

# GOLD

Growing Older Living Dangerously

SPRING 2021



**COMING SOON**  
New UBook GOLD  
booking system



City of  
Wanneroo

## Scenic Wildflower Bus Tour

Explore some of Wanneroo's historical wonders and discover natural hidden gems in our urban bushland. Learn about recovering waste as a resource and sustainability at Wangara Greens Recycling Facility then be amazed by the spectacle of wild flowers at Landsdale Conservation Reserve.

After lunch you are invited to discover Wanneroo's early pioneer history at Cockman House. Our guides will amaze you with their knowledge of the exciting and hidden places around the City of Wanneroo.

**When** Friday 24 September / 9am-3pm (approx)

**Where** Meet at Kingsway Indoor Stadium  
130 Kingsway Drive, Madeley

**Cost** FREE (max 25 people)

**Food** Morning tea and lunch provided

**Wear** Hat, sturdy closed in shoes, sunscreen, bring a water bottle and your camera

## Stay Active and Get Social at Kingsway Indoor Stadium

Try an introductory group fitness session run by qualified group fitness instructors. Social Active Seniors (SAS) is a mix of cardio and strength designed to keep seniors active!

Stick around after and enjoy a morning tea provided by Kerrie D's Kitchen.

**When** Wednesday 27 October / 9am-10am

**Where** Kingsway Indoor Stadium  
130 Kingsway Drive, Madeley

**Cost** FREE (max 20 people)

**Food** Morning tea provided

**Wear** Active wear clothing, enclosed shoes and bring water

## Royal Perth Hospital Museum Tour

The Royal Perth Hospital Museum takes visitors on a walk through the colourful history of the hospital from its opening in 1855, right through to the present day.

**When** Thursday 11 November / 11am

**Bus** Butler Community Centre 9.15am  
Wanneroo Civic Centre 9.45am  
Kingsway Indoor Stadium 10.15am

**Cost** FREE (max 25 people)

**Food** Light Lunch provided by Kerrie D's Kitchen at Kingsway Indoor Stadium

**Wear** Comfortable clothing and bring water

## Bootscooting

Take part in a fun and social cardio session while dancing to country classics.

Stay around after and get to know other residents in the City over a light lunch provided by the stadium's on-site café.

**When** Thursday 25 November  
10.30am-12pm

**Where** Kingsway Indoor Stadium  
130 Kingsway Drive, Madeley

**Cost** FREE (max 40 people)

**Food** Lunch provided by Kerrie D's Kitchen

**Wear** Comfortable clothing and bring water



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

EVENT	BOOKING NO.	COST
Scenic Wildflower Tour		FREE
Stay Active and Get Social		FREE
Royal Perth Hospital Tour		FREE
Bootscooting		FREE

Photography Consent

YES

NO

## BOOKINGS ARE ESSENTIAL

Bookings open **Wednesday 15 September** at 8.30am. Call **9405 5000** for all bookings. A booking number must be quoted on the attached registration form if registering by mail or in person.

**Waitlisted members** - those who are waitlisted will be contacted by phone and given 24 hours to respond to a place if one becomes available. If no reply is received within that timeframe the place will be offered to the next waitlisted member.

**Cancellations** - If you need to cancel please provide as much notice as possible to allow other members the opportunity to attend.

## BUS PICK-UP LOCATIONS

**Butler Community Centre**  
55 Kingsbridge Boulevard, Butler

**Wanneroo Civic Centre**  
23 Dundobar Road, Wanneroo

**Kingsway Indoor Stadium**  
130 Kingsway Road, Madeley



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](mailto:enquiries@wanneroo.wa.gov.au)  
[wanneroo.wa.gov.au](http://wanneroo.wa.gov.au)    