

Welcome back everyone!

It has been fantastic seeing everyone again, watching you reconnect with friends and bringing the centres to life with laughter, creativity and sense of belonging. The centres are simply not the same without you!

During the time spent without our members, it gave us a chance to gather our thoughts and come up with some new activities, and to start forward planning. One of those activities is a new group led by City of Bayswater Age Friendly Ambassador, Roger Tomlins. Roger has brought the Friendship Group to a new home at Bayswater community centre, and anyone interested in joining the group for varied activities, discussions and gentle exercise, will be most welcome, every Tuesday between 10am-12noon. Other new initiatives include coffee catch-ups, art projects, information sessions and a Link and Learn program on the first Wednesday of each month, where you can be informed, get creative, or whatever we surprise you with.

We are conscious some of our members may be disappointed their favourite activity still hasn't returned or has taken time to be reintroduced. The Government's Roadmap to Recovery and ongoing COVID-19 requirements determine how we respond at the City. So as soon as restrictions are further lifted, we'll be in touch to bring you the news you are waiting for.

Thank you all once again for being part of our community. It's wonderful having you breathe life into the centres once again.

Lynda Blackie

Program Officer
Bayswater Community Centre

and

Rosie Daniele

Program Officer
Morley Community Centre



Mayor, Dan Bull with Line dancers at Morley

Centre Connect

It sure would be nice to see you....

Please join us for an informal coffee and a chat. Why you ask? Just a chance to visit and catch up with friends. There will be a door prize on the day.

Morley Community Centre
Friday, 11 September 1pm to 2.30pm
Bayswater Community Centre
Thursday, 1 October 9.30 to 11am.



There is no charge, but given social distancing requirements, **bookings are essential.**

Please put your name down at the centre's welcome desk or call Lynda (Bayswater) on 9271 5198 or Rosie (Morley) on 9276 6108 to register your attendance.



Change of Date! Unreel-Social September Movie @ Bayswater Community Centre.

Little Women will now be screening on **WEDNESDAY 30 SEPTEMBER** and not 23 September as originally advertised.

The movie will commence at 12.45pm.

Thank you for your understanding and see you there!

'Get Back on Your Bike for Older Adults' - October Register your interest!

In celebration of Bike Month, October 2020, the City is partnering with People on Bicycles to host a 'Get Back on Your Bike' program at the Morley community centre. The program will be held over two weeks (Monday and Friday) and will build the confidence of rusty riders, with the help of experienced coaches. Bikes and helmets can be provided.

Places are limited. Register your interest with Rosie @ Morley on 9276 6108.

This program is proudly supported by the Department of Transport and WestCycle.

Shout out to our Volunteers!

Big shout out to our volunteers, for all their hard work and support in assisting us to recommence activities at the two centres in-line with COVID-19 guidelines. It is hugely appreciated. Thank you all for your continued efforts to keep our community centres, safe, happy and healthy.

Centre Connect

Centre Happenings

Purple Road Update

Members were treated to an inspiring presentation by Purple Road's founding volunteer, Judy Joukador from the Older People's Peers Education Scheme last month.

The aim of the Purple Road project is to raise awareness of elder abuse. Judy's talk provided an engaging and supportive opportunity to shine a light on this sensitive topic. To-date, craft group members have made 400 flowers for the City of Bayswater section of the Purple Road, which will be showcased around the City later this year.



"It was such a pleasure to meet so many lovely people...we deeply appreciate the commitment from Bayswater....your efforts will make a real difference in reducing elder abuse in the community." Judy Joukador

Do we have your email?

In an effort to cut down on paper and support the environment, we would like to email this newsletter to our members. If we don't have your email, please let Rosie or Lynda know. Hard copies will continue to be posted to those members who do not have an email address.

Buckets of Love

Thanks to everyone who donated cleaning supplies to make up '**Buckets of Love**' for local agency, Starting Over Support (SOS), during Homelessness Week. As expected, the generosity of members shone through with twelve full buckets delivered to SOS last week. The donations were well received by SOS, who passed on this message to you all:

We are ever so grateful for these donations- they will make a big difference to families doing it tough- Thank you!" SOS



Centre Connect

COVID-19 Update

With the announcement of Phase 5 of the Government's COVID-19 Roadmap to Recovery now being delayed by until 24 October 2020, we wanted to take this opportunity to clarify the ongoing safety measures at the community centres for the duration of Phase 4.

Western Australia is still operating within the restrictions of Phase 4 of the Government's COVID-19 Roadmap to Recovery. This means that social distancing of 1.5 metres continues to be observed.

Therefore, the City's two community centres need to continue to adhere to this requirement for the duration of Phase 4, and until otherwise announced by the City.

Please note that activities including cards, Mahjong, Friendship group, computer classes and bus outings are still unable to resume under the current 1.5 metre social distancing requirements of Phase 4.



The City would like to thank members for their continued understanding and commitment in keeping each other safe.

SAFETY MEASURES THAT WILL CONTINUE AT THE TWO CENTRES

- ✓ Hand sanitizer must be used by all members upon entry of the centres
- ✓ Signage, instructions and social distancing markers to be observed at all times
- ✓ Chairs and tables will continue to be set up in line with 1.5 metres social distancing
- ✓ Members to display their membership card on arrival and bring correct money for activities
- ✓ Kitchens remain closed to members. Tea and coffee requests can be undertaken by volunteers who have completed COVID-19 hospitality training
- ✓ Increased hygiene procedures will remain in place, as an added bonus this will help reduce the transition of other germs, such as flu
- ✓ Please do not consider attending the centres if you are unwell

Centre Connect

Upcoming events

Bird Maker Project @ Bayswater Community Centre on Wednesday, 23 September, 1pm to 4pm.

Members are invited to register their interest in being part of the Bird Maker project. This is a unique community art program which invites community members to create a black bird out of donated fabric, and share their personal experience of COVID-19 isolation. The first workshop kicks off at the Bayswater Community Centre on **Wednesday, 23 September, 1pm to 4pm.**

The birds and their stories are being collected across a number of Western Australian communities and will be exhibited at the State Theatre Centre of WA in 2021. **Booking is essential. Please enquire with Lynda or Rosie to register your interest .**



Origami for Beginners @ Bayswater Community Centre Wednesday 7 October, 12.30 to 2.30pm

Relax and enjoy the Japanese art of paper folding at this free Origami workshop hosted as part of the new Link and Learn program. All materials provided. Only 20 spaces available, so get in quick!

Booking is essential. Please enquire with Lynda or Rosie to register your interest.



The Chung Wah Association
Community & Aged Care 

Learn about My Aged Care in Cantonese and Mandarin @ Morley Community Centre Monday 19 October, 10am to 11am

有关各项长者服务资讯的粤语讲座即将举办

Presented in partnership with the Chung Wah Association, you will learn how to navigate the My Aged Care system, and choose the right provider for your care needs.

Bookings are essential, please see Rosie Daniele at Morley Community Centre or call 9276 6108.

Centre Connect

'At Home Guide'

**Video Screening and Morning Tea @
City of Bayswater civic centre
Tuesday 15 September, 10am to
11.30am**

Council on the Ageing WA (COTA WA), has developed a guide to support older Western Australians to live well in the light of the COVID-19 pandemic. Join us for a screening of this guide, followed by a discussion with special guests from COTA WA. **For more information or to book your place, speak to Rosie or Lynda.**



Volunteer Polo Shirts

City branded, custom made polo shirts have now been distributed to all our City registered volunteers. This ensures that members can easily identify volunteers at the centres and promotes our volunteers as being part of the City's volunteer team. Don't they look smart?



Welcome desk volunteer, Kirsten Unrath

Bingo's back!

A huge thanks to Morbay Active Ageing Association, for all their hard work in bringing this activity back to the community in line with the required COVID-19 measures. Just a few reminders for those members attending the Saturday bingo session:

- Entry time to the Bayswater community Centre is from 11.30am. Early entry is not permitted.
- For the time being there will be no tea and coffee provided.
- Please allow for social distancing at all times, especially when lining up to sign-in and purchase books/dobbers.
- Seating arrangements may differ due to social distancing requirements and we ask for members' patience and understanding.
- Saturday bingo is limited to 80 patrons. Members must book their place by calling Gaye Roberts on 0467 455 651, after 6pm on week nights.

Thank you for your understanding.



FOR MORE INFORMATION

Please contact the Centres' Program Officers
Rosie on 9276 6108 (Morley) or **Lynda** on 9271 5198 (Bayswater).

MORLEY COMMUNITY CENTRE

ACTIVITIES PROGRAM FOR OLDER ADULTS 50 PLUS

6A Blades Close, Morley WA 6062

CENTRE HOURS: 8.30AM - 3.00 PM

From September 2020



MONDAY	ON HOLD	Casino Bus Trips -Bi Monthly on the 2nd Monday –
	ON HOLD	Community Bus Trips - 3 rd and 4 th Monday of the Month
	12:15pm -2:15pm	Scrapbooking - \$7.00
TUESDAY	8.30am Start	Walking group – Free -Tea & Coffee \$2.00 (WEATHER PERMITTING)
	From 8.30am	Hairdressing - Contact Sharon on 0437 709 965
	9:00am -11:30am	Indoor Bowls - \$2.00
	12:00pm – 2pm	Line Dancing (Beginners class) \$5.00
WEDNESDAY	11.00AM – 2PM	Bingo—Great Raffles & High Flyers Membership required for Morbay Active Ageing Association Inc.
THURSDAY	From 8:30am	Hairdressing - Contact Sharon on 0437 709 965
	From 8:30am	Podiatry by appointment Contact Life Active Podiatry on 6117 5147.
	ON HOLD	Rummikub/Cribbage - \$2.00
	12.00pm -2.30pm	Line Dancing - \$5.00
FRIDAY	9:00am -11:30am	Indoor Bowls - \$2.00
	ON HOLD	Mah-jong - \$2.00

Contact Community Centre to the Program Officer: Rosie Daniele during office hours - Monday to Friday
8.30am - 3.00pm - Phone: 9276 6108 or Email: rosie.daniele@bayswater.wa.gov.au

ANNUAL MEMBERSHIP: \$10.00.

Due to current COVID-19 restrictions, a number of changes have occurred to the centres activity schedule, and start and finish times may vary. Please check the details of individual activities listed below, and keep up to date via the centre's notice board. At all times, members are asked to observe social distancing and hygiene requirements in line with Government guidelines.

BAYSWATER COMMUNITY CENTRE

ACTIVITIES PROGRAM FOR OLDER ADULTS 50 PLUS



27 King William Street, Bayswater WA 6053 Ph: 9271 5198

CENTRE HOURS: Monday-Friday 8.30AM-3.00PM

From September 2020

MONDAY	ON HOLD	Casino Bus Trips - Bi-Monthly on the 2 nd Monday
	ON HOLD	Community Bus Outings - 3 rd & 4 th Mondays Monthly
	1.45pm - 2.45pm	Yoga - \$12 per class. Gentle yoga for Seniors
	10.30am-1pm	2 nd Monday Monthly - Morley Parkinson's Association Support Group - \$2
TUESDAY	10am-12noon	The Friendlies - \$2. All Welcome to our new Friendship Group
	12.30pm - 2.30pm	Social Carpet Bowls - \$2
WEDNESDAY	8.50am - 1.00pm	Podiatry Clinic by appointment only Call Life Active Podiatry on 0423 722 957 or 6117 5147
	9.00am - 11.45am	Craft Group - \$2
	12.45pm	1 st Wednesday Monthly - Link & Learn Program PLEASE SEE NOTICE BOARD FOR DETAILS
	12.45pm - 2.45pm	4 th Wednesday Monthly - Un-Reel Movie Social - \$2 PLEASE SEE NOTICE BOARD FOR MOVIE
	ON HOLD	Computer Classes - \$7.00 per class/hour
	From 8.30am	Hairdresser - Contact Sharon on 0437 709 965
THURSDAY	ON HOLD	Card group - \$2
	1.45pm - 2.45pm	Yoga - \$12 per class. Gentle yoga for Seniors.
	ON HOLD	Computer Classes - \$7.00 per class/hour
FRIDAY	12.30pm - 3.00pm	Bingo - Books - \$2.50. Cash prizes. \$2 Membership of Morbay Active Ageing Association required
	From 8.30am	Hairdresser - Contact Sharon on 0437 709 965
SATURDAY	12.30pm-3.30pm	Bingo - Books - \$2.50. Cash prizes. \$2 Membership of Morbay Active Ageing Association required

Please direct all enquiries to the Community Centre Program Officer: Lynda Blackie

Phone: 9271 5198 or Email: lynda.blackie@bayswater.wa.gov.au

OFFICE HOURS - Monday to Friday 8.30am - 3.00pm

ANNUAL MEMBERSHIP: \$10

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