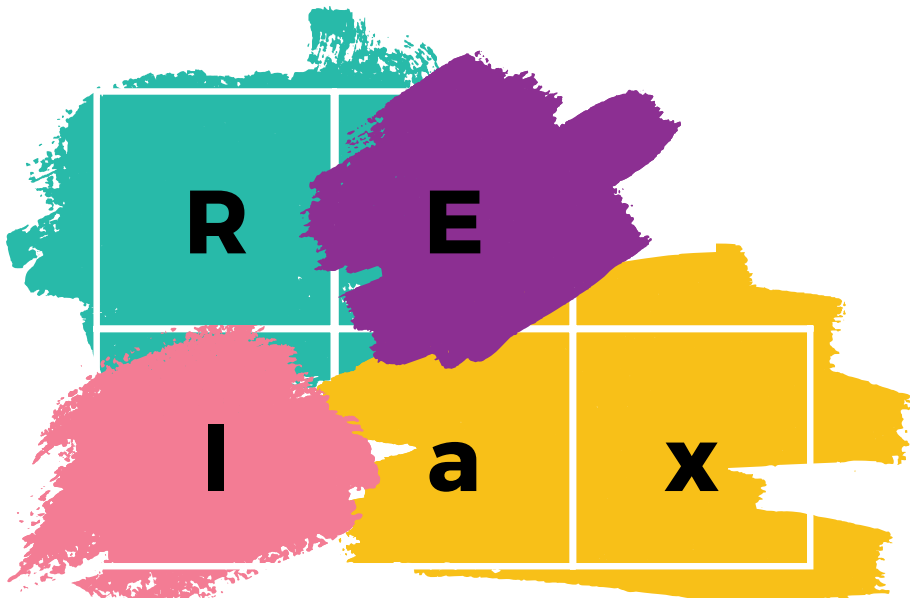


Town of Bassendean



P R O G R A M

Recreation + Engagement

2

2018

CALENDAR OF EVENTS 2018

town of bassendean

EVENT:	DATE:	LOCATION:
Danjoo Koorliny	Thurs 24 May	Mary Crescent Reserve, Bassendean
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!



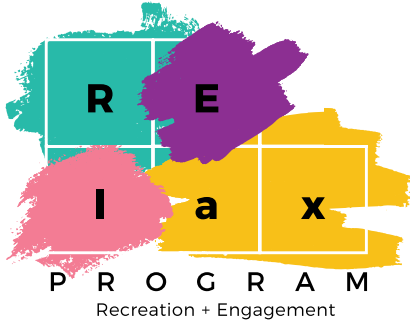
2018 NAIDOC FAMILY DAY

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

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 event 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



Welcome to Term 2 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 and creative opportunities are available this term. Remember to also check out the great free programs offered through our library and community groups.

New programs include:

- Ballroom Fit
- Ceramics
- Money Wellness
- Repair to Rewear

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 2 May | 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.

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher

Mon 30 April | 5:00^{pm} - 6:00^{pm}

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

\$80.00

(8 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 3 May | 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.

METAFIT

Instructor - Sara Winton

Mon 30 April or Wed 2 May

6:00^{pm} - 6:30^{pm}

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

\$80.00 Mon

(8 weeks)

\$90.00 Wed

(9 weeks)

\$130.00 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 3 May | 9:15^{am} - 10:45^{am}

**[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.

PILATES

Instructor - Kavan London

Tues 1 May

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.



HEALTH & *well-being*

HATHA YOGA

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

\$80.00 (8 weeks)

Instructor - Helen Dobbie
Tues 1 May | 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 30 April | 9:30am - 10:30am
[ALF FAULKNER HALL - 097]

\$80.00 (8 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.



BALLROOM FIT: KEEP MOVING FOR THE YOUNG AT HEART

Instructor - Darryl Davenport
Wed 2 May | 1:00pm - 2:00pm
[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]

\$90.00

This friendly adult exercise group class using Ballroom Dancing moves and dances will inspire and motivate you. The class is about fun and fitness. No partner is required. Come and join in, have a chat, get caught-up in the music, learn a few steps and before you know it you'll be dancing with new friends. The health benefits of dance and exercise will impact on our bodies, mind and soul. The class will include the Rumba, Cha Cha Cha, Progressive Jive, Barn Dance, Waltz, Tango and Slow Rhythm. Dancing is after all, one of the most social ways to keep fit and meet new people!



LIFE

style

SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 8 May | 7:15pm - 8:15pm

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

\$70.00

(8 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 9 June | 9:30am - 11:30am

**[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)**



MONEY WELLNESS

Instructor - Kim Veale, Epoch Training

Sat 19 May | 10:00am - 12:00pm

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

\$55.00

(2 weeks)

A workshop especially for those who want to better manage their money and feel inspired about their financial future.

Topics covered in this workshop include:

- Exploring different money perspectives
- "I wish I knew where it all went!"
Reviewing your personal cash flow

- The ancient 3 Buckets System - Spending, Saving and Investing
- Laying the foundations for a secure future - reduce your debts, cover your assets and protect your family
- How to Super charge your retirement
- Demystifying the Share Market
- Real estate Reality-check - how to spot a stud from a dud investment
- Ethical investments - aligning your principles with your profits
- Create a 12 month Money Action Plan

CREATIVE

REPAIR TO REWEAR

Instructor - Petra Richardson, Spotted
facebook.com/spotted4u
Thurs 3 May | 10:30^{am} - 12:30^{pm}
[BASSENDEAN MEMORIAL LIBRARY
(MEETING ROOM 1) - 094]

\$60.00 (2 weeks)

**Have some pieces that need fixing...
Want to learn how to repair your
favourites to rewear...**

**Need some inspiration on how to
revamp those pieces you love but
can't seem to make work?**

Come and join Petra Richardson to hear about how repairing to rewear is not only satisfying, but can save the planet — one garment at a time...

Over the 2 weeks you will bring along your own pre loved clothing and learn skills to fix your items on the day, and then go home to unleash on other items in your wardrobe! You will also pick up some handy hints and tips on caring for and laundering garments to help them go the distance...

Topics covered include Sustainability and the fashion industry, Buttons, Invisible (Hand) hemming and Restyling brainstorm (bring in jackets, accessories etc.)

CERAMICS

Instructor - Frank Smith, Ceramicist
Sat 5 May | 9:30^{am} - 12:30^{pm}
[CYRIL JACKSON ARTSHOUSE 53
REID STREET, BASSENDEAN]

\$105.00 (3 weeks)

Learn how to throw your own ceramics pieces on the wheel; get your hands dirty and walk away with the satisfaction that you've created something unique and individual.

Over the 3 sessions you will learn wheel techniques to throw your own pieces, you will then trim and turn your various pieces, and finally glaze your creations to take home!

Suitable for beginners & those who just want to have a go!

All tools & materials supplied.
Please bring own apron and towel.

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

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 SALONS

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**



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.**

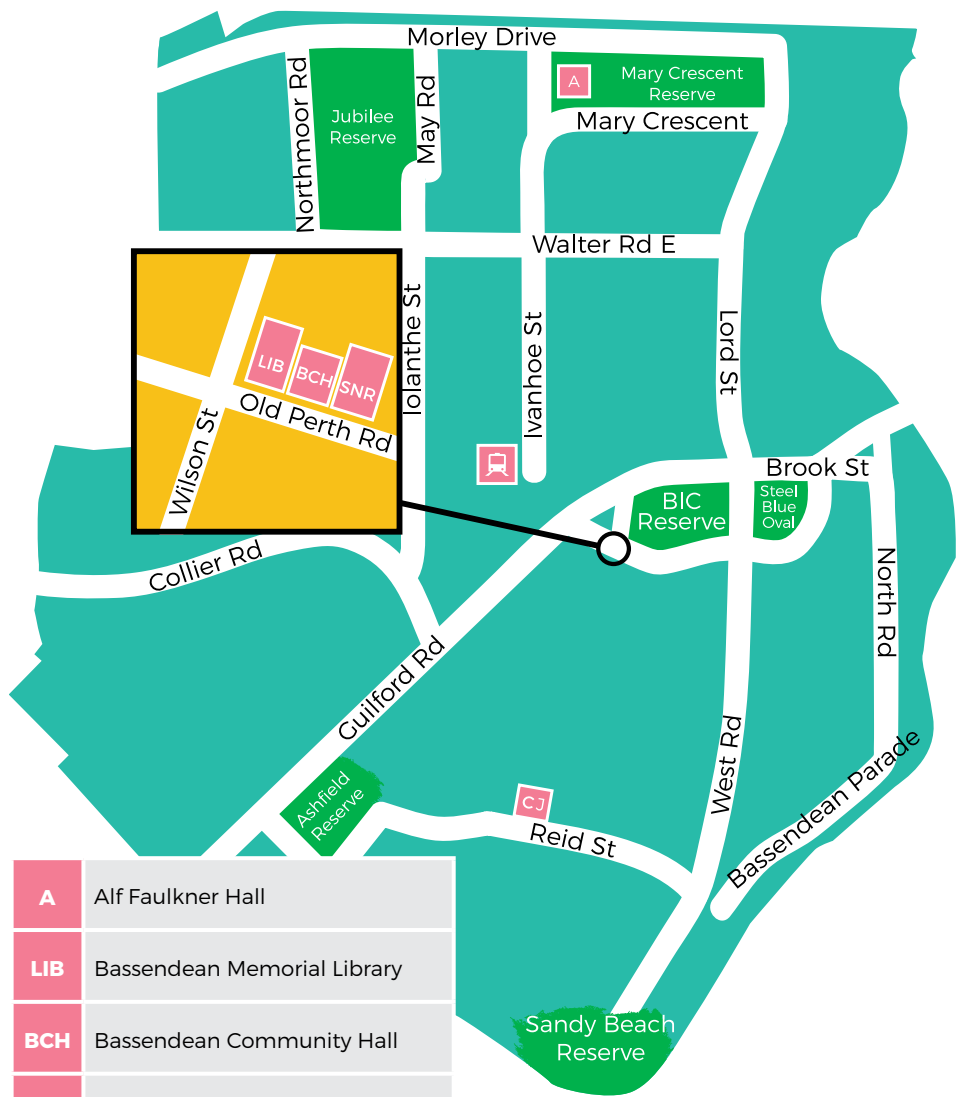
[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

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

T | (08) 9377 8000

E | mail@bassendean.wa.gov.au

www.bassendean.wa.gov.au

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