

# Town of Bassendean



P R O G R A M

Recreation + Engagement

3

2019

# CALENDAR OF EVENTS 2019

*town of bassendean*

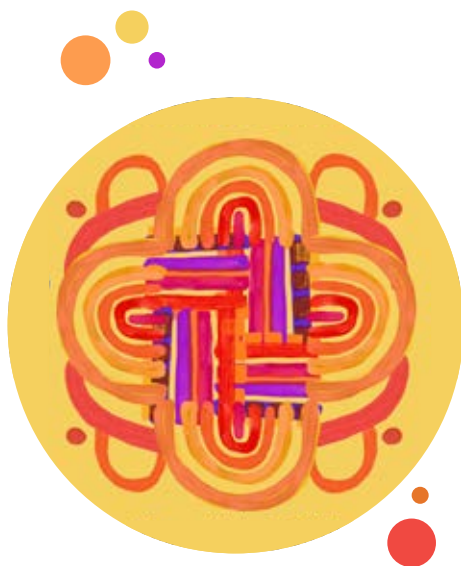
EVENT:	DATE:	LOCATION:
NAIDOC Family Fun Day	<b>Thurs 11 July</b>	Ashfield Reserve
Avon Descent Family Fun Day	<b>Sun 4 Aug</b>	Point Reserve
Bassendean Visual Art Awards	<b>Fri 20 - Wed 25 Sep</b>	Bassendean Community Hall

**For event and course updates and further information, follow Town of Bassendean Arts and Events on  facebook.com/bassendeancouncil**

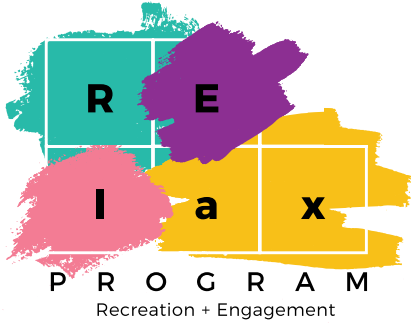
## 2019 NAIDOC FAMILY FUN DAY

Ashfield Reserve, Cnr Fisher St and Guildford Rd, Ashfield.

Presented in partnership with Derbarl Yerrigan Health Service Inc, NAIDOC Family Day is the largest and best-loved event on the Perth NAIDOC Week calendar. Entirely **FREE**, the event celebrates Aboriginal culture and art with live performances and hands-on fun for all ages, with a special focus on Noongar culture and this year's national NAIDOC Week Theme - VOICE, TREATY, TRUTH. Enjoy information stalls, a youth zone, children's activities and more, as well as Derbarl Yerrigan's Moorditj Healthy Lifestyle Zone, and the ever-popular Deadly Jobs Expo. NAIDOC Family Day is smoke, alcohol and pet free event. Follow the Town's Arts and Events [facebook.com/bassendeancouncil](https://www.facebook.com/bassendeancouncil) page for updates as the program is finalised, or call **9377 8000**.



Town of Bassendean



WANJOO  
WORKSHOP, GINA  
WILLIAMS & GUY  
GHOUSE

[see page 8]

**Just like that, half of 2019 has passed. The Relax Program is still here to get you through the dreary winter though! Stay active and keep warm with our array of fitness classes and meet new friends while taking part.**

So make sure you keep physically and mentally active this winter by getting involved.

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 22 July | 5:00pm - 6:00pm**  
**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$80.00 - Mon or Thurs (8 weeks)**

**\$120.00 - Mon & Thurs**

**\$170.00 - All 3 classes**

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. **8 week term due to Bassendean Visual Art Awards.**

## THURSDAY NIGHT ZUMBA TONING

**Instructor - Pat Fletcher**  
**Thurs 25 July | 5:00pm - 6:00pm**  
**[BASSENDEAN COMMUNITY HALL  
(MAIN HALL) - 096]**

**\$80.00 for Mon or Thurs (8 weeks)**

**\$120.00 for 2 classes**

**\$170.00 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. **8 week term due to Bassendean Visual Art Awards.**



## ZUMBA GOLD

**Instructor - Pat Fletcher**

**Wed 24 July | 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 22 July or Wed 24 July**

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

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

**\$80.00 Mon or Wed**

**(8 weeks)**

**\$120.00 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.

**Please note that people with health concerns will require a doctor's approval to participate. 8 week term due to Bassendean Visual Art Awards.**

## THURSDAY MORNING YOGA

**Instructor - Sally Riddell**

**Thurs 25 July | 9:15<sup>am</sup> - 10:45<sup>am</sup>**

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

**\$80.00**

**(8 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.  
8 week term due to Bassendean Visual Art Awards**

## PILATES

**Instructor - Kavan London**

**Tues 23 July**

**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 23 July - 9:15<sup>am</sup> - 10:15<sup>am</sup>**

**[ASHFIELD RESERVE - 098]**

**\$90.00**

**(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"



# HEALTH & *well-being*

## HATHA YOGA

**Instructor - Helen Dobbie**  
**Mon 22 July | 7:30<sup>pm</sup> - 9:00<sup>pm</sup>**  
**[SENIORS & COMMUNITY CENTRE - 096]**

**\$100.00**

**(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.**

## WANJOO SONG WORKSHOP

**Instructor - Gina Williams  
& Guy Ghouse**

**Sun 28 July | 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).**

## SAMBA DRUMMING GROUP

**Instructor - Maria Daniels**

**Tues 23 July | 7:15pm - 8:15pm**

**[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. 8 week term due to Bassendean Visual Art Awards**





# CREATIVE

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

**Instructor - Kim Veale**

**Thurs 25 July | 6:30<sup>pm</sup> - 7:30<sup>pm</sup>**

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

**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 please bring a yoga mat, drink bottle and comfortable clothes. Beginners and regular dancers welcome.**



## DELLADAISY KIDS YOGA

**Instructor - Della Yang**

**Thurs 25 July | 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.

**Thurs 5 September**

### **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).

**Tues 6 August**

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!



# 2019 BASSENDEAN VISUAL ART AWARDS

**20-25 SEPTEMBER 2019**

Bassendean Community Hall,  
48 Old Perth Rd  
(downstairs), Bassendean

**COME AND SEE  
LOCAL, EMERGING  
AND EXPERIENCED  
ARTISTS!**

Registration closes  
5<sup>pm</sup> Friday 16 August.

Entry information can be found:  
[bassendean.wa.gov.au/news/2019-bassendean-visual-art-awards/296](http://bassendean.wa.gov.au/news/2019-bassendean-visual-art-awards/296)



# 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:
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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.**

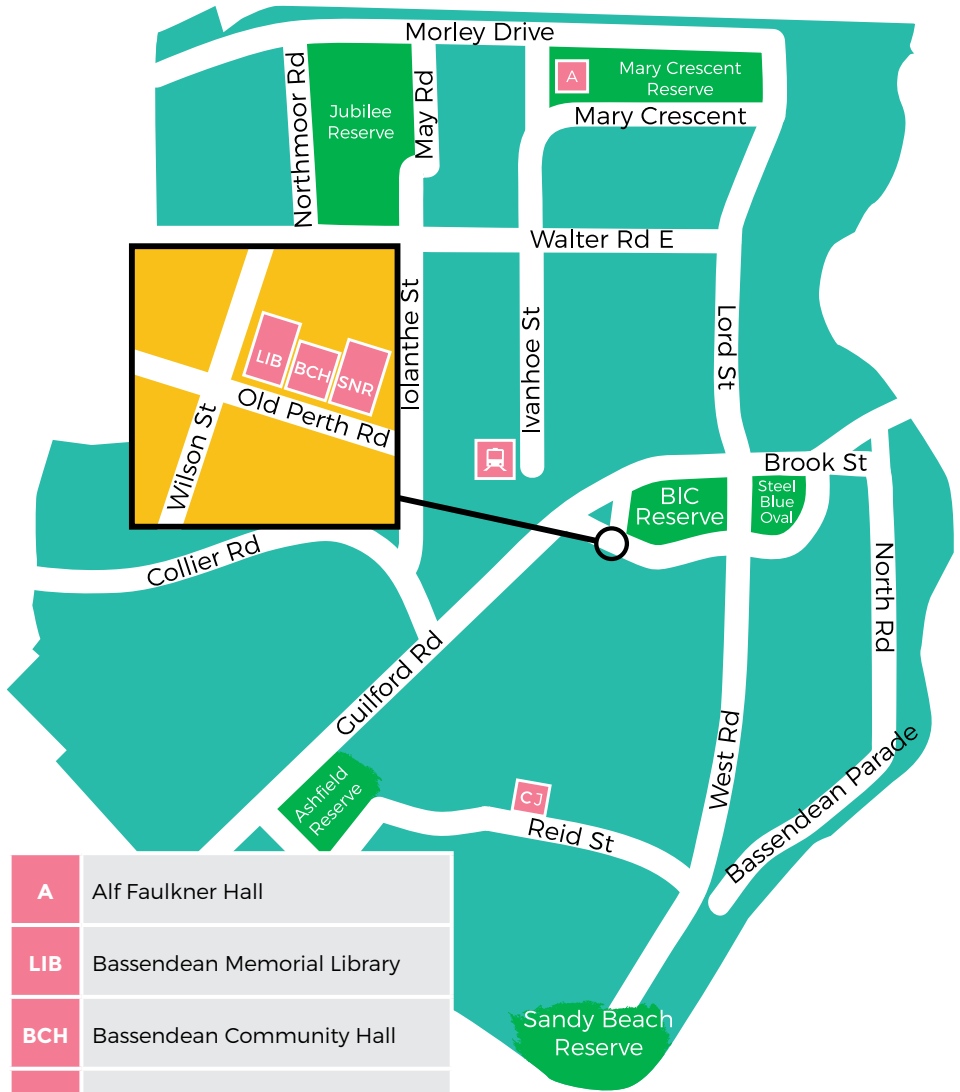
**[Mail]** send cheque or money order made payable to "Town of Bassendean" to: **Town of Bassendean PO Box 87 Bassendean WA 6934.**

### 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/bassendeancouncil](https://facebook.com/bassendeancouncil)**