

Seniors Newsletter

August 2026



Information

Play, Learn and Connect with Your Grandchildren

Grandparents, bring your grandchildren to fun-filled playgroups. Playgroups offer children a safe environment to develop social skills, boost confidence, and learn through play. It's a wonderful opportunity for your grandkids to make new friends, explore their interests, and build important early childhood skills. Attending a playgroup also gives grandparents a chance to bond with their grandchildren and connect with other families.

Don't miss out. Join a playgroup today and give your grandchildren a head start in their development. For more information, contact Playgroup WA on 1800 171 882 or visit www.playgroupwa.com.au.

They look forward to welcoming you and your little ones.

Volunteer at the Seniors and Carers Expo 2026

The Event Mill is calling for friendly faces to help welcome attendees and distribute goodie bags at the City of Rockingham's annual Seniors and Carers Expo 2026.

Date: Friday 9 October

Time: 10am – 2pm

Location: Mike Barnett Sports Complex,
Dixon Road and Louise Street,
Rockingham

Volunteers will receive a briefing, lunch, and a volunteer shirt.

To express your interest, contact The Event Mill on 9477 4444 or seniors@theeventmill.com.au.



Events and Activities

Regular Groups and Activities

Stay mentally and physically well by following the principle of Act, Belong, Commit. Download a list of more than 50 seniors' friendly groups and clubs that meet weekly and monthly. Download the full list from the City's website

rockingham.wa.gov.au/seniorgroups

or call 9528 0333 to have a copy posted.

The list is updated with new groups annually. Some of the groups included are:

Drawn Together

Casual drawing group, BYO projects and supplies. Wednesdays, 1pm at the Rockingham Library, Dixon Road, Rockingham.

Contact: Christine, 0448 406 298

christinecullen@me.com

Happy Wanderers Social Club

A social club for seniors with a wide range of activities. Tuesdays, 9am at McLarty Hall, McLarty Road, Shoalwater.

Contact: Jerry, 0479 166 174

boyd6411@gmail.com

Men's Breakfast

A full English breakfast and friendship for men. First Saturday of the month, 7.30am at St Brendan's Church, Currie Street, Warnbro.

Contact: St Brendan's, 9593 1640

admin@stbrendans.com.au

Rockingham City Chess Connection

All experience levels welcome, fun and friendly. Thursdays, 4pm at Rockingham Library, Dixon Road, Rockingham.

Contact: Peter, 0492 851 761

peter.merrotsy@uwa.edu.au

Seniors Craft and Cuppa

BYO knitting, crochet, sewing or any other craft project and enjoy a cuppa and conversation with fellow community members. Wednesdays, 9am at Warnbro Community and Family Centre (WCFC), Moreton Crescent, Warnbro. \$5 per session.

Contact: WCFC, 9593 3027

info@warnbrocfc.com.au

Probus Clubs

Offer friendship, social connection, and activities for retired and semi-retired people.

Baldivis: Second Wednesday of the month, 1.15pm at the Mary Davies Library and Community Centre, Settlers Avenue, Baldivis.

Contact: Phil, 0427 545 566

philipwfooster@gmail.com

Rockingham Combined: Fourth Monday of the month, 2pm at the Marine Rescue Centre, Point Peron Road, Peron.

Contact: Edna, 0439 259 967

edna.jones201@gmail.com

Shoalwater Ladies: Second Monday of the month, 9.30am at the Rockingham RSL Club, Memorial Drive, Point Peron.

Contact: Judy, 0455 334 910

shoalwaterladiesprobusclub@outlook.com

Switched On Seniors

Tech-savvy, peer support for smart phones and tablets. Ask questions and share tips. All groups meet 10am - 12pm.

Tuesdays: at the Autumn Centre (members only), McNicholl Street, Rockingham.

Thursdays: at Rockingham Baptist Church, Gnangara Drive, Waikiki.

Fridays: at Rockingham Church of Christ, Frederick Street, Shoalwater.

Contact: Sheena, 0458 163 422

switchedonseniors@gmail.com

Nature Immersion Walk

Date: Friday 21 August

Time: 9am – 11am

Location: Baldivis Children's Forest

Contact: Enquiries, 9528 0333

customer@rockingham.wa.gov.au

A gentle, guided walk with mindful activities to explore local bushland. Followed by a cup of tea, shared Japanese tea ceremony style. Grab your hat and switch on your curiosity. This event is part of the Rockingham Reserve Program. To learn more and book online visit rockingham.wa.gov.au/whatson

University of the Third Age (U3A) Rockingham Branch

Date: Friday 21 August

Time: 1pm for 1.30pm - 3.30pm

Location: Masonic Hall, Wanliss Street,
Rockingham

Cost: \$5

Contact: Valerie, 0438 272 911

valeriebuckley@westnet.com.au

U3A offers small group activities, Mahjong, outings and lunches, helping seniors stay active and socially engaged. Peter Alcock will present an illustrated and informative talk on Douglas Mawson.

Makers and Creators: Wildflower Season Miniature Paintings

Date: Tuesday 25 August

Time: 10am – 11.30am

Location: Safety Bay Library,
197 Safety Bay Road,
Safety Bay

Contact: Bookings, 9528 8611

rockinghamlibraries@rockingham.wa.gov.au

Create your own miniature canvas inspired by the beauty and vibrant colours of Western Australia's wildflowers.

Comet Bay Bowling Club: Gala Roof Opening and Fun Day

Date: Saturday 29 August

Time: 9am – 2pm

Location: Comet Bay Bowling Club,
Laurie Stanford Reserve,
24 Cavender Street, Singleton

Contact: Jenni, 0412 849 045

president@cometbaybowls.org.au

Family Fun Day celebrating the opening of the new greens and undercover roof. Enjoy a sausage sizzle, ice cream van, coffee van, raffles, free bowls trials, and bar facilities available throughout the day.

City of Rockingham services

Volunteers Bringing Library Membership to Your Home

City of Rockingham residents who are temporarily or permanently unable to visit their local library can apply to have library items delivered to their homes once a month. Members can borrow up to 20 items at one time from a wide range of books, including normal and large print, audio books, magazines and DVDs.

Contact your local library for further information or contact the City on 9528 0333 or customer@rockingham.wa.gov.au.

To update your details or to unsubscribe, contact the City of Rockingham on

9528 0333 or customer@rockingham.wa.gov.au

You can also receive this information by registering at rockingham.wa.gov.au/subscribe

Disclaimer: Information is accurate at time of printing. Accuracy cannot be guaranteed as changes may be made by the event organiser after the publication date.

Upcoming Events

All events are free and wheelchair accessible unless otherwise indicated. Contact event organisers to confirm other accessibility requirements.

Makers and Creators: Wildflower Season Miniature Paintings

Date: Monday 3 August
Time: 10am – 11.30am
Location: Rockingham Library,
Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au

Create your own miniature canvas inspired by the beauty and vibrant colours of Western Australia's wildflowers.

Diabetes WA Information Session

Date: Wednesday 5 August
Time: 5pm – 6pm
Location: Warnbro Community Library,
Swallowtail Parade, Warnbro
Contact: Bookings, 9528 8577
rockinghamlibraries@rockingham.wa.gov.au

Learn about diabetes, including the different types, risk factors, signs and symptoms, prevention and management. Diabetes WA will also provide an overview of the National Diabetes Services Scheme (NDSS).

Rockingham Sound Day VIEW Club

Date: Thursday 6 August
Time: 11am – 2pm
Location: Port Kennedy Tavern, Warnbro
Sound Avenue, Port Kennedy
Cost: \$35 cash
(\$25 lunch, \$10 entry)
Contact: Valerie, 0438 272 911
rockinghamsounddayview@gmail.com

Join VIEW Club members for lunch and support The Smith Family's Learning for Life program. Enjoy fellowship, learn about VIEW and take part in an interactive session with Constable Care.

Menopause Rewritten: It Starts in the Gut

Date: Saturday 15 August
Time: 10am – 11.30am
Location: Rockingham Library,
Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au
Dietitian and gut health practitioner Natalie Woodman presents an evidence-based talk on reducing menopausal symptoms and improving energy, mood, digestion, and overall health.

Veggie Seed Saving for Beginners

Date: Sunday 16 August
Time: 1.30pm – 3.30pm
Location: Warnbro Community Library,
Swallowtail Parade, Warnbro
Contact: Bookings, 9528 8577
rockinghamlibraries@rockingham.wa.gov.au
Join John Draper from Harvest ME to learn which plants to save seeds from and how to successfully harvest, store and label seeds to keep them healthy for next season.

National Science Week Talk: The Future of WA's Clean Energy

Date: Wednesday 19 August
Time: 11am – 12pm
Location: Rockingham Library,
Dixon Road, Rockingham
Contact: Bookings, 9528 8683
rockinghamlibraries@rockingham.wa.gov.au
Professor Aleksandar Nikoloski, Head of Hydrometallurgy Research at the Extractive Metallurgy Hub in Rockingham, will discuss how rising demand for technologies that enhance quality of life is driving innovation in renewable energy and energy storage.