

Town of Bassendean

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P R O G R A M

Recreation + Engagement

TERM 3 | 2017

CALENDAR OF EVENTS 2017

town of bassendean

EVENT:	DATE:	LOCATION:
NAIDOC Family Day	Thurs 6 July	Ashfield Reserve
2017 Bassendean Visual Art Awards	Thurs 21 - Wed 27 September	Bassendean Community Hall
Avon Descent Family Fun Day	Sunday 6 August	Point Reserve, Bassendean



ONLINE KIDSPORT APPLICATIONS

KidSport enables eligible Western Australian children aged 5-18 years to participate in community sport and recreation by offering them financial assistance towards club fees. Families who hold a valid Health Care Card or Pensioner Concession Card can apply online at www.dsr.wa.gov.au/funding/individuals/kidsport for up to \$200 per calendar year. The fees go directly from the local government to the registered KidSport clubs participating in the project.

For any further enquiries, contact the Recreation Development Officer on 9377 8000.



Department of
Sport and Recreation

Our whole
community wins

www.dsr.wa.gov.au

Town of Bassendean



Welcome to Term 3 of the REIax program, providing the community with opportunities to develop skills, meet new people, try new things and engage with others.

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

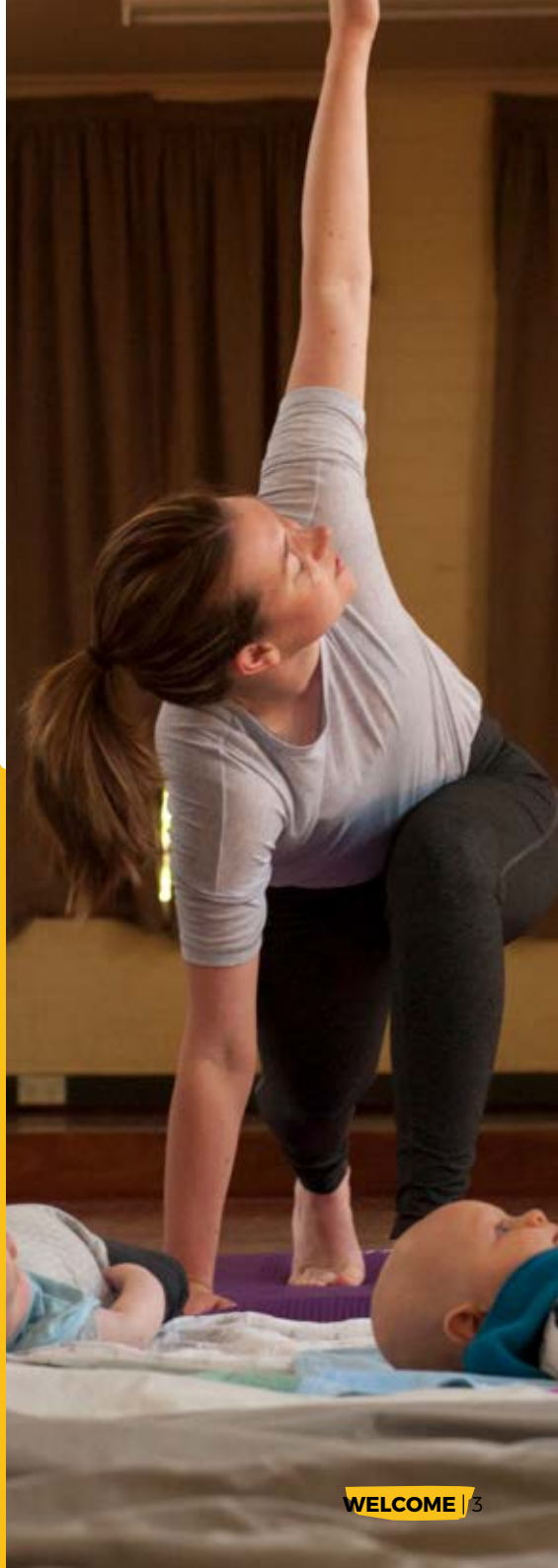
New programs include

- UKE 123, a beginner's ukulele class, for adults
- SUPTonic, a stand up paddle boarding course.
- Felt a Vessel, teaching the resist method to create a small vessel
- Glass with a Past, where participants can fuse and mould old glass into new creations.

Tell us what you would like; what you enjoy and how we can provide the program you want to participate in. You can contact 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.



HEALTH &

well-being

HATHA YOGA

Instructor - Helen Dobbie

Mon 17 July level 2 | 7:30pm - 9:00pm

[SENIORS & COMMUNITY CENTRE - 096]

\$100.00

(10 weeks)

Instructor - Helen Dobbie

Tues 18 July level 1 | 7:30pm - 9:00pm

[ALF FAULKNER HALL - 097]

\$100.00

(10 weeks)

CHAIR YOGA

Instructor - Rachel Lau

Tuesday 18 July | 9:00am - 10:00am

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

\$100.00

(10 weeks)

Chair yoga makes yoga accessible to those with physical limitations such as knee pain, inflexibility or find it challenging to get down on floors. While seated on chairs, students can do versions of twists, hips opening, forward bend, legs and arms strengthening. Students can also enjoy other health benefits, including a better sleep, better breathing habits and sense of well-being.

Participants to wear comfortable clothing and bring a yoga mat.

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 the 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.

Level 1 - class is Suitable for beginners or those who require gentle physical activity and teaches the basic Yoga postures, breathing and relaxation techniques. The Level 1 class is encouraged before taking the Level 2 class.

Level 2 - Builds and expands upon those practices taught in the Level 1 course & introduces meditation. This class is for those who are comfortable with the practices taught in the Level 1 course or for those that have had prior experience.





MUMS AND BUBS YOGA

Instructor - Jody Di Mascia
Mon 17 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 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 20 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.

Participants to wear comfortable clothing and bring a yoga mat.



A close-up, slightly blurred photograph of a person's hands playing a ukulele. The person is wearing a red long-sleeved shirt. The ukulele has a light-colored wooden body and a dark fretboard with gold-colored frets. The background is out of focus, showing green foliage.

LIFE

style

UKE123 BEGINNERS UKULELE

Instructor - Shaun Chandran

Sat 12 Aug | 9:00^{am} - 10:30^{am}

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

\$90.00 - bring your own ukulele!

\$120.00*

(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)**



FELT A VESSEL

Art Therapist & Visual Artist - Sue Mader

Sat 12 August | 1:00pm - 5:00pm

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

\$40.00

(1 week)

Learn how to felt using the resist method of felting to make a small vessel. This technique can then be expanded to felt a range of individual sized vessels. You will complete a small vessel by the end of the class with all materials and equipment supplied. Additional material will be on hand for students to purchase if needed.

***Suits a beginner**

GLASS WITH A PAST - FUSING & MOULDING WORKSHOPS WITH GLASS

Instructor - Kirsty Grieve from Runcible

Green Visual Artist: BA Curtin

Sun 20 August | 2:00pm - 4:00pm

**[BASSENDEAN COMMUNITY HALL
(COMMITTEE ROOM) - 096]**

\$75.00 - includes materials (3 weeks)

Learn how to cut, fuse and create simple objects with recycled glass. There are many techniques involved in one project and you will have 3 finished pieces at the completion of the 3 weeks.

***Suits a beginner**

ACTIVE *Living*

THURSDAY NIGHT ZUMBA TONING

Instructor - Pat Fletcher

Thurs 20 July | 5:00^{pm} - 6:00^{pm}

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

\$100.00

(10 weeks)

Zumba® Toning takes Zumba to the next level, with a focus on strength training exercise alongside the dance-fitness party you know and love, and the addition of lightweight Toning Sticks or dumbbells. The class is a different pace to a regular Zumba Fitness class but you will feel the burn! Zumba Toning is, as the name suggests, about toning the body. Participants should bring their own dumbbells which should not weigh more than 2kg.

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher

Mon 17 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 much happiness and positive path to our wellbeing. Come join us for fun.

Please note: If registering for both Monday and Thursday Zumba classes, the cost is \$150.00 for the term.



BOXILATES

Instructor - Kavan London

Thurs 20 July

7:30^{pm} - 8:15^{pm}

[SENIORS & COMMUNITY CENTRE - 096]

\$100.00

(10 weeks)

Boxilates is a dynamic fusion of Mat Pilates and Fitness Boxing. It's an interval style workout that marries the functional benefits of Pilates – longer, leaner muscles with increased joint health – with the high intensity cardio and coordination of boxing. Participants should bring their own boxing gloves and Pilates mats. Focus mitts will be provided.

PILATES

Instructor - Kavan London

Tues 18 July or Thurs 20 July

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

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

[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. (Please note: people with injuries require Doctor's approval to participate)

METAFIT

Instructor - Sara Winton

Mon 17 July or Wed 19 July

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

[BASSENDEAN COMMUNITY HALL

(MAIN HALL) - 096]

\$100.00 Mon or Wed

(10 weeks)

\$150.00 all sessions

(10 weeks)

Metafit is the original 30 minute, body-weight 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.



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

BASSENDEAN HISTORY WALKS

Bassendean Local Studies

First Wed of each month

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

[BASSENDEAN MEMORIAL LIBRARY - 094]

FREE

Take a stroll through the heart of Bassendean and learn about local history, culture and architecture with your volunteer guide on the first Wednesday of each month in 2017. Starting at the Bassendean Memorial Library, the walk travels along Old Perth Rd and returns to the Library.

Participants should bring comfortable shoes, a water bottle and weather appropriate apparel.

STAND UP PADDLE BOARDING

Instructor - Maree Martin

Sun 3 Sept | 9:00am - 10:30am

[SANDY BEACH RESERVE - 098]

\$35.00 per session

\$120.00 for all sessions

(4 weeks)

Stand Up Paddle Boarding (SUP) offers an easy way to enjoy being in harmony with nature with minimal athletic ability suiting almost everyone. Our fully accredited instructors will ensure you feel at ease on the water and will take you through the basic techniques of stand up paddle boarding focusing on safety, explaining weather conditions and equally important, having fun! At the end of the 1 hour group lesson you will have 30 minutes optional free paddling time to practice what you've learnt. You need to bring a towel, water, change of clothes and sun protective clothing. Sunnies can easily be lost in the water if you fall off so cheap sunnies or hat is best. We provide board, paddle and leg rope. You must be able to swim and you will be required to sign a disclaimer to participate.



SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 18 July | 7:15pm - 8:15pm

**[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.



BASSENDEAN

Memorial Library

LIBRARY CRAFT GROUP

Thursday
10:00^{am} - 12:00^{pm} each week

[BASSENDEAN
MEMORIAL LIBRARY - 094]

FREE

The Library Craft Group meets every Thursday 10^{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 92792966 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

Come Build, Explore and Create! An hour of individual or group building with LEGO challenges for children 6 to 12 years of age. 3:30^{pm} - 4:30^{pm}. Last Monday of every month. Bassendean Memorial Library.

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

www.bassendean.wa.gov.au/library
All other activities, just come along!

BROADBAND FOR SENIORS
STAYING CONNECTED





HOW to book

1.

Pick up a booklet from one of our many locations or download a copy of the application form from www.bassendean.wa.gov.au

3.

Go to www.bassendean.wa.gov.au to read through the Code of Conduct and Terms and Conditions.

5.

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

2.

Fill out all fields on the application form.

4.

Send in your completed form to

By Mail:
**PO Box 87
Bassendean,
WA, 6934**

In Person:
**35 Old Perth Rd
Bassendean,
WA, 6054**

or email to
mail@bassendean.wa.gov.au

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 refund.

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

T | (08) 9377 8000

E | mail@bassendean.wa.gov.au

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