

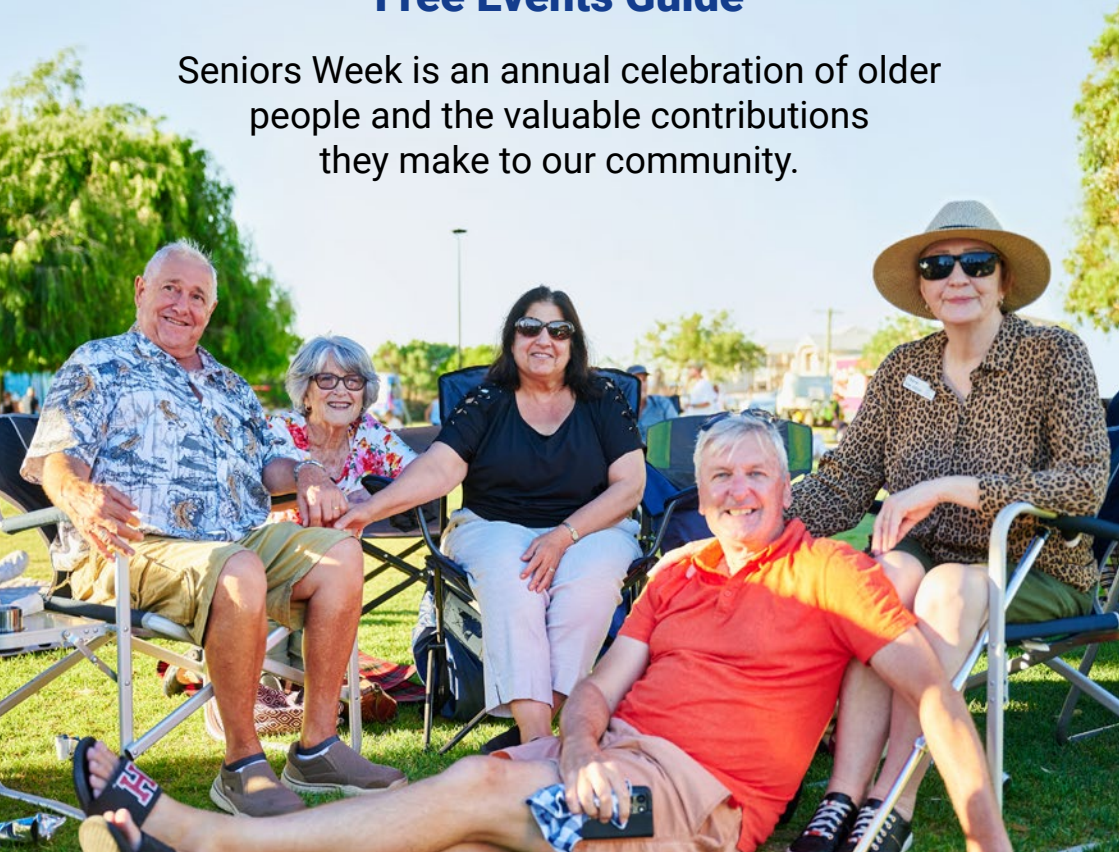
# Celebrate

## WA Seniors Week

2026

### Free Events Guide

Seniors Week is an annual celebration of older people and the valuable contributions they make to our community.





# Celebrating WA Seniors Week

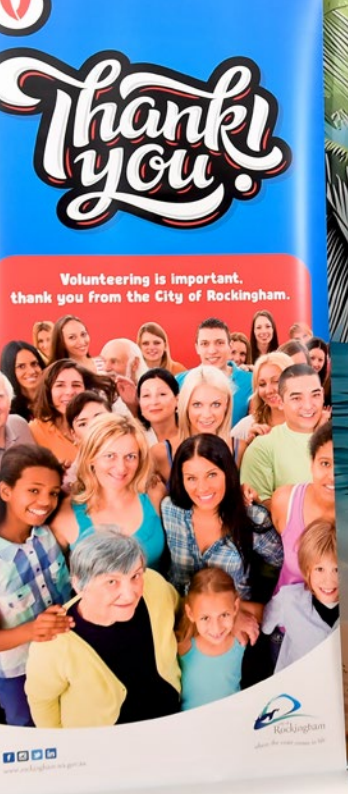
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The City of Rockingham is proud to celebrate WA Seniors Week and recognise older Western Australians' valuable social, economic and cultural contributions. As an age-friendly community, we celebrate the role older people play in making Rockingham connected, welcoming and vibrant.

As a thank you, this guide features 17 free events in November for our older community.



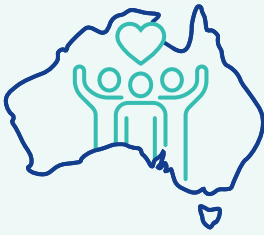
See important event and  
booking information on page 6.



# Recognising Older People's Contributions

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This November, celebrate the skills,  
experience and contributions of older people.

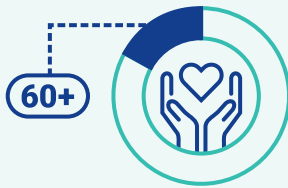


In 2025, older Australians contributed **348.9 million** volunteer hours—more than half the national total.



**760,000**

Australians aged 65+ are in the workforce.



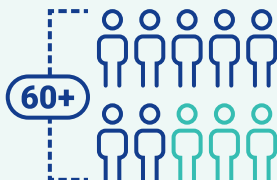
**17.2%**

of Western Australians aged 60+ provide unpaid care.



**20%**

of Rockingham residents are aged 60+.



**71%**

of City volunteers are aged 60+.

# Event and Booking Information

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All events in this guide are free and require bookings (unless stated otherwise).

 Bookings for Library events open four weeks prior

We aim to offer accessible and inclusive events for all, if you have specific accessibility needs, please contact the event organiser.



For more information and events visit  
**[rockingham.wa.gov.au/whats-on](https://rockingham.wa.gov.au/whats-on)**





## Meningitis and Seniors



**Monday 2 November**

10am – 10.45am



**Rockingham Library**

Dixon Road, Rockingham

Meningitis can affect people of any age, yet one in three seniors don't get a free vaccination. Learn how to protect yourself and your loved ones.

Enquiries:  **9528 8683**



**rockinghamlibraries@rockingham.wa.gov.au**



## Armchair Travel: An Irish Blessing



**Tuesday 3 November,**

10am – 12pm

**Thursday 12 November,**

10am – 12pm

**Friday 20 November,**

10am – 12pm

**Thursday 26 November,**

10am – 12pm



**Rockingham Library**

Dixon Road, Rockingham

Using VR headsets, travel to the Emerald Isle of Eire, Ireland. Bookings open four weeks before each session.

Enquiries:  **9528 8683**

 **[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)**



## Chinese Food Cooking Class



**Wednesday 4 November**

10am – 12pm



**Safety Bay Library**

197 Safety Bay Road, Safety Bay

Join the Chung Wah Association for a hands-on Chinese cooking class. Cook, share a meal and enjoy good company.

Enquiries:  **9528 8611**

 **[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)**



## Conversations that Matter: Physical and Mental Fitness in Later Life



**Thursday 5 November**

10am – 12pm



**Hotel Clipper**

20-30 Patterson Road, Rockingham

A relaxed and supportive discussion about keeping our brains and bodies healthy as we age. Explore what mental fitness means, normal ageing, cognitive decline and mental health concerns. Take home tips to support physical and mental wellbeing.

Enquiries: 📞 **9528 0333**

✉️ **[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)**

# Seniors Social and Wellbeing Program



**Thursday 5 November**

9am – 10.30am



**Secret Harbour Community Centre**

Oasis Drive, Secret Harbour

Try a 45-minute circuit class, enjoy morning tea and learn about this free weekly wellness program. Suitable for all fitness levels, anyone is welcome to attend.

Bookings not required

Enquiries:  **9591 0888**

 **[aquajetty@rockingham.wa.gov.au](mailto:aquajetty@rockingham.wa.gov.au)**

## Line Dancing



**Monday 9 November**

10am – 11am



**Mary Davies Library and Community Centre**

17 Settlers Avenue, Baldivis

Learn easy line dancing steps in a fun, welcoming and social environment.

Enquiries:  **9591 0800**

 **[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)**

# Tech Help Tuesdays

Bookings not required



**Tuesday 10 November**

10am – 12pm



**Rockingham Library**

Dixon Road, Rockingham

Enquiries: ☎ **9528 8683**

✉ **rockinghamlibraries@rockingham.wa.gov.au**



**Tuesday 17 November**

10am – 12pm



**Mary Davies Library and Community Centre**

17 Settlers Avenue, Baldivis

Enquiries: ☎ **9591 0800**

✉ **rockinghamlibraries@rockingham.wa.gov.au**

Got a tech question? Bring your phone, tablet, laptop, e-reader, or other device to Tech Help Tuesday for friendly one-on-one assistance. Whether you're troubleshooting a problem or learning something new, we're here to help. No bookings required - just drop in. First come, first served.



# Ghost Towns of WA



**Wednesday 11 November**

10am – 11am



**Mary Davies Library and Community Centre**

17 Settlers Avenue, Baldvis

Discover the stories behind WA's 250+ ghost towns and the people who once called them home.

Enquiries:  **9591 0800**

 **rockinghamlibraries@rockingham.wa.gov.au**

# Living Well with Arthritis



**Wednesday 11 November**

11am – 12pm



**Rockingham Library**

Dixon Road, Rockingham

Learn about arthritis, pain management, exercise, joint protection and available resources from Arthritis and Osteoporosis WA.

Enquiries:  **9528 8683**

 **rockinghamlibraries@rockingham.wa.gov.au**

# Conversations that Matter: Pathways to Better Mental Health in Retirement



**Thursday 12 November**

10am – 12pm



**Hotel Clipper**

20-30 Patterson Road, Rockingham

A session for those already retired, planning for future retirement, or supporting someone through this stage. Explore the emotional phases of retirement and practical ways to support your mental health and wellbeing.

Enquiries:  **9528 0333**

 **customer@rockingham.wa.gov.au**

## Beginners Smartphone Photography Workshop



**Thursday 12 November**

1.30pm – 3.30pm



**Safety Bay Library**

197 Safety Bay Road, Safety Bay

Learn simple photography skills, including composition, lighting, phone settings and editing, to help you capture better photos. No jargon, just skills you'll actually use.

Enquiries:  **9528 8611**

 **rockinghamlibraries@rockingham.wa.gov.au**



## Rockingham Districts Gem and Rock-Hunting Club Open Day



**Saturday 14 November**  
9am – 2pm



**Bungaree Oval**  
Crater Place, Rockingham

A fun, family-friendly event showcasing rocks and the lapidary arts. Unique, hand crafted jewellery and rocks for sale, demonstrations, displays, free lucky dip, raffle and refreshments.

Enquiries:  **Jim, 0400 273 818**  
 **[rockingham.gem.club.wa@gmail.com](mailto:rockingham.gem.club.wa@gmail.com)**



## First Aid Demonstration with St John WA



**Sunday 15 November**

1.30pm – 3.30pm



**Warnbro Community Library**

Swallowtail Parade, Warnbro

Learn practical first aid skills and gain confidence to respond in an emergency.

Enquiries:  **9528 8577**

 **[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)**

# Wunderkammer



**Monday 16 November**

10am – 11am



**Rockingham Library**

Dixon Road, Rockingham

Before modern museums there were Wunderkammers. Explore a traditional 'room of wonders' and examine rare natural objects from the library's hands-on Wunderkammer collection.

Enquiries:  **9528 8683**

 **[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)**

# Birds of Prey Experience



**Wednesday 18 November**

11am – 12pm



**Rockingham Library**

Dixon Road, Rockingham

Meet Australian owls, nightjars and birds of prey up close, with opportunities for photos and bird handling (optional).

Enquiries:  **9528 8683**

 **[rockinghamlibraries@rockingham.wa.gov.au](mailto:rockinghamlibraries@rockingham.wa.gov.au)**

# Autumn Centre Markets



**Saturday 21 November**

9am – 1pm



**Autumn Centre**

McNicholl Street, Rockingham

Shop handmade crafts and unique gifts created by Autumn Centre members.

Autumn Centre Café will be open.

Rockingham Woodworkers Celebrate 40 Years

Visit the workshop to view and purchase handcrafted woodwork during their 40th anniversary celebrations.

**Bookings not required**

Note: cash only, EFTPOS not available at stalls.

Enquiries:  **9528 8560**

 **[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)**





Presented by the City of Rockingham

## Customer Service:



9528 0333



[customer@rockingham.wa.gov.au](mailto:customer@rockingham.wa.gov.au)



[rockingham.wa.gov.au/seniors](http://rockingham.wa.gov.au/seniors)