

# Positive Ageing Seniors Festival 2017





# Age Friendly Expo

## For the young and young at heart

**Location:** Jull Street Mall, Armadale and Armadale Shopping City

**Date:** Thursday 26 October

**Time:** 9.30am – 1.30pm

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The Age Friendly Expo is a celebration of Children's Week and Senior's Week and is inclusive for all age groups.

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Jull Street Mall and Armadale Shopping City will come alive with various activities including:

- information displays for all age groups
- live entertainment
- interactive experiences and demonstrations
- the opportunity to meet representatives from businesses, community groups, organisations, schools and government departments.

This free event is brought to you by the City of Armadale in partnership with Armadale Shopping City and New Spring Church.

 **Armadale Shopping City**



**NEW SPRING**  
CHURCH





# Armadale Society of Artists Inc. Annual Exhibition

**Location:** Armadale District Hall, Jull Street, Armadale

**Dates:** Friday 27 October, 6.45 – 9pm,  
Saturday 28 and Sunday 29 October, 10am – 4pm

**Cost:** Free entry

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The Armadale Society of Artists Inc. Annual Exhibition is an opportunity for the community to become involved in art.

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Members' artwork will be on display and for sale.

Light refreshments are provided on the opening night.

Devonshire teas are available for purchase during the weekend.





## Come Dance with Me

**Location:** Armadale Community Family Centre, 101 Challis Road, Seville Grove

**Date:** Monday 30 October

**Time:** 10 – 11.30am

**Cost:** Free entry—gold coin donation for morning tea

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The Explosive Dance & Theatre Co. and the Armadale Community Family Centre invites you to attend a fun performance of routines by the Twinkle Tots and Tiny Tot Dancers, along with two guest performers. Routines will include ballet, boogie, singing and a lot of laughs.

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Morning tea will be served following the concert.

This is an accessible event. Bookings are essential.

**RSVP** Fran at Explosive Dance & Theatre Co. **0416 257 712**  
by Thursday 26 October.



# The Dumsday family piano in concert: 160 years of music

**Location:** History House Museum, 7 Orchard Avenue, Armadale

**Date:** Tuesday 31 October

**Time:** 10.30 – 11.30am

**Cost:** Free entry. Donations kindly accepted.

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Come and enjoy the sounds of the Dumsday family piano. This piano has been entertaining local audiences for over 100 years and continues to do so today. Tunes from the Dumsday's own collection of sheet music will be played along with other classical and popular pieces.

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Tea, coffee and biscuits will be provided for morning tea.







# Pole Walking in November

## **Mondays and Thursdays**

**Location:** Armadale Visitor Centre, 40 Jull Street, Armadale

**Time:** 8.30am

**Cost:** Gold coin donation

## **Tuesdays and Fridays**

**Location:** Car Park of Roleystone Recreational Centre, 8 Wygonda Road, Roleystone

**Time:** 6.30am

**Cost:** Gold coin donation

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Come and try pole walking!

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Guides will instruct you on the correct use of walking with the specially designed poles, before taking a walk around the area.

To book contact **9394 5410**  
or email [visitorcentre@armadale.wa.gov.au](mailto:visitorcentre@armadale.wa.gov.au)



# Technology Buddies in November

**Location:** Armadale Library

**Dates:** Wednesday 1, 8, 15 and 22 November

**Time:** 1.15 – 2.15pm

**Cost:** Free

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Need help with technology?

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Students from Dale Christian School are available to assist you with your technology troubles at Armadale Library. Any questions about your laptop, iPad, tablet, mobile phone or digital camera can be solved by these technology savvy youngsters.

Bookings are essential.

Contact the Armadale Library on **9394 5125**  
or email [library@armadale.wa.gov.au](mailto:library@armadale.wa.gov.au)



## Positive Ageing Sessions Afternoon

# Pain and Chronic Pain Management

**Location:** Armadale Library  
**Date:** Wednesday 1 November  
**Time:** 1.30 – 2.30pm  
**Cost:** Free

A representative from Juniper Community will discuss various types of pain, including acute and chronic pain.

This presentation delves a little into the science of pain; making sense of pain, what help is available for pain relief and what you can do to manage chronic pain.



# Freedom of Information (FOI)

Accessing government documents in WA

**Location:** Armadale Library  
**Date:** Wednesday 1 November  
**Time:** 3 – 4pm  
**Cost:** Free

The Freedom of Information Act 1992 (WA) gives you a right to access state and local government documents, subject to some restrictions.

Find out how this works in practice, the type of documents you can expect to access and some tips for making a FOI application.



Refreshments will be provided between sessions.

Bookings are essential. Visit [library.armadale.wa.gov.au](http://library.armadale.wa.gov.au) or call **9394 5125**.





# Classic Sounds Morning Melodies

**Location:** Classic Sounds, 223 Railway Avenue, Kelmscott

**Date:** Thursday 2 November

**Time:** 10.30 – 11.30am

**Cost:** \$10 Seniors, Age Concession or Veterans Card holders  
\$15 non-concession

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A concert with a special twist—Classic Sounds Morning Melodies is an interactive celebration of music.

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You are never too old to start learning an instrument, or give music a go!

In the second half of the concert you can join in with singing, playing percussion instruments or even try your hand at the piano.

Stay on after the concert for morning tea, chat with the musicians and find out how you can make music a part of your life.

Bookings are essential by 1 November on **9495 2658**  
or email: [musicschool@classicsounds.com.au](mailto:musicschool@classicsounds.com.au)





Positive Ageing  
**Seniors Festival 2017**



**DISCOUNT  
VOUCHER**

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**DISCOUNT  
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## Maxie's Fashion

Shop 67A, Armadale Central Shopping Centre,  
Orchard Ave, Armadale

**10% discount on full price apparel** to holders of a Seniors Card, Age Concession Card or Veterans Card all year round.

Maxie's Fashion—a mature ladies fashion store with an extensive range of women's clothing from casual to formal wear.

## Avocados Accommodation & Cafe

2 Mount Street, Kelmscott

**10% discount off food and beverages or accommodation, Monday to Friday**, on presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card from 29 October – 31 December 2017.

For bookings call 9496 3838.

## Subway Armadale

Shop 29A, 194 Jull Street, Armadale

**Half Price Coffee** with any Subway purchase from 29 October – 5 November 2017 on presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card.

Subway Armadale offers Seniors **10% discount all year round** on presentation of your Seniors Card, Age Concession Card or Veterans Card.

## Armadale Park Cafe

197 Jull Street, Armadale (overlooking Memorial Park)

**Any size coffee \$3 plus add a slice, cake or cookie for \$2** from 29 October – 5 November 2017. **10% discount on any meal** for the month of November 2017.

Both offers are subject to presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card.

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**DISCOUNT  
VOUCHER**



## The Manse Restaurant

31 Church Avenue, Armadale

**\$30 off the total bill for two people** for the month of November on presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card. Maximum of three vouchers per booking accepted.

Call **9399 6078** to make your booking.

## Orchard Espresso

Shop 7, 21 Jarrah Road, Roleystone

**Buy one coffee and receive the second one to the same value free** on presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card. Offer valid from 29 October – 31 March 2018.

## Grand Cinemas Armadale

Armadale Central Shopping Centre, Cnr. Jull Street & Third Avenue, Armadale

**A \$3 tea or coffee and/or a \$4 classic chocolate bomb when attending movies** during 29 October – 5 November 2017, on presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card.

## DOMÉ Armadale

Armadale Shopping City, Jull Street, Armadale

**Buy one coffee and receive the second free** on presentation of this voucher and your Seniors Card, Age Concession Card or Veterans Card from 26 October – 5 November 2017.

# Bingo Nights

## in October and November

**Thursday nights**

**Eyes down 7.30pm!**

**Location:** Armadale District Town Hall,  
Jull Street, Armadale

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Come along and enjoy a night of bingo  
and help your community.

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All proceeds go toward community projects including; scholarships at local schools, medical research, skin cancer screening, Lions sight projects, hearing, special mobility and much more.

For information contact **9390 2507**  
or visit [www.armadalekelmscott.wa.lions.org.au](http://www.armadalekelmscott.wa.lions.org.au)



## Kayaking

**Location:** Champion Lakes Regatta Centre,  
Henley Drive, Champion Lakes

**Date:** Thursday 2 November

**Time:** 9 – 11am

**Cost:** \$10 to help cover Insurance

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Meet club seniors who enjoy the social and  
fitness benefits of belonging to a club.

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A qualified instructor will teach basic skills of kayaking and a personal trainer will talk about the beneficial exercise paddling provides.

It is a prerequisite of Canoeing WA Insurance that all participants can swim 50 metres.

Morning tea provided.

Bookings are essential on **0401 311 817**  
or email [kayaking@clbc.org.au](mailto:kayaking@clbc.org.au)





## Golden Oldies Afternoon in November

**Location:** Armadale Library, Armadale Shopping Centre, Orchard Road, Armadale

**Dates:** Friday 3 November and Friday 17 November

**Time:** 1 – 4 pm

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Keep your mind active and keep your hands moving! These activities will unleash creativity, improve co-ordination, and relax the mind.

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Enjoy an afternoon of Lego, colouring-in, rock painting, games, puzzles and even a help station for all your technology troubles.

All materials are provided and refreshments available.

Bookings are essential on **9394 5125** or email [library@armadale.wa.gov.au](mailto:library@armadale.wa.gov.au)





# City of Armadale Hawkers Markets

**Location:** Memorial Park, Orchard Avenue,  
Armadale

**Dates:** Friday 3 November, Friday 10 November

**Time:** 5 – 8.30pm

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## Delicious treats and rockin' beats!

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A multicultural display of delicious food and vibrant music, set in the grassy surrounds of Memorial Park. Let the kids play and enjoy the atmosphere.

Get a group together for a fun and affordable night out with family and friends.

This is a smoke and alcohol free event proudly brought to you by the City of Armadale.





## Saturdays in November

# Armadale Community Men's Shed Open Days

**Location:** 2 Tudor Road, Armadale

**Dates:** Saturday 4, 11, 18 and 25 November

**Time:** 9am – noon

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Ever thought of joining a Men's Shed but not sure what they do or what they're all about?

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Armadale Community Men's Shed invites you to the open days to answer those questions. Enjoy a chat and a cuppa with members to answer any questions or queries.

For information call **0424 776 348**.



## Seniors' Dinner and Entertainment Night

**Location:** Harrisdale Pavilion, 83 Gracefield Blvd, Harrisdale

**Date:** Saturday 4 November

**Time:** 6 – 10pm

**Cost:** Free to Seniors Card, Age Pension or Veterans Card holders

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Enjoy a Sri Lankan buffet and be entertained with a Sri Lankan cultural show.

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Bookings essential as seating limited. Call Indrani **0410 043 842** by Wednesday 1 November.

This evening is proudly brought to you by the Sri Lankan Cultural Society of Western Australia.

# Melbourne Cup Luncheon

**Location:** Narrogin Inn, 2 South Western Hwy, Armadale

**Date:** Tuesday 7 November

**Time:** 10.45am – 2pm

**Cost:** \$25

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The Greendale Centre is holding a Melbourne Cup luncheon at the Narrogin Inn.

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Enjoy a three course meal, sweeps and a complimentary glass of sparkling on arrival as you watch the race on the big screen.

Prizes for Best Hat and Lucky Table prizes!

Bookings essential as numbers limited.  
Call **9399 5393**.



# Living Longer Living Stronger

**Location:** Armadale Arena, Cnr Townley Street and Forrest Rd, Armadale

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Living Longer Living Stronger is a progressive strength training and exercise program designed for the over 50s.

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This training can have a huge impact on your wellbeing and quality of life – give it a go!

For further information call **9394 5840**.



**ARMADALE  
ARENA**







# GymMobility

## Gymnastics for over 55s

**Location:** Lance Morgan Pavilion, Karragullen

**Date:** Monday 13 November

**Time:** 9 – 11am

**Cost:** Free

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Gymnastics at Roleystone Gymnastics Club is great for all ages and abilities.

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GymMobility sessions focus on over 55s and are perfect for maintaining flexibility and coordination, while also gently improving strength, balance and general fitness.

Develop simple skills at your own pace, in a relaxed and social environment.

Have a chat to the accredited coaches while you enjoy a light morning tea.

No previous gymnastics experience required.

Bookings essential. Call Carly **0407 905 484**.



# Morse Code Demonstration and Bert Tyler Museum Talk

**Location:** Armadale Visitor Centre, 40 Jull Street, Armadale

**Date:** Tuesday 21 November

**Time:** 10 – 11am

**Cost:** Free

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Visit the Bert Tyler Museum and watch a Morse Code demonstration.

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Enjoy a walk and talk and discover the Museum's machinery and artefacts.

Tea, coffee and biscuits are provided.

Bookings essential. Call **9394 5414**.



# Carols by Candlelight and Christmas Parade

**Location:** Memorial Park, Armadale

**Date:** Friday 1 December

**Time:** 6pm Christmas Parade  
7pm Carols by Candlelight

**Cost:** Free Event

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Share the spirit of Christmas at the City's annual Carols by Candlelight musical spectacular.

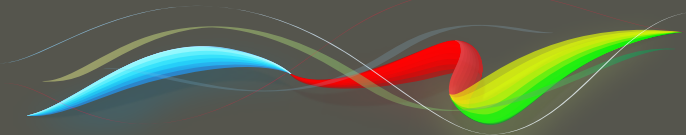
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The evening begins with the Christmas Parade in Jull Street Mall carrying through to Memorial Park with a visit from Santa Claus.

Songbooks and LED candles are provided. Enjoy performances by local schools and community choirs, supported by the Armadale City Concert Band.



[www.armadale.wa.gov.au](http://www.armadale.wa.gov.au)



## **Seniors Festival 2017**

proudly supported by Armadale Shopping City, New Spring Church, Armadale Society of Artists Inc, Explosive Dance & Theatre Co, Armadale Family Community Centre, Armadale Kelmscott Lions Club, Champion Lakes Boating Club, Classic Sounds School of Music, Armadale Community Men's Shed, Sri Lankan Cultural Society of Western Australia, Dale Cottages Inc, Armadale Arena, Roleystone Gymnastics Club, Maxie's Fashion, Avocados Cafe, Subway, Armadale Park Cafe, The Manse Restaurant, Orchard Espresso, Grand Cinemas Armadale and Dome Armadale.

The City of Armadale cannot be held responsible for any cancellation of events which are advertised in this booklet.

This document is available in alternative formats on request.