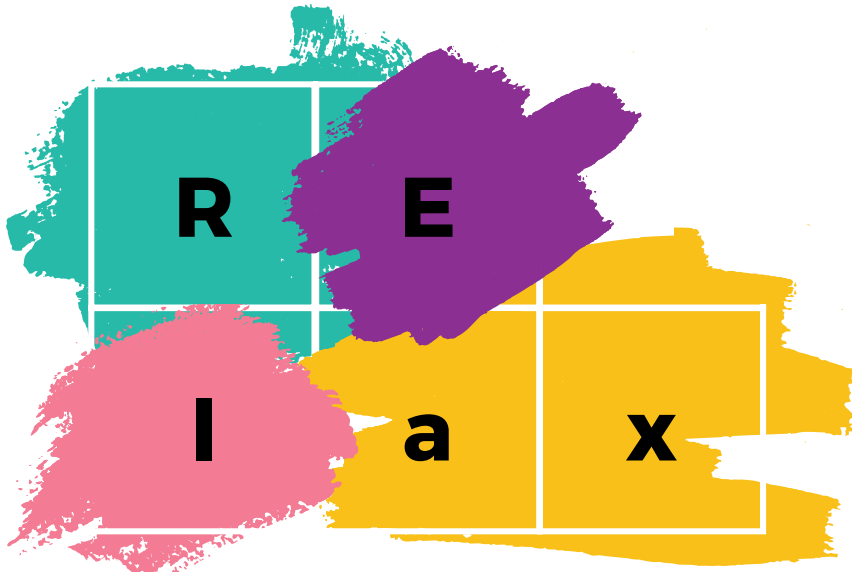


Town of Bassendean



P R O G R A M

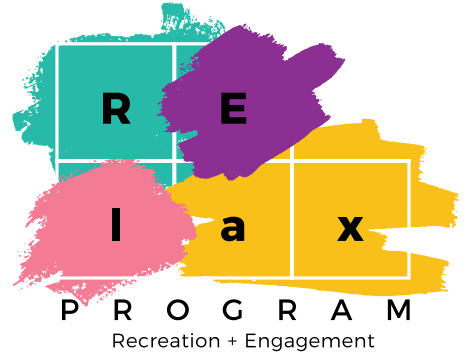
Recreation + Engagement

CALENDAR OF EVENTS 2017

town of Bassendean

EVENT:	DATE:	LOCATION:
Australia Day Celebrations & Fireworks	Thurs 26th January	Ashfield Reserve
Gravit8	Friday 17th February	Youth Services
Summer's Edge Concert	Saturday 18th March	Sandy Beach Reserve
Anzac Day	Tuesday 25th April	BIC-Civic Gardens
NAIDOC Family Day	Thursday 6th July	Ashfield Reserve

Town of Bassendean



Welcome to the new series of workshops and courses for lifestyle and learning offered by the Town of Bassendean.

The **RELax program** provides opportunities to develop skills, meet new people, try new things and engage with others.

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 wellbeing.

This includes being active, building a sense of belonging and having a sense of meaning and purpose in life for good mental health. The more we do things in our community for our own mental health, the stronger the community becomes.

ACT: keep mentally, physically, socially and spiritually active: take a walk, say g'day, read a book, do a crossword, dance, play cards, stop for a chat...

BELONG: join a book club, take a creative class, be more involved in groups you are already a member of, go along to community events...

COMMIT: take up a cause, help a neighbour, learn something new, take on a challenge, volunteer...

Tell us what you think. We want to know what you enjoy and hear about courses you'd like to see offered.

You can contact the team via events@bassendean.wa.gov.au



HEALTH

HATHA YOGA

Mon 13 Feb | level 2 | 7:30pm - 9:00pm

[SENIORS & COMMUNITY CENTRE - 096]

Tues 14 Feb | level 1 | 7:30pm - 9:00pm

[ALF FAULKNER HALL - 097]

\$80.00

Learn how the practices of Hatha Yoga can improve your health. Whether you are looking to improve your flexibility, 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.

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

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.

THURSDAY MORNING YOGA

Thurs 16 Feb | 9:15am - 10:45am

[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$80.00

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.



MOTHER AND BUBS YOGA

Mon 13 Feb | 10:00^{am} - 11:00^{am}
[ALF FAULKNER HALL - 097]

\$80.00

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.

MOTHER AND CRAWLERS YOGA

Mon 13 Feb | 11:30^{am} - 12:30^{pm}
[ALF FAULKNER HALL - 097]

\$80.00

This course is suitable for Mums (and Dads) with babies/toddlers 10 months to 2 years. 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.



LIFE

style



WATER WANDERERS KAYAK TOUR

Sun 12 Mar | 9:30^{am} - 12:30^{pm}
[SANDY BEACH RESERVE - 098]

\$70.00

Would you like to get out on the beautiful Swan River? The Town of Bassendean along with Water Wanderers is offering participants the opportunity to explore their river backyard by kayak. The 2-3 hour tour on the Swan River will begin and finish at Sandy Beach; all equipment will be supplied. The kayaks have excellent stability and are easy to handle on the water. Kayaks are available for all shapes sizes and abilities. Be quick as places are limited. Participants are requested to bring along the following: Water, snack if required, comfortable clothing made for sitting and appropriate for the weather, footwear that can get wet, change of clothes and a towel.



BASSONOVAS - SAMBA DRUMMING GROUP

Tues 14 Feb | 7:15^{am} - 8:15^{pm}
**[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]**

\$70.00

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 own drum with help of the local Bassonovas! All instruments are supplied! This course is suitable from teens to adults.

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

BELLY DANCING

Thurs 16 Feb | 6:15^{pm} - 7:15^{pm}
[ALF FAULKNER HALL - 097]

\$80.00

Burn energy and boost your confidence with Belly Dancing. It's great for toning, flexibility, grace and improving your mood. This course suits all ages from 12 years +. Please wear comfortable clothing. Footwear - socks, soft ballet/dance shoes or dance barefoot.

ACTIVE *Living*

PILATES

Tues 14 or Thurs 16 Feb

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

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

[SENIORS & COMMUNITY CENTRE - 096]

\$70.00

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)

MONDAY NIGHT ZUMBA

Mon 13 Feb | 5:00^{pm} - 6:00^{pm}

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

\$80.00

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.

METAFIT

Mon 13 & Wed 15 Feb | 6:00^{pm} - 6:30^{pm}

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

\$80.00 OR \$120.00 FOR MON & WED

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 NIGHT ZUMBA TONING

Thurs 16 Feb | 5:00^{pm} - 6:00^{pm}

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

\$80.00

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.



HEART FOUNDATION BASSENDEAN WALKING GROUP

Mon - 9:00^{am}, 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

First Wed of each month Feb onwards
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.

CREATIVITY



COIL A CONTAINER

Sat 4 March | 10:00^{am} - 2:00^{pm}

[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

Thurs 23 March | 10:00^{am} - 2:00^{pm}

[BASSENDEAN MEMORIAL LIBRARY
MEETING ROOM 1 - 094]

\$40.00

Instructor | Sue Mader
Art Therapist and Visual Artist

Learn the art of coiling, a social activity considered to be a calming technique whilst exploring the creative ways in which a variety of new and recycled materials can be used to make containers and objects of many shapes and sizes with practice.

Coiling has a cultural history, embedded in most countries around the world. It is also known and documented to be indigenous to Australia, with practices dating back to the beginning of this century and continuing today.

All art materials will be supplied for the workshop however, feel free to bring recycled fabrics which may contain a special memory for you to use in your project. You will complete a small container by the end of the class. **Additional material will be on hand for students to purchase if needed.**

***Suits beginner**

CROCHET A PURSE/POUCH

Sat 11 & Sat 18 March | 10:00^{am} - 1:00^{pm}

[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$35.00

Instructor | Annie Rawle
Osmosis Designs, Textile Artist

Learn the technique of crochet while making a cute button down pouch to fit your choice of items - eg make-up, sunglasses, cards etc. You will learn the basic techniques of crochet, working in rows, changing colours and shaping. The instructor will supply yarn and crochet hook plus take home notes. **You can purchase extra yarn and hooks from the class.**

***Suits beginner & intermediate**



MAKE A MUSIC VIDEO WORKSHOP

8 weeks - Wed 15 Feb to Wed 5 April
4:00pm - 6:30pm each week

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

\$90.00

Instructor | Film Bites

Participants will learn the elements of a music video and develop skills in film making fundamentals, screen acting, develop technical skills, learn pre production, filming and editing. The series will end with a screening for participants on the last session.

Participants: 9-13 years

***Suits Beginners**

BONSAI

4 weeks - Sat 25 Feb to 18 March

10:00am - 11:30am each week

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

\$75.00 (includes \$25 for materials: one plant, one small plastic bonsai starter pot, soil, gravel, fertilizers, wetting agent, sea sol and root fork).

**Instructor | Gabe Romano
Horticulturalist**

Learn the basic skills to create your own miniature tree. Experienced horticulturalist Gabe Romano will guide you through the practical elements and theory of cultivating a Bonsai tree. The four week course includes everything you will need, including the tree, a pot and course notes.

Participants: Suits Beginners

Children must be 10yrs & over

& accompanied by parent/ guardian.





BASSENDEAN *Memorial library*

LIBRARY CRAFT GROUP

Thursday
12:00^{pm} - 2:00^{pm} each week
[BASSENDEAN
MEMORIAL LIBRARY - 094]

FREE

You can stitch, knit, crochet, share, and compare with others in an informal setting. Pop in, pop out - whatever you are in the mood for! They are happy to teach basic skills: crochet, knitting, embroidery...and everyone is welcome.

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!

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.

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.

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!



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. Once the form is signed, you agree to these documents.

2.

Fill out all fields on the application form and write clearly in block letters.

4.

Send in your completed form, drop it off in person or email a copy to mail@bassendean.wa.gov.au

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

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

5.

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

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.			
4.			
Signature:	Total Cost:		

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

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