

NOVEMBER  
& DECEMBER 2023



DARLING  
RANGE  
Hub

[www.drseniorshub.com.au](http://www.drseniorshub.com.au)

Mob: 0492 807 603

# NEWSLETTER



**WE'VE  
COMBINED  
NOVEMBER  
&  
DECEMBER  
NEWSLETTERS**



**DARLING RANGE HUB  
NEW MEMBERS  
WELCOME**



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**MERRY  
CHRISTMAS  
HAPPY &  
NEW YEAR**

**WHAT'S COMING UP IN  
NOVEMBER  
&  
DECEMBER**

Bus Trips  
Carpet Bowls, Chair Yoga  
Board Games, Puzzles, Scrabble Group  
BYO crafts & Mend & Make Do  
CommuniTEA Matters morning Quiz with  
Peter  
Xmas Celebrations  
E-Bike Riders and MORE!



*Happy Birthday*

**Truda Austen  
Tom Hogg  
Norma Hurley  
Jeanette Johnston  
Peter Kenyon  
Neville Lanigan  
Linda Murray  
Anna Nasev  
Mijalce Nasev  
Glade Pike  
Maxine Stockwell  
Ann Walton  
Iris Bennington  
Juliette Brownfield  
Jean Holbrook  
Connie Iannolo  
Pamela Ikin  
Marilyn Potter  
Maureen Robbins  
Annette Roberts**

To everyone celebrating a  
birthday in Nov & Dec  
We wish you a very happy  
birthday

# Platinum Sponsor or Donor



Would you like to become a Platinum Sponsor or Donator?  
Platinum Sponsors / Donators assist The Darling Range Hub  
in creating on going resources for the community.

In return you'll appear regularly  
in our newsletter and socials.

To find out more please contact Yvonne  
Darling Range Hub  
via

0492 807 603 or email [hello@drseniorshub.com.au](mailto:hello@drseniorshub.com.au)



Our many thanks to our sponsors



Thank you to our 2023 Platinum Donors



Connecting Seniors to Their Community  
Darling Range Hub  
[www.drseniorshub.com.au](http://www.drseniorshub.com.au)



# FROM THE PRESIDENT'S DESK

Hi All - via the AGM

Welcome to the celebration of another successful year and a vision for the future direction of the Hub.

Our wonderful Hub continues to support our members.

We excel in two main areas, promoting physical engagement and social connection. Our physical programs are led by the E bike group, our highly successful chair yoga, carpet bowls and our soon to commence exercise class.

Social connection continues through our many activities. There are always sheets to sign up for.

CommuniTEA Matters at RTS garden and JH occur weekly with guest speakers programs, music and chat. Tuesday cuppa, bus trips and excursions, the craft group, concerts (don't forget Elvis) and special events, Xmas in July, Melbourne Cup 7th November and the Fashion Show (where did some of those models come from)?

This highlights our emphasis on partnerships within the City and making connections with other events/organizations for mutual benefit. The City's morning music program at KPAC and the four way collaboration for the Fashion Show are great examples. This is a main feature of our operations. All groups are short of volunteers and this helps to spread the load.

A special thanks to all our volunteers (Rogues gallery at the back). Everybody helps. Every effort made is worthwhile, the small things can make somebody's day.

A big thanks to the committee. VP Derek "Mr tour guide" Winter, Treasurer Bill "I'm everywhere in the community helping" Foreman, Secretary Margie "mend and make do" Parkinson, Membership Nigel "IT consultant" Miles, Governance Officer Kathy Ritchie, Committee member Carol "Mother Hen" Darbyshire & John Giardina.

Extra special thanks to our Coordinator Yvonne Fletcher. She is the face and voice of the Hub. To describe all her achievements we would be here for two hours.

She has many fantastic qualities which suit the Hub. She is a great listener, empathetic organized and gets things done even if there are some frustrations like the dishwasher. Chair Yoga, carpet bowls, community groups liaison, feed it forward, the CWA donation and talks to Rotary and the Lesmurdie Baptist Church have all been initiated by her. This is to say nothing of her work with individuals and couples. I'm sure you've all been touched by her. I see myself and the committee role as enabling, providing support and occasional wise words to support her work. There are many complimentary words from the community on her value.

We have some exciting news to coming up and will share more about this very soon - stay tuned!

Cheers Roly Ritchie - Darling Range Hub President



### *A Moment in Time: John Mullins' Journey in 1960s The Republic of Congo* **as told by John Mullins**



In a remote corner of Africa, there exists a moment in time that forever changed the life of John Mullins. It was the 1960s when he ventured to the Republic of Congo with the promise of a good income, ready to work for months in a land unknown to him. Little did he know, this journey would be a test of his character and an awakening to the harsh realities of life in a nation undergoing profound political and social changes.

John's time in 1960s Congo was marked by hardship and

disappointment. Despite dedicating himself to his work, he never received the payment he was promised. But sometimes, life has a way of steering us in unexpected directions. When he was called back home because his visa to move to Australia had been approved, he saw it as a blessing. The poverty and upheaval he witnessed in the Republic of Congo weighed heavily on him, yet he left with a heart full of compassion and a deep sense of gratitude for the opportunities that awaited him.

Amidst the challenging circumstances of the 1960s, one memory stands out: John driving through the Congolese landscape in a simple, open truck covered with tarps. He couldn't help but notice the Congolese children along the road, reaching up with their tiny hands, their eyes filled with hope. It was a gesture of innocence and resilience that touched his heart. In those moments, John found solace in offering them small candies, a simple act of kindness that brought a glimmer of joy to both the children and himself. His time in 1960s Congo might not have unfolded as he initially envisioned, but it left him with a lasting appreciation for the simple joys in life and a renewed belief in the power of human connection amidst adversity.



## Artist of the Month

# TRUDA AUSTEN

### Artist

In the 1980s, Kalamunda was a hub of artistic expression, and one of its standout figures was Truda Austen. Her residency at The Jack Healey Centre and her role as an art teacher at the Learning Centre made her an integral part of the local art community. Truda's influence extended beyond her teaching, as she was also involved in the creation of the magnificent stained glass window at the Kalamunda Library, a true gem that stands as the largest stained glass window in the southern hemisphere. However, today, there is a mission underway to rediscover some of Truda's locally known artworks, pieces that once vividly conveyed the stories of our local community members. If you were a part of the local council or a resident during this transformative era and might know the present whereabouts of these pieces, we invite you to share your knowledge and contribute to this fascinating quest.

Truda Austen was more than just an artist; she was a storyteller, capturing the essence of people through her art. The name of the project was 'Then & Now'. There is a reference book held at the library archives written by Evelyn Halley. Some of Truda's works have, unfortunately, faded into obscurity with the passage of time. Yet, they are vital pieces of Kalamunda's history and serve as a living testament to the stories and memories of our community. The search for these missing artworks is not merely about rediscovering art; it's about reconnecting art; it's about

by Yvonne Fletcher



reconnecting with our town's rich history. We call upon all members, whether you have firsthand knowledge or are inspired to join the quest, to help unearth these hidden treasures. Let's celebrate the art and history that define our beloved Kalamunda.

Join us in this exciting journey to celebrate the legacy of Truda Austen and the vibrant spirit of our community.



**If you are an artist (of any kind) or author we'd love to share your story Call or email  
Yvonne hello@drseniiorshub.com.au**

# THANK YOU!

The Darling Range Hub  
is grateful to each and everyone who volunteers!

**OUR THANKS  
TO OUR  
VOLUNTEERS  
WE  
APPRECIATE  
YOUR  
SUPPORT!**

## ELVIS CONCERT

Joe Micallef, Tom Hogg,  
Roly Ritchie, Kathy  
Ritchie, Rosemary Milton,  
John Milton, Marisa  
White, Bill Tomlinson &  
Brian Sparks

Funds raised went to  
support the e-bike Signs  
& Hub Activities

## MELBOURNE CUP LUNCHEON

Tom Hogg, Roly Ritchie,  
Kathy Ritchie, Sue Pilton,  
Peter Kenyon, Derek Winter  
& Margaret Parkinson  
Funds raised will support  
the Hub Activities



# thank you

A heartfelt thank you to Lesmurdie Baptist Church for the immense generosity extended through 'Be Rich.' The Darling Range Hub is deeply honored to have been part of this extraordinary local program, and we express our sincere gratitude for your support.

The partnership aids our organizations in continuing to make a positive impact in the community. We extend special thanks to Lesmurdie Baptist Church for the warm welcome extended to Yvonne Fletcher, our coordinator, during her visit on Sunday, October 15th. Your kindness and warmth have left a lasting impression, and we are excited to share more about the Darling Range Hub's initiatives. ✨



Farewell and a heartfelt thank you, Bernie Modrich! We'll miss your warmth and positive spirit at The Darling Range Hub. As you embark on your journey back to Melbourne, may it be everything and more than you could hope for.

Your generous donation of the sewing machine, sewing equipment, and crafts has truly made a difference. Margie has already put everything to great use in her "mend and make do" sessions, and your contribution has lightened the load for Margie by sparing her the need to transport her heavy machine to and from home. Thank you for making our programs easier and enhancing the community spirit at The Darling Range Hub. Safe travels and best wishes on your new adventure!







## **CWA Kalamunda's Generosity Aids The Darling Range Hub**

We're thrilled to share some fantastic news about the generous support we've received from our local community. CWA Kalamunda has kindly donated \$1000 to The Darling Range Hub, and this contribution is making a significant impact on the Jack Healey Centre.

The funds provided by CWA Kalamunda are earmarked for an improvement at The Darling Range Hub: the replacement of the old storage cupboards with a new, space-saving cupboard in the main hall. While this may seem like a modest upgrade, its implications are profound. The new cupboard will serve as a dedicated space to house the equipment used for chair yoga, carpet bowls, and our new exercise class starting on the 30th of November.

The Darling Range Hub plays a vital role in bringing people together for various activities, and with the new cupboard, we can now ensure that the equipment is stored efficiently and safely, creating a more organised and accessible space for everyone.

This transformation wouldn't be possible without the incredible generosity of CWA Kalamunda. Their commitment to supporting local initiatives has a direct and positive impact on individuals who participate in activities at the Jack Healey Centre and The Darling Range Hub.

We extend our heartfelt gratitude to CWA Kalamunda for their kindness and community spirit. Their donation is a testament to the power of local organisations coming together to enhance the places that bring us all closer.

As we move forward, we look forward to the continued support of our community. Together, we can create a space that fosters connection, well-being, and joy for everyone involved.

Thank you, CWA Kalamunda, for making a difference to all those who utilise The Darling Range Hub.

Sincerely,

Yvonne Fletcher

Darling Range Hub Coordinator





CWA Kalamunda



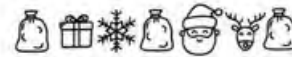


# CAN YOU SOLVE THESE.



## \*\*\* Christmas Code Breaker \*\*\*

Can You work out the message using the code?



### Across

4. Positive – **OPTIMISTIC**
5. Famous – **LEGENDARY**
6. Efficient – **EFFECTIVE**
7. Recommend – **ENDORSE**
8. Giving – **GENEROUS**
9. Adept – **SKILLFUL**
10. Creative – **IMAGINATIVE**
16. Highly regard – **ADMIRE**



### What am I?

- Watermelon
- Candle
- Coin

## Answers for October



### Down

4. Knowledgeable – **BRILLIANT**
5. Cheerful – **UPBEAT**
6. Frank – **STRAIGHTFORWARD**
7. Lively – **ENERGETIC**
8. Courageous – **FEARLESS**
9. Laugh – **CHUCKLE**
10. Achieve – **ACCOMPLISH**
11. Lucky – **FORTUNATE**

### Tropical Find Differences Solution



### Rebus Puzzles

1. Eyeshadow
2. Stepfather
3. Once upon a time
4. Potatoes
5. 3D movie
6. Top secret





# Easy Icecream Slice



## Ingredients

- 1 tin sweetened condensed milk
- 600ml Cream
- 1 Pkt Malt biscuits.
- 1 Pkt crunchies ( Or any confectionary of choice)

## Method

- Whip cream to peaks and fold in condensed milk.
- Crush up crunchie bars with a rolling pin is the easiest. Or crush or cut confectionery. Fold into mixture.
- Line a square tin with biscuits, put cream mixture on top and layer another row of biscuits.
- put in freezer overnight.
- Cut into finger slices when ready to serve.

## Christmas Novelty Ideas



### Pudding Biscuits

- 90g white chocolate, melted, cooled
- 10 milk chocolate digestive biscuits (see note)
- 20 mini red M&M's
- 2 watermelon cloud lollies, thinly sliced

### Reindeer Biscuits

- 20 mini star-shaped pretzels
- 10 red M&M's
- 20 candy eyes
- 10 Tim Tam biscuits (see note)
- 50g dark chocolate, melted, cooled



### Bauble Biscuits

- 90g dark chocolate, melted, cooled
- 3 rainbow sour straps, cut lengthways into thin strips
- 10 Venetian biscuits
- M&M's and M&M's minis, to decorate





Dear Kalamunda Central Businesses

We hope this letter finds you well. We are excited to extend an invitation to your esteemed business to participate in the 2023 Kalamunda Central Business Christmas Light Competition.

We are thrilled to announce that the Darling Range Seniors Hub and Zig Zag Community Arts Inc. are taking the reins for the Kalamunda CBD Christmas Lights Competition in 2023, sharing the responsibility that The Clip Joint has so admirably carried for the past nine years.

In our commitment to this beloved community tradition, we are excited to introduce a fresh and exciting element to the competition this year. The Zig Zag Community Arts Inc. has added a new dimension to our Christmas Lights Kalamunda Sentric event by creating a "Find the Crochet Christmas Angel" activity. These enchanting angels are meticulously crafted by local crochet artists and will be generously gifted to all the participating shops.

To engage our younger community members in this festive adventure, we have prepared a treasure hunt sheet for children. Their mission is to discover a minimum of ten Crochet Christmas Angels displayed in the shops. When they successfully locate these heavenly creations, they can submit their completed sheets for a chance to win an enticing prize. The Zig Zag Community Arts Inc will gift the 10 angels to random shops.

This year, we kindly invite your business to take part in this heartwarming event. To facilitate our promotion efforts and ensure that your business receives the visibility it deserves, please complete the form <https://forms.gle/emJRBmYrxLfSNQ9o6> or alternatively send the following details via reply email to: [kalaxmaslightcomp@outlook.com.au](mailto:kalaxmaslightcomp@outlook.com.au).

Business Name: Contact Person: Contact Person's Email: Contact Person's Phone Number: Business Address: Social Media Account Details (e.g., Facebook, Instagram): Any Hashtags or Keywords Related to Your Business (optional):

In addition to our expanded reach on Facebook, this year we have also ventured into Instagram, broadening our social media presence. Our social media program will actively promote all participating businesses, making your participation even more rewarding.

We encourage you to share photos of your festive displays and activities on your social media accounts using the hashtag #kalaxmaslightcomp2023 to further enhance your online presence and engagement with the community.

The Kalamunda Central Business Christmas Light Competition is not only an opportunity to showcase your business's creativity but also a chance to connect with the community and create lasting memories.

The competition will commence on the 1st of December, so we ask that you have your lights ready and illuminated by that date. Furthermore, we request that you might consider keeping your lights on until the 1st of January 2024 to bring in the new year with a touch of magic and festivity.

Should you have any questions, require further information, or wish to discuss this opportunity, please do not hesitate to contact Yvonne Fletcher at Darling Range Seniors Hub at 0492 807 603 or via email at [kalaxmaslightcomp@outlook.com.au](mailto:kalaxmaslightcomp@outlook.com.au).

Warm regards,

Yvonne Fletcher  
Darling Range Seniors Hub  
Phone: 0492 807 603  
Email: [hello@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au) or

Jill Higgins  
Zig Zag Community Arts Inc  
Ph: 0404 866 159  
Email: [zigzagcommunityarts@gmail.com](mailto:zigzagcommunityarts@gmail.com)

**VOTING STARTS 1ST DEC 2023  
FOR THE KALAMUNDA BUSINESS WITH YOUR FAVOURITE  
CHRISTMAS LIGHTS DISPLAY.**

Bring the whole family into the Kalamunda CBD and enjoy a magical stroll around the businesses of Kalamunda town centre as they light up their windows this Christmas for our community. Remember to shop local during the festive season and support our local businesses.

Vote for your favourite business Christmas display online at the Kalamunda Christmas Lights Competition Facebook or instagram page or drop the attached slip into one of Santa's Letterboxes at:  
The Clip Joint (Haynes Street), The Kalamunda Night Market (Central Mall 4-8pm every second Friday of the month) or The Kalamunda Farmer's Market (Central Mall 8-12pm every Sunday morning)

Name\_\_\_\_\_

Email address\_\_\_\_\_

Phone number\_\_\_\_\_

Age (if under 18):\_\_\_\_\_

Parents signature to participate if under 18: \_\_\_\_\_

Which Kalamunda business has the best Christmas light display?

\_\_\_\_\_

**FIND A CROCHET ANGEL AND WIN A PRIZE!**

This year, a select few business owners are hiding an enchanting Christmas Crochet Christmas Angel in their Christmas window displays.

**Find all 10 Crochet Xmas Angels and list those businesses below for a chance to win!**

1_____	2_____
3_____	4_____
5_____	6_____
7_____	8_____
9_____	10_____
11_____	12_____
13_____	14_____

Drop your entry into one of Santa's Letterboxes at:

The Clip Joint (Haynes Street)

The Kalamunda Night Market (Central Mall 4-8pm every second Friday of the month)

The Kalamunda Farmer's Market (Central Mall 8-12pm every Sunday morning)

#kalaxmaslightcomp2023 - add your own photos and use this # there will be a prize!



Join us for a presentation at CommuniTEA Matters  
Romancing The Gardens this Friday on the link between  
exercise and better mental well-being with Exercise  
Physiologist Joel from PDC Health Hub in our special talk  
tailored just for you! We will discuss the link between  
gentle exercise and a positive mind, learn how exercise  
can help to reduce stress, and boost your overall mental  
health. Discover how easy, enjoyable movements can make  
a significant difference in your daily life

# EXERCISING YOUR WAY TO BETTER MENTAL HEALTH



Join Exercise  
Physiologist, Joel,  
from PDC Health Hub  
Kalamunda for this  
community talk



**Friday 24th November**

**11.00am**

**Romancing The Stone Gardens**





# COMMUNITY EXERCISE CLASS

Thursdays 9.15am - 10am  
at The Jack Healey Centre

Improve your balance, flexibility, and strength with our low-impact exercises specifically designed for seniors. Chloe, an Accredited Exercise Physiologist from PDC Health Hub, will guide you through a safe and fun workout routine.

Bookings Essential 0492 807 603

Cost \$10 per person





# CommuniTEA Matters Morning Tea



SENIORS CARD

The WA Seniors Card program is the most generous program of its kind in Australia, providing members access to State Government concessions and rebates.

The WA Seniors Card also provides you with benefits from participating businesses across Western Australia. Your card is your passport to savings! If you would like a card reissue, replacement or to find out the latest membership benefits available, WA Seniors Card will be visiting on 29 November 2023.

For more details call Darling Range Hub 0492 807 603



**Wednesday 29th Nov 2024**  
**9.30am**  
**Jack Healey Centre**  
**Morning Tea members \$3**  
**Non members \$5**



**All Welcome**



# CommuniTEA Matters

**Wednesday  
29th Nov  
9.30am - 11.30am**

**\$3 members  
and \$5 non  
members**



The morning will start at the Jack Healey Centre with morning tea and guest presenter Christine Bazen from Kanyana Wildlife.

Kanyana Wildlife is a not for profit charity which has been in existence for more than 40 years rehabilitating sick and injured wildlife and educating the public about conserving our wildlife. We are open every day of the year to receive approximately 3000 patients/year.

## What to expect

**Morning Tea at Jack Healey Centre  
Guest presenter  
Kanyana Wildlife - Christine Bazen.**

**For more details about Kanyana  
Wildlife head to  
<https://www.kanyanawildlife.org.au/>**

**JOIN  
US!!**



# Machinery Preservation Club of W.A. Inc & 7th Avenue Lunch Bus Trip



DARLING  
RANGE  
Hub

Price  
\$4pp Member  
Non Members  
\$6pp



## Includes

- ✓ Transport from Kalamunda
- ✓ 9.30am Coffee & Cake Stop at Syd & Phyllis Cafe (own cost)
- ✓ 10.30am Machinery Preservation Club of W.A. Inc cost gold coin (pls BYO own cost)
- ✓ 12.30pm lunch 7th Avenue Midland bar & Restaurant (own cost)
- ✓ Transport back to Kalamunda



## Limited Spaces

**Friday 1st Dec**  
**Meet at:**  
**Thai on the Hill**  
**8.50am for**  
**9.00 am departure**

Limited Spaces Available

Bookings Essential - contact Hub Coordinator Yvonne Fletcher to reserve your spot: 0492 807 603 or email: [hello@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au)  
NB: Your personal belonging are your own responsibility.



# POT LUCK LUNCH



THE FINAL  
12PM SUNDAY 3RD DEC

bookings essential for catering  
to book call Jean 0467 777 162

If you would like to discuss the being  
new group volunteer for Pot Luck Lunch  
please contact Yvonne 0492 807 603

location  
Jack Healey Centre





Join the Darling Range Hub Group Booking for  
\$13 per person  
(min 10 people required) or \$16 per person

**MORNING MUSIC: MORNING MUSIC: Joyce  
Mathers & Avenue**

**10am Wednesday 6 Dec 2023**

Kalamunda Performing Arts Morning Music

Presenting.

Christmas themed Morning Music! The final morning music of the year is our Christmas celebration with you all, so expect festive fun and lots of singing! Joyce Mathers' outstanding vocals, backed by her band Avenue, will lead you through an hour of fabulous Christmas tunes. Festive spirit guaranteed!

To reserve your spot payment due & bookings  
due by 22nd Nov 2023

Phone Hub Coordinator Yvonne Fletcher  
0492 807 603



# Wanneroo Botanica Gardens Xmas Light Display & Dinner



DARLING  
RANGE  
Hub

Price  
\$4pp Member  
Non Members  
\$6pp



## Includes

- ✓ Transport from Kalamunda
- ✓ 5.30pm Leapfrogs Restaurant Dinner (your own cost)
- ✓ 7.00pm Wanneroo Botanical Gardens Xmas Light Display (self guided Tour)
- ✓ 8.00pm depart Wanneroo to return to Kalamunda



## Limited Spaces

**Friday 22nd Dec**  
**Meet at:**  
**Thai on the Hill**  
**3.50 pm for**  
**4.00 pm departure**

Limited Spaces Available

Bookings Essential - contact Hub Coordinator Yvonne Fletcher to reserve your spot: 0492 807 603 or email: [hello@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au)  
NB: Your personal belonging are your own responsibility.





# The Fundraising Xmas Raffle Prizes Needed

We're currently seeking prizes to add to the raffle if you have anything you can donate please bring it into the office. Funds assist the Darling Range Hub with all community activities.





# Community Art Mural Celebrating International Day of People with Disability

Monday 4 December 2023

9:30am - 12:30pm, 30min timeslots

Building Friendships Office  
44 Haynes St, Kalamunda



The City of Kalamunda, Kalamunda  
Secondary Education Support Centre  
and Building Friendships invite you to  
participate in a community art mural  
Theme: My Life, Our Community

**Come and join our artist Eleisha  
Pirouet and help paint the  
community designed mural.**

Supported by:



In partnership with:



**FREE EVENT**  
**Bookings essential**



Scan here to book now!  
[www.trybooking.com/CLJBX](http://www.trybooking.com/CLJBX)

The City of Kalamunda welcomes all abilities and champions inclusion.  
To discuss your individual needs, please email  
[socialinclusion@kalamunda.wa.gov.au](mailto:socialinclusion@kalamunda.wa.gov.au)  
[www.kalamunda.wa.gov.au](http://www.kalamunda.wa.gov.au)







# You Are Invited To **CHRISTMAS PARTY**

Get ready for a jolly good time! Our Christmas party promises festive decorations, delicious treats, and holiday spirit

Dress - Christmas Attire

Raffles

Please bring a \$5  
wrapped gift for a secret

santa fun game

Jack Healey Centre -

CommuniTEA Matters

**20 DECEMBER,  
FROM 9.30AM**

Members \$3

non members \$5

**JOIN US**

RVSP by 13th Dec to Yvonne  
0492 807 603





## WANTED GUEST SPEAKERS

We'd love for you to share your story, art or talent with us at one of our CommuniTEA Matters morning tea.

Please Call Yvonne 0492 807 603  
The Darling Range Hub





# Join Us for Nov Events



Once a Month Events

## Mondays

Jack Healey Center  
1pm  
Carpet Bowls

## Tuesdays

Jack Healey Centre  
9am  
Chair Yoga  
10am  
Hello Coffee  
Lounge  
11am  
Crafts, knitting,  
Mend & make do  
1pm  
scrabble, board  
games & puzzles

## Wednesdays

Jack Healey Centre  
9.30am  
CommuniTEA  
Matters

## Fridays

Romancing the Stone  
Gardens  
9.30am  
CommuniTEA Matters

Jack Healey Center  
9.30am  
Table of Wisdom

## Saturdays

Various Locations  
E-Bike Ride, please  
call Kate:  
0417 033 725

**1st Nov WEDNESDAY 10.00 am**  
Kalamunda Performing Arts Centre  
- Morning Music

Call Yvonne to book 0492 807 603 or;  
chitter chatter morning tea at Jack Healey  
Centre

**4th Nov Saturday** - Bus Trip refer to the flyer

**5th Nov SUNDAY 12.00 pm** - Jack Healey  
Centre - Pot Luck Lunch - Call Jean to book  
0467777162

**7th Nov Tuesday 10.30 am** - Romance in the  
Stone Gardens Melbourne Cup Luncheon

**8th Nov Wednesday 9.30 am** - Jack Healey  
Centre - CommuniTEA Matters Morning Quiz  
with Peter Stuart celebrating Nov birthdays

**22nd Nov Wednesday 9.30 am** - Jack Healey  
Centre - CommuniTEA Matters  
Guest Speaker - IT for Retirees new computer  
courses coming soon

**24th Nov Friday 11am** - Romancing The  
Stone Gardens Guest Speaker (Exercise  
Physiologist), presentation: Exercise and  
mental health

**27th Nov Monday** - Bus Trip refer to the flyer

**29th Nov Wednesday 9.30 am** - Jack Healey  
Centre - CommuniTEA Matters  
Guest Speaker - Kanyana Wildlife and WA  
Seniors Card



Join Us for  
**Dec Events**



**Mondays**

Jack Healey Center  
1pm  
Carpet Bowls

**Once a Month Events**

**Tuesdays**

Jack Healey Centre  
9am  
Chair Yoga  
10am  
Hello Coffee  
Lounge  
11am  
Crafts, knitting,  
Mend & make do  
1pm  
scrabble, board  
games & puzzles

**1st Dec Bus Trip** refer to the flyer

**3rd Dec SUNDAY 12.00pm** - Jack Healey Centre  
The Final Pot Luck Lunch refer to the flyer  
- Pot Luck Lunch - Call Jean to book 0467777162

**4th Dec MONDAY 9am-12pm** Peer to Peer  
Kalamunda Xmas Party

**6th Dec WEDNESDAY 10.00am**

Kalamunda Performing Arts Centre - Morning  
Music Call Yvonne to book 0492 807 603 or;  
chitter chatter morning tea at Jack Healey Centre

**Wednesdays**

Jack Healey Centre  
9.30am  
CommuniTEA  
Matters

**13th Dec WEDNESDAY 9.30 am** - Jack Healey  
Centre - CommuniTEA Matters Morning Quiz with  
Peter Stuart celebrating Dec birthdays

**Fridays**

Romancing the Stone  
Gardens  
9.30am  
CommuniTEA Matters

**18th Dec Monday 1pm Carpet Bowls Xmas Party**  
- Jack Healey Centre

**20th Dec Wednesday 9.30 am** - Jack Healey  
Centre - CommuniTEA Matters XMAS PARTY

Jack Healey Center  
9.30am  
Table of Wisdom

**22nd Dec FRIDAY** - Romancing the Stone  
Gardens - CommuniTEA Matters - XMAS PARTY

**Saturdays**

Various Locations  
E-Bike Ride, please  
call Kate:  
0417 033 725

**22nd Dec FRIDAY - Evening Bus Trip Xmas Lights  
and Dinner** refer to flyer

**Darling Range Hub**

**Closed 23rd Dec 2023 - 28th Jan 2024**