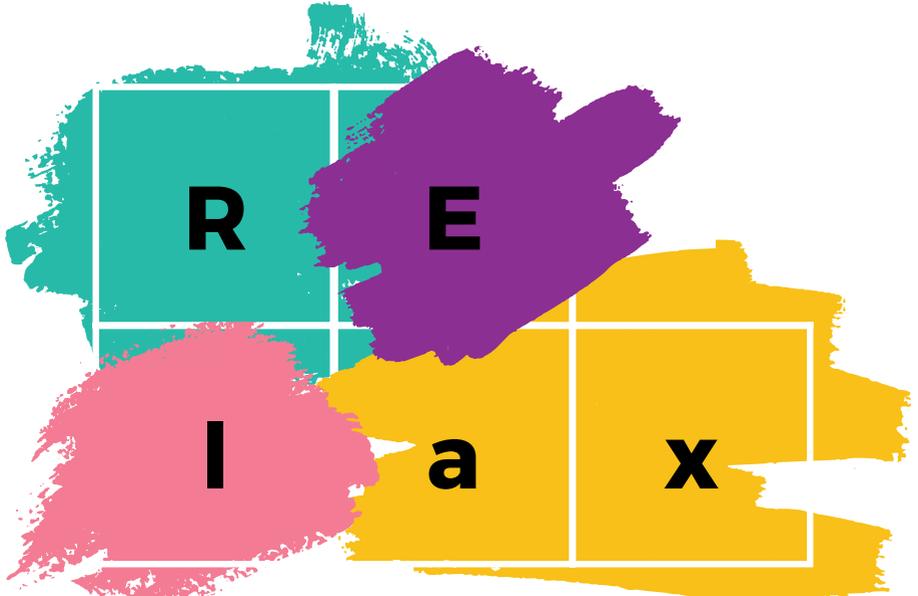


# Town of Bassendean



P R O G R A M

Recreation + Engagement

2

2019

# CALENDAR OF EVENTS 2019

*town of bassendean*

EVENT:	DATE:	LOCATION:
Danjoo Koorliny	<b>Thurs 23 May</b>	Mary Crescent Reserve
NAIDOC Family Fun Day	<b>Thurs 11 July</b>	Ashfield Reserve
Avon Descent Family Fun Day	<b>Sun 4 Aug</b>	Point Reserve

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



**Town of Bassendean is a proud partner of Act-Belong - Commit! We are committed to promoting the A-B-C guidelines for positive mental health...**

**ACT:** Keep mentally, physically, socially and spiritually active. For example take a stroll with Bassendean's walking group by the river, discover the library, get closer to nature at our many Parks and Reserves, visit the Old Perth Road Markets or enrol in a activity through the RE lax program.

**BELONG:** Join one or more of the many community groups in Bassendean - the Men's shed, Bassendean Arts Community, the Ashfield Community Action Network, Lions club, Bassendean Preservation Group and many, many more!

**COMMIT:** Take on a cause, a challenge or something new. Get in touch with the Bassendean Volunteer Centre and see what you can do to get involved and make a difference.

To find out more about how you can **Act-Belong-Commit** contact the Bassendean Volunteer Centre, [www.bassendeanvolunteer.com.au](http://www.bassendeanvolunteer.com.au) or see the Town of Bassendean community notice board, [www.bassendean.wa.gov.au](http://www.bassendean.wa.gov.au) or visit the **Act-Belong-Commit** website at, [www.actbelongcommit.org.au](http://www.actbelongcommit.org.au) .

Town of Bassendean



WANJOO  
WORKSHOP, GINA  
WILLIAMS & GUY  
GHOUSE

[see page 9]

**Welcome to Term 2 Relax 2019!**  
**This year will see new courses introduced to provide you with more opportunities to get involved with your community and look after your physical and mental health at the same time!**

**New courses in Term 2 include:**

- Fresh Pasta Workshop
- Food Art Workshop
- Wanjoo Song Workshop

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.



# ACTIVE *Living*



## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**  
Mon 29 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 happiness and positivity to our wellbeing. Come join us for fun. **\*No class June 3**

## THURSDAY NIGHT ZUMBA TONING

**Instructor - Pat Fletcher**  
Thurs 2 May | 5:00<sup>pm</sup> - 6:00<sup>pm</sup>  
[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]

**\$90.00** (10 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, max 2kg.



## ZUMBA GOLD

**Instructor - Pat Fletcher**

**Wed 1 May | 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[ALF FAULKNER HALL - 097]**

**\$72.00**

**(10 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 29 April or Wed 1 April**

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

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

**\$90.00 Mon**

**(9 weeks)**

**\$100.00 Wed**

**(10 weeks)**

**\$145.00 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.**

**\*No class June 3**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**  
**Thurs 2 May | 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.**

## PILATES

**Instructor - Kavan London**  
**Tues 30 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]**

**\$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.**



## BEGINNERS OUTDOOR FITNESS

**Instructor - Daniel Amato**  
**Tues 30 April - 9:15<sup>am</sup> - 10:15<sup>am</sup>**  
**[ASHFIELD RESERVE - 098]**

**\$100.00** (10 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.

Take your first step and come along to "Beginners Outdoor Exercise"

## MUMS AND BUBS YOGA

Mon 29 April | 9:30<sup>am</sup> - 10:30<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 June 3**

## HATHA YOGA

Instructor - Helen Dobbie

Mon 29 April | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>

[SENIORS & COMMUNITY CENTRE - 096]

\$90.00

(9 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.

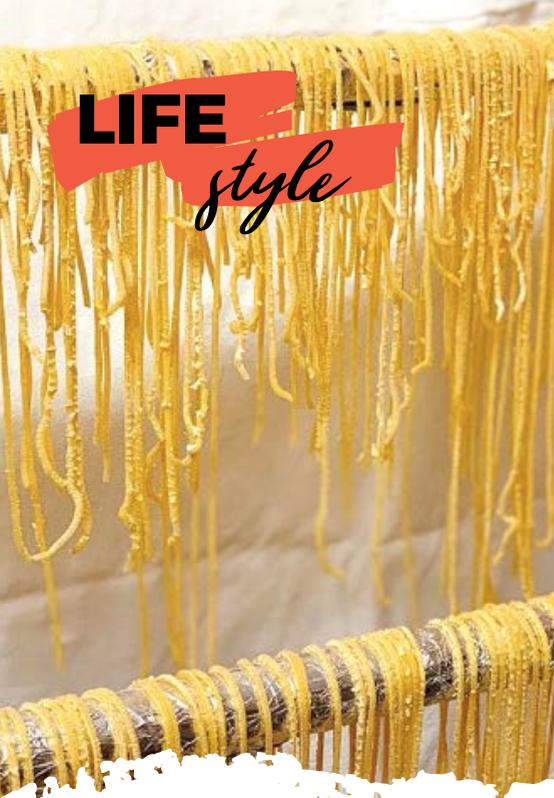
Hatha Yoga classes include a range of postures from sitting and lying prone as well as standing, squatting and some practices on hands and knees.

**Check with a medical practitioner if you have health concerns.**

# HEALTH &

*well-being*





**LIFE**

*style*

## SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**

**Tues 30 April | 7:15<sup>pm</sup> - 8:15<sup>pm</sup>**

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

**\$70.00**

**(10 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.**

## FRESH PASTA WORKSHOP

**Instructor - Daniele Foti Cuzzola**

**Fri 24 May | 6:30<sup>pm</sup> - 8:30<sup>pm</sup>**

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

**\$50.00**

**NEW**

Take part in a Friday night hands on class learning how to make fresh pasta. Enjoy an Aperol Spritz and light Italian snacks on arrival and make your own pasta, with two types of pasta sauces. We will then cook up the pasta at the end of the class. No skill level required and all equipment provided.

## UKE123 - BEGINNERS

**Instructor - Shaun Chandran**

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

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

**\$90.00 BYO UKELELE**

**\$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).**



## FOOD ART WORKSHOP

**Instructor - Nami Osaki**

**Sun 9 June | 2:00pm - 5:00pm**

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

**\$50.00 - Adult | \$40.00 - Teen  
\$75.00 - 1 Adult & 1 Child (1 week)**

Imagine you could make hundreds of different types of bread in your kitchen. ...like decorative dessert bread, burger buns, bagels, Indian naan, healthy superfood pizza base, cute animal shaped bread or even dim sum bbq pork buns.

From one simple bread dough recipe you will be able to make all of these!

You will learn how simple and easy it is to make any type of bread in this hands-on class. By the end of the class you will have your own sweet and savoury bread to take home.

There will be an opportunity for participants to taste delicious testers of the different types of breads, on the day.

NEW

## WANJOO SONG WORKSHOP

NEW

**Instructor - Gina Williams  
& Guy Ghouse**

**Sun 12 May | 2:30pm - 4:00pm**

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

**\$10.00**

**(1 week)**

This workshop covers the importance of keeping Noongar language and culture alive. You will learn the Wanjoo (Welcome) song, the correct pronunciation of the lyrics and the importance of saying welcome.

The workshop will cover the four principles given to us by Uncle Tom Hayden, an important elder in the Kellerberrin community (where Gina's mother was born and most of her biological family come from).

**The "Balladong" principles are:**

1. Koort (heart)
2. Moort (family, and those we choose to call family)
3. Ngalang boodja (our land)
4. Koorlangka (children and legacy)

**This workshop is suitable for  
8yrs and over (children must be  
accompanied by an adult).**



# CREATIVE

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

**Instructor - Kim Veale**

**Fri 2 May | 6:30<sup>pm</sup> - 7:30<sup>pm</sup>**

**[BASSENDEAN COMMUNITY HALL,  
MAIN HALL - 096]**

**Fri 3 May | 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**



## DELLADAISY KIDS YOGA

**Instructor - Della Yang**

**Thurs 2 May | 4:15<sup>pm</sup> - 5:00<sup>pm</sup>**

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

**\$80.00**

**(8 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 4 June**  
**Thurs 4 July**

#### 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 2 May

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](http://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:	<input type="checkbox"/>	Visa:
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"/>
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**

PO Box 87, Bassendean, WA 6934

**T** | (08) 9377 8000

**E** | [mail@bassendean.wa.gov.au](mailto:mail@bassendean.wa.gov.au)

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

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