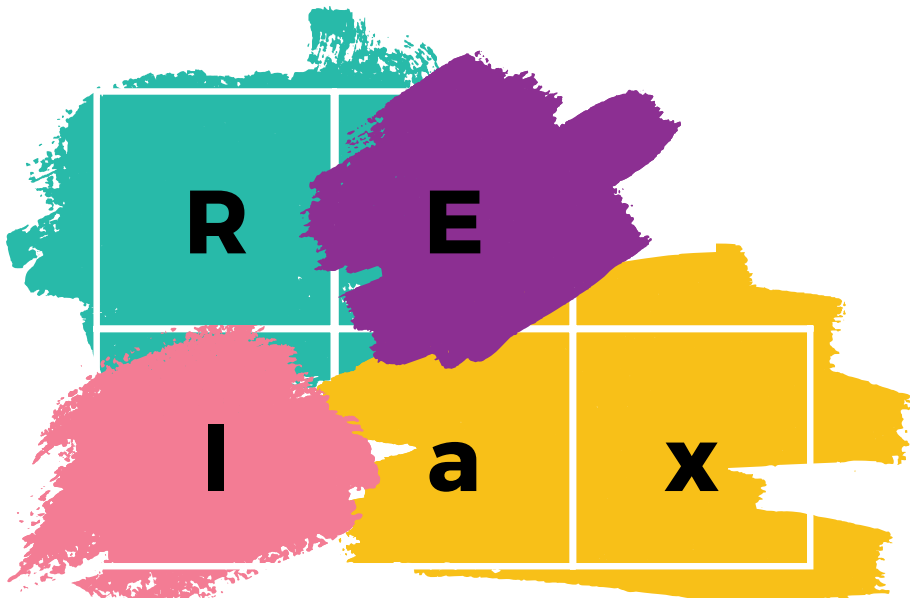


# Town of Bassendean



P R O G R A M

Recreation + Engagement

1

2019

# CALENDAR OF EVENTS 2019

## *town of bassendean*

EVENT:	DATE:	LOCATION:
Gravit8	<b>Fri 8 February</b>	Bassendean Skate Park, Steel Blue Oval
WonderRealm (Fringe Festival Event)	<b>Fri 15-17 February</b>	Town Centre Old Perth Road
Silent Screen + Live Sounds	<b>Sat 9 March</b>	BIC Reserve
Telethon Community Cinemas	<b>Cinema Season through to 30 March</b>	BIC Reserve

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

**Bassendean**  
**Your Move is**  
**here to support**  
**you to get a little**  
**more active -**  
**your way.**

Find out more at [yourmove.org.au](http://yourmove.org.au)



Department of  
Transport



**your  
move**  
more ways to get there



yourmoveWA



YourMoveWA

## Town of Bassendean



**Welcome to Relax 2019! This year will see new courses introduced to provide you more opportunities to get involved with your community and look after your physical and mental health at the same time!**

### **New courses in Term 1 include:**

- Kids Yoga
- Beginners Outdoor Fitness
- Zumba Gold
- Homemade Gnocchi for Beginners

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](mailto: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.

### **HOMEMADE GNOCCHI FOR BEGINNERS**

[see page 9]



# ACTIVE *Living*

## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**

**Mon 11 Feb | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

**[SENIORS AND  
COMMUNITY HALL - 096]**

**\$80.00**

**(8 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 14 Feb | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

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

**\$90.00**

**(9 weeks)**

**\$125.00 for 2 classes**

**\$180.00 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 which should not weigh more than 2kg.



**NEW**

## ZUMBA GOLD

**Instructor - Pat Fletcher**

**Wed 13 Feb | 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$72.00**

**(9 weeks)**

Zumba Gold is perfect for Beginners, Groups, and Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance, plus if you sign up a friend for the term, they will only pay half price!

## METAFIT

**Instructor - Sara Winton**

**Mon 11 Feb or Wed 13 Feb**

**6:00<sup>pm</sup> - 6:30<sup>pm</sup>**

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

**\$80.00 Mon**

**(8 weeks)**

**\$90.00 Wed**

**(9 weeks)**

**\$115.00 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 14 Feb | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

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

**\$90.00**

**(9 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 12 Feb**

**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**

**(9 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.**



**NEW**

## BEGINNERS OUTDOOR FITNESS

**Mon 11 Feb - 5:00<sup>pm</sup> - 6:00<sup>pm</sup>**

**Tues 12 Feb - 9:00<sup>am</sup> - 10:15<sup>am</sup>**

**[ASHFIELD RESERVE - 098]**

**\$90.00**

**(9 weeks)**

Do you feel nervous about the thought of exercise? Are you looking to be fitter and healthier but starting seems intimidating? This course is for a beginner starting off into the exercise & health world. Feeling great and accomplished at the end of a workout are a few benefits but getting outdoors, interacting with other like minded people & still growing in confidence through exercise are all to be gained.

## MUMS AND BUBS YOGA

Mon 11 Feb | 9:30<sup>am</sup> - 10:30<sup>am</sup>  
[ALF FAULKNER HALL - 097]

**\$80.00**

**(8 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 11 Feb | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>  
[SENIORS & COMMUNITY  
CENTRE - 096]

**\$80.00**

**(8 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 30 Mar | 9:30<sup>am</sup> - 11:30<sup>am</sup>**

**[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.

## UKE123 - BEGINNERS

**Instructor - Shaun Chandran**

**Sat 23 Feb | 9:30<sup>am</sup> - 11:30<sup>am</sup>**

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

**\$90.00 BYO UKULELE**

**\$125.00\***

**(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).**





## SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**

**Tues 12 Feb | 7:15<sup>pm</sup> - 8:15<sup>pm</sup>**

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

**\$70.00**

**(8 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 April 2**



**NEW**

## HOMEMADE GNOCCHI FOR BEGINNERS

**Instructor - Daniele Foti-Cuzzola**

**Fri 22 Mar | 6:30<sup>pm</sup> - 8:30<sup>pm</sup>**

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

**\$50.00**

**(1 week)**

Take part in a Friday night hands on Gnocchi class. Enjoy an Aperol Spritz and light Italian snacks on arrival then make your own Ricotta Gnocchi and two types of pasta sauces. We will cook up the gnocchi at the end of the class and feast on our creations. No skill level is required and all equipment is provided.



# CREATIVE

## WU TAO - THE DANCING WAY TO BALANCE & FLOW

**Instructor - Kim Veale**

**Fri 15 Feb | 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**FREE introductory course (8 weeks)**

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**



**NEW**

## DELLADAISY KIDS YOGA

**Instructor - Della Yang**

**Thurs 14 Feb | 4:15<sup>pm</sup> - 5:00<sup>pm</sup>**

**[SENIORS AND COMMUNITY HALL - 096]**

**\$90.00**

**(9 weeks)**

DellaDaisy Kids Yoga is designed to assist 3-7 year old children to know their bodies better and to get stronger and healthier through yoga.

During the 45 minute shared learning experience of yoga, mindfulness and breathing techniques, students will gain the confidence to handle challenging situations now and in the future. Some yoga mats are provided but participants can bring their own if that is preferred. Participants should also bring a water bottle.

# COMMUNITY



## FREE GUIDED WALKS

**Instructor - Local Guides**  
**[VARIOUS LOCATIONS]**

### FREE

#### **River Walk**

Stroll along the Swan River in Bassendean from Point Reserve to Success Hill and return to Point Reserve with an experienced volunteer guide. Learn about local history including interesting people, architecture and natural features. Meet at Point Reserve 9.45am for 10am start. Duration 2 hours.

**Tues 5 February**  
**Tues 2 April**

#### **Historic Homes in Bassendean Walk**

Walk around Bassendean with an experienced volunteer guide and learn about some amazing places and architecture including Daylesford House and Holme House. Start and finish at Bassendean Primary School. 9.45am for 10am start. Duration 2 hours.

Parking available at Harcourt Street  
Meet at Bassendean Primary School at the administration centre (West Road).

#### **Thurs 7 March**

Walks will take place rain, hail or shine. Bring comfortable shoes and a water bottle.

**[www.library.bassendean.wa.gov.au/  
services/local-studies.aspx](http://www.library.bassendean.wa.gov.au/services/local-studies.aspx)**

**[www.facebook.com/  
BassendeanLibrary/](https://www.facebook.com/BassendeanLibrary/)**



# BASSENDEAN

## Memorial library

### LEGO\*

Last Monday of every month  
3:30pm - 4:30pm

Booking required via the booking link provided on the Library Facebook, website and advertising material.

### LIBRARY CRAFT GROUP

Friday 9:00am - 12:00pm each week

### 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).

### 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 quarterly Wednesday evening meet the author events.

### CYBER CITIZENS



Bookings and training sessions available at Bassendean Library.  
Enquiries and bookings: **9279 2966**

[www.bassendean.wa.gov.au/library](http://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](http://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](http://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](http://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](http://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](https://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.**

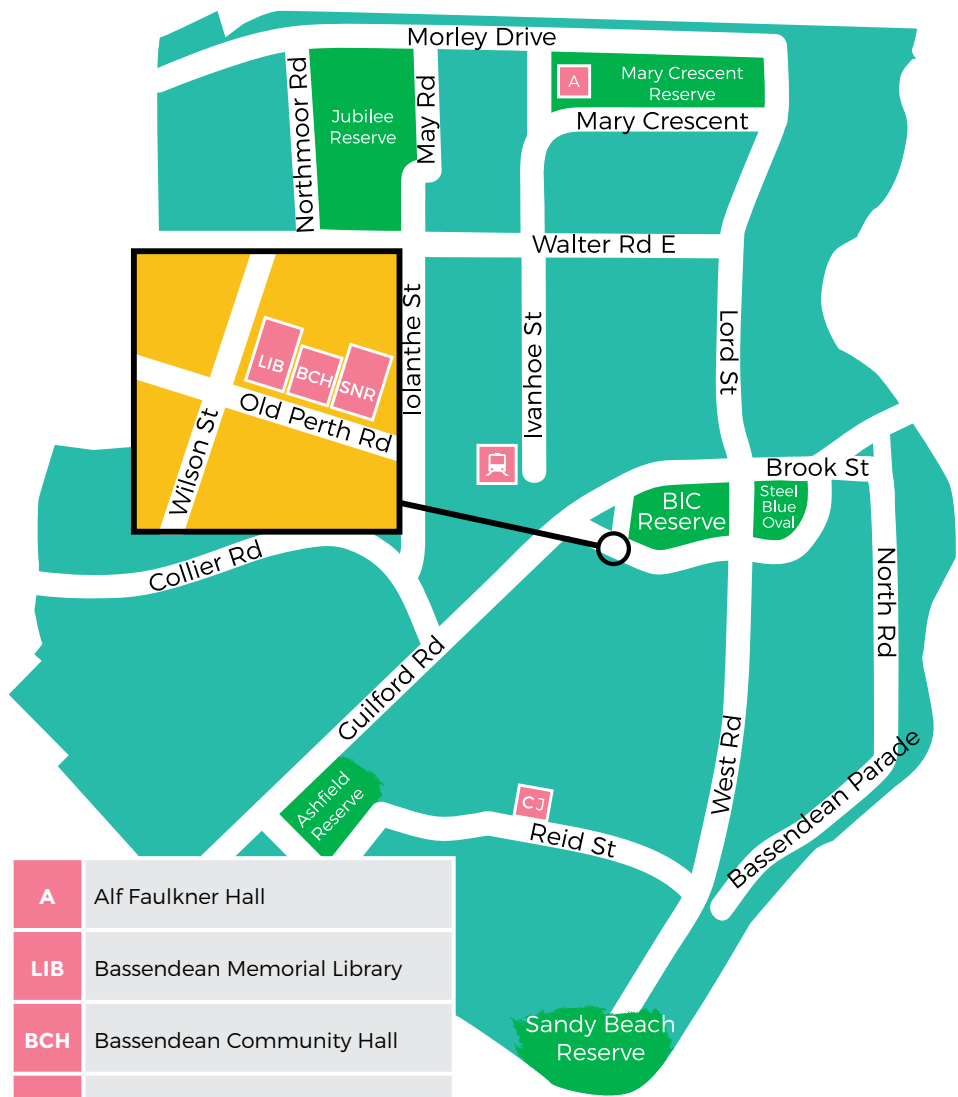
**[Mail]** send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

### Credit Card Details:

Cardholders Name:																								
Please Indicate:	Mastercard:											Visa:												
Card Number:																								
Expiry Date:									CSV:															
Amount:									Signature:															



# MAP OF *Bassendean*



<b>A</b>	Alf Faulkner Hall
<b>LIB</b>	Bassendean Memorial Library
<b>BCH</b>	Bassendean Community Hall
<b>SNR</b>	Seniors + Community Hall
<b>CJ</b>	Cyril Jackson Arts House



**35 Old Perth Road, Bassendean  
Western Australia 6054**

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**[www.bassendean.wa.gov.au](http://www.bassendean.wa.gov.au)**

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