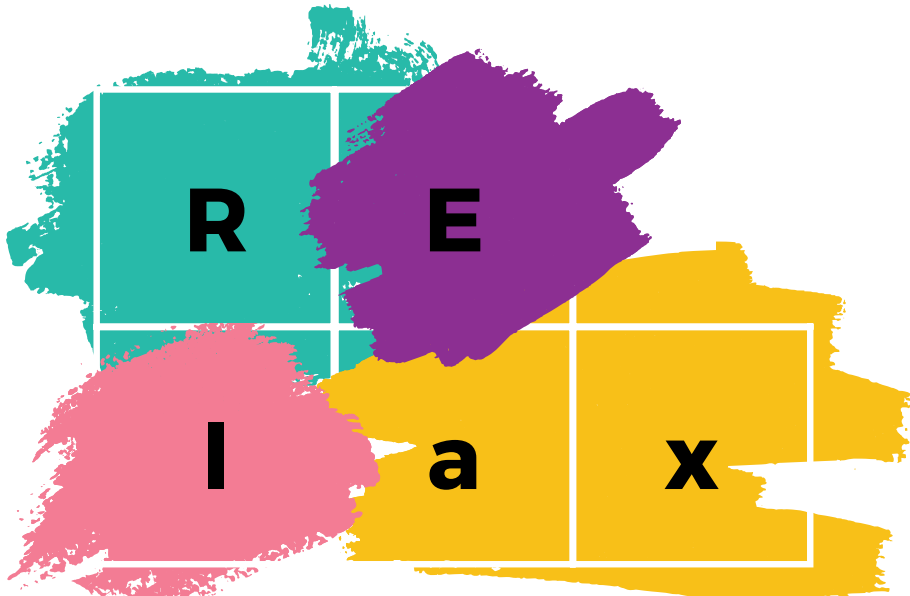


# Town of Bassendean



P R O G R A M

Recreation + Engagement

4

2022



During the Kambarang season, we see an abundance of colours and flowers exploding all around us. The yellows of many of the Acacias continue to abound, along with some of the Banksias and many other smaller delicate flowering plants including the Kangaroo Paw and Orchids. Also during this time the Balgas will also start to flower, especially if they've been burnt in the past year or closely shaved.

One of the most striking displays of flowers to be seen during this season will be the "Mooja", or Australian Christmas Tree (Nuytsia). The bright orang/yellow flowers serve to signal the heat is on its way.

For the animals, October is also the most likely time of the year that you'll encounter a snake as the reptiles start to awaken from their hibernation and look to make the most of the warm to assist them in getting enough energy to look for food. It's also a time that many young families of birds will be singing out for their parents to feed them. Koolbardies (Magpies) will also be out protecting their nests and their babies.

Many things are undergoing transformation with the warm change in the weather. Longer dry periods accompany a definite warming trend.

# 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

Recreation + Engagement

**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*

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

**Thurs 13 October | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

**[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.**

## MONDAY NIGHT ZUMBA

**Instructor - Pat Fletcher**

**Mon 17 October | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>**

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

**\$99.00**

**(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!



## THURSDAY NIGHT ZUMBA TONING

**Instructor - Pat Fletcher**

**Thurs 13 October | 5:30<sup>pm</sup> - 6:30<sup>pm</sup>**

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

**\$110.00**

**(10 weeks)**

**\$155.00 for 2 classes**

**\$210.00 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 12 October 9:30<sup>am</sup> - 10:30<sup>am</sup>**

**[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 17 October and Thurs 13 October**

**6:30<sup>pm</sup> - 7:00<sup>pm</sup>**

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

**\$99.00 Mon**

**(9 weeks)**

**\$110.00 Thurs**

**(10 weeks)**

**or \$155.00 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.**



# HEALTH & *well-being*

## PREGNANCY YOGA

**Instructor - Treana Jones**

**Saturdays | 9:00<sup>am</sup> - 12:00<sup>pm</sup>**

**[ALF FAULKNER HALL - 097]**

**FREE**

**(ON GOING)**

Suitable at all stages of pregnancy. Classes focus on fostering trust in your body's ability to carry a baby and give birth. Building strength, enhancing health and connecting with your baby to make pregnancy a time to celebrate. Skills for labour such as breath awareness, visualisations, affirmations and relaxation are included. Informal Education sessions cover topics including hormones of birth, positions and skills, pain coping techniques, caesarean, interventions and support.

## HATHA YOGA

**Instructor - Helen Dobbie**

**Mon 10 October | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**

**[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.**

# LIFE *style*

## Wu Tao

the dancing way

### WU TAO THE DANCING WAY

**Instructor - Kim Veale**  
**Fri 14 October | 9:30am - 10:30am**  
**[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 11 October | 7:15pm - 8:15pm**  
**[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.**





## TAI CHI FOR HEALTH

**Instructor - Teresa Stokes**

**Wed 12 October | 6:00<sup>pm</sup> - 7:00<sup>pm</sup>**

**Thurs 13 October | 11:45<sup>pm</sup> - 12:45<sup>pm</sup>**

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

**\$110.00 each**

**(10 weeks)**

**\$165.00 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.

## AFRICAN DRUMMING

**Instructor - Maria Daniels Tues**

**11 October | 5:30<sup>pm</sup> - 6:45<sup>pm</sup>**

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

**\$100.00**

**(10 week)**

Considered as a variation and extension of cultural percussion, the Bassonovas, are very excited to offer a brand new and exhilarating experience of African drumming! These classes will offer a brief insight into the basic history and culture of the music, and you learn the techniques of how to play the Djembe, Dunduns, Agogo bells and Shekeres, inclusive of some African vocals! A collaboration of songs is chosen to mean only one thing and that is 'celebration!' So, you are guaranteed go home feeling happy, relaxed, and energised! Classes are suitable from late Teens to Adults and all African instruments and chairs will be provided. So, get in quick as places are limited! Looking forward to seeing you there! Those with any health concerns, are required to obtain a medical clearance from their doctor.

# HOW to book

1.

Head to **trybooking.com/CCXYM** 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](https://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.**

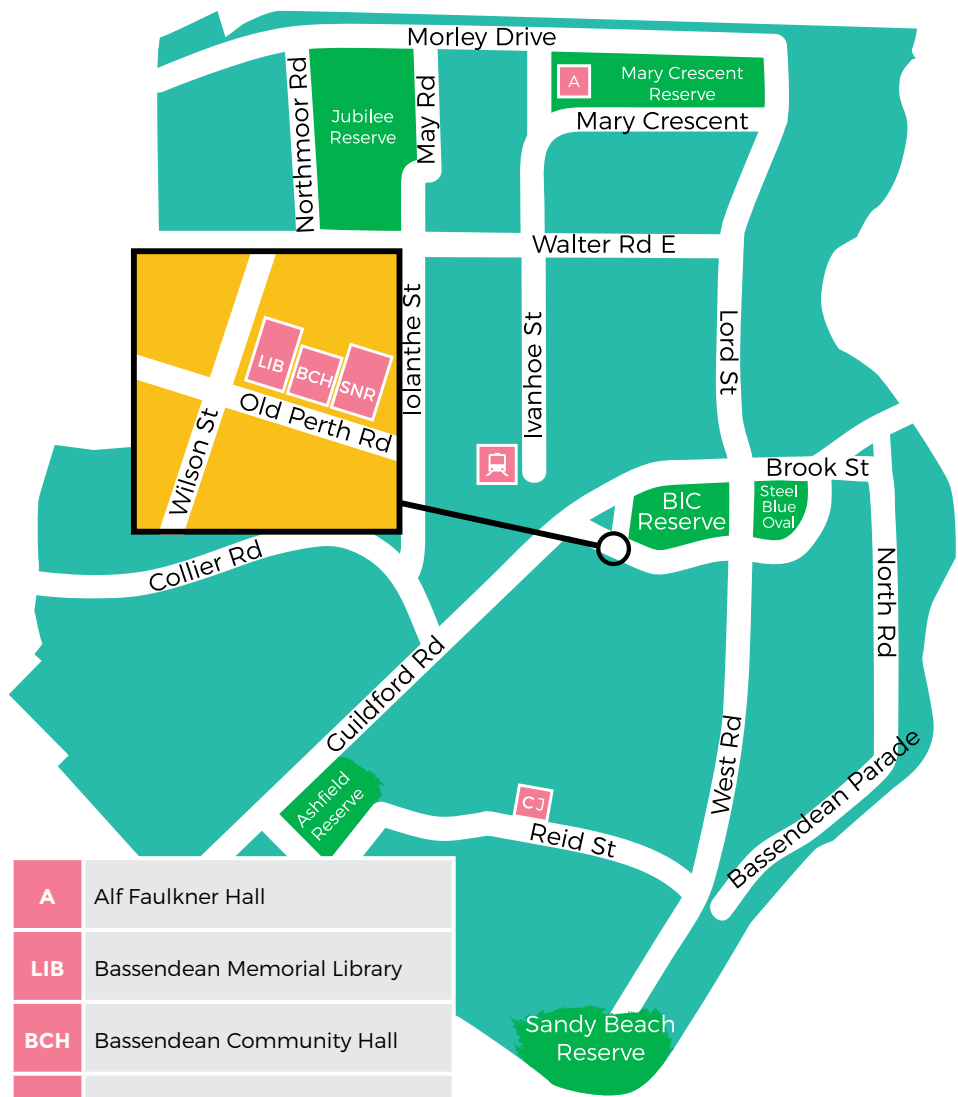
**[Mail]** send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

### Credit Card Details:

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



# MAP OF *Bassendean*



|            |                             |
|------------|-----------------------------|
| <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/bassendeancouncil](https://facebook.com/bassendeancouncil)**