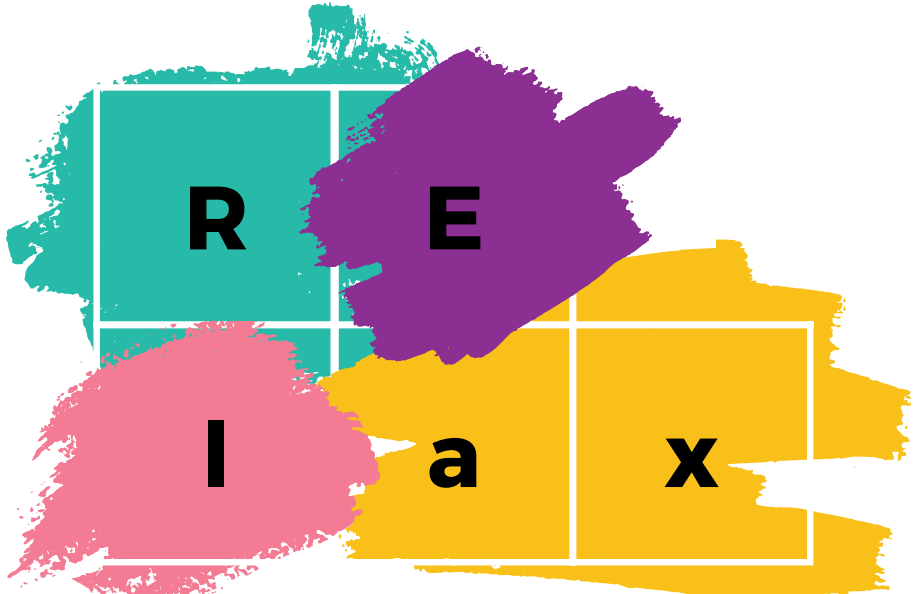


Town of Bassendean



P R O G R A M

Recreation + Engagement

3

2018

CALENDAR OF EVENTS 2018

town of bassendean

EVENT:	DATE:	LOCATION:
NAIDOC Family Fun Day	Thurs 12 July	Ashfield Reserve, Bassendean
Avon Descent Family Day	Sun 5 August	Point Reserve, Bassendean
Bassendean Visual Art Awards	Thurs 13 - Wed 19 September	Bassendean Community Hall, 48 Old Perth Rd

For event and course updates and further information, follow Town of Bassendean Arts and Events on Facebook 

BECAUSE OF HER, WE CAN!



2018 NAIDOC FAMILY DAY

Thursday 12 July 2018, 10:30^{am} to 3:00^{pm}

Ashfield Reserve, Cnr Fisher Street and Guilford Road, Ashfield

Presented in partnership with Derbarl Yerrigan Health Service Inc, NAIDOC Family Day is one of the largest and best-loved events on the Perth NAIDOC Week calendar. Entirely FREE, the event celebrates Aboriginal culture and art with live performances and hands-on fun for all ages, with a special focus on Nyoongar culture and this year's national NAIDOC Week Theme – Because of Her, We Can! Enjoy information stalls, a youth zone, children's activities and more, as well as Derbarl Yerrigan's Moorditj Healthy Lifestyle Zone, and the ever-popular Deadly Jobs Expo. NAIDOC Family Day is a smoke free, alcohol free and pet free event. Follow the Town's Arts and Events Facebook page for updates as the program is finalised, or call **9377 8000**.

Town of Bassendean



The Relax Program is back for Term 3. All of our favourite health and well-being courses are once again on offer for you to stretch, strengthen and smile!

We have also included some guilty pleasure courses this term so make sure that you and your friends sign up nice and early to avoid disappointment, as places are limited.

Our new courses for term 3 include food and fashion:

- Traditional Sicilian Cannoli Creations
- Slow Fashion - lengthening the life of your favorite garments and save them from landfill.

Tell us what you would like; what you enjoy and how we can provide the program you want to participate in by contacting the team via events@bassendean.wa.gov.au

The Town of Bassendean is an official partner of Act-Belong-Commit;

A community-based campaign that encourages people to take action to improve their mental health and well-being.



ACTIVE *Living*

WEDNESDAY MORNING ZUMBA

Instructor - Pat Fletcher

Wed 18 July | 9:30^{am} - 10:30^{am}

**[SENIORS AND
COMMUNITY HALL - 096]**

\$100.00

(10 weeks)

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – and resistance training. An hour of dancing clears the mind of negative thoughts and brings happiness and positivity to our wellbeing. Come join us for fun.

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher

Mon 16 July | 5:00^{pm} - 6:00^{pm}

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$100.00

(10 weeks)

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – and resistance training. An hour of dancing clears the mind of negative thoughts and brings happiness and positivity to our wellbeing. Come join us for fun.





THURSDAY NIGHT ZUMBA TONING

Instructor - Pat Fletcher

Thurs 19 July | 5:00pm - 6:00pm

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$100.00

(10 weeks)

Zumba Toning is perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using toning sticks or light dumbbells, helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Participants should bring their own dumbbells which should not weigh more than 2kg.

METAFIT

Instructor - Sara Winton

Mon 16 July or Wed 18 July

6:00pm - 6:30pm

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$100.00 Mon

(10 weeks)

\$100.00 Wed

(10 weeks)

\$150.00 all sessions

Metafit is the original 30 minute, bodyweight only, high intensity, interval training workout. The Metafit group workout is an effective and simple program for time-poor individuals looking for the workout that gets big results in minimal time. Metafit burns fat by changing the resting metabolism, working big muscle groups with simple un-choreographed, high intensity intervals using only bodyweight.

Please note that people with health concerns will require a doctor's approval to participate.

THURSDAY MORNING YOGA

Instructor - Sally Riddell

Thurs 19 July | 9:15^{am} - 10:45^{am}

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$100.00

(10 weeks)

Enjoy the benefits of yoga in a relaxed atmosphere. Learn techniques to strengthen muscles and improve general aspects of mental, physical and spiritual well-being. Course is suitable for teenagers through to adults.

Participants to wear comfortable clothing and bring a yoga mat.

PILATES

Instructor - Kavan London

Tues 17 July

6:30^{pm} - 7:30^{pm} (Beginners)

7:30^{pm} - 8:30^{pm} (Advanced)

**[SENIORS & COMMUNITY
CENTRE - 096]**

\$100.00

(10 weeks)

This course is designed for mobility and stamina. A muscle retraining program focusing on abdominal core strength, it is a mat-work class that engages the mind and challenges the body. Get your back into action. Participants should bring a mat, towel and socks.

This course is not suitable for women who are pregnant. Also, please note that people with injuries require Doctor's approval to participate.



MUMS AND BUBS YOGA

Instructor - Jody Di Mascia

Mon 16 July | 9:30^{am} - 10:30^{am}

[ALF FAULKNER HALL - 097]

\$100.00

(10 weeks)

This course is suitable for Mums (and Dads) with babies ages 6 weeks to 10 months. It provides a place for you to bring your baby whilst you practice yoga. In this class, you will experience strengthening, toning and stretching of your body. Your baby will also be actively involved through massage and movement.

HATHA YOGA

Instructor - Helen Dobbie

Mon 16 July | 7:30^{pm} - 9:00^{pm}

[SENIORS & COMMUNITY CENTRE - 096]

\$100.00

(10 weeks)

Learn how the practices of Hatha Yoga can improve your health and well-being. Whether you are looking to improve your flexibility or gently strengthen your body or you are in need of learning how to relax to manage every day stresses in your life **Yoga can help you**. Classes are non-competitive and structured to accommodate varying levels of ability.

Hatha Yoga classes include a range of postures from sitting and lying prone as well as standing, squatting and some practices on hands and knees.

Check with a medical practitioner if you have health concerns.

HEALTH & *well-being*





LIFE

style

SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 17 July | 7:15^{pm} - 8:15^{pm}

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$70.00

(10 weeks)

Calling all percussion enthusiasts! These classes are fun, funky and easy to learn! Music is based on various Samba rhythms from Brazil, as well as other genres of music. Learn to march, step in time and groove to the beat of your musical instrument. All instruments will be supplied! This course is suitable from teens to adults.

Those with health concerns are required to obtain a medical clearance from their doctor.



UKE123 PROGRESSIVE BEGINNERS UKULELE

Instructor - Shaun Chandran

Sat 11 Aug | 9:30^{am} - 11:30^{am}

**[BASSENDEAN MEMORIAL LIBRARY
(MEETING ROOM 1) - 094]**

\$90.00 - bring your own ukulele!

\$125.00*

(3 weeks)

Has your Uke been gathering dust since last term? It is time to refresh your skills and expand your musical catalogue with our Progressive Beginners course. This class caters for those strummers who have been dabbling over the years and want to take the next step towards stardom.... or just rocking out in your loungeroom. Shaun Chandran will lead you over 3 weeks with an expanded repertoire of songs, along with a lot of laughs.

Beginners are still welcome and new "ukes" are available.



TRADITIONAL SICILIAN CANNOLI CREATIONS

Instructor - Daniele Foti-Cuzzola

Sat 4 Aug | 2:00^{pm} - 4:00^{pm}

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$50.00

(1 week)

Get a taste of La Dolce Vita and learn how to make traditional Sicilian Cannoli with Bassendean local, Daniele Foti-Cuzzola. Daniele who has appeared on SBS The Chef's Line and Foxtel's The Couch, was recently ambassador for the 2017 Lavazza Italian Film Festival and is extremely passionate about his Italian heritage and is excited to share his family cannoli recipe and knowledge of Italian cuisine. In this hands on workshop, you will learn how to make your very own cannoli from preparing the pastry dough, to making the quintessential Sicilian Ricotta filling - and each participant will take home a box of cannoli and be given a step by step written recipe so you can make it for your family and friends again at home. It's guaranteed to be that simple! Enrol now for an afternoon of fun. Light refreshments will be provided.



CREATIVE



SLOW FASHION - BUY LESS, REPAIR & RE-USE

Instructor - Petra Richardson

Sat 8 Sep | 2:00pm - 4:00pm

**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$10.00

(1 week)

Petra Richardson from Spotted will present on the Slow Fashion movement - the environmental impact of the fast-paced fashion industry and what we can do about it, including top tips on caring for your wardrobe.

Bring a much-loved garment in need of some TLC and Petra will assist with advice and share some simple hand sewing repair tips. **Re-love your old favourites!**

Share stories (re-live your fashion heyday!) and make small (or big) changes with your wardrobe. Tea and coffee provided.



COMMUNITY



HEART FOUNDATION BASSENDEAN WALKING GROUP

Instructor - Dawne Power

Mon - 9:00^{am} | Mon & Wed - 6:15^{pm}

Sat - 8:00^{am}

[VARIOUS LOCATIONS]

FREE

Walking is an excellent way to keep fit. Walking in a group is a fun, social and motivational way of exercising. Everyone is very welcome to the walks that last around 45 minutes. Course is suitable for people of all ages.

Please call Recreation and Cultural Services at the Town of Bassendean for a walking schedule or visit www.heartfoundation.com.au/walking



FREE GUIDED WALKS

Instructor - Volunteer Guide

Ongoing

[VARIOUS LOCATIONS]

FREE

River Walk

Learn about the natural and built environment

2nd Thursday of the month.

Allow 2 hours.

Old Perth Road Walks

Learn about local history, culture and architecture on Old Perth Rd

1st Wednesday of the month

Allow 1.5 hours.

Walks provided courtesy of an experienced local volunteer guide. Walks will take place rain, hail or shine. No bookings required.

Visit Bassendean Memorial Library website for more information.

[www.library.bassendean.wa.gov.au/
services/local-studies.aspx](http://www.library.bassendean.wa.gov.au/services/local-studies.aspx)

[www.facebook.com/
BassendeanLibrary/](https://www.facebook.com/BassendeanLibrary/)

BASSENDEAN

Memorial library

LEGO*

Last Monday of every month
3:30pm - 4:30pm

Bookings required via the **TB** booking link provided on our **Facebook, website** and advertising

BOARD GAMES

First Saturday of every month
9:30am - 1:00pm

LIBRARY CRAFT GROUP

Friday 9:00am - 12:00pm each week

Please call the library beforehand on **9279 2966** for current meeting details.

SCHOOL HOLIDAY ACTIVITIES / CRAFT

Keep an eye out on the Bassendean Memorial Library website for details www.bassendean.wa.gov.au/library.

LUNCH TIME INTERLUDES

Follow us on **Facebook** and check our library website for these lunch time events.

LITERARY SALON

Follow us on **Facebook** and check our library website for these lunch time events.

CYBER CITIZENS

Bookings and training sessions available at Bassendean Library. Enquiries and bookings: **9279 2966**



BROADBAND FOR SENIORS
STAYING CONNECTED 



*Bookings required only for Lego Club, see library website for link.

www.bassendean.wa.gov.au/library

All activities are free just come along!

HOW to book

1.

For application forms, pick up a booklet from one of our many locations, or download a copy from bassendean.wa.gov.au/community/relax-program.aspx

2.

Fill out all fields on the application form - by hand, or download an editable PDF from bassendean.wa.gov.au/community/relax-program.aspx

3.

Read through the Code of Conduct and Terms and Conditions - available through bassendean.wa.gov.au/community/relax-program.aspx or pick up a copy from customer service.

4.

Send in your completed form

In person:

**35 Old Perth Rd
Bassendean,
WA, 6054**

By post:

**PO Box 87
Bassendean,
WA, 6934**

New Online Form:

Submit your form online at

bassendean.wa.gov.au/community/relax-program.aspx

5.

Once payment has been approved, you are enrolled. No class confirmation is required.

6.

Course must reach a minimum number of participants, so if a course fails to reach this number, participants will be informed and issued a credit.

COURSE *enrolment form*

1. Participants Details: [Please write clearly in block letters]

Name:			
Address:			
Suburb:		Postcode:	
Telephone:			
Email:			
Emergency Contact:			
Telephone:			
Medical Conditions:			

2. RELax Program Details:

RElax Program Title	Code:	Day and Time:	Cost:
1.			
2.			
3.			

I have read and accept the Terms and Conditions found on bassendean.wa.gov.au or at **35 Old Perth Rd, Bassendean.**

Signature:	Total Cost:
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3. Payment Details:

[In Person] pay by cash, cheque or credit card on Monday to Friday between 8.45am and 4.45pm at: **Town of Bassendean, 35 Old Perth Road, Bassendean.**

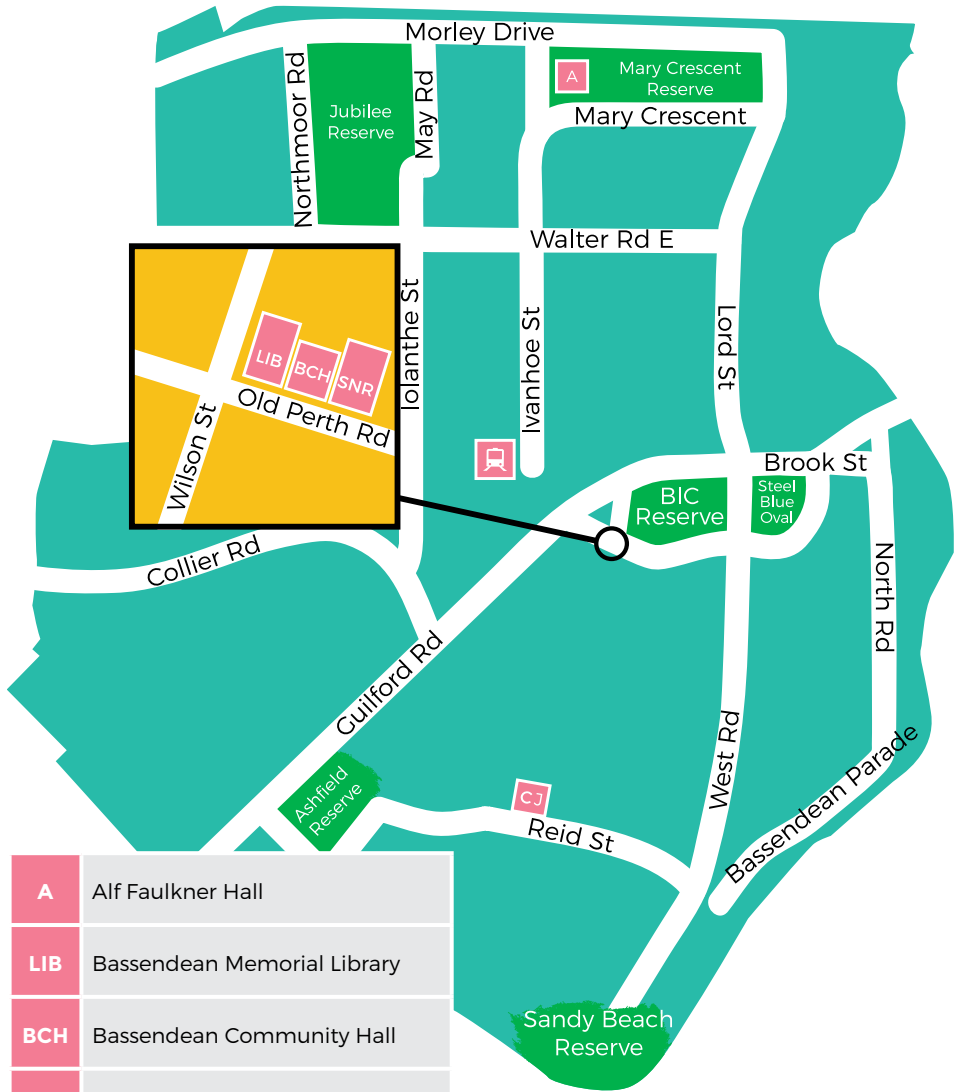
[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

Credit Card Details:

Cardholders Name:															
Please Indicate:	Mastercard:						Visa:								
Card Number:															
Expiry Date:						CSV:									
Amount:						Signature:									



MAP OF *Bassendean*



A	Alf Faulkner Hall
LIB	Bassendean Memorial Library
BCH	Bassendean Community Hall
SNR	Seniors + Community Hall
CJ	Cyril Jackson Arts House



**35 Old Perth Road, Bassendean
Western Australia 6054**

PO Box 87, Bassendean, WA 6934

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www.bassendean.wa.gov.au

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