

Town of Bassendean



P R O G R A M

Recreation + Engagement

3

2021



Djilba is a transitional time of the year, with some very cold and clear days combining with warmer, rainy and windy days mixing with the occasional sunny day or two.

This is the start of the massive flowering explosion that happens in the South West. This starts with the yellow flowering plants such as the Acacias. Also colours that are around at this time of year are creams, combined with some vivid and striking blues.

Traditionally, the main food sources included many of the land based grazing animals as in the season before. These included the Yongar (kangaroo), the Waitj (emu) and the Koomal (possum).

As the days start to warm up, we start to see and hear the first of the new borns with their proud parent out and about providing them food, guiding them through foraging tasks and protecting their family units from much bigger animals, including people.

The woodland birds will still be nest bound, hence the swooping protective behavior of the Koolbardi (Magpie) starts to ramp up and if watched closely, so to do the Djidi Djidi (Willy Wag Tails) and the Chuck-a-luck (Wattle Birds) to name a couple of others.

As the season progresses and the temperatures continue to rise, we'll start to see the flower stalks of the Balgas (Grass Trees) emerging in preparation for the coming Kambarang season.

COVID-19

Safety tips



1.

Maintain a safe distance.
1 person per 2sqm or keep
1.5m from others.

2.

Maintain good hygiene -
sanitise your hands when
entering the building

3.

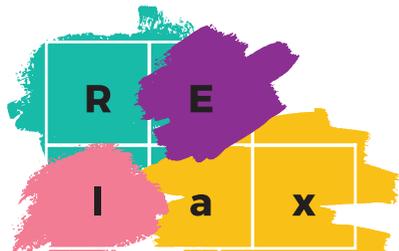
Cough or sneeze into your
elbow if the need arises

4.

If you are feeling unwell, stay
home



Town of Bassendean



P R O G R A M

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**Yes, it's cold. Yes, it's wet.
Get inside and join in the
Town's RELax Program.
Work up a sweat and stay
warm with one of our
health and well-being
courses.**

From relaxing and creative to high intensity, you will find the course to keep you motivated.

Explore your creative side with jewellery workshops! The designers of Make Ka:ke will teach you ways to design and hand craft your own unique jewellery.

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

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher
Mon 19 July | 5:30^{pm} - 6:30^{pm}
[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$110.00 (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 22 July | 5:30^{pm} - 6:30^{pm}
[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$110.00 (10 weeks)
\$165.00 for 2 classes
\$225.00 for all 3 classes

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, max 2kg.



ZUMBA GOLD TONING

Instructor - Pat Fletcher
Wed 21 July 9:30am - 10:30am
[ALF FAULKNER HALL - 097]

\$72.00 (10 weeks)

Perfect for active older adults and beginners who want to focus on muscle conditioning and light weight activity.

Zumba Gold-Toning blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks to shake up those muscles!

Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). Walk in ready to have a blast and tone up, leave exhilarated and empowered! Participants should bring their own dumbbells, max 2kg.

METAFIT

Instructor - Pat Fletcher
Mon 19 or Thurs 22 July
6:30pm - 7:00pm

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

\$110.00 Mon (10 weeks)
\$110.00 Thurs (10 weeks)
or \$165 for both

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 22 July | 9:15^{am} - 10:45^{am}

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

\$110.00

(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 20 July

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

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

[ALF FAULKNER HALL - 097]

\$110.00

(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.



HEALTH & *well-being*



HATHA YOGA

Instructor - Helen Dobbie
Mon 19 July | 7:30^{pm} - 9:00^{pm}
**[SENIORS & COMMUNITY
CENTRE - 096]**

\$110.00

(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.**

Wu Tao

the dancing way

WU TAO THE DANCING WAY

Instructor - Kim Veale

Fri 23 July | 9:30^{am} - 10:30^{am}

[ALF FAULKNER HALL - 097]

\$120.00

(8 weeks)

Work alongside the elements of air, water, wood, fire and earth in this restorative dance sequence.

Wu Tao is a powerful yet gentle way to release stuck energy through these gentle dance movements to experience more flow, joy and harmony in your life. Effective for reducing anxiety, calming the mind and improving energy flow.

A unique dance as therapy modality, grounded in the proven system of Traditional Chinese Medicine.

This course is for people looking to bring more equilibrium and serenity into their life.

SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 20 July | 7:15^{pm} - 8:15^{pm}

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

\$70.00

(10 weeks)

Calling all percussion enthusiasts! Do you feel the pulse, the beat, the rhythm, and soul of music? Would you like to learn how to play a percussive instrument from Brazil? All you need is a little bit of energy, a little bit of fun and the ability to dance and groove to the rhythm of the beat! Our Musical Director will teach you our very own funky percussive compilations, as well as some traditional Samba rhythms from Brazil, in a fun, safe and relaxed environment! Classes are suitable from Teens to adults and all Brazilian instruments will be supplied.

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



RIVET BANGLES

Instructor - Ka:ke Studio

Sat 28 Aug, Sat 4, 11

September | 1:00^{pm} - 5:00^{pm}

[CYRIL JACKSON ARTS HOUSE]

\$150.00

(4 weeks)

In this workshop you'll learn to design, cut, shape and finish a rivet bangle, with a focus on the use of cold connections in jewellery design and making.

Equipment and materials are supplied and this fun, introductory workshop is suitable for all levels of experience.



BENT WIRE JEWELLERY

Instructor - Ka:ke Studio

Sat 31 July | 1:00^{pm} - 5:00^{pm}

[CYRIL JACKSON ARTS HOUSE]

\$50.00

(1 weeks)

ka:ke is an artistic collaboration between Kate Rae and Kerry O'Flaherty.

Bringing 20 years combined experience in the architecture and design industry, ka:ke began as a joint exploration into creating small objects of art to decorate both the body and the home and has grown to undertaking bespoke art commissions.

They explore multi-media, object design, ranging in scale from small and intricate jewellery to large sculptural pieces. Their focus is on sustainable, considered design, creating unique objects combining new and repurposed materials, all carefully hand crafted by the artists.

Follow them on Instagram @make.kake or makekake.com

Design and hand craft your own unique bent wire jewellery.

In this workshop you'll learn to design, cut, shape and finish sterling silver, titanium or brass wire and tube to form and finish jewellery ready to wear.

We will focus on the use of cold connections in jewellery design and making to create your own piece of jewellery.

Equipment and materials are supplied and this fun, introductory workshop is suitable for all levels of experience.





TAI CHI FOR HEALTH

Instructor - Teresa Stokes

Wed 21 July | 6:30^{pm} - 7:30^{pm}

Thurs 22 July | 11:45^{pm} - 12:45^{pm}

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

**\$110.00 each (10 weeks)
\$160.00 for both**

Both enjoyable and relaxing, Tai Chi presents a set of gentle exercises for harmonising body, mind and spirit that you can continue to develop at any age. The slow flowing movements of tai chi are intended to increase internal strength, life energy and improve general wellbeing. This tai chi program introduces an accessible and modernised form of tai chi, incorporating both ancient principles and contemporary medical science aimed at delivering health benefits quickly and promoting inner tranquility.

HOW

to book

1.

Head to **trybooking.com/BSRGO** to select your courses and make payment.

OR

1.

Download a copy of the application form from **bassendean.wa.gov.au/community/relax-program.aspx**

2.

Fill out all fields on the application form

3.

Read the Code of Conduct and Terms and Conditions. Once the application form is signed, you agree to these documents

4.

Send in your completed form

In person:

**35 Old Perth Rd
Bassendean,
WA, 6054**

By post:

**PO Box 87
Bassendean,
WA, 6934**

or email to

mail@bassendean.wa.gov.au

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.			

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:

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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