

Cost \$15 (max 40 people)

Food BBQ Lunch provided

Bring Water, towel, spare set of clothing

Wear Bathers, t-shirt, hat and comfortable shoes that can get wet (due to splashing)

Have a Go Day

1

When Wednesday 13 November / 9am-3pm

Where Burswood Park, Great Eastern Highway

Cost FREE (unlimited numbers)

Food Not provided, food stalls available

Bring Water

Note This event is run by the Senior Recreation Council of WA

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
Fun Aerobics		FREE
Crown Casino		\$10
Mini Golf		\$20
Peel Manor		\$25
Dragon Boat Racing		\$15
Have a Go Day		FREE

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 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.

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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 \$
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