APPLE FOR THE TEACHER
Est. 1993

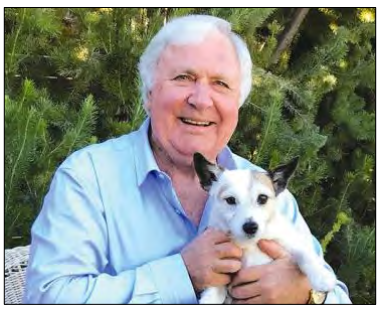
Westcoast Community Centre Inc

Community Room, Grove Library Precinct
Cnr Leake St & Stirling Hwy, Peppermint Grove
P.O.Box 340, Cottesloe 6911
ABN 38 404 661 194

TERM 4, 2026 **NEWSLETTER 130**

Talks

Bob Maumill - *The Colourful Life of a Radio Jock*
Tuesday 20 October, 10 - 11am
Members: $12 Non-members: $17
Venue: Community Room, Grove Library Precinct



Bob, a larger-than-life person and a lovable character in radio, shares his life story. Born in Bunbury, he moved to Fremantle as a child. A lifetime involvement with horses led to a career as a racehorse trainer, which led to his media career. Bob's broadcasts on radio were laced with edgy humour, laughter, jokes, interviews, biting satire, political commentary, feature interviews and more. You're sure to be hooked by this larger-than-life storyteller. *Copies of Bob's book will available on the day ($25 card/cash); all proceeds to charity.*
Minimum: 20 / Maximum: 80 T401

Mike & Joy Lefroy - *Catalpa, the World's First 'Crowd Funded' Prison Escape*
Tuesday 27 October, 10 - 11am
Members: $12 Non-members: $17
Venue: Community Room, Grove Library Precinct

On Easter Monday 1876, a group of Fenians (Irish political prisoners) were snatched from Fremantle Prison under the very noses of their British gaolers. After a dramatic ride to Rockingham Beach, they leapt aboard an American whaleboat and eventually made it to safety in America. Mike & Joy Lefroy, co-authors of *Catalpa - Escape to Freedom* (2026), reveal how this international tale unfolded. *Signed copies of the book will available on the day ($30 card/cash).*



Minimum: 20 / Maximum: 80 T402

Karen Ulrich - *Dying to Know*
Thursday 5 November, 10 - 11am
Members: $12 Non-members: $17
Venue: Community Room, Grove Library Precinct

Most of us will spend more time planning a holiday than we do planning for the end of life. Death is one of life's few certainties, yet it remains one of the least discussed topics in our community. Talking about rain will not bring it. Talking about death will not make you die. But encouraging open conversations will empower you with knowledge, reduce fear and uncertainty, and help families make informed decisions when the time comes. Whether you are planning ahead for yourself, supporting ageing parents or navigating a recent loss, there will be valuable information shared.



Minimum: 20 / Maximum: 80 T403

Associate Professor Alexey Muraviev - *Space Odyssey or Star Wars?*
Thursday 12 November, 10 - 11am
Free Seniors Week Talk
Venue: Community Room, Grove Library Precinct

The first international partnership in space wasn't the International Space Station - or even the US-Russia Shuttle-Mir series of missions in the 1990s. It was the Apollo-Soyuz Test Project, the first international human spaceflight. On July 15, 1975, an Apollo spacecraft launched carrying a crew of three, docking with a Soyuz spacecraft and its crew two days later. The mission was to develop a common docking system that would allow spacecraft from different countries to rendezvous and dock in space, to test the feasibility of joint space missions and to establish a basis for future



Enrolments from Tuesday 13 October, 9 - 10.30am in person, 11am online

cooperation in space exploration. Alexey explores whether near and deep space can remain an area of international cooperation, or whether it will become an arena of international confrontation.
Minimum: 20 / Maximum: 80 T404

Terry Houston - *Native Bees of WA*
Tuesday 17 November, 10 - 11am
Members: $12 Non-members: $17
Venue: Community Room, Grove Library Precinct
Western Australia has a huge and diverse range of native bees, with variations including size, appearance, degree of sociality, nesting and mating habits and floral preferences. Terry's interest in native bees has spanned 60 years, mostly while employed as Curator of Insects at the Western Australian Museum and now in retirement. He will provide an overview of WA's bees before outlining some of their most intriguing associations with native wildflowers.



Minimum: 20 / Maximum: 80 T405

Colin Barnett AC - *Out West: Big State, Small Town*
Thursday 19 November, 10 - 11am
Members: $12 Non-members: $17
Venue: Community Room, Grove Library Precinct
Colin Barnett AC, WA's longest-serving Premier of the modern era, reflects on leadership, power and economic development in WA. In his recently published book *Out West: Big State, Small Town*, Colin traces the modern story of Western Australia through the lens of his life and career in politics and beyond. Born and educated in WA, he began his political career in 1990, a time of critical economic change. Colin reflects on the forces that have shaped the State's development, growing from an agricultural base into an economy responsible for around half of the nation's exports. *Books will be available for purchase on the day ($34.99 card/cash).*



Minimum: 20 / Maximum: 80 T406

Mobile Phones

Phones off (or on silent) please, at all events.

Dawn Mauldon - *Unheard Voices*
Tuesday 24 November, 10 - 11am
Members: $12 Non-members: $17
Venue: Community Room, Grove Library Precinct
Dawn, a retired English/Literature teacher turned author, was the first-born hearing child of D/deaf parents. Her first language was sign (now Auslan) and today she would be referred to as a CODA (Child of Deaf Adults). Her two-part memoir of crossing between the D/deaf and hearing worlds contrasts the first six years of her mother's life with her own. Many unheard voices have shaped our lives, but how we tell those stories is why Dawn keeps writing. *Books will be available for purchase on the day ($32 - cash only).*



Minimum: 20 / Maximum: 80 T407

Carry on the Conversation

Morning tea will be served after talks and before 9:50am on arrival. Please stay on afterwards to enjoy a cuppa and continue the conversation and hear what other members thought about our fabulous volunteer speakers and the topic of the day.

Special Events

Bingo Bubbles
Monday 16 November, 2 - 4.30pm
Members: $20 Non-members: $20
Venue: Mosman Park Bowling Club
Come along for an informal and friendly afternoon of Bingo and enjoy the opportunity to connect, relax and spend time together. Whether you're a Bingo regular or just coming along for a bit of fun, everyone's welcome. There will be prizes galore, plenty of laughs, good company and opportunities to build new friendships.
Minimum: 20 / Maximum: 50 S401



Special Events, continued...

Beauty Workshop for Seniors
Thursday 26 November, 9am - 12pm
Members: $75 Non-members: $80
Venue: Community Room, Grove Library Precinct
Our Beauty Unbound Makeup Masterclass is designed for women who want to refresh their look, learn what truly suits them, and feel beautiful in their own skin – no matter their age. In this fun, supportive, and judgment-free environment, you'll be guided step-by-step through a complete makeup routine - learning simple, flattering techniques, working with your face shape, aging skin tone, and personal style in order to recreate your look confidently every day. You'll leave feeling uplifted, inspired, and empowered - because beauty isn't about perfection… it's about feeling good.
Minimum: 12 / Maximum: 12 S402



WCC Christmas Morning Tea
Thursday 3 December, 10am - 12pm
Members: $20 MEMBERS ONLY
Venue: Community Room, Grove Library Precinct
Come and celebrate another wonderful year with Westcoast at our Christmas Morning Tea. Enjoy some delicious platters of food and a festive glass of sparkling wine on arrival, along with the ever-sparkling company of your Westcoast friends. ***Bookings by Tuesday 24 November are essential as this event is catered.***
Minimum: 20 / Maximum: 60 S403



Getting Physical

Westcoast Walkers - 9 sessions
Fridays 16 October - 11 December, 7.30 - 8.30am
Members: $15 Non-Members: $20
Venue: Changes Weekly
Walkers enjoy meeting for a brisk walk of up to one hour. We then enjoy a coffee at leisure at the designated café. Members may shorten the walk to suit their needs and wait for others to return; however, it is important to be aware that some areas involve hilly terrain and may not be suitable for all. *Please arrive by 7.20am for a 7.30am start. Meeting place changes each week. Download your walking programme from our website or request a copy via email.*
Minimum: 10 / Maximum: 25 P401

Monday Walkers - 8 sessions
Mondays 19 October - 7 December, 10 - 11.30am
Members: $15 Non-members: $20
Venue: Changes Weekly
Enjoy a walk of up to one hour, followed by coffee at leisure at a local café. Please note that some areas may involve hilly terrain and may not be suitable for all. Members may shorten the walk to suit their needs and wait for others to return. *Please arrive by 9.50am for a 10am start. Meeting place changes each week. Download your walking programme from our website or request a copy via email.*
Minimum: 5 / Maximum: 20 P402

Learn to: Yoga - 8 sessions
Wednesdays 21 Oct - 9 December, 11am - 12pm
Members: $120 Non-members: $160
Venue: Cottesloe Lesser Hall, cnr Broome & Napier Sts, Cottesloe
Come along and learn 'mat yoga' to improve your functional fitness and flexibility. Our incredibly fun, enthusiastic instructor, Bela Andrade, a rehabilitation and yoga/pilates specialist will guide you, with care and attention to your technique, on an introduction to yoga course which will open your eyes to this extremely beneficial exercise. Our new venue at the Lesser Hall in Cottesloe has floor to ceiling mirrors to help you see Bela in action and check your posture. *Please bring your own yoga mat and a water bottle.*



Minimum: 12 / Maximum: 40 P403

Getting Physical, continued...

Learn to: Ballroom Dance - 8 sessions
Wednesdays 21 October - 9 December, 1 - 2pm
Members: $120 Non-members: $160
Venue: Cottesloe Lesser Hall, cnr Broome & Napier Sts, Cottesloe

Dance is such a fun way to do some exercise, learn a new skill and keep the mind ticking as you learn new steps. WCC is incredibly excited to partner with Ballroom Fit to offer you this series teaching ballroom steps at our new venue at the Lesser Hall in Cottesloe. No partners required! The venue has floor to ceiling mirrors to help you see the coach in action and check how you are following along. If you love *Dancing with the Stars,* this is your chance to take part. *Please bring a water bottle – you might get thirsty!*



Minimum 12 / Maximum 60 P404

Sunset & Meditation from Bold Park
Thursday 22 October, 6 - 7.15pm
Members: $15 Non-members: $20
Venue: Bold Park, 167 Perry Lakes Dr, City Beach

Join the Friends of Bold Park for a mindfulness walk at sunset. The walk will start at Tuart car park. Enjoy a gently paced 1km steep walk up to the top of the hill where we will take in the sunset from the ocean view lookout. A trained meditation coach will guide participants through a relaxing 15 minute mindfulness meditation. The walk down will be slightly longer and less steep. A beautiful way to end the day. *Meet at the Tuart carpark on Perry Lakes Drive at 5:45pm. Please make sure to wear or bring warm clothing and to bring a yoga mat or towel to sit on and a torch for the walk back.*



Minimum: 10 / Maximum: 20 P405

Share the WCC fun!

Share your photos and memories of events and activities with other WCC members by emailing photos and feedback to Melissa at westcoastcommunity@gmail.com

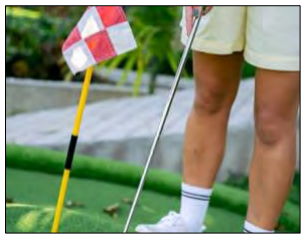
Chair Pilates & Yoga - 6 sessions
Fridays 23 October - 27 November, 10 - 11am
Members: $90 Non-members: $120
Venue: Community Room, Grove Library Precinct

Helene Atwell will guide you through low-impact exercises, fusing Pilates principles and Yoga movements with the support of a chair. Enjoy the many benefits of both without having to get up or down from the floor, including improved balance, strength, posture, coordination, concentration and flexibility, as well as stress reduction, improving overall immune function and boosting your mood. *Please wear gym gear, bring a bottle of water with you and be ready to have some fun!*

Minimum: 12 / Maximum: 18 P406

Mini Golf
Monday 26 October, 1 - 2.30pm
Members: $28 Non-members: $33
Venue: 200 The Boulevard, Wembley Downs

Experience mini golf as you never have before. This 18-hole, high quality landscaped miniature golf course is a scaled down version of a full size golf course. Golf Clubs are provided. We play 9 holes, but anyone who has the energy and time can play the extra 9 holes. Afterwards join those staying on for afternoon tea at the 300 Acres Restaurant (*at own expense).*



Minimum: 8 / Maximum: 20 P407

Hiking Club - John Forrest National Park - Bus
Sunday 1 November, 9am - 4pm
Members: $52 Non-members: $57
Venue: Bus will depart from The Grove Library

An opportunity to hike and chat with a group around John Forrest National Park, enjoying the end of the wildflower season and admiring the views back to Perth from the heights of Eagle View. This 16km walk at the start of spring with the 'roos and the parrots will be stunning on this clearly marked path. The hike is strenuous, taking approx. 4 hours to complete and requires sneakers or hiking boots with good grip as there is rocky ground and a few hills. Bring water, a hat, sunscreen and lunch / snacks and we will take regular stops every hour to replenish. *Park entry and Transport are included. Bus departs from The Grove Library.*



Minimum: 8 / Maximum: 12 P408

Come and Try Kayaking
Sunday 29 November, 9.30am - 12pm
Members: $50 Non-members: $55
Venue: Swan Canoe Club, 16 Johnson Pde, Mosman Park
Swan Canoe Club welcomes you to come and try kayaking on the beautiful Swan River in Mosman Park. All equipment will be supplied and you will be given basic instructions on how to paddle. We will spend some time paddling around Mosman Bay where you may see dolphins and beautiful birdlife. Join us for morning tea on our balcony and admire the view. *Participants must be able to swim. All participants will be required to complete an online registration form prior. Details will be emailed.*
Minimum: 7 / Maximum: 14 P409



Outings

Quiz Night at the Albion Hotel - 2 sessions
Mondays 19 October & 9 November, 6 - 8.15pm
Members: $10 Non-members: $15 (per session)
Book for one or both sessions
Venue: 535 Stirling Hwy, Cottesloe
How is your general knowledge? Good or not so great, it doesn't matter. Come along to the Albion Hotel on your own or bring along family and friends. Westcoast enrollees will make up three tables out of 20 tables to participate in a very light-hearted competition in this very popular Albion Hotel event. Come along at 6pm and join us for a drink and meal or arrive by 6.45pm if you only want to join in the quiz, which starts at 7pm. *Food and drinks at your own expense.*

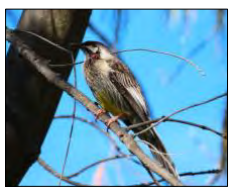


Minimum: 6 / Maximum: 18 Session 1: O401
Minimum: 6 / Maximum: 18 Session 2: O402

Tree Tops & Timber Towns - Bus
Wednesday 28 October, 9am - 4pm
Members: $109 Non-members: $114
Venue: Bus departs from Tom Perrott Reserve, McCabe St, Mosman Park
Join us on a tranquil bus trip into the forested Darling Scarp and the timber town of Dwellingup, where you can explore the Dwellingup Forest Discovery Centre, stroll the 11-metre tree-top walk, and browse local arts and crafts. No matter the season, the forest is spectacular. A hearty meal at the historic Dwellingup Hotel rounds off the visit.
Minimum: 24 / Maximum: 40 O403

Virtual Reality Viewing of the Great Barrier Reef
Monday 2 November, 1.30 - 2.05pm
Members: $28 Non-members: $32
Venue: Maritime Museum, Victoria Quay, 26 Peter Hughes Dr, Fremantle
Take a deep breath and dive into the living heart of one of the world's greatest natural wonders. Life in the Great Barrier Reef is a breathtaking 360° VR journey through the UNESCO World Heritage listed Great Barrier Reef. Dive beneath the surface alongside turtles, manta rays, sharks and whales. Witness rare dolphin behaviour, spectacular coral spawning events and vibrant coral ecosystems captured using custom built 8K 360° underwater camera systems developed to bring audiences inside the reef's underwater world in ways never before possible. An amazing experience! *Parking available beside E Shed Markets.*
Minimum: 15 / Maximum: 15 O404

Brunch with the Birds in Mosman Park
Saturday 7 November, 8 - 10am
Members: $15 Non-members: $20
Venue: Meet next to the Hutchison Ave carpark
Brunch with the Birds includes a guided bird walk through tranquil Minim Cove Park, followed by a relaxed community brunch. Led by experienced guides from BirdLife WA, this 1.5 hour walk is a great opportunity to spot and learn about the diverse bird species that call Mosman Park home. After the walk, enjoy a shared brunch and mingle with fellow nature lovers. Bring your binoculars if you have them and wear comfortable walking shoes. *Park in the nearby Tom Perrott Reserve parking area and walk towards the river to the meeting point beside the Hutchison Avenue carpark, Mosman Park, where there is also some parking available. Remember to bring a water bottle along.*



Minimum: 4 / Maximum: 8 O405

Outings, continued...

UWA Garden Walk - The Heritage Area
Tuesday 17 November, 10 - 11.30am
Members: $15 Non-members: $20
Venue: UWA, 35 Stirling Ave, Nedlands
Rachel from the UWA Friends of the Grounds will take us on a 90-minute walk in the grounds, taking in the Somerville Auditorium, the Tropical Grove, the Sunken Garden, Whitfeld Court, the iconic Winthrop Hall (exterior only) and everything in between. It includes history, the plantings and landscaping and other snippets. *Meet in front of the Recreation Centre. Parking is available in Carpark 1, adjacent to the Recreation Centre.*
Minimum: 10 / Maximum: 10 O406

Channel Nine Studios - Tour
Wednesday 18 November, 10 - 11am
Members: $10 Non-members: $15
Venue: 253 St Georges Tce, Perth
Enjoy a behind-the-scenes guided tour of Channel Nine Studios, hosted by 9News Afternoon at 4pm Presenter Monika Kos. This special tour will include a visit to the 9News Perth studio, the news floor, and master control room, as well as the opportunity to meet other presenters and reporters. Taking photos is encouraged. You may even be filmed for Nine Perth's own promotions! A tour not to be missed! *Arrive by 9.50am to check-in with Nine Perth's reception for a 10am start.*



Minimum: 10 / Maximum: 25 O407

UWA Garden Walk - The Special Trees
Friday 27 November, 10 - 11.30am
Members: $15 Non-members: $20
Venue: UWA, 35 Stirling Ave, Nedlands
Rachel from the UWA Friends of the Grounds will take us on a 90-minute walk, pointing out some of the special trees in the UWA grounds and the stories around them. It concludes at the Mother Tree outside Bilya Marlee, the School for Indigenous Studies. *Meet in front of the Recreation Centre. Parking is available in Carpark 1, adjacent to the Recreation Centre.*
Minimum: 10 / Maximum: 10 O408

Lawn Bowls & Sausage Sizzle
Wednesday 9 December, 5.30 - 8pm
Members: $30 Non-members: $35
Venue: Mosman Park Bowling Club
Come along for a fun social evening at the bowling club with the best river views in town. Lawn bowls has become a very popular pastime with young and old and this is your chance to give it a go. All equipment will be provided and experienced bowlers will be on hand to teach beginners. A sausage sizzle is included in the cost and the bar will be open for you to purchase drinks at your own expense. The bowling club has two parking areas on site.



Minimum: 10 / Maximum: 24 O409

Music / Theatre

Morning Melodies – Soulphonic
Wednesday 4 November, 11am - 12pm
Members: $39 Non-members: $44
Venue: His Majesty's Theatre, 827 Hay St, Perth
Feel the buzz as the Milford St Shakers, a stunning 15-piece soul band, pumps out epic renditions of soul and Motown classics and spins tales of 1960s Detroit, Chicago, Memphis, New York and Alabama – the epicentres of groove. Dressed to the nines and with trademark charisma, these world-class musicians revive the era with get-up-and-dance music from artists like Marvin Gaye, Etta James, The Supremes and more. **Book before Thursday 15 October.** *You will be advised when tickets are from Melissa in The Pod.*
Minimum: 8 / Maximum: 30 M401

Pick Your Poison
Sunday 15 November, 2 - 4.30pm
Members: $37 Non-members: $42
Venue: Old Mill Theatre, Cnr Mends St & Mill Point Rd, South Perth
It is 1932 and Sir Nicholas Blackburn cordially invites you to his country estate to join him and his old friends and acquaintances for a weekend of leisure. Featuring good, old fashioned murder mystery fun, you, the audience, will be asked to vote on who the murderer is. Laura Barbieri has written a murder mystery farce in the style of the "country house murder" - think Agatha Christie meets "The Play That Goes Wrong".

With a special twist - this play has not *one* ending, but *eight*! Based off audiences' interactions and votes, the show will change each time, keeping us all on our toes. *Collect your ticket on Enrolment Day or from Melissa in the Pod.*
Minimum: 10 / Maximum: 10 M402

ABBA - Thank You for the Music
Friday 20 November, 7.30 - 9.50pm
Members: $100 Non-members: $105
Venue: The Regal Theatre, 474 Hay St, Subiaco
A 2-hour spectacular live concert that will take you through the songs, the life and magic that made ABBA one of the most successful bands of all time. All the hits, including *Waterloo, Mamma Mia, Dancing Queen, Money Money, SOS, Ring Ring,* and more. Performed by Narelle Ryan, Michelle Birmingham and a full backing band, this is the "must see" show of 2026. *Fully booked in Term 2 - waiting list only.*
Minimum: 10 / Maximum: 10 M403

***The Nutcracker* - WA Ballet**
Sunday 29 November, 3 - 5pm
Members: $122 Non-members: $127
Venue: His Majesty's Theatre, 827 Hay St, Perth
Ring in the holiday season with the magical story of Clara and the Nutcracker as they defeat the rascally Rat King and dance through the Land of Sweets with the majestic Sugar Plum Fairy. This show will delight children of all ages, and lovers of classical ballet - a wonderful outing this holiday season. **Book before Thursday 15 October.** *You will be advised when tickets are available from Melissa in The Pod.*
Minimum: 10 / Maximum: 16 M404

2027 Advance Booking

Dolly & Kenny Forever
Saturday 27 February, 7.30 - 9.30pm
Members: $83 Non-members: $88
Venue: The Regal Theatre, 474 Hay St, Subiaco
In Term 1, 2027, enjoy this heart-warming tribute celebrating the legendary partnership of Dolly Parton and Kenny Rogers. Featuring all the unforgettable hits that made them country music royalty, this spectacular production captures the magic, friendship, humour and chemistry that audiences around the world fell in love with. From the chart-topping *Islands in the Stream* to beloved classics including *Lady, 9 to 5, The Gambler, Jolene, Lucille* and more, this show is packed with timeless songs and cherished memories. *Collect your ticket on Enrolment Day or from Melissa in The Pod.*
Minimum: 18 / Maximum: 18 M405

Food

Sweetwater Rooftop Bar & Restaurant - Dinner
Wednesday 21 October, 6 - 8pm
Members: $85 Non-members: $90
Venue: Level 6, 1 Silas St, East Fremantle
Adding to the burgeoning Freo food scene, Sweetwater's head chef creates Asian-inspired share plates that pack a punch. The diversity of flavours is influenced by seasonal produce and a focus on substance. Complementing the delicious fare, the wine and cocktail list includes classic combinations made using the best modern methods to produce delicious concoctions that never go out of style. *Chefs feed me menu included. Drinks at own expense.*
Minimum: 12 / Maximum: 25 F401

Christmas Luncheon – University Club of Western Australia - 2 separate sittings
(1) Monday 23 November, 12 – 2pm
(2) Wednesday 25 November, 12 – 2pm
Members: $58 Non-members: $63
Venue: University Club of Western Australia, Hackett Drive, Crawley - Entrance #1 - Carpark #5
Once again we lead into the festive season with lunch overlooking the river at Matilda Bay from the veranda of the Café at the elegant UWA Club. Roasted Turkey Breast and Baked Ham with Potato Gratin, Brussel Sprouts, Roasted Pumpkin and a Cranberry Jus, followed by Warm Christmas Pudding with Vanilla Ice Cream and Brandy Custard, will be served. A glass of bubbles, wine, tap beer or soft drink is included. *Additional beverages at own expense. Parking at UWA must be paid by credit/debit card or the EasyPark App Please advise Melissa of any dietary requirements before 17 November.*



Minimum: 10 / Maximum: 24 **per sitting**
Monday 23 November Code: F402
Wednesday 25 November Code: F403

Dietary requirements
Please ensure that you notify Melissa of any dietary restrictions at the time of booking. We will try to ensure that venue hosts are informed of these for catering purposes, but can only do so if we have sufficient notice.

Brain Challenges

Mah Jong – 16 sessions
Tuesdays & Fridays 20 Oct – 11 Dec, 1 – 4pm
Members: $10 registration MEMBERS ONLY
Session card (10 games): $75
Venue: Community Room, Grove Library Precinct
Social Mah Jong sessions are held on Tuesdays and Fridays for players who know the basic rules of the Western Game and are confident in game play. The registration fee entitles members to play on either or both days. A 10-session play card (valid for one year) must be purchased prior to attendance. There will be a maximum of 15 tables of 4 people for each session. *Session cards are available on Enrolment Day or on Tuesdays during the term, between 9.30am and 1.30pm in The Pod (in The Grove Library).*



Minimum: 40 / Maximum: 120 B401

Prose and Poetry Readings – 2 sessions
Thursdays 22 Oct & 10 December, 10 – 11.30am
Members: $17 Non-members: $22
Venue: Community Room, Grove Library Precinct
WCC members meet each term to share their love of literature. There is the choice of reading a selection, such as a poem, an extract from a play or prose, or just sitting and listening to the contribution of others. Lively discussions often take place. Why not join in? You would be most welcome.
Minimum: 5 / Maximum: 12 B402

Pony Canasta – 8 sessions
Thursdays 22 Oct - 10 December, 1 – 4pm
Members: $10 registration MEMBERS ONLY
Session card (10 games): $75
Venue: Community Room, Grove Library Precinct
A basic knowledge of the game of Canasta will allow you to easily adapt to the Pony version. The $10 registration entitles members to play. A session card (valid for one year) must be purchased prior to attendance, at a cost of $75. This entitles members to 10 attendances. *Session cards are available on Enrolment Day or on Tuesdays, during the term, between 9.30am and 1.30pm in The Pod (in The Grove Library).*
Minimum: 16 / Maximum: 50 B403

Learn to: Play Social Bridge - 7 sessions
Thursdays 22 Oct - 26 Nov, & 10 December, 10.30am - 12.30pm
Members: $135 Non-members: $170
Venue: Cottesloe Lesser Hall, cnr Broome & Napier Sts, Cottesloe



Join us for 7 weeks of lessons with Diane Smith. Emphasis is on fun and social learning and play. This series is suitable for complete beginners, no card playing experience necessary, and you can come with or without a partner. These are hands-on practical lessons and friendly, supportive, supervised playing sessions are available after each lesson. Once you have completed this course, join us for fun and social bridge play where cheat-sheets are allowed, laughing and talking is essential - and there is no director within sight!
Minimum: 6 / Maximum: 12 B404

Rummikub – 7 sessions
Fridays 23 Oct - 4 December, 10am – 12pm
Members: $10 Non-members: $15
Session card (10 games): $75
Venue: Community Room, Grove Library Precinct
Come along to enjoy Rummikub with WCC friends. This is a fun tile-based game for two to four players that combines elements of the card game Rummy. The registration fee entitles members to play. A 10-session play card (valid for one year) must be purchased prior to attendance. *Session cards are available on Enrolment Day or on Tuesdays during the term, between 9.30am and 1.30pm in The Pod (in The Grove Library).*
Minimum: 10 / Maximum: 40 B405

Westcoast Book Club – 2 sessions
Tuesdays 3 November & 1 December, 10 – 11.30am
Members: $17 Non-members: $22
Venue: Community Room, Grove Library Precinct
The first book for this term is *The Correspondent,* by Virginia Evans, a witty and emotional portrait of a woman named Sybil Van Antwerp who has spent her life communicating through letters. Sybil is a retired lawyer in her 70s and writes to family, friends, even famous authors and other personalities, her letters a way of making peace with herself and others. The letter format draws you into her private thoughts and reminds us it is never too late to make amends. *A second book will be selected at the first meeting.*
Minimum: 5 / Maximum: 15 B406

Art / Craft

Mindful Art Studio
Tuesday 10 November, 9am - 12pm
Members: FREE Non-members: FREE
Venue: Community Room, Grove Library Precinct
Mindful art classes provide a calm, welcoming space to explore drawing, painting, and other creative activities while gently focusing on the present moment. No art experience is needed - the emphasis is on relaxation, self-expression, and enjoying the creative process. We invite you to slow down, connect with yourself, and enjoy creative expression in a relaxed group setting. Combining gentle art appreciation with simple hands-on activities, the final result is not what matters most - it is the process of getting there. *Art materials will be supplied, including acrylic paints, paint-by-number kits, watercolour kits, and mindful colouring artbooks. Wear old clothes or an apron for any paint spills. This is a free art event delivered in partnership with our three local councils.*

Minimum: 10 / Maximum: 25 A401



Do you have some great ideas for our Programme?

If you have an idea or contacts for a talk, event or activity that you think might be of interest to other members, please let us know.

Leave a message for Melissa on 92868676 or email westcoastcommunity@gmail.com and she'll get back to you to chat about your idea.

Enrolments

Enrolments open on **Tuesday 13 October, 9am (to 10.30am) in person,** and **online from 11am** and continue throughout the term, spaces permitting, by contacting WCC on 9286 8676, in person at The Pod (in The Grove Library) on Tuesdays between 9.30am and 1.30pm or online via the website.

Postal enrolments are processed on Enrolment Day, from **11am**. If your preferred courses are full, you will be placed on a waiting list and advised if space becomes available.

Please note that members may only enrol for themselves and **one** other person **when enrolling in person on Enrolment Day** – and only if the other person is someone who wishes to enrol in the same event, e.g. an outing, with them.

You will find the two-sided **enrolment form** at the back of the newsletter. Please print both sides and **complete one form per person when enrolling**. The enrolment form can also be downloaded from the Programme page of the website.

Where to Find Us

Westcoast Community Centre is located in the Community Room of The Grove Library Precinct at 1 Leake St, Peppermint Grove.

Office Hours: On Tuesdays **during term time** you can pop in to see the Administration Officer, Melissa Frey, in **The Pod** in **The Grove Library**, 9.30am - 1.30pm. She will help you with any payments or queries you may have.

Email WCC at westcoastcommunity@gmail.com and we will respond as soon as possible.

OR

Phone the WCC landline (9286 8676), where you can leave a message. This answering service is checked twice a week during office hours. **Please leave a message if you are unable to attend a session for which you are registered, preferably at least 2 business days in advance.**

Website: www.westcoastcommunity.com.au

POST: All mail to **PO Box 340, Cottesloe 6911.**

VOLUNTEERS ORGANISE
LEARNING • CREATING • SHARING KNOWLEDGE • TEACHING

A Word from the Chair

There is a real sense of energy at Westcoast! Since our Annual General Meeting in March, the Management Committee, Planning Committee, event hosts and volunteers have been busy strengthening Westcoast, developing our new Strategic Plan and building on our important relationships with the three local governments supporting The Grove Library Precinct.

A bigger and more varied programme: Our Term 4 programme has grown considerably. With Council support, we are expanding beyond the Grove Library precinct, with activities in Mosman Park and Cottesloe, helping us reach more people across our local communities. The programme offers talks, outings, physical activities, lunches and dinners, theatre and cultural events, regular favourites such as Mah Jong, Pony Canasta, Rummikub, Prose & Poetry, Book Club, arts and crafts, and more. **Seniors Week**, 9 – 15 November, will also feature **two free events**: Alexey Muraviev's talk, *Space Odyssey or Star Wars*, and our new *Mindful Art Studio*. Look out for those and book in early.

Learning, friendship and community. Westcoast has always been about learning, friendship and staying connected. Whether it is discovering something new, enjoying a cultural event, staying physically or mentally active, sharing a meal, or meeting new people, Westcoast provides a welcoming place to learn, connect, and belong. Today, we call much of this *Positive Ageing*: something Westcoast has been putting into practice for 33 years. Westcoast depends on members getting involved. We would love more members to volunteer to host just one or two events. A small contribution can make a big difference.

A special thank you to Connie Chapman, our unofficial 'cultural attaché', for continuing to organise our popular theatre events and UWA Club Christmas lunches, and to Julie Cutler, who has tirelessly worked to coordinate our amazing team of volunteers.

Our expanded Planning Committee, together with Planning Coordinator Melissa Frey, has also been working hard to create a varied programme - with a few surprises! So we invite you to explore the Term 4 programme, try something new and, most importantly, bring a friend and be part of what's happening at Westcoast! The more members who join, participate and volunteer, the more Westcoast can offer everyone.

With best wishes for a safe and enjoyable festive season, *Anne McCrudden*

Thank You

The following volunteer presenters are thanked for their contribution to the Term 3 2026 programme – Rob Andrew, Peter Alcock, Dean Arthurell, Nigel Ridgway, Alex Jenkins and Richard Offen, as well as the volunteer guide at the Art Gallery of WA.

We greatly appreciate and thank The Grove Library staff for their invaluable assistance, as well as the ongoing support from the Boatshed Market, Linkwest and the Councils/Shires of Cottesloe, Mosman Park and Peppermint Grove.

We especially say thank you to the volunteer members of the programming committee who both presented the Term 3 programme and planned Term 4 – Anne McCrudden, Bernadette Berrell, Breda Ryan, Collette Davies, Connie Chapman, Debbie Curnow, Dixie Maher, Liz Walker, Patricia Des Bouvrie and Sonja Heinrich. As well as our dedicated team of event hosts Anita Norris, Beverley Sprague, Faye Jones, Jan Burnell, Jeni Owens, Judy Daly, Julie Cutler, Liz Connor, Marg Heyns, Mary Averbuj, Peta Scott, Suzanne Cobb and Trish Johnston. WCC could not exist without you all.

Also special thanks to our volunteer proofreading team for the time taken to check the Newsletter and eNews content - Anne McCrudden, Dixie Maher and Collette Davies.

Our sincere appreciation to the WCC members who continue to act as volunteers at activities and behind the scenes, to Melissa Frey for her ongoing support and hard work, and to Nicky Macdougall for facilitating the Strategic Plan Refresh. Thanks also to our 2026 Management Committee for the vision and energy they bring to ensure the ongoing success of WCC.

TERM 4 CALENDAR of EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUNDAY
12 October	**13 October**	**14 October**	**15 October**	**16 October**	**17/18 October**
	Enrolment Day 9 - 10.30am			**Westcoast Walkers** 7.30am	
19 October	**20 October**	**21 October**	**22 October**	**23 October**	**24/25 Oct**
Monday Walkers 10 - 11.30am **Quiz Night at the Albion Hotel** 6pm	**Bob Maumill - *The Colourful Life of a Radio Jock*** 10 - 11am **Mah Jong** 1 – 4pm	**Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm **Sweetwater Rooftop Bar & Restaurant - Dinner** 6pm	**Prose and Poetry Readings** 10 - 11.30am **Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm **Sunset & Meditation from Bold Park** 6 - 7.15pm	**Westcoast Walkers** 7.30am **Chair Pilates & Yoga** 10 - 11am **Rummikub** 10am - 12pm **Mah Jong** 1 – 4pm	
26 October	**27 October**	**28 October**	**29 October**	**30 October**	**31 Oct /1 Nov**
Monday Walkers 10 - 11.30am **Mini Golf** 1 - 2.30pm	**Mike and Joy Lefroy - *Catalpa, the World's First 'Crowd Funded' Prison Escape*** 10 - 11am **Mah Jong** 1 - 4pm	**Tree Tops and Timber Towns - Bus** 9am - 4pm **Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm	**Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Chair Pilates & Yoga** 10 - 11am **Rummikub** 10am - 12pm **Mah Jong** 1 – 4pm	**<u>Sunday 1 Nov</u>** **Hiking Club - John Forrest National Park - Bus** 9am - 4pm
2 November	**3 November**	**4 November**	**5 November**	**6 November**	**7/8 November**
Monday Walkers 10 - 11.30am **Virtual Reality Viewing of the Great Barrier Reef** 1.30pm	**Westcoast Book Club** 10 - 11.30am **Mah Jong** 1 – 4pm	***Morning Melodies - Soulphonic*** 11am - 12pm **Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm	**Karin Ulrich - *Dying to Know*** 10 - 11am **Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Chair Pilates & Yoga** 10 - 11am **Rummikub** 10am - 12pm **Mah Jong** 1 – 4pm	**<u>Saturday 7 Nov</u>** **Brunch with the Birds in Mosman Park** 8 - 10am
9 November	**10 November**	**11 November**	**12 November**	**13 November**	**14/15 November**
Monday Walkers 10 - 11.30am **Quiz Night at the Albion Hotel** 6pm	**Mindful Art Studio** 9am - 12pm **Mah Jong** 1 – 4pm	**Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm	**Alexey Muraviev - *Space Odyssey or Star Wars?*** 10 - 11am **Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Chair Pilates & Yoga** 10 - 11am **Rummikub** 10am - 12pm **Mah Jong** 1 – 4pm	**<u>Sunday 15 Nov</u>** ***Pick Your Poison*** 2 - 4.30pm
16 November	**17 November**	**18 November**	**19 November**	**20 November**	**21/22 November**
Monday Walkers 10 - 11.30am **Bingo Bubbles** 2 - 4.30pm	**Terry Houston - *Native Bees of WA*** 10 - 11am **UWA Garden Walk: The Heritage Area** 10 - 11.30am **Mah Jong** 1 – 4pm	**Channel 9 Studios - Tour** 10 - 11am **Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm	**Colin Barnett AC - *Out West: Big State, Small Town*** 10 - 11am **Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Chair Pilates & Yoga** 10 - 11am **Rummikub** 10am - 12pm **Mah Jong** 1 – 4pm ***ABBA - Thank you for the Music*** 7.30 - 9.50pm	

Continued on next page

TERM 4 CALENDAR (continued)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUNDAY
23 November	**24 November**	**25 November**	**26 November**	**27 November**	**28/29 November**
Monday Walkers 10 - 11.30am **Christmas Luncheon - University Club of WA** 12 - 2pm	**Dawn Mauldon - *Unheard Voices*** 10 - 11am **Mah Jong** 1 – 4pm	**Christmas Luncheon - University Club of WA** 12 - 2pm **Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm	**Beauty Workshop for Seniors** 9am - 12pm **Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Chair Pilates & Yoga** 10 - 11am **Rummikub** 10am - 12pm **UWA Garden Walk: The Special Trees** 10 - 11.30am **Mah Jong** 1 – 4pm	**<u>Sunday 29 Nov</u> Come and Try Kayaking** 9.30am - 12pm **<u>Sunday 29 Nov</u>** ***The Nutcracker* - WA Ballet** 3 - 5pm
30 November	**1 December**	**2 December**	**3 December**	**4 December**	**5/6 December**
Monday Walkers 10 - 11.30am	**Westcoast Book Club** 10 - 11.30am **Mah Jong** 1 – 4pm	**Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm	**WCC Christmas Morning Tea** 10am - 12pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Rummikub** 10am - 12pm **Mah Jong** 1 – 4pm	
7 December	**8 December**	**9 December**	**10 December**	**11 December**	**12/13 December**
Monday Walkers 10 - 11.30am	**Mah Jong** 12 – 4pm	**Learn to: Yoga** 11am - 12pm **Learn to: Ballroom Dance** 1 - 2pm **Lawn Bowls & Sausage Sizzle** 5.30 - 8pm	**Prose and Poetry Readings** 10 - 11.30am **Learn to: Play Social Bridge** 10.30am - 12.30pm **Pony Canasta** 1 – 4pm	**Westcoast Walkers** 7.30am **Mah Jong** 12 – 4pm	

Term 1, 2027: *Dolly & Kenny Forever* - The Regal Theatre. Saturday 27 February, 7.30 - 9.30pm

ENROLMENT INFORMATION

- Please write your name on **BOTH** pages of the enrolment form and staple/attach the pages to each other.
- Enrolling by mail: please attach your cheque / tick the card payment box and post to: **PO Box 340, Cottesloe 6911. Please do *not* write your credit card details onto the form**; we will be in touch for payment over the phone when your enrolment is processed.
- For new members wanting to claim concession membership, please note that you will need to join in person and present your Centrelink Pensioner Concession Card.

MEMBERSHIP

Westcoast Community Centre membership is valid for 12 months from the date of purchase. Individual membership is **$40** Full, or **$30** Concession (*Centrelink Pensioner Concession Card holders*). New members who want the concession applied need to join in person and present their card.

Non-members are charged a $5 surcharge for each event that they attend at WCC. This fee provides temporary membership for that event. All members are covered by WCC insurance policies.

PAYMENTS AND REFUNDS

Payment is by ***cheque, cash or MasterCard/Visa Card***. Please choose your course or activity carefully before you enrol. Please note that ***there are no refunds or credits on course fees***, unless WCC is able to fill your place with another paying member from an existing waiting list. When refunds are possible, a $10 operational fee will be retained. If WCC cancels a course, a full refund or credit will be issued. **Please remember to let us know if you're unable to attend an event.**

Membership and Enrolment Form – Term 4, 2026

Please complete one form per person. Please ensure you write your name on both pages of the Enrolment Form

First Name		**Last Name**	
Phone		**Mobile**	

The shaded section below is for NEW members (or if any of your details have changed)

Address		**Suburb**	
Postcode		**Email**	

MEMBERSHIP (if due) ☐ **$40 FULL** ☐ **$30 CONCESSION** | **Centrelink Pension Concession Card Nº**

Are you joining WCC for the first time? ☐ **Yes** ☐ **No** | **Interested in helping out at WCC?** ☐ **Yes** ☐ **No**

Please indicate the courses you wish to enrol in by highlighting them in the table below.

COURSE / TALK / EVENT	CODE	DAY, DATE, TIME	Members	Non-Member
Mindful Art Studio	A401	Tuesday 10 November, 9am	FREE	FREE
Session card – Mah Jong / Canasta / Rummikub			$75	$75
Mah Jong – 16 Sessions	B401	Tuesdays & Fridays 20 Oct - 11 Dec, 1pm	$10	Members only
Prose and Poetry Readings – 2 sessions	B402	Thursdays 22 Oct & 10 Dec, 10am	$17	$22
Pony Canasta – 8 sessions	B403	Thursdays 22 October - 10 December, 1pm	$10	Members only
Learn to: Play Social Bridge - 7 sessions	B404	Thursdays, 22 Oct - 26 November & 10 December, 10.30am	$135	$170
Rummikub – 7 sessions	B405	Fridays 23 October - 4 December, 10am	$10	$15
Westcoast Book Club – 2 sessions	B406	Tuesdays 3 Nov & 1 December, 10am	$17	$22
Sweetwater Rooftop Bar & Restaurant - Dinner	F401	Wednesday 21 Oct, 6pm	$85	$90
Christmas Luncheon - UWA Club (1)	F402	Monday 23 Nov, 12pm	$58	$63
Christmas Luncheon - UWA Club (2)	F403	Wednesday 25 Nov, 12pm	$58	$63
Morning Melodies - Soulphonic	M401	Wednesday 4 Nov, 11am	$39	$44
Pick Your Poison	M402	Sunday 15 November, 2pm	$37	$42
ABBA - Thank you for the Music	M403	Friday 20 Nov, 7.30pm	Waiting List Only	
The Nutcracker - WA Ballet	M404	Sunday 29 November, 3pm	$122	$127
Dolly & Kenny Forever (Term 1, 2027)	M405	Saturday 27 Feb, 7.30pm	$83	$88
Quiz Night at the Albion Hotel - session #1	O401	Monday 19 October, 6pm	$10	$15
Quiz Night at the Albion Hotel - session #2	O402	Monday 9 November, 6pm	$10	$15
Tree Tops & Timber Towns - Bus	O403	Wednesday 28 October, 9am	$109	$114
Virtual Reality Viewing of the Great Barrier Reef	O404	Monday 2 Nov, 1.30pm	$28	$32
		TOTAL COST FOR THIS PAGE		

Enrolments continued on next page…

Membership and Enrolment Form, continued…

NAME:

COURSE / TALK / EVENT	CODE	DAY, DATE, TIME	Members	Non-Member
Brunch with the Birds in Mosman Park	O405	Saturday 7 November, 8am	$15	$20
UWA Garden Walk - The Heritage Area	O406	Tuesday 17 Nov, 10am	$15	$20
Channel Nine Studios - Tour	O407	Wednesday 18 November, 10am	$10	$15
UWA Garden Walk - The Special Trees	O408	Friday 27 November, 10am	$15	$20
Lawn Bowls & Sausage Sizzle	O409	Wednesday 9 December, 5.30pm	$30	$35
Westcoast Walkers – 9 sessions	P401	Fridays 16 Oct - 11 Dec, 7.30am	$15	$20
Monday Walkers – 8 sessions	P402	Mondays 19 Oct - 7 Dec, 10am	$15	$20
Learn to: Yoga - 8 sessions	P403	Wednesdays 21 Oct - 9 Dec, 11am	$120	$160
Learn to: Ballroom Dance - 8 sessions	P404	Wednesdays 21 Oct - 9 Dec, 1pm	$120	$160
Sunset & Meditation from Bold Park	P405	Thursday 22 October, 6pm	$15	$20
Chair Pilates & Yoga – 6 sessions	P406	Fridays 23 Oct - 27 Nov, 10am	$90	$120
Mini Golf	P407	Monday 26 October, 1pm	$28	$33
Hiking Club - John Forrest National Park - Bus	P408	Sunday 1 November, 9am	$52	$57
Come and Try Kayaking	P409	Sunday 29 November, 9.30am	$50	$55
Bingo Bubbles	S401	Monday 16 November, 2pm	$20	$20
Beauty Workshop for Seniors	S402	Thursday 26 November, 9am	$75	$80
WCC Christmas Morning Tea	S403	Thursday 3 December, 10am	$20	Members only
Bob Maumill - *The Colourful Life of a Radio Jock*	T401	Tuesday 20 October, 10am	$12	$17
Mike & Joy Lefroy - *Catalpa, the World's First 'Crowd Funded' Prison Escape*	T402	Tuesday 27 October, 10am	$12	$17
Karen Ulrich - *Dying to Know*	T403	Thursday 5 November, 10am	$12	$17
Assoc. Prof. Alexey Muraviev - *Space Odyssey or Star Wars?*	T404	Thursday 12 November, 10am	FREE	FREE
Terry Houston - *Native Bees of WA*	T405	Tuesday 17 November, 10am	$12	$17
Colin Barnett AC - *Out West: Big State, Small Town*	T406	Thursday 19 November, 10am	$12	$17
Dawn Mauldon - *Unheard Voices*	T407	Tuesday 24 November, 10am	$12	$17

TOTAL COST FOR THIS PAGE		
PAGE 1 TOTAL, CARRIED FORWARD		
COURSE FEES TOTAL	$	$
MEMBERSHIP (IF DUE)	$	
TOTAL PAYMENT	**$**	**$**

Receipt N^{O} _____ **Receipt**: ☐Emailed ☐Printed

☐ Volunteer voucher/s used Voucher N^{o} _____

PAYMENT TYPE: ☐ CASH ☐ CHEQUE ☐ CARD *(Sorry, no EFTPOS. WCC accepts Mastercard & VISA only)*