

Town of Bassendean



P R O G R A M

Recreation + Engagement

1

2020

CALENDAR OF EVENTS 2020

town of bassendean

EVENT:	DATE:	LOCATION:
Gravit8	Fri 28 Feb	Bassendean Skate Park, Steel Blue Oval
WonderRealm Fringe Festival Event	Fri 7 to Sun 9 Feb Fri 14 to Sun 16 Feb	Town Centre, Old Perth Rd
Telethon Community Cinemas	Cinema Season through to 29 March	BIC Reserve

For event and course updates and further information, follow Town of Bassendean on [facebook.com/bassendeanCouncil](https://www.facebook.com/bassendeanCouncil)

WONDERREALM BASSENDEAN GOES VEGAS!

GLAMOUR! EXCITEMENT! GREAT ENTERTAINMENT!

Join us at WonderRealm as the sun sets and enjoy our amazing surrounds featuring the:

- WonderRealm Festival Bar
- The Pink Palace
- Pink Flamingo Supper Club

A huge curated entertainment program including shows:

- "Souled Out"
- "Magic of Mowtown"
- "The Cotton Club"
- "Fire and Ice"

As well as great roving entertainment and spot shows throughout the festival grounds!

Over 2 weekends:

Fri 7 to Sun 9 Feb
Fri 14 to Sun 16 Feb

WONDERREALM
AT BASSENDEAN

Town of Bassendean



Welcome to Relax 2020! It is hard to believe we are into a new decade already! There is no better time to set new goals for yourself and have clear vision on how to achieve them.

New courses in Term 1 include:

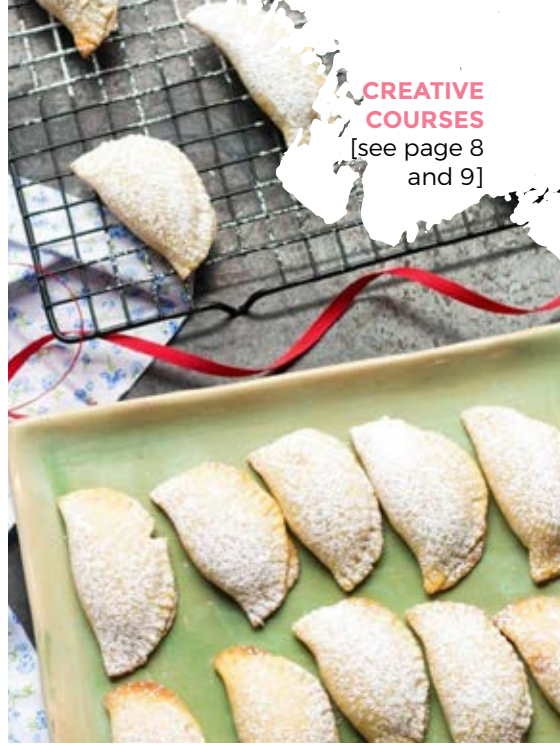
- Wu Tao - regular classes as well as beginners
- Italian Baked Goods
Sweet Ravioli
- Make Beeswax Wraps

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.

CREATIVE COURSES

[see page 8 and 9]





ACTIVE *Living*

MONDAY NIGHT ZUMBA

Instructor - Pat Fletcher

Mon 17 Feb | 5:30^{pm} - 6:30^{pm}

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

\$70.00

(7 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 March 2**

THURSDAY NIGHT ZUMBA TONING

Instructor - Pat Fletcher

Thurs 13 Feb | 5:30^{pm} - 6:30^{pm}

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

\$90.00

(9 weeks)

\$125.00 for 2 classes

\$175.00 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 12 Feb | 9:30^{am} - 10:30^{am}

[ALF FAULKNER HALL - 097]

\$65.00

(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 - Pat Fletcher

Mon 10 Feb or Thurs 13 Feb

6:30^{pm} - 7:00^{pm}

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

\$80.00 Mon

(8 weeks)

\$90.00 Wed

(9 weeks)

\$125.00 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.

***No class March 2**

Please note that people with health concerns will require a doctor's approval to participate.

THURSDAY MORNING YOGA

Instructor - Sally Riddell

Thurs 6 Feb | 9:15^{am} - 10:45^{am}

**[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 11 Feb

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

7:30^{pm} - 8:30^{pm} (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.





HEALTH & *well-being*

HATHA YOGA

Instructor - Helen Dobbie

Mon 10 Feb | 7:30^{pm} - 9:00^{pm}

**[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.

***No Class March 2**

CREATIVE

ITALIAN BAKED GOODS SWEET RAVIOLI

Instructor - Daniele Foti-Cuzzola

Sat 14 March | 2:00pm - 4:00pm

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

\$50.00

(1 week)

Enjoy a hands on workshop where you will learn to make your own sweet ravioli. From making the delicate pastry, to tasty fillings; participants will then be treated to a light afternoon tea and get to take their own treats home.

Bring an apron and a spare container.

NEW





MAKE AND TAKE BEESWAX WRAPS

Instructor - Earth Girl - Karla Hooper
Sat 7 March | 2:30pm - 4:00pm
[BASSENDEAN COMMUNITY HALL
(MAIN HALL) - 096]

\$30.00

(1 week)

Beeswax Wraps are material dipped in beeswax which can be reused infinite times. They're a sustainable alternative to plastic cling wrap that have many uses - to cover food in a bowl or on a plate, or liquid in a cup, wrap sandwiches, cover the ends of cut fruit and veggies. And so many more ways!

In this workshop you will make one large and one small wrap.





SAMBA DRUMMING GROUP

Instructor - Maria Daniels

Tues 11 Feb | 7:15pm - 8:15pm

**[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 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.

Wu Tao

the dancing way

WU TAO THE DANCING WAY

NEW

Instructor - Kim Veale

***Beginners Classes | **Regular Classes**

***Wed 12 Feb | 6:00pm - 7:15pm**

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

\$90.00

(6 weeks)

****Sun 16 Feb | 9:00am - 10:00am**

[ALF FAULKNER HALL - 097]

\$120.00

(8 weeks)

Based on Traditional Chinese Medicine, Wu Tao is a combination of movement, music and meditation which works to optimise the flow of Qi (energy) in the body. If you love dancing, this is a wonderful way to restore balance and calm to your mind, emotions and physical body.

Please wear comfortable clothing and bring a yoga mat/ towel and a water bottle.

COMMUNITY



FREE GUIDED WALKS

Instructor - Local Guides
[VARIOUS LOCATIONS]

FREE

Guided walks continue at the Town of Bassendean in 2020 with a new guided walk.... Exploring Eden Hill! Places to see include Jubilee Reserve, Eden Hill Primary School and Mary Crescent Reserve.

MEETING POINTS

OLD PERTH ROAD WALK - FEB 4

Bassendean Memorial Library foyer,
46 Old Perth Road, Bassendean

HISTORIC HOMES WALK - MAR 3

Outside Bassendean Primary School
carpark, West Road, Bassendean

EXPLORING EDEN HILL WALK - APRIL 7

Jubilee Reserve at Stan Moses
Pavilion, Robinson Road, Eden Hill.

RIVER WALK - MAY 5

Point Reserve, Bassendean
(top carpark)

- Participants walk at their own risk. Your safety is your responsibility.
- Recording of the guided walk content is not permitted.
- Participants are advised to wear appropriate apparel for the weather conditions and bring along a water bottle.
- Allow 2 hours per walk, arriving 9.45am for a 10am start.
- Additional walks can be arranged for groups on request- subject to the availability of the guide.

For more information contact the Local Studies Librarian at:

Bassendean Memorial Library,
46 Old Perth Road,
Bassendean 6054.

9279 2966

baslib@bassendean.wa.gov.au
Library.bassendean.wa.gov.au

The Town of Bassendean acknowledges the Nyoongar people as traditional custodians of the land and water and pays respect to them, their culture, their Elders, past, present and emerging.

BASSENDEAN

Memorial library

LEGO*

Last Monday of every month
3:30^{pm} - 4:30^{pm}

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

 facebook.com/BassendeanLibrary/

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.

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
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**

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**

3.

Read through the Code of Conduct and Terms and Conditions - available through **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

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 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.**

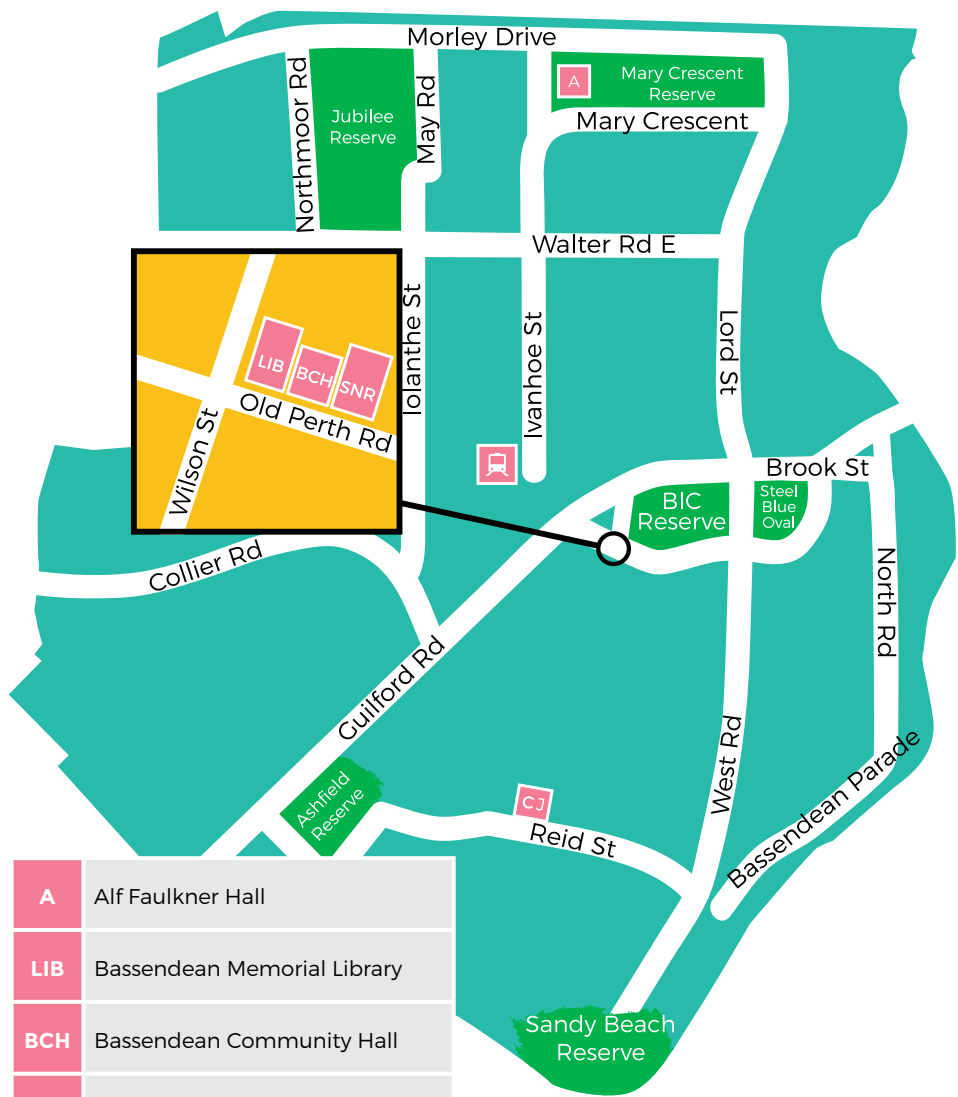
[Mail] send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

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

T | (08) 9377 8000

E | mail@bassendean.wa.gov.au

www.bassendean.wa.gov.au

facebook.com/bassendeancouncil