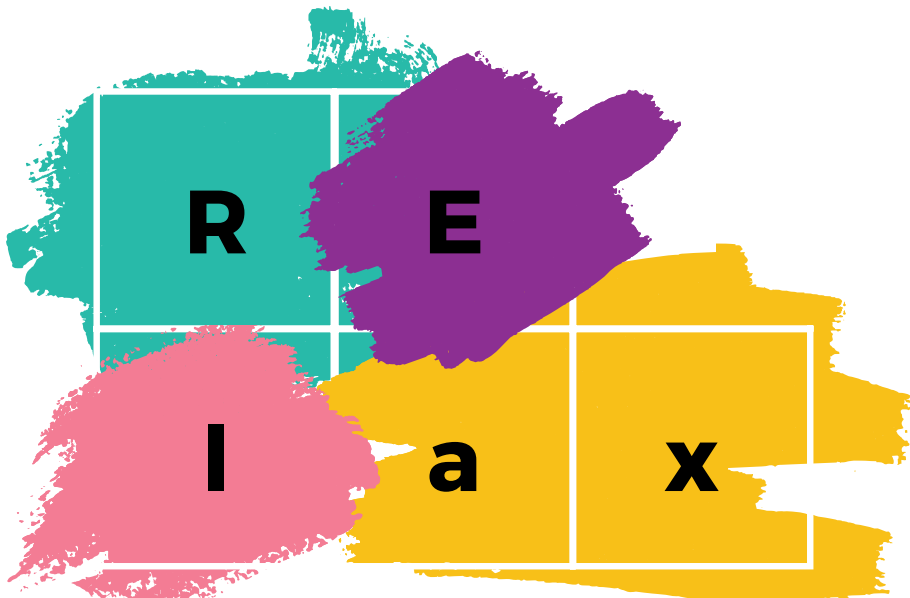


Town of Bassendean



P R O G R A M

Recreation + Engagement

1

2018

CALENDAR OF EVENTS 2018

town of bassendean

EVENT:	DATE:	LOCATION:
2018 Australia Day Fireworks & Celebrations	Fri 26 Jan	Ashfield Reserve, Guildford Road Ashfield
Gravit8 Youth Festival	Fri 16 Feb	Bassendean Skate Park Steel Blue Oval, Bassendean
Silent Screen + Live Sounds	Sat 24 Feb	BIC Reserve & Old Perth Road Twilight Markets
Telethon Community Cinemas; including Rewind Wednesdays - 80s Revival	Cinema Season - Through to Sat 24 March Rewind Wednesdays: 28 Feb; 7, 14 & 21 March	BIC Reserve communitycinemas.com.au
Festival of Local Business	Sun 8 April	Bassendean Community Hall and surrounds

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

PREGNANCY YOGA AND CHILDBIRTH EDUCATION

Suitable at all stages of pregnancy. Classes focus on fostering trust in your body's ability to carry a baby and give birth. Building strength, enhancing health and connecting with your baby to make pregnancy a time to celebrate. Skills for labour such as breath awareness, visualisations, affirmations and relaxation are included. Informal Education sessions cover topics such as hormones of birth, positions and skills for labour, pain coping practices, caesarean, interventions and support.

Classes held at Alf Faulkner Hall, Eden Hill on **Saturdays 9:30am - 11:30am**.
Contact **Treana Jones 0435 103 664** to enrol.

Town of Bassendean



Welcome to Term 1 2018 of the RELax program. This term we once again offer opportunities to not only learn new skills, but also to relax with friends (and meet new ones), spend time on yourself, and try new things.

Physical fitness, health and well-being, lifestyle opportunities are available this term.

New programs include

- Creating a beautiful Scarf, with Nuno Felting
- Learn how to create a monotype print from scratch
- Free guided River Walks

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*

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher

Mon 12 Feb | 5:00^{pm} - 6:00^{pm}

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

\$90.00

(9 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.

WEDNESDAY MORNING ZUMBA

Instructor - Pat Fletcher

Thurs 14 Feb | 9:30^{am} - 10:30^{am}

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

\$90.00

(9 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 15 Feb | 5:00^{pm} - 6:00^{pm}

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

\$90.00

(9 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.

Please note: if registering for two classes, the cost is \$135.00 for the term. Registration for all three classes is \$205.00.



PILATES

Instructor - Kavan London
Tues 13 Feb
6:30^{pm} - 7:30^{pm} (Beginners)
7:30^{pm} - 8:30^{pm} (Advanced)
[SENIORS & COMMUNITY CENTRE - 096]

\$90.00

(9 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. Please note that people with injuries require Doctor's approval to participate.

METAFIT

Instructor - Sara Winton
Mon 12 Feb or Wed 14 Feb
6:00^{pm} - 6:30^{pm}
[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]

\$90.00 Mon or Wed

(9 weeks)

\$135.00 all sessions

(9 weeks)

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.

HEALTH &

well-being

HATHA YOGA

Instructor - Helen Dobbie
Mon 12 Feb | 7:30pm - 9:00pm
[SENIORS & COMMUNITY CENTRE - 096]

\$90.00 (9 weeks)

Instructor - Helen Dobbie
Tues 13 Feb | 7:30pm - 9:00pm
[ALF FAULKNER HALL - 097]

\$90.00 (9 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.

MUMS AND BUBS YOGA

Instructor - Jody Di Mascia
Mon 12 Feb | 9:30am - 10:30am
[ALF FAULKNER HALL - 097]

\$90.00

This course is suitable for Mums (and Dads) with babies ages 6 weeks to 18 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.

THURSDAY MORNING YOGA

Instructor - Sally Riddell
Thurs 15 Feb | 9:15am - 10:45am
[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]

\$90.00 (9 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.

LIFE

style



SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 13 Feb | 7:15^{pm} - 8:15^{pm}

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

\$70.00

(9 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

BEGINNERS UKULELE

Instructor - Shaun Chandran

Sat 10 Mar | 9:30^{am} - 11:30^{am}

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

\$90.00 - bring your own ukulele!

\$125.00*

(3 weeks)

Have you ever wished you could play a musical instrument? Well, now you can! Learn to play the ukulele in just 3 weeks in this fun, relaxed and engaging course designed for absolute, adult beginners, no prior musical knowledge required. Learn basic chords, rhythm and strumming patterns, which will have you playing a repertoire of songs spanning the decades. Participants have the option of bringing their own ukulele or having a brand new "uke" included as part of the course.

***includes a new soprano ukulele in natural wood finish (with carry bag)**

COMMUNITY

PENSIONER GUARD COTTAGE

Last Sun of each month

10:00^{am} - 1:30^{pm}

[PENSIONER GUARD COTTAGE - 000]

FREE

The oldest building in Bassendean is the tiny cottage at 1 Surrey Street, which was completed in 1857 for John Law-Davies and his family. He was a member of the Enrolled Pensioner force, which was sent to Western Australia between 1850 and 1868 to guard convicts. The cottage is opened for visitors by volunteers of the Bassendean Historical Society (BHS). Group or special openings can also be arranged for other times.

For more information about BHS or cottage visits, ring Jennie on **9279 8777** or email: **wa.research@gmail.com**.

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**



BASSENDEAN HISTORY WALKS

Bassendean Local Studies

First Wed of each month

9:45^{am} - 11:30^{am}

FREE

Learn about local history, culture and architecture on Old Perth Road with your volunteer guide on the first Wednesday of each month from February - December 2018. Meet at 9:45am, for a 10am start. Bring comfortable shoes, a water bottle and weather appropriate apparel. Walks will take place rain, hail or shine.

***Walks leave from Bassendean Memorial Library Foyer on 7 February, 4 April**

***Walks leave from Bassendean Shopping Village Travellator on 7 March and 2 May**

GUIDED RIVER WALKS

Bassendean Local Studies

2nd Thurs of every month

9:45^{am} - 12:00^{pm}

**[POINT RESERVE, NORTH ROAD
BASSENDEAN]**

FREE (Term 1: 8 Feb, 8 March, 12 April)

Starting at Point Reserve, join a local, experienced volunteer guide and enjoy a stroll around historic Bassendean, learning more about the natural and built environment. Participants should bring comfortable shoes, a water bottle and weather appropriate apparel. Walks will take place rain, hail or shine.

***Meet at Point Reserve, North Road Bassendean (please park at the top carpark)**

BASSENDEAN

Memorial Library

LIBRARY CRAFT GROUP

Friday 9:00^{am} - 12:00^{pm} each week

[BASSENDEAN
MEMORIAL LIBRARY - 094]

FREE

The Library Craft Group meets every Friday 9^{am}-12^{pm} in Library Meeting Room 2, but the schedule is flexible and may change during the term. You can stitch, knit, crochet, share, and compare with others in an informal setting. Everyone is welcome!

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

[BASSENDEAN
MEMORIAL LIBRARY - 094]

FREE

Kids! Come along to our school holiday activities and be ready for an EPIC TIME! Scitech, painting, building, clever authors and amazing illustrators. This is just the beginning! All events are Free and will run during school holiday time at Bassendean Memorial Library.

BOARD GAMES

First Saturday of every month

9:30^{am} - 1:00^{pm}

[BASSENDEAN
MEMORIAL LIBRARY - 094]

FREE

Are you bored out of your brain? Come play Board Games! We have a selection of AWESOME GAMES. Here's just a few: Catan, Scrabble, Sushi Go! and Ticket to Ride.

LEGO*

Last Monday of every month

3:30^{pm} - 4:30^{pm}

[BASSENDEAN
MEMORIAL LIBRARY - 094]

FREE

At Bassendean Library LEGO HAS TAKEN ON A NEW CHALLENGE! BRICKS 4 KIDZ will be running an awesome Lego program throughout 2018. There will be figures that twirl, hum and buzz and pieces that fit together beautifully with the help of a diagram and motor. For children 6 to 12 years of age. 3:30^{pm} - 4:30^{pm}.

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

LUNCH TIME INTERLUDES

**[BASSENDEAN
MEMORIAL LIBRARY - 094]**

FREE

Bassendean Library is thrilled to introduce our Lunch time Interludes. Join us as we invite presenters to both entertain and educate. Recycling, organic pantries, flower arranging; the list is endless.

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

LITERARY SALONS

**[BASSENDEAN
MEMORIAL LIBRARY - 094]**

FREE

Bassendean Library is proud to support Western Australian authors. Help us show case the literary talent of established and up and coming writers by attending our delightful literary salons. With a glass of wine and a slice of brie, you are a captive audience as our authors explain their passion for writing and the beautiful material they have created.

Follow us on Facebook and check our library website for these literary events.

CYBER CITIZENS

**[BASSENDEAN
MEMORIAL LIBRARY - 094]**



FREE

Are you new to the digital world? Would you like to learn how to use your new smart phone or tablet/ipad? Do you need help with social media? We can help! Our trainers are available to help you navigate around the new digital world.

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 other activities, just come along!

CREATIVE

CREATE A STUNNING SCARF WITH NUNO FELTING

Instructor - Sue Mader Art Therapist and Visual Artist

Sat 7 Apr | 1:00^{pm} - 5:00^{pm}

[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]

\$50.00

Traditional felt is considered to be the most ancient of all textiles while Nuno felting in comparison was devised in recent times. Nuno, the Japanese word for cloth, is a felting technique where wool fibres are felted onto fabric. Natural fabrics like silks, cheesecloth, muslin and other open weave fabrics are best for this technique. With textile artist Sue Nader, enjoy learning the many creative ways to lay wool fibres onto a length of silk to make a unique, soft and textured Autumn scarf. All materials and equipment will be supplied. Additional materials available for purchase if required.

Students to bring a small plastic bucket and one large or two small old towels.

Suits beginners, and intermediates wanting to take their skills further.

***Teens welcome with adult supervision.**

THE SECRET OF PRINT

Instructor - Elizabeth Morrison or Morrison Art

Sat 17 & Sun 24 Mar | 2:00^{pm} - 4:00^{pm}

[BASSENDEAN MEMORIAL LIBRARY (MEETING ROOM 2) - 094]

\$50.00

Explore the mystery of turning painting into a monotype print

Over two Saturdays make your very own, one-of-a kind print. Printmaking offers a fun way to spend time with friends and learn new skills together. Instructor Elizabeth Morrison will share her printmaking knowledge and guide you through a monotype print technique - utilising PVC, hand-burnishing and layering of paints and colour through a reverse printing process - to create a multi-layered, finished art work.

All materials supplied. Students to bring an apron or art smock.

***Suits beginners**

***Teens welcome with adult supervision.**

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



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

PO Box 87, Bassendean, WA 6934

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www.bassendean.wa.gov.au

facebook.com/bassendeanartsandevents