

Connect Victoria Park

THE AGELESS

FREE

PLEASE TAKE
ONE

**CONNECT
PARTNERING TO
CREATE NEW HOMES**

**STAY ON YOUR FEET
NEW FALLS
PREVENTION COURSE**

**BREAKING TABOOS -
OLDER AUSTRALIANS
TALK MENTAL HEALTH**

For those who know that age is just a number

VILLAGE HUB MEMBERSHIP

Become a Member today for less than a dollar a week!

- Feel part of a community.
- Meet others with similar interests and expand on them together.
- Ask for assistance from other members when you need it. or offer to help, enabling us all to age well in the community we love.
- Access to Member Help Centre for free one on one help.
- Access to exclusive member newsletter and online content.
- Get great satisfaction in helping others by becoming a group leader, kitchen volunteer, event helper or doing small tasks for fellow members.
- Receive more than 30% discount on over 10 classes per week including Art, Dance and Fitness.
- Access to class packs providing further discount on our well priced classes.
- 20% Discount on already subsidised podiatry services.
- Attend social activities such as Community Lunch and Special Events at discounted member rates.

CLASS PACKS

Become a Village Hub Member for just \$50.00 per year and pay as little as \$3 for individual classes (with class packs)

5 CLASS PACK

\$25

Attend any five classes
(\$5 per class)
Valid for 2 months

15 CLASS PACK

\$60

Attend any fifteen classes
(\$4 per class)
Valid for 2 months

30 CLASS PACK

\$90

Attend any thirty classes
(\$3 per class)
Valid for 3 months

To Join



INCLUDED CLASSES

- Active for Life
- Active for Life -Circuit
- Art Class
- Ballroom Fit
- Chair Yoga
- Improvers Line Dancing
- Pilates
- Rawhides - Beginners Line Dancing
- Shibashi Tai Chi
- Yoga
- Zumba

FROM THE EDITOR

Welcome to the Autumn edition of The Ageless. As we write this edition, a development application with the Town of Victoria Park for an exciting new project is out for community consultation. This project will mean that Connect will be able to create more homes for older people in the Town. We are continuing to work with State and Federal Governments to finalise the securing of land and funding for this important project.

Also in this edition are the details on our brand new Stay on our Feet programme a 6 week course in falls prevention. We are thrilled to be the recipient of a \$5000 grant from Stay on Your Feet to be able to present this programme at no cost to participants. There are also 20 Village Hub memberships available to new people to be able to continue on their wellness journey with us following their completion of the Stay on Your Feet course.

We are looking forward to hosting the launch of the podcast "Breaking Taboos: Older Australians Talk Mental Health" in June this is a product of a partnership between the University of Tasmania, Monash University and Corvinus University of Budapest.

The weather is finally getting cooler and we will mark Easter, and Anzac day with Public Holidays in April and WA Day in June. In the coming months we have a number of new groups coming up led by Village Hub members we love to help you to share your skills and passions so if you have an idea for a group speak to your Village Hub staff, we are here to help you get it off the ground.



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CONNECT PARTNERING WITH STATE AND FEDERAL GOVERNMENTS TO CREATE MORE HOMES



On 15th January 2024 round 1 of funding from the Housing Australia Future Fund and National Housing Accord Facility opened to Government, Community Housing and property developers across Australia to drive the creation of more affordable housing, particularly rentals. Connect saw this as an opportunity to grow Connect's social housing stock and further help those over 60 in Victoria Park to access safe, secure and affordable, long-term housing.

Connect put forward a proposal for 15, one-bedroom units prioritising older women at risk of homelessness to be built on the currently vacant site located at 16 Leonard Street. This land currently belongs to the State Government and is an ideal location as it is just a 600m walk from our office on 5 Mackie

Street, and 200m from Victoria Park Central (Woolworths) and Albany Highway.

This will be a three-storey building, with lift access to each level for accessibility, and each unit built to age friendly, silver or gold standards under the Australian liveable housing design guidelines. As part of the design process, we have taken into consideration the lived experience of our current

tenants, to ensure we get this build right from the start for our future tenants.

We are also hoping to make this development fully powered through a solar and battery system, reducing the reliance on commercial electricity supply and making our housing more sustainable (subject to funding).

The development approval with the Town of Victoria Park is now out for community consultation (closing on 8 April). So, watch this space and we will keep you updated as the project progresses, and we reach milestones.

We look forward to confirming that this project will proceed in the near future. We will continue to work with the State and Federal Governments to secure the land and funding required for this important project





PROTECT YOURSELF FROM FALLS

We are excited to launch our newest programme for 2025- Stay on Your Feet, designed to equip you with the knowledge, tools, and confidence to reduce your risk of falling. This programme will include three informative workshops and three balance and strength classes. Stay on your feet is a 6 week falls prevention course that covers a number of factors related to falls.

Falls are one of the leading causes of injury among older adults, but the good news is— they are preventable!

Why This Matters:

Older adults continue to experience the highest rates of falls-related hospitalisations.

In Victoria Park alone (2017-2021), 963 people aged 65+ were hospitalised due to falls, resulting in 6,818 hospital bed days.

From 2018 to 2022, hospitalisations for falls among older adults increased by 31%. By participating in this programme, you are taking an important step towards reducing your risk and maintaining your independence.

What You'll Learn:

Throughout this programme, you will gain:

- Increased awareness of potential hazards in and around your home.
- Practical knowledge on how to remove these hazards and make your living environment safer.
- A greater understanding of the importance of eye health and vision in preventing falls.
- Awareness of safe footwear and foot health to improve stability and mobility

- Balance and strength training to build confidence in movement and reduce fall risks.

All programme participants will receive a free Falls Prevention Toolkit, providing practical information and useful items to help you create a safer home environment. We are also offering a free one-year Village Hub membership worth \$50 to 20 new programme attendees, supporting their ongoing wellness journey and falls prevention efforts.

In 2022,  **almost 1 in 5** hospitalisations to people over the age over 85 were due to a falls-related incidence

MYGOV HAS A NEW LOOK



myGov has changed. It's still the same myGov, but with some new features and more information to help you find government services relevant to you, including a section dedicated to providing support for older Australians.

The first thing you'll notice is a change in colour. myGov used to use dark and lime green colours in its branding, whereas now it's a bright blue and black. Fresh new colours aside, here are some things you will see on the new myGov:

- The my.gov.au homepage provides easy access (via the Browse option in the menu) to information about government services that you may need. There are helpful resources under Ageing about retirement, aged care services and information to help stay healthy and safe as we get older.
- When you sign in, a personalised homepage includes actions that need to be completed, upcoming payments and linked services and messages.
- myGov now makes it easier to update your details. When you update information in myGov, you can choose to share it with your linked services.
- Towards the bottom of the homepage is useful information that shares timely and relevant updates – right now this includes guides on how to get proof of your COVID-19 vaccinations and getting help after a natural disaster event.
- The myGov logo has also been updated and now resembles two arrows pointing right at the top of the myGov website.

Even though myGov has changed, your information is still the same, and remains safe and secure. You can continue to use myGov as you normally would.

- Continue to sign in to myGov by entering my.gov.au.
- Continue to use the same username and password you've always used.
- Your linked services stay the same.
- There are no disruptions to your government payments.

The myGov website is still a safe and secure way to access government services. Unfortunately, scammers are known to try their best to trick you into providing personal information by pretending to be from myGov. So how can you avoid falling for a myGov scam? When you receive a message claiming to be from myGov, there are a few things you should keep in mind

Scammers have tried to send unknowing victims to fake myGov websites to get them to sign in with their myGov details and enter personal details such as their name, date of birth, and address.

The real myGov web address is my.gov.au.

Any variations of this, are fake.

The safest way to visit the myGov website is by entering 'my.gov.au' in your web browser. Never click on a link in a text message or email to get to the myGov website.

Remember, if you are ever in doubt about a message or phone call you receive, get in touch directly with the organisation they claim to be from. Don't use the contact details provided to you, instead use a search engine such as Google to find the organisation's official website and contact details to contact them directly.

You can find out more about this and other topics by attending the Village Hub's monthly Be Connected sessions, or you can book a Member Help Centre appointment with a Village Hub Volunteer or staff member.



Be Connected
Every Australian online.

MEET A MEMBER - WENDY

Wendy has lived at Connect for nearly five years having heard about us through Libby, the leader of Chapters writing group. Since moving in, she has become an active member of the Hub, volunteering in the library, participating in the Purple Road project and enjoys lending a hand at special events like the Village Hub Fete. She is currently working on reorganising the Library with Margie. Wendy enjoys reading, drawing, knitting and patchwork, but her greatest passion lies in family history. She has a growing collection of documents and photographs that traces her ancestry.

Born in Bexley, Kent—now part of Greater London—Wendy moved to Australia at six through the Ten Pound Pom scheme. Her family settled in Brisbane, sharing a large house with her uncle's family. With six girls under one roof, they became known as the "Jackson girls," enjoying a lively and carefree childhood. However, adjusting wasn't easy—1960s Australia had been tough on her mother, who struggled with the anti-British sentiment of the time, and they made their way back to England five years later.

However, at 19, she decided to return to Australia on her own. Her first year back she travelled through Brisbane, Cairns, Cooktown, and the sugarcane country—places that felt completely foreign and exciting compared to London. Her travels continued - picking grapes in Mildura, apples in Adelaide, and eventually making her way to Perth where she settled for good.

Her 20's were full of adventures and though physical limitations have slowed her down, her adventurous spirit remains as strong as ever. She still seeks out small adventures, whether it's exploring new places, catching up with friends, or lending a hand to her neighbours

Wendy finds joy in connection, exploration, and embracing life at her own pace. Solo outings are an important part of her life—whether it's a trip to Fremantle, trying a new restaurant, or visiting the Maritime Museum, she loves the freedom to go at her own pace.



WHAT MAKES YOU, YOU

Have you ever wondered what makes you you? The Myer-Briggs Type Indicator is a way of looking at and understanding our personality. It is important to understand that every Type is important and valued.

Join Village Hub member Thelma for this 3 week short course to discover self-awareness and see how it can directly impact your life across key areas.

Week 1: You'll fill out a simple questionnaire—just ticking boxes! Go with your first instinct; there are no wrong answers.

Week 2: Dive into the different personality types, discover how to use your strengths in your interactions, and understand how misunderstandings happen.

Week 3: The Great Reveal! You'll find out where you fit on the chart and take home materials to explore your explain in more detail what your personality is according to Myers-Briggs.

**WHAT MAKES YOU, YOU - MONDAYS
COMMENCING MONDAY 12 MAY**



COMMUNITY LUNCH RETURNS IN APRIL



Thankyou to everyone who came to our Lunch and Learn session in March to look forward for Community Lunches.

We are currently working with Oz Harvest to find an ongoing solution and are working towards a trial where our volunteers will work with Oz Harvest to produce a lunch commencing after easter.

We will keep you informed of the start date and a 4 week menu will be available. We are looking forward to the return of Community Lunches.



Bring the Grandkids to visit the Bunny Botanica Bunnies at the Victoria Park Community Garden Saturday 19 April 9.30-10.30am

RE-IGNITE AN ARTS PASSION



Mentally Healthy WA

Arts April is an Act Belong Commit initiative promoting participation and appreciation of the importance of art and its contribution to mental health and wellbeing.

The Federal Government's Creating Wellbeing - Attitudes and Engagement with Arts, Culture and Health Report, found that creative experiences can curate human connection, exploration, inspiration and reflection, allowing us to be happier and healthier. These benefits are not just enjoyed by those who physically participate in artistic pursuits, but also by those who listen to music, watch a performance or go to an art gallery.

During Arts April, why not revisit an old hobby or passion. It could be dusting off the paintbrushes, tuning up your instrument, resuming an unfinished knitting or craft project, bringing out your old dance shoes, or taking some inspiration from your old poems and stories to rekindle your creative interests.

Reconnecting with our creative selves is a great way to look after our wellbeing as it allows us to process and express emotions. Doing these activities in a group setting is also a great way to meet new people with similar interests and stay socially connected.

We invite you to join us during Arts April and beyond, there are many ways to explore your creative side at the Village Hub. Whether it be one of our many Dance Classes, Craft Groups, Water Colour Class, Mackie Street Singers Community Choir, Chapters Writers Group or maybe our new Card Making group or Easter Craft Workshop.



MEET OUR TAI CHI INSTRUCTOR

- MONIKA WONG

By Vicki Healy

Monika has been a Tai Chi instructor since 1989. She was originally a nurse but was diagnosed with chronic arthritis at the age of 32 and told she would be in a wheelchair by the time she was 40. Monika did not agree with this prediction and was determined to prove the doctors wrong.

In 1988 she saw an advertisement for a Tai Chi class that stated it was good for all "aches, pains, problems and woes". After her first class she "was hooked", not long after she realized that Tai Chi had given her a "new lease on life" and was alleviating the pain of arthritis in her body. She was demonstrating strong ability in her Tai Chi practice and this was noticed by the instructors. By the second term, she had become an assistant to the instructors and began helping them to teach classes. She received her instructor's badge in 1989 and began teaching in various Sydney suburbs.

In 2000 Monika and her husband John came to West Australia and started a W.A. branch of the Australian Academy of Tai Chi. The academy grew and classes were taught in suburbs ranging from Ferndale to Claremont. They also did corporate classes for various government organizations such as Homeswest and the Tax Department to name a few. The classes she enjoyed the most were those she taught at Hakea Prison where one of her students was local celebrity Alan Bond who you may remember from the 1980's. Despite the 136-kilometre round trip, she found "amazing joy" working there.

Monika has received many accolades for her tai chi skills and her proudest moment was when she won a gold medal at the Kung Fu/Tai Chi Games in 2007. When she returned to Sydney from 2010 to 2013 to help with family issues, she was given the honour of being appointed as Sydney's Chief Tai Chi Instructor

In 2017 she was granted a Master Badge from Grand Master Gary Khor. In April she will travel to China where she has not been for 11 years

Tai Chi is not Monika's only skill, she has also trained in the healing Arts of Reiki and Longevity. After losing her brother and husband to cancer, she has since raised thousands of dollars for cancer research by teaching Tai Chi. She also recently shaved her head to support the Leukemia Foundation's Greatest Shave Initiative. Most recently she was awarded the 2025 Senior Community Citizen of the Year which recognises outstanding community contribution. Monika is very humble about this award she said "lots of people are doing good stuff which is not acknowledged".

At seventy five Monika is a testament to the value of Tai Chi practice for daily life. Tai Chi has given her a different life to the one doctors predicted which would have seen her in a wheel chair at age 40. She shared her love of tai Chi with her husband John and before he passed she promised him that she would always teach Tai Chi . Luckily we are the beneficiaries so thank you Monika.

Tai Chi - Thursdays 9.30am



AUTUMN

TIME TO PLANT POTATOES AND GARLIC IN PERTH

While we still have some more warm weather to come, you can definitely feel the change in season with the trees starting to drop their leaves, and cooler evenings and mornings. Many seasoned gardeners

rate Autumn as the best time of year to get in the garden as you don't have to work so hard to keep up the watering, but the soil is still warm enough to germinate lots of seeds for the coming winter season. So whether you have a large garden, or just a few pots in a courtyard, it's the ideal time to get your hands dirty and start planting some of the easiest and most rewarding crops: potatoes and garlic. Both can be grown in containers, making them accessible for everyone.

We have just had some new varieties of potatoes arrive in store, so you can choose from Delaware, Kipfler, Imperial Blue or our personal favourite, the Prince of Orange. We also have potato grow bags which makes it easy to mound the potatoes. As the plants grow, you can "earth them up" by adding more soil around the stems to encourage more tubers. By late spring, you'll be harvesting delicious, homegrown potatoes just in time for summer meals. We are happy to guide you through the process in store.

Garlic is another perfect autumn crop for Perth gardeners. Planting garlic in autumn ensures it has a cool period over winter to establish roots before the warmer months. You can plant garlic in pots or garden beds, spacing the cloves about 10 cm apart, with the pointed end facing up. Garlic requires little maintenance, just a regular water, a boost of liquid or granular organic fertiliser every few weeks, and occasional weeding. By the end of Spring, you'll have fresh, fragrant garlic ready for use in your kitchen. Our pick of the garlic varieties is Rojo - it might be the smallest bulb, but it packs the biggest punch in terms of flavour. We also have the Italian Purple Stripe and a limited amount of Elephant Garlic arriving soon. We look forward to seeing you in store for a garden chat soon!



BREAKING TABOOS

PODCAST LAUNCH

Join us for the launch of a podcast featuring stories from older Australians. Researchers from Monash University, the University of Tasmania, and Corvinus University of Budapest have been exploring how Australians over 60 experience and understand mental health. Their research aims to reduce stigma around late-onset depression and anxiety, helping older Australians lead healthier, happier lives.



A key outcome is **Breaking Taboos: Older Australians Talk Mental Health**, a 10-episode podcast raising awareness of mental health in later life. The podcast will launch at Connect on Friday 6 June, 2-4 pm, with speeches, a preview, and afternoon tea. All are welcome.

An audience focus group will also be held on the afternoon of Thursday 5 June. This will involve listening to one of the podcast episodes followed by a group discussion. You can register for both events on our website

BIRTHDAYS

When we are young we await each birthday with anticipation and excitement. At some point, many of us begin hiding our birthdays, hoping no one will notice that we've made another lap around the sun.

The following guests of honour are celebrating significant birthdays

5 April
4 May

Sylvia B
Dian R



WHAT'S THE BUZZ?

SUNDOWNER



Join us for the next Sundowner on 11 April!

It's the perfect chance to meet your neighbours, catch up with friends, and enjoy a great evening together. There will be music—whether you want to dance, tap your feet, or just nod along, the choice is yours! Bring a plate of food to share, and let's make it a feast.

Cost: \$5 for Members | \$10 for Non-Members. Drinks will be available for purchase.



CARD MAKING



Join Village Hub Member Anne for this brand new weekly craft workshop commencing on Thursday 10 April.

This session will provide all the creativity and inspiration needed to create unique, heartfelt cards. It's also a fun and social afternoon with your fellow Hub members while exploring different techniques to make personalised cards for friends and loved ones.

Sessions will run every Thursday 2pm - 4pm.

CELEBRATE EASTER



Celebrate Easter with this fun Easter craft workshop in the coming school holidays, led by Hub member Anne. If you're looking for a creative way to pass on your skills, learn from the children and have a fun, inspiring time over Easter, here's your opportunity.

It'll be a lively, interesting workshop with space to connect to the Hub community and the younger generation.



WHAT'S THE BUZZ?



BE CONFIDENT - EATING FOR HEART HEALTH



How's your heart going? What keeps it pumping strong and healthy? The food we eat plays a big role in our heart health, and the choices we make really do matter.

This is a great opportunity to learn about the foods that support a healthy heart—and which ones are better saved as occasional treats.

Curtin University will be joining us to share their insights and help us make the best choices for our heart health.

JAM SESSION



Do you play any musical instrument? (We're not sure if a paper and comb count!)

Do you love to jam with others? If so, you're in luck! Come and join fellow music lovers on Wednesdays at 2.30pm at The Hub.

Never jammed before? No problem! Come along, have a listen, and soak up the atmosphere. You might just find yourself tapping along and enjoying the company of those who love making music.



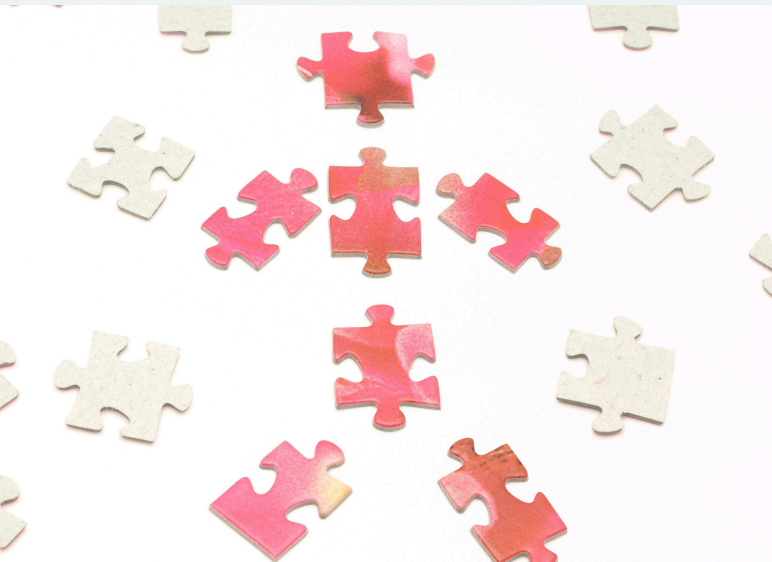
CONNECT 60+



Starting April 7th at 9 a.m., this program covers topics that are both interesting and relevant to anyone who has reached the wonderful age of 60—and those who have journeyed beyond it.

You'll receive a Workbook for the seven weeks, plus space for your thoughts and reflections after each session. Every activity connects to one of the seven dimensions of Wellness.

It's a fantastic way to make new friends, share experiences, and enrich your life.



WHAT'S THE BUZZ?

MEMBER MEASUREMENT DAY



Our next measurement Day is on Friday 23 May, 9am -11am.

You can evaluate your mobility, strength, and balance and receive a measurement record card to monitor progress over time. This information will be recorded on a measurement card that they can build on. If you haven't yet done one, this is your opportunity to start tracking your health and wellbeing.

There will also be morning tea to share.



BE CONFIDENT OPRS - FAMILY AGREEMENTS



Older People's Rights Service (OPRS) offers legal advice, advocacy, education sessions and social support to those at risk of or experiencing elder abuse, with a focus on positive ageing.

This workshop is designed to support you in creating clear, shared expectations around care and decision-making. This session will guide you through discussions on responsibilities, boundaries, and future planning. This workshop will take place on Wednesday 28 May.

BE CONFIDENT - Live Up



Sally from Live Up will be visiting the Hub for an interactive session on healthy ageing. Discover evidence-based tips from the LiveUp website on ageing well, explore activities and assistive products, and debunk common myths. This is a great session to learn about a well-rounded approach to ageing.

This session is part of our Be Confident series and is free to all members of the community. Be Confident - Live Up will take place on Wednesday 26 February.



EVERY WEEK AT THE HUB

CHECK OUR WEBSITE FOR UP TO DATE INFORMATION

MONDAY

Social Cycling

7.30am



Mateo's Barber Shop

8.30am - 4.00pm

Art Class

9.30am - 11.30am

\$25 All

Commencing 14 April.



Zumba

10.00am - 11.00am

\$8 Member

\$12 Non-member



Ballroom Fit

1.00pm - 2.00pm

\$8 Member

\$12 Non-member



TUESDAY

Cooking at the Hub

8.30am - 1.30pm



Podiatry

8.30am - 12.00pm

(fortnightly)

\$20 Member

\$25 Non Member



Rawhides

(Line Dancing for Beginners)

9.15am - 10.00am

\$5 Member

\$8 Non-member



Improvers Line Dancing

10.00am - 11.30am

\$8 Member

\$12 Non-member



Community Lunch

12.00pm - 1.00pm

\$15 Member

\$18 Non-member

Commencing after Easter



Active For Life

1.30pm - 2.15pm

\$8 Member

\$12 Non-member



Chair Yoga - Rachel

2.30pm - 3.30pm

\$8 Member

\$12 Non-member



Mackie Street Singers

6.15pm - 8.00pm

\$3 Member

\$5 Non-member



WEDNESDAY

Hairdressing @ the Hub with Carmel

8.30am - 12.00pm

Crafty Friends

9.30am - 11.30am



Mahjong

9.30am - 11.30am



Rummikub **NEW!**

9.30am - 11.30am



Coffee Club

10.00am - 11.00am



Member Help Centre

Individual and Tech Support

9.00am - 1.00pm



Pilates

1.00pm - 2.00pm

\$8 Member

\$12 Non-member



Jam Session **NEW!**

2.30pm - 4.00pm



Active For Life - Circuit

2.15pm - 3.00pm

\$8 Member

\$12 Non-member



THURSDAY

Footy Fitness for Men 55+

Mineral Resources Park

7.30am - 9.30am

\$2 Donation



Shibashi Tai Chi

9.30am - 10.30am

\$8 Member

\$12 Non-Member⁵



Active For Life

11.00am - 11.45am

\$8 Member

\$12 Non-Member



Card Making WORKSHOP **NEW!**

2.00pm - 4.00pm



FRIDAY

Connect 60+

9.00am - 11.00am



Chapters

(Creative Writing)

9.30am - 12.00pm



Grubs 'N' Bugs

Intergen Play Group

Victoria Park Community

Garden

9.00am - 10.30am

Donation



Yoga with Natasha

1.00pm - 2.00pm

\$8.00 Member


\$12.00 Non-Member







SPECIAL EVENTS AT THE HUB


APRIL

Be Connected - 
 Top Tip for Managing and
 adding Apps
Wednesday 2 April
 11.15am - 12.15pm

Connect 60+ 
 7 Dimensions of Wellness
 Workshops
Fridays
4 April - 16 May
 9.00am - 11.00am

Hub Book Club  
Monday 7 April
 2.30pm - 3.30pm

Out N About  
 Wellington Dam
Monday 7 April
 8.00am - 5.00pm

Hub Sundowner 
Friday 11 April
 4.30pm - 6.00pm



Intergenerational Easter
 Craft Workshop - 
Thursday 17 April
 2.00pm - 4.00pm


Stay on Your Feet 
 Fall Prevention Course
Thursdays
24 April -29 May
 1.00pm - 2.00pm or 3.00pm


Be Confident - 
 Curtin University -Eating for
 Heart Health
Wednesday 30 April
 11.15am - 12.15pm


Djeran All Ages 
 Noongar Language Classes
Wednesdays
30 April - 28 May
 5.30pm Beginners
 7.00pm Intermediate
 5 week course

MAY

Hub Book Club  
Monday 5 May
 2.30pm - 3.30pm








Be Connected - 
 QR Codes
Wednesday 7 May
 11.15am - 12.15pm

What Makes You, You 
Mondays
12 - 26 May
 1.00 -2.00pm
 A mini course using the Myer
 Briggs Type Indicator to
 increase self-awareness, and
 understand and appreciate
 differences in others,


Member 
 Measurement Day
Friday 23 May
 9.00am - 11.00am
 Book an appointment Member
 Measurement Day and track
 your progress


Be Confident - 
 Older Peoples Rights Service -
 Family Agreements
Wednesday 28 May
 11.15am - 12.15pm

7 Dimensions of Wellness


-  Emotional
-  Intellectual
-  Physical
-  Vocational
-  Social
-  Spiritual
-  Environmental

JUNE


Hub Book Club  
Monday 2 June
 2.30pm - 3.30pm


Be Connected - 
 Preping your Digital Legacy
 Plan
Wednesday 4 June
 11.15am - 12.15pm




Breaking Taboos 
 Podcast Focus Group
Thursday 5 June
 afternoon

Breaking Taboos 
 Podcast Launch
Friday 6 June
 2.00 - 4.00pm

Connect 60+ 
 7 Dimensions of Wellness
 Workshops
Fridays
13 June - 1 August
 9.00am - 11.00am

Mookaroo All Ages 
 Noongar Language
 Classes
Wednesdays
18 June - 30 July
 5.30pm Beginners
 7.00pm Intermediate
 5 week course

Be Confident - 
 Live Up
Wednesday 26 March
 11.15am - 12.15pm

-  Available on ZOOM
-  Member led Activity
-  Free for Village Hub Members



Village Hub member Jim performed at the February Sundowner as part of the Sunshine Trio



Connect Victoria Park Inc
The Hub, 5 Mackie Street VICTORIA PARK 6100
9361 2904
Email: admin@connectvictoriapark.org
connectvictoriapark.org

Supported by funding from the Town of Victoria Park