City of Kwinana

Celebrate Seniors Week in Kwinana

Free events and activities guide
8 – 14 November 2026

kwinana.wa.gov.au

Welcome

The City of Kwinana in collaboration with local community groups is proud to celebrate Seniors Week.

Enjoy a diverse program of educational workshops, social gatherings, fitness and wellbeing activities that are designed to foster connection, learning, and enjoyment while celebrating Kwinana's vibrant senior community.

Program Theme Descriptions

Move and Thrive

Stay active, improve your health and discover new ways to keep moving with a range of fun and accessible activities designed tosupport healthy ageing.

Learn and Grow

Discover new ideas, gain practical knowledge and explore opportunities to support your wellbeing, independence and lifelong learning.

Create and Inspire

Explore your creative side through hands-on workshops, cultural experiences and opportunities to learn new skills and hobbies.

Connect and Celebrate

Celebrate the valuable contributions of older adults while connecting with friends, neighbours and the wider community through a range of social events and activities.

Weeklong initiatives

Follow the Purple Road Trail

Someone I Admire - Kwinana Library exhibit

Savvy Seniors - Seniors Week Photo Display Kwinana Public Library

For further information please contact the City of Kwinana's, Inclusion and Healthy Ageing Officer

9439 0294 | seniors@kwinana.wa.gov.au

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For bookings and registrations visit
kwinana.wa.gov.au/WhatsOn

Daily Programs

Weeklong Activities

Purple Road Trail

Carol Adams Lounge
Darius Wells Library and Resource Centre Opening hours

Discover the creativity, connection and community spirit woven into the Purple Road Project during Seniors Week 2026. As part of a statewide initiative, Kwinana's Purple Road will join other Purple Road groups across Western Australia in showcasing handcrafted sections of the Purple Road created by older people and community groups.

Visitors are invited to explore the display, celebrate the talents and stories behind each piece, and see how local contributions connect with communities across the state. You can also take part in the fun by voting for your favourite Purple Road display via QR code and sharing your visit on social media.

Follow the Purple Roads across WA and discover the remarkable creativity, friendships and community connections that continue to thrive through the contributions of older Western Australians.

Savvy Seniors Photo Display

Kwinana Public Library

Celebrate the stories, experiences and perspectives of local older adults through the unique Savvy Seniors Photo Display at the Kwinana Public Library during Seniors Week.

This year's display takes a creative twist, transforming photographs of Kwinana seniors into colourful superhero-style characters and caped crusaders. Each portrait features a personal quote sharing what matters most to them as they age in Kwinana, offering insight into the values, connections and aspirations that help older people thrive in our community.

Eye-catching, thought-provoking and full of personality, this inspiring exhibition encourages visitors to reflect on the contributions and voices of older residents.

Someone I Admire Exhibition

8-14 November
Kwinana Public Library

Someone I Admire is a community storytelling initiative that celebrates the older people who have made a positive difference in our lives. Community members of all ages are invited to share stories about an older person who has inspired, supported, guided or influenced them, whether through acts of kindness, leadership, resilience, wisdom or community service.

The stories collected will help shine a spotlight on the valuable contributions older people make every day and foster greater understanding and appreciation between generations. Throughout Seniors Week, these stories will be featured in a special community display, showcasing the experiences, memories and connections that help make Kwinana a stronger and more connected community.

Join us in recognising the people whose stories matter and help celebrate the lasting impact of older adults in our community.

8th November

Purple Road Trail

Carol Adams Lounge
Darius Wells Library and Resource Centre Opening hours

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Savvy Seniors Photo Display

Kwinana Public Library during normal business hours

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9th November

50FIT - Stability and Strength

8.00am – 9.00am
Kwinana Recquatic

Build a stronger, more stable foundation for everyday life with 50 Fit – Stability & Strength. This class is designed specifically for adults aged 50 and over, focusing on improving balance, core stability, coordination, and functional strength.

Through controlled movements, resistance exercises, and balance drills, you'll enhance your ability to move confidently and reduce the risk of falls or injury. Whether you're maintaining independence or supporting an active lifestyle, this low-impact class provides a safe, effective, and empowering way to stay strong and steady.

Sign up for your free Seniors Week 7-day Recquatic Pass by logging it the **Client Portal** or by seeing the friendly staff at the Recquatic in person.

Wandi WoodCarvers Come Try Session

9.00am – 12.00pm
Wandi Community Centre, 302 De Haer Road, Wandi

Discover the rewarding art of woodcarving with the Wandi Woodcarvers, a friendly group affiliated with the WA Guild of Woodcarvers. Whether you're completely new to carving or simply curious about the craft, this Seniors Week Come & Try session is a great opportunity to meet local woodcarvers, watch demonstrations, learn about different carving styles and techniques, and have a go in a welcoming and supportive environment. The group includes both beginners and highly experienced carvers who enjoy sharing their knowledge and helping others develop their skills.

Come along, connect with others, explore a creative new hobby, and enjoy a complimentary morning tea while chatting with members and admiring a range of handcrafted wooden creations. No experience is necessary, just bring your curiosity and enjoy a relaxed morning of creativity and community.

Seniors' Week Launch Event

4.00pm - 7.00pm
Djilba Pavillion, McWhirter Promenade, Wellard

Join us as we officially launch Seniors Week 2026 and celebrate the valuable contributions of older people in our community. This special event brings together residents, community groups, volunteers and local organisations for an evening of connection, recognition and celebration. Enjoy delicious food, live entertainment and the opportunity to connect with others while celebrating the people who help make Kwinana a vibrant and age-friendly community. The event will also feature the Senior of the Year Award Presentation, recognising the outstanding contributions of an older resident to the Kwinana community.

Registration is essential via **Eventbrite**

10th November

50FIT - Strong

8.00am – 9.00am
Kwinana Recquatic

Feel strong, move with confidence, and stay active for life with 50 Fit—a full-body workout designed specifically for adults aged 50 and over. This low-impact class focuses on building overall strength, improving cardiovascular fitness, enhancing balance, and maintaining mobility through a variety of functional exercises and movement patterns.

Led by supportive instructors and tailored to all ability levels, 50 Fit is the perfect way to stay fit, healthy, and energised in a welcoming and social environment. Whether you're looking to boost your everyday strength or simply keep moving, this class has you covered.

Sign up for your free Seniors Week 7-day Recquatic Pass by logging it the **Client Portal** or by seeing the friendly staff at the Recquatic in person.

Forget Me Not Café

10.00am – 12.00pm
Koorliny Arts Centre

Join the Forget Me Not Café for a relaxed morning of connection, conversation and companionship. Designed for people living with dementia, their families, friends and carers, the café provides a warm and welcoming environment where everyone can enjoy a coffee, share experiences and build supportive community connections. Whether you are seeking information, friendship or simply a friendly chat, you are invited to come along and enjoy this inclusive gathering during Seniors Week.

Wandi Woodturners Demonstration

10.00am – 12.00pm
Heritage House

Join the Wandi Woodturners at Heritage House in Leda for a relaxed and enjoyable morning of live woodturning demonstrations and community connection. Watch skilled woodturners showcase their craft, learn about the techniques and tools involved, and discover how beautiful and practical items are created from timber. Enjoy a complimentary morning tea while chatting with members and finding out more about this rewarding hobby. Whether you're interested in woodworking, looking for a new pastime, or simply keen to meet new people and experience something different, this friendly demonstration event offers a great opportunity to learn, connect and be inspired

10th November

PickleBall Come and Try

1.00pm – 3.00pm
Kwinana Recquatic

Looking for a fun new way to stay active, social, and engaged? Come along to our Pickleball Come & Try Session and discover why this fast-growing sport is becoming so popular with older adults. Combining elements of tennis, badminton, and table tennis, pickleball is easy to learn, low-impact, and suitable for all fitness levels.

During this friendly introductory session, experienced players will guide you through the basic rules, techniques, and gameplay, giving you the chance to build your confidence and have a go in a relaxed and supportive environment. Whether you're completely new to the sport or simply curious to see what all the excitement is about, this is a great opportunity to enjoy some light exercise, improve your coordination, and connect with others in the community. No prior experience is required, just bring comfortable clothing, enclosed shoes, and a willingness to have fun!

No need to register just come along

Community Safety Conversations/ Safe and Found Launch

1.00pm – 3.00pm
Carol Adams Lounge – Darius Wells Library and Resource Centre

Join the City of Kwinana Community Safety Team for a relaxed Community Safety Conversation and the launch of the City's Safe & Found Rebate Program. Meet the people working to keep Kwinana safe, including local Kwinana Police* and City staff, and chat about issues that matter to you. There are no formal presentations, just an opportunity to ask questions, share concerns about your neighbourhood, receive practical crime prevention and safety advice, and learn about local community safety initiatives. You'll also find out how the Safe & Found program supports people living with dementia, autism, or a cognitive impairment who may be at risk of becoming lost, and how eligible residents can access the City's $50 registration rebate.

Move & Thrive

Did You Know?

Walking for just 30 minutes a day can help improve mood, energy and overall wellbeing.

11th November

50FIT - Yoga

8.00am – 9.00am
Kwinana Recquatic

Stay flexible, strong, and balanced with 50 Fit Yoga—a gentle yoga class designed specifically for adults aged 50 and over. This class focuses on improving mobility, joint health, balance, and posture through mindful movement, breathwork, and guided stretches.

With supportive instruction and options for all abilities, 50 Fit Yoga helps you build strength and confidence on the mat while promoting relaxation and overall wellbeing. Whether you're new to yoga or returning to your practice, this class offers a safe, inclusive space to move, stretch, and feel your best.

Sign up for your free Seniors Week 7-day Recquatic Pass by logging it the **Client Portal** or by seeing the friendly staff at the Recquatic in person.

Seniors BBQ Breaky

7.30am – 8.30am
Kwinana Recquatic

Start your day with a delicious BBQ breakfast and great company at Kwinana Recquatic. This relaxed and welcoming morning gathering is a wonderful opportunity to connect with other community members, enjoy a hearty breakfast and celebrate Seniors Week together. Whether you're heading to an activity afterwards or simply looking to catch up with friends old and new, everyone is welcome to come along and share in the community spirit.

Kwinana Heritage Group Smirks Cottage Open Day

9.00am - 11.00am
Smirks Cottage, 2 Beacham Crescent, Medina

Step back in time and discover Kwinana's rich history at the Kwinana Heritage Group Open Day. Enjoy a guided tour of the historic Smirk's Heritage Site, hear an engaging presentation from the City's Library Operations Officer, Anthony Stayn, and connect with others over a delicious morning tea.

Whether you're a long-time resident or simply interested in local heritage, this is a wonderful opportunity to learn more about the stories, people and places that have shaped our community.

Learn & Grow
Mini Challenge
Learn one new fact today and share it with a friend.

11th November

Welcome to Watch - Lifespan Dance Class

10.00am – 12.00pm
Koorliny Arts Centre

For the last four years, there has been a unique gathering of wonderful senior dancers each Wednesday morning to the beautiful Koorliny Arts Centre. For Seniors Week 2026, we warmly welcome people to come and watch the class.

The dance class begins seated in the chair and progresses through to standing and travelling sequence (always with seated options on offer). Lifespan teaching dance artists are trained in leading these classes and share their dance artistry and expression with the dancers in class, creating a unique ensemble of movers!

The class will be followed by a short Q&A, and then an opportunity to chat with dancers over morning tea. If you like what you see, you may want to come and join in the future!

Free to attend registrations essential. Audience bookings - please phone 9467 7118.

Country Women's Associations (CWA) Come for the Scones, Stay for the Conversation

10.00am - 12.00pm
Ken Jackman Hall

Take a break, enjoy a freshly baked scone and connect with others at this relaxed and welcoming Seniors Week event. Hosted by the Country Women's Association, this informal café-style gathering provides an opportunity to enjoy good company, share stories, make new connections and engage in meaningful conversation in a warm and friendly environment.

Whether you're catching up with friends, meeting new people or simply looking to enjoy a cuppa and a delicious scone, everyone is welcome. Come along, pull up a chair and experience the simple pleasure of conversation and community connection.

Free event. No bookings required.

Brain Games

1.00pm – 3.00pm
Kwinana Public Library

Brain Games is a fun and engaging session designed to keep you mentally active while enjoying the company of others. Try your hand at trivia, memory challenges, puzzles, chess and other brain-teasing activities in a relaxed and welcoming environment. This session responds to feedback from local seniors who identified mental stimulation, cognitive activity and wellbeing as important priorities for healthy ageing.

Dementia Australia will be on hand to provide information, resources and support, and will also facilitate an interactive activity designed to promote brain health and spark conversation.

Bookings not required - just come along.

12th November

50FIT - Strong

8.00am – 9.00am
Kwinana Recquatic

Feel strong, move with confidence, and stay active for life with 50 Fit—a full-body workout designed specifically for adults aged 50 and over. This low-impact class focuses on building overall strength, improving cardiovascular fitness, enhancing balance, and maintaining mobility through a variety of functional exercises and movement patterns.

Led by supportive instructors and tailored to all ability levels, 50 Fit is the perfect way to stay fit, healthy, and energised in a welcoming and social environment. Whether you're looking to boost your everyday strength or simply keep moving, this class has you covered.

Sign up for your free Seniors Week 7-day Recquatic Pass by logging it the **Client Portal** or by seeing the friendly staff at the Recquatic in person.

Laugh Yoga

10.00am – 11.00am
William Bertram Centre

We Who Laugh, Last! A fun and uplifting workshop celebrating the power of laughter, humour and a positive mindset at every age. You will explore how laughter can brighten your days, strengthen social connections and help you approach life's ups and downs with greater resilience. Certified Laughter Yoga Leader Janet Whitfield will guide you through some light-hearted activities and deep breathing exercises designed to lift your spirits. Experience how being playful at all stages of life helps to ignite your inner joy and connect with others.

Come along, share a smile, have a laugh and celebrate the idea that you're never too old to have fun! Booking essential via **Eventbrite**

Kwinana Golden Hearts

10.00am – 12.00pm
Kwinana Senior Citizens Centre

Kwinana's Golden Hearts is a special Seniors Week celebration recognising older community members who make a positive difference through their kindness, generosity, volunteering and community spirit.

Delivered in partnership by the Frank Konecny Community Centre and the Kwinana Seniors Citizens Centre, this event shines a light on local people nominated by family, friends, neighbours and community members for the meaningful impact they have made in the lives of others. There are no winners or losers. Every nominee is celebrated for their acts of care, support and service that help strengthen our community.

Join us for a morning of entertainment, connection and community spirit as we celebrate these remarkable community members.

12th November

Ukulele Extravaganza

1.00pm - 3.30pm
William Bertram Community Centre

Join Befriend for a fun, community-spirited afternoon of music as The Singing Ukes, The Rocky Ukes and the Mandurah based BefriendLY Ukulele Singers come together once again for plenty of singing, strumming and good company.

Bring along your ukulele and join in, or simply bring yourself, find a seat and enjoy the music!

Free to attend • No registration required • Just turn up!

Wandi Woodturners Demonstration

1.00pm – 3.00pm
Heritage House

Join the Wandi Woodturners at Heritage House in Leda for a relaxed and enjoyable morning of live woodturning demonstrations and community connection. Watch skilled woodturners showcase their craft, learn about the techniques and tools involved, and discover how beautiful and practical items are created from timber. Enjoy a complimentary morning tea while chatting with members and finding out more about this rewarding hobby. Whether you're interested in woodworking, looking for a new pastime, or simply keen to meet new people and experience something different, this friendly demonstration event offers a great opportunity to learn, connect and be inspired

You Can't Ask That

4.00pm - 6.00pm
Zone Youth Centre

Join older adults and young people for a unique intergenerational conversation designed to break down stereotypes, challenge assumptions and build understanding across generations. Through guided discussions and anonymous questions, participants will have the opportunity to ask the questions they've always wondered about in a safe, respectful and welcoming environment.

Following the conversation, participants will share a meal together and reflect on the experiences, insights and connections discovered throughout the session. Come along, share your perspective, listen to others and discover what different generations have in common.

Booking essential via **Eventbrite**

13th November

Chair Yoga

7.30am – 8.30am
Kwinana Recquatic

Gentle, grounding, and accessible for all. Chair Yoga offers the benefits of traditional yoga, improved flexibility, balance, and relaxation, without the need to get up and down from the floor. Using a chair for support, you'll move through mindful stretches, breathing exercises, and simple postures designed to release tension, improve mobility, and enhance overall wellbeing.

Perfect for beginners, seniors, those with limited mobility, or anyone looking for a gentler yoga experience. Chair Yoga invites you to move with ease, connect with your breath, and leave feeling refreshed and restored.

KSCC Open Day

10am – 2.00pm
Kwinana Senior Citizens Centre

Join us on Friday 13 November for the Kwinana Senior Citizens Centre Open Day and discover everything the Centre has to offer. Enjoy a range of free come-and-try activities, meet friendly members, and learn about the social, recreational and wellbeing programs available throughout the year.

Explore information stalls and connect with local organisations including Hearing Australia, Injury Matters, Pharmacy 777 (Health Checks), the City of Kwinana, Forget Me Not Café, Kwinana Library, Kwinana Men's Shed, and the Citizens Advice Bureau. It's a great opportunity to access information, learn about local services, and find out what support and activities are available in your community.

Whether you're looking to make new friends, stay active, explore a new hobby, or simply see what's on offer, this welcoming event has something for everyone. Stay and enjoy a free sausage sizzle and freshly brewed coffee, and experience the community spirit that makes the Kwinana Senior Citizens Centre a home away from home for so many local seniors.



14th November

Remember When Disco

7.00pm – Till Late
Kwinana Bowling Club

Put on your dancing shoes and help us celebrate the grand finale of Seniors Week at the Savvy Seniors Remember When Disco!

Join us at the Kwinana Bowling Club in Medina for a fun-filled evening of great music, dancing, laughter and social connection. Dance the night away to the timeless hits of the 60s, 70s and 80s as DJ Soul Source spins all your favourite classics. Catch up with friends, make new ones, and enjoy a fantastic atmosphere complete with door prizes, raffles, and prizes for Best Dressed and Movers & Groovers.

Tickets are just $15 per person, with a bar available on the night. Whether you're a regular on the dance floor or simply looking for a memorable night out, this is the perfect way to wrap up a wonderful week of Seniors Week celebrations.

So be sure to secure your ticket early. To book your place, contact Jean on 0408 426 717.



Connect & Celebrate

Community Challenge

Introduce yourself to someone new at an event this week.

Service and Program Spotlights



Kwinana Recquatic - Seniors membership

Take charge of your health and wellbeing with a Seniors Membership at Kwinana Recquatic. Designed for older adults who want to stay active, healthy and connected, this affordable membership provides access to the gym, group fitness classes and pool facilities in a welcoming and supportive environment.

Whether you're looking to improve your fitness, maintain mobility, build strength or enjoy the social benefits of regular physical activity, the Seniors Membership offers a great way to support your wellbeing all year round. Eligible applicants can join for just $14.40 per fortnight and become part of the vibrant Kwinana Recquatic community.

For more information, visit the Seniors programs page or contact Kwinana Recquatic on 08 9236 4700 or **recquatic@kwinana.wa.gov.au**

Kwinana Senior Citizens Centre

The Kwinana Senior Citizens Centre is a friendly and welcoming community hub for older adults, located at 17 Harley Way, Medina. Established in the 1970s, the Centre provides a wide range of social, recreational and wellbeing activities that help seniors stay active, connected and engaged within the community.

Regular activities include Bingo, Carpet Bowls, Line Dancing, Zumba, Snooker, Darts, Art, Karaoke, Strength and Balance classes, Singing Group sessions, social lunches, and card games, offering something for a variety of interests and abilities. New members and first-time visitors are always welcome.

The Centre is generally open Monday to Friday, with activities running throughout the week. For current activity schedules and opening times, please contact the Centre directly on 08 9419 7528 or email kwinanaseniorsclub@gmail.com.

Location: 17 Harley Way, Medina WA 6167.





Befriend

Looking to meet new people, try something different or simply feel a little more connected to your local community?

Befriend Kwinana brings people together through welcoming, community-led activities where friendships can grow, interests can be shared and everyone has something to contribute.

From social gatherings, creative pursuits and storytelling to music, craft, games, hobby groups and simply enjoying a cuppa and a good conversation, there are plenty of ways to connect, and no expectation that you need to know anyone before you arrive.

At Befriend, we believe strong communities grow when people feel seen, heard and valued. Our activities create opportunities for people to meet, share their skills and interests, discover new ones and sometimes even turn up with an idea of their own and help bring it to life.

There's no single way to Befriend. You might come along to meet someone new, learn something, share something, volunteer, host, contribute, or simply enjoy being part of what's happening.

Come and discover Befriend Kwinana and the many ways to connect, contribute and belong.

Contact Inger: 0478 500 950 or **inger@befriend.org.au**



Kwinana Public Library

The Kwinana Public Library offers much more than books, providing a range of services, resources and programs that help older adults stay connected, informed and engaged in the community

Library members can access:

- A wide collection of books, large-print books, audiobooks, magazines and digital resources.
- Free access to computers, Wi-Fi and online learning resources.
- Local history and family history resources.
- Workshops, community events and educational programs.
- Technology assistance and digital literacy support to help people confidently use smartphones, tablets, computers and online services.
- Home Library Services for residents who are unable to visit the library due to age, illness or mobility limitations.
- Information and referral services that connect residents with community supports and resources.

The library also serves as an important community hub, providing opportunities for lifelong learning, social connection and community participation. Whether you're looking to learn a new skill, explore local history, access information online or simply enjoy a good book, the Kwinana Public Library offers something for everyone.



Frank Konecny Community Centre

The Frank Konecny Community Centre is a long-standing not-for-profit community hub in the City of Kwinana, supporting people of all ages, backgrounds and abilities. Officially opened in 1991, the Centre is an inclusive and welcoming place where everyone is encouraged to connect, participate, learn and feel part of their community.

The Centre provides a diverse range of free and low-cost programs, classes, activities and services, making community participation accessible to everyone, regardless of age, background or financial circumstances. From social craft groups, art and creative activities and dance programs to children's activities, community events and support initiatives, there are opportunities for everyone to get involved, meet new people and learn new skills.

A vital part of the Centre's work is emergency relief and practical support for people experiencing hardship. The Centre provides assistance to individuals and families doing it tough, helping people access essential food and support while also providing a welcoming, non-judgemental place where people can connect with their community.

Open to the community four days a week, the Centre plays an important role in reducing social isolation, strengthening community connections and improving quality of life. Whether you are looking for support, wanting to learn something new, meet people, join an activity or simply connect with your local community, everyone is welcome at Frank Konecny Community Centre.

The Centre is named in honour of Frank Konecny, a respected community leader, former Kwinana Mayor and passionate advocate for social justice who dedicated his life to supporting others and strengthening the local community.

For current programs, activities and services, visit the Frank Konecny Community Centre website.

Location: 2 Skottowe Pkwy, Parmelia, WA 6167

Phone: (08) 9439 2470

Website: frankkonecny.com.au

Opening: Community programs, activities and support operate throughout the week, with the Centre available to the community from 8.30am – 3.00pm Monday, Tuesday, Thursday and Friday.



Kwinana Heritage Group

The Kwinana Heritage Group is a passionate volunteer organisation that has been preserving, protecting and promoting Kwinana's rich local history for more than 25 years. Operating from the historic Smirk's Heritage Site at 2 Beacham Crescent, Medina, the group plays an important role in ensuring the stories, buildings and heritage of the district are not lost for future generations. The group maintains a collection of heritage buildings, artefacts, photographs and records that provide a fascinating insight into the area's past and the people who helped shape the community.

Through regular open days, guided tours, community events and educational activities, visitors have the opportunity to learn about Kwinana's early settlement, agricultural beginnings and social history. Whether you're a long-term resident wanting to reminisce, a newcomer interested in local history, or simply curious about the area's heritage, the site offers a welcoming and engaging experience for all ages.

The group is committed to fostering community pride and preserving local stories by sharing Kwinana's unique heritage with residents and visitors alike. The Smirk's Heritage Site is open to the public on the first Sunday of each month from 10:00am to 3:00pm, with a gold coin donation welcomed. Visitors are encouraged to explore the historic buildings, browse displays and speak with the knowledgeable volunteers who bring Kwinana's history to lLife

Country Women's Association (CWA) Kwinana & Districts

Is a friendly and welcoming community group that brings women together through friendship, learning, service and community involvement. Part of the Country Women's Association of Western Australia, the branch provides opportunities to develop new skills, build meaningful connections and contribute to positive change within the local community. The organisation is dedicated to strengthening communities and improving the wellbeing of people through education, advocacy and volunteer service.

Women of all ages and backgrounds are welcome, whether they are seeking friendship, opportunities to learn new skills, become involved in community projects, or simply enjoy social connections with like-minded women. Activities and interests are diverse and extend well beyond the traditional image of "tea and scones", offering opportunities for personal growth, leadership and community engagement.

Meeting Time: Second Wednesday of each month at 10.00am New members are always welcome

Location: Masonic Village Hall, 19 Christmas Avenue, Orelia WA 6167
Contact: (08) 9321 6041, Email: info@cwaofwa.asn.au, Website: www.cwaofwa.asn.au

Seniors Week Prize Draw

Win a Seniors Week Prize Pack!

Enjoying Seniors Week? We'd love to hear about your experience!

To enter the Seniors Week 2026 Prize Draw, simply complete an entry form available from the Kwinana Public Library and tell us:

- **Which Seniors Week events and activities you attended**
- **What you enjoyed most about Seniors Week 2026**
- **Any feedback or suggestions you have for future programs**

Your feedback will help us continue to deliver engaging and meaningful activities for older adults in our community.

Entry forms can be completed and lodged at the Kwinana Public Library throughout Seniors Week.

One lucky participant will win a Seniors Week Prize Pack!

Entries close: Thursday 19th November

Winner drawn: Tuesday 24th November

One entry per person

Thank you for being part of Seniors Week 2026 and helping us celebrate, connect, learn, create and thrive together.

Contact
and keeping up-to-date

City of Kwinana
Community Development Officer – Inclusion and Healthy Ageing

9439 0294 | seniors@kwinana.wa.gov.au

www.kwinana.wa.gov.au/whatson

IN PERSON
Corner Gilmore Avenue and
Sulphur Road, Kwinana WA 6167

BY POST
PO Box 21, Kwinana WA 6966

ONLINE
kwinana.wa.gov.au

BY EMAIL
customer@kwinana.wa.gov.au

BY PHONE
9439 0200

CONNECT
facebook.com/cityofkwinana
instagram.com/cityofkwinana

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kwinana.wa.gov.au/enewsletter

SIGN UP TO LOVE MY KWINANA
lovemykwinana.com

READ ONLINE
kwinana.wa.gov.au/publications

INTERPRETER
TIS National 131 450

Emergency Service Numbers

Police, Fire, Ambulance (24hr emergencies)
Call 000

Crisis Care (24hr)
1800 199 008
9223 1111

Police (24 hr non-emergency)
131 444

Lifeline
131 114

Suicide Call Back Service
1300 659 467

MensLine Australia
1300 789 978 for men any age

Mental Health Emergency Response Line
1300 555 788

City of Kwinana kaditj kalyakool moondang-ak kaaradj midi boodjar-ak ngala nyininy, yakka wer waabiny, Noongar moort. Ngala kaditj baalap kalyakoorl nidja boodjar wer kep kaaradjiny, baalap moorditj nidja yaakiny-ak wer moorditj moort wer kaditj Birdiya wer yeyi.

City of Kwinana acknowledges the traditional custodians of the land on which we live, work and play, the Nyoongar people. We recognise their connection to the land and local waterways, their resilience and commitment to community and pay our respect to Elders past and present.

City of Kwinana