

# Town of Bassendean

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**P R O G R A M**

Recreation + Engagement

**TERM 2 | 2017**

# CALENDAR OF EVENTS 2017

*town of Bassendean*

EVENT:	DATE:	LOCATION:
Anzac Day	<b>Tues 25<sup>th</sup> April</b>	BIC - Civic Gardens
Sorry Day	<b>Thurs 25<sup>th</sup> May</b>	Mary Crescent - Gathering site
NAIDOC Family Day	<b>Thurs 6<sup>th</sup> July</b>	Ashfield Reserve
2017 Bassendean Visual Art Awards	<b>Thurs 21<sup>st</sup> September - Wed 27<sup>th</sup> September</b>	Bassendean Community Hall



## CHANGE YOUR WORLD VOLUNTEER!

Volunteering is not just about helping others, dedicating your time can help you learn new skills, gain life experience, keep mentally fit, and connect with your community.

Mentoring, conservation, administration, transport and events are just some of the opportunities available; take the first step - let us help you find an exciting new opportunity to suit your availability, skills and interests.

**W** [bassendeanvolunteer.com.au](http://bassendeanvolunteer.com.au) **E** [volunteer@bassendean.wa.gov.au](mailto:volunteer@bassendean.wa.gov.au) **P** 93772191

Town of Bassendean

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P R O G R A M

Recreation + Engagement



Welcome to Term 2 of the RELax 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 cultural opportunities are available this term.

# HEALTHY

## Living

### HATHA YOGA

**Instructor - Helen Dobbie**

**Mon 24 April level 2 | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**

**[SENIORS & COMMUNITY CENTRE - 096]**

**\$90.00**

**(9 weeks)**

**Instructor - Helen Dobbie**

**Tues 2 May level 1 | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**

**[ALF FAULKNER HALL - 097]**

**\$90.00**

**(9 weeks)**

### CHAIR YOGA FOR SENIORS

**Instructor - Rachel Lau**

**Tuesday 2 May | 9:00<sup>am</sup> - 10:00<sup>am</sup>**

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

**\$90.00**

**(9 weeks)**

Chair yoga makes yoga accessible to those with physical limitations such as knee pain, inflexibility or 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. 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.

**(No class 5 June - public holiday)**

**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.

**(No class 25 April - public holiday)**





## MOTHER AND BUBS YOGA

**Instructor - Jody DiMaschi**  
**Mon 24 April | 10:00<sup>am</sup> - 11:00<sup>am</sup>**  
**[ALF FAULKNER HALL - 097]**

**\$90.00** (9 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.

**(No class 5 June - public holiday)**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**  
**Thurs 27 April | 9:15<sup>am</sup> - 10:45<sup>am</sup>**  
**[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.**

## MOTHER AND CRAWLERS YOGA

**Instructor - Jody DiMaschi**  
**Mon 24 April | 11:30<sup>am</sup> - 12:30<sup>pm</sup>**  
**[ALF FAULKNER HALL - 097]**

**\$90.00** (9 weeks)

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.

**(No class 5 June - public holiday)**

**LIFE**

*style*





## QUICK, EASY, EAT!

**Instructor - Kim Veale**

**Sat 10 June | 9:30am - 12:00pm**

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

**\$55.00**

**(1 week)**

**A FAST and EASY way to make your own yoghurt, sourdough bread & cheese.**

Why keep spending money on grocery staples, when you can make your own for a fraction of the cost! In this hands-on workshop, Kim will teach you how to make delicious sour dough bread, creamy probiotic yogurt, and labneh cheese – all using the same milk kefir culture! This course includes all jars, cultures and equipment required to make a loaf of sour dough, a jar of yogurt and a tub of cheese.

## DISC GOLF

**Instructor - DiscGolfPark**

**Sat 6 May | 1:00pm - 4:00pm**

**[BINDARING PARK, BASSENDEAN  
PARADE - 098]**

**\$15.00**

**(1 week)**

Disc golf is an exciting sport, which combines the strategy of golf with the fun of throwing a frisbee. Instead of using a club to hit a ball like in golf, disc golfers throw a disc from tee into an elevated metal basket. It's a fun activity suitable for people of all ages and abilities, especially families. Come and learn the basics of the sport through fun games hosted by local professionals and even play a round on the challenging course. All participants receive their own disc that is yours to keep!

# ACTIVE *Living*

## PILATES

**Instructor - Kavan London**  
Tues 1 May or Thurs 27 April

6:30<sup>pm</sup> - 7:30<sup>pm</sup> (Beginners)

7:30<sup>pm</sup> - 8:30<sup>pm</sup> (Advanced)

**[SENIORS & COMMUNITY CENTRE - 096]**

**\$90.00**  
**or \$100.00**

**(9 weeks Tues)**  
**(10 weeks Thurs)**

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 24 April or Wed 26 April  
6:00<sup>pm</sup> - 6:30<sup>pm</sup>

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

**\$90.00 Mon or Wed (9 weeks Mon)**  
**\$140.00 all sessions (10 weeks 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.)**  
**(No class 5 June - public holiday)**





## THURSDAY NIGHT ZUMBA TONING

**Instructor - Pat Fletcher**

**Thurs 27 April | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

**[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 24 April | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

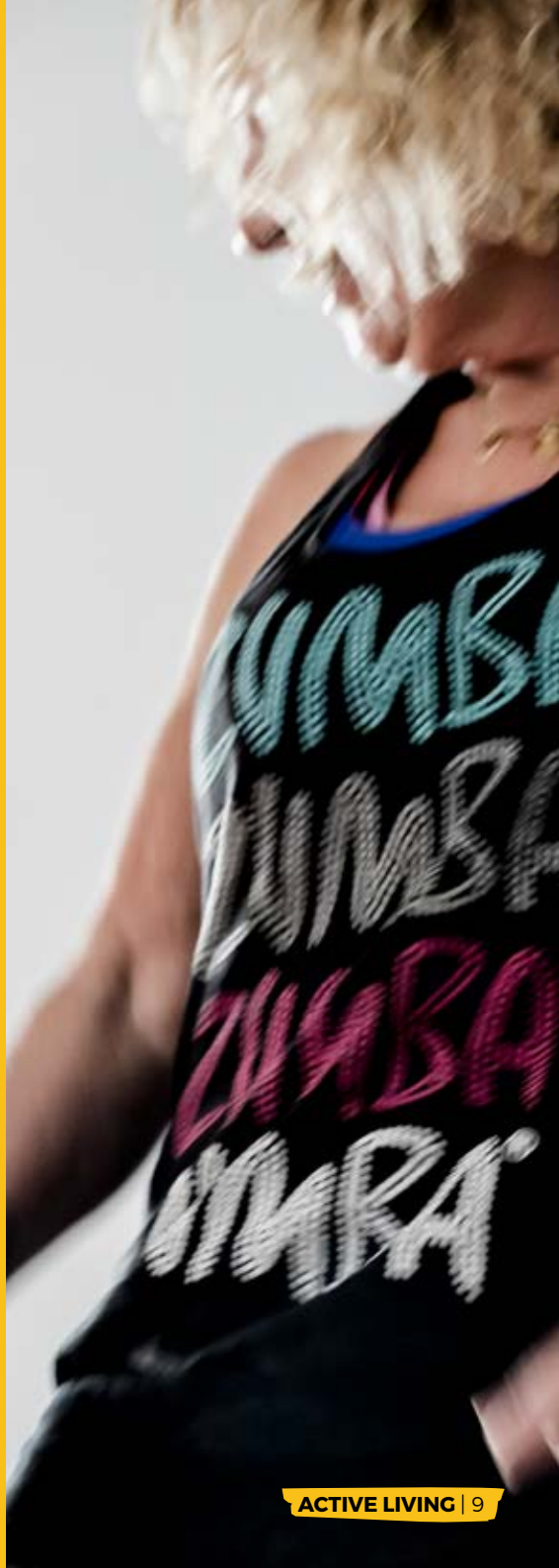
**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$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 much happiness and a positive path to our wellbeing. Come join us for fun.

**(No class 5 June – public holiday)**



# COMMUNITY

## SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**

**Tues 2 May | 7:15<sup>pm</sup> - 8:15<sup>pm</sup>**

**[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 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.**

## WALKING GROUP

**Instructor - Dawne Power**

**Mon - 9:00<sup>am</sup> | Mon & Wed - 6:15<sup>pm</sup>**

**Sat - 8:00<sup>am</sup>**

**[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](http://www.heartfoundation.com.au/walking)**

## HISTORY WALKS

**Bassendean Local Studies**

**First Wed of each month**

**9:45<sup>am</sup> - 11:30<sup>am</sup>**

**[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.



## INTRODUCTION TO NOONGAR HISTORY AND CULTURE

**Presented by Bindi Bindi Dreaming**

**Wed 10 May | 6:30<sup>pm</sup> - 8:30<sup>pm</sup>**

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

**\$15.00**

**Light supper provided**

Bindi Bindi Dreaming is a 100% Aboriginal owned and run business in which shares knowledge about Aboriginal culture and specifically Noongar culture.

This workshop is designed to create awareness and understanding of Noongar history and culture.

“Bindi Bindi invites you to take up the opportunity to expand on your knowledge of Noongar history and culture. A better understanding of respect for Aboriginal and Torres Islander cultures, develops an enriched appreciation of Australia’s Cultural Heritage for all Australian’s.” Bindi Bindi Dreaming mission statement.

This workshop is presented as part of the Town’s commitment to its Reconciliation Act Plan – RAP. To view this document, go to [www.bassendean.wa.gov.au](http://www.bassendean.wa.gov.au)

# BASSENDEAN

## Memorial Library

### LIBRARY CRAFT GROUP

Thursday  
10:00<sup>am</sup> - 12:00<sup>pm</sup> each week

[BASSENDEAN  
MEMORIAL LIBRARY - 094]

FREE

The **Library Craft Group** meets every Thursday 10<sup>am</sup>-12<sup>pm</sup> 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](http://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<sup>am</sup> - 1:00<sup>pm</sup>

[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<sup>pm</sup> - 4:30<sup>pm</sup>

[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<sup>pm</sup> - 4:30<sup>pm</sup>. 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](http://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](http://www.bassendean.wa.gov.au)

3.

Go to [www.bassendean.wa.gov.au](http://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](mailto: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](http://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:	<b>Mastercard:</b>					<input type="checkbox"/>	<b>Visa:</b>					<input type="checkbox"/>			
Card Number:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Expiry Date:						CSV:									
Amount:						Signature:									



# MAP OF *Bassendean*



<b>A</b>	Alf Faulkner Hall
<b>LIB</b>	Bassendean Memorial Library
<b>BCH</b>	Bassendean Community Hall
<b>SNR</b>	Seniors + Community Hall



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**[facebook.com/bassendeanartsandevents](https://facebook.com/bassendeanartsandevents)**