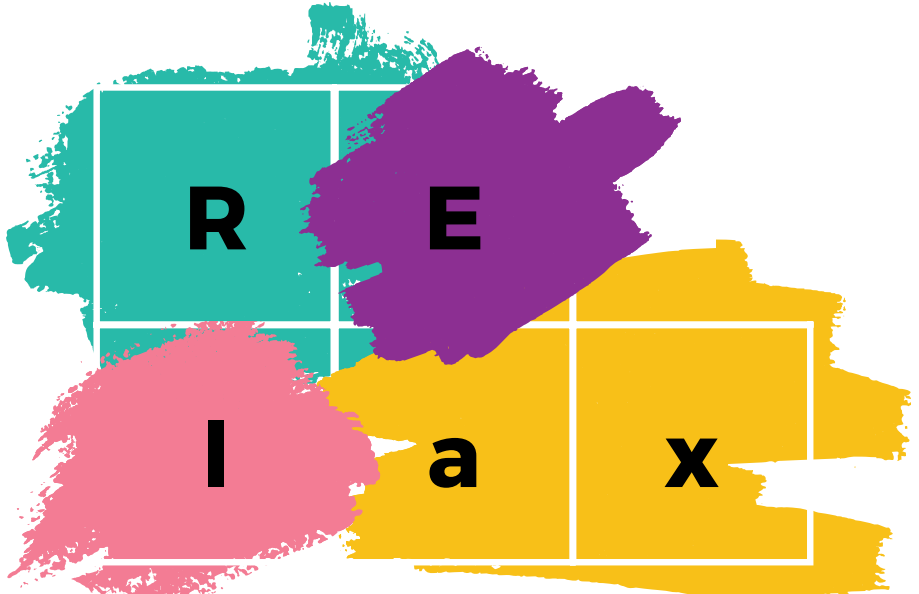


Town of Bassendean



P R O G R A M

Recreation + Engagement

4

2018

CALENDAR OF EVENTS 2018

Town of Bassendean

EVENT:	DATE:	LOCATION:
Garage Sale Trail	Sat 20 & Sun 21 October	Various Locations
Children's Week Walk	Sun 21 October	Sandy Beach Reserve
Senior's Week Events	Sun 11 - Fri 16 November	Various Locations
WAMFEST	Sat 24 November 4:00 ^{pm} - 8:00 ^{pm}	BIC Reserve

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

WAMFest

WAMFEST LIVE! PRESENTED BY DRUG AWARE

Saturday 24 November, 4^{pm} - 8^{pm}

BIC Reserve Bassendean (behind Bassendean Memorial Library).

Grab your friends and family, visit the twilight Old Perth Road Markets for some food and then head down for great local music, fun activities and a movie!

Town of Bassendean has partnered with WAM Fest and Telethon Community Cinemas to deliver this exciting event.

For more information visit bassendean.wa.gov.au and wamfest.com.au

Town of Bassendean



HEALTHY
HOMEMADE
SOFT DRINKS

[see page 9]

The final term of 2018 is upon us already! The months leading into the festive season can tend to get extremely busy so remember to look after yourself!

Term 4 will see several new classes added to the program including festive feasts and home organisation tips! If you are keen to get a leg up on your 2019 New Year resolutions, all of our health and fitness courses will be back too!

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 10 Oct | 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 8 Oct | 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 11 Oct | 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 8 Oct or Wed 10 Oct

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 11 Oct | 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 9 Oct

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 8 Oct | 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 8 Oct | 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

UKE123 PROGRESSIVE BEGINNERS UKULELE

Instructor - Shaun Chandran

Sat 20 Oct | 9:30^{am} - 11:30^{am}

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

\$90.00

(3 weeks)

Discover ways to take your ukulele playing to the next level. Learn how to unlock the potential of the ukulele with movable chords, fingerpicking and strumming techniques which will have you playing a repertoire of songs spanning the musical genres. This fun, relaxed and engaging course is open to students from the absolute beginners course or new students with some ukulele experience.



SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 9 Oct | 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.

***No class October 30**



ITALIAN CHRISTMAS BAKING

Instructor - Daniele Foti-Cuzzola

Sat 3 Nov 2:00pm - 4:00pm

[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]

\$50.00

(1 week)

Get a taste of La Dolce Vita and learn how to make traditional Italian Christmas treats with Bassendean local, Daniele Foti-Cuzzola. Since appearing on SBS' The Chef's Line and Foxtel's The Couch, Daniele has been proudly sharing his traditional family recipes with participants through his series of Dine With Daniele workshops. In this hands-on workshop you will learn to make an array of Italian baked goods including Crostoli and biscotti, which you can then replicate at home and will make for a perfect gift this Christmas. Step by step recipes will be provided for you to take home and light Italian refreshments will also be served.

HEALTHY HOMEMADE SOFT DRINKS

Instructor - Kim Veale

Sat 24 Nov| 10:00am - 12:00pm

[BASSENDEAN COMMUNITY HALL (MAIN HALL) - 096]

**\$55.00 per participant (1 week)
(1 adult plus 1 child accompanying)**

Do you buy commercial soft drinks loaded with sugar?

Why not learn how to make your own lemonade, ginger beer and raspberry icy poles using natural ingredients and probiotic cultures.

Kim Veale provides an overview of the importance of maintaining good gut health in children. Studies demonstrate the benefits of including cultured foods in children's diets to include:

- improving digestive function
- replenishing good bacteria after course of antibiotics
- assisting immune function
- increasing energy levels (through increased nutrient absorption from food)
- improved mood and cognitive function
- reducing the risk of food related allergies

All participants provided with cultures to make drinks at home.

Suits beginners

CREATIVE



WU TAO - THE DANCING WAY TO BALANCE & FLOW

Instructor - Kim Veale

Fri 12 Oct | 9:30^{am} - 10:30^{am}

[ALF FAULKNER HALL - 097]

FREE introductory course (8 week)

Work alongside the elements of air, water, wood, fire and earth in this restorative sequence of dances for harmony and joy.

It's easy to forget what's really important to us in the midst of a busy life. We all need ways to help us maintain emotional balance, peace of mind and a healthy body.

Wu Tao is a powerful yet gentle way to achieve this. A unique dance as therapy modality, grounded in the proven system of Traditional Chinese Medicine, Wu Tao is an easy and joyful way to bring yourself back to centre.

This is a special introductory course for people looking to bring more calm and serenity into their life. Kim Veale is currently completing her Wu Tao instructors course, so these initial classes are free of charge.

Participants need to bring a blanket



THE ABUNDANCE OF LESS

Instructor - Kim Veale

Wed 17 Oct | 6:30^{pm} - 8:30^{pm}

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

\$10.00

(1 week)

A workshop that teaches how to reduce consumption and discover a new sense of freedom and spaciousness.

Explore the benefits of living simply – save money, harness your creativity and enjoy more free time.

Rediscover your Ikigai (reason for being) and practice the Japanese philosophy of Wabi-sabi (appreciating the perfectly imperfect in everyday life)

***Light supper 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

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.**

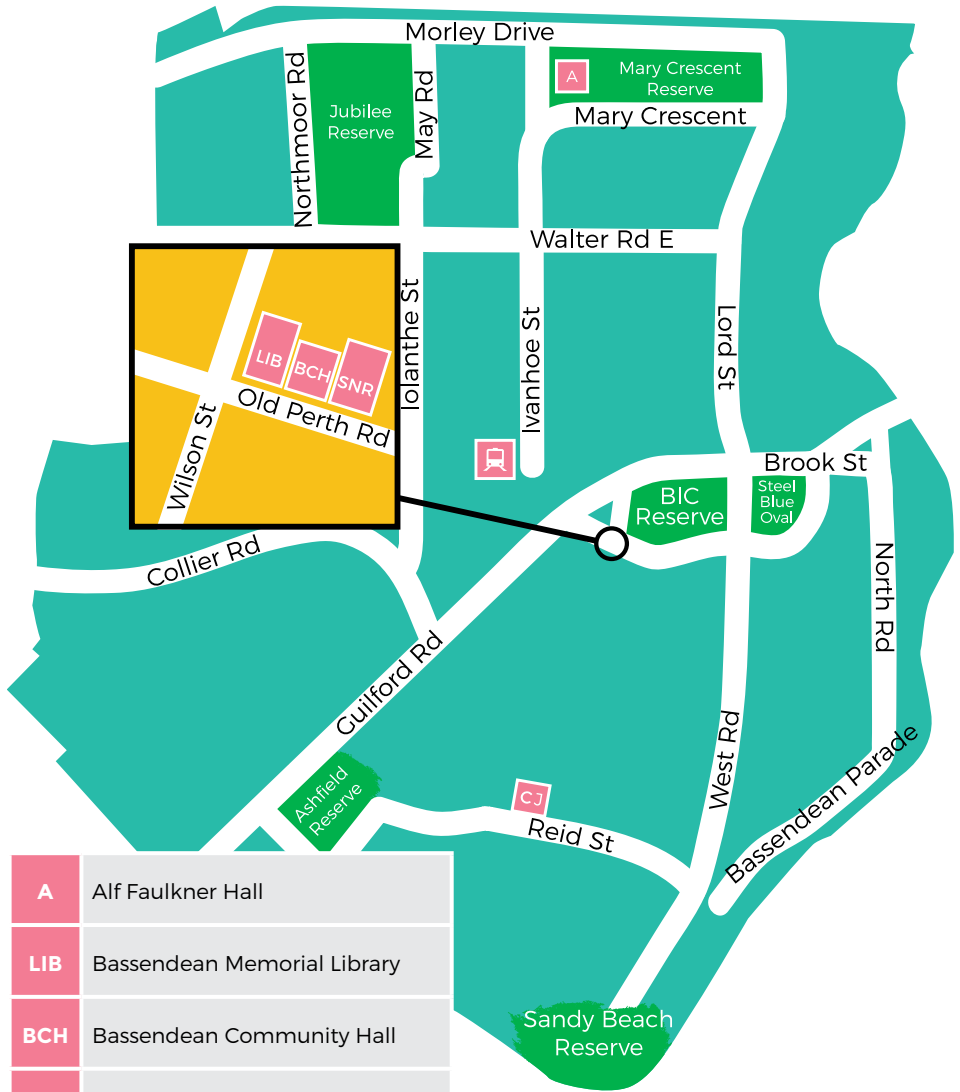
[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

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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