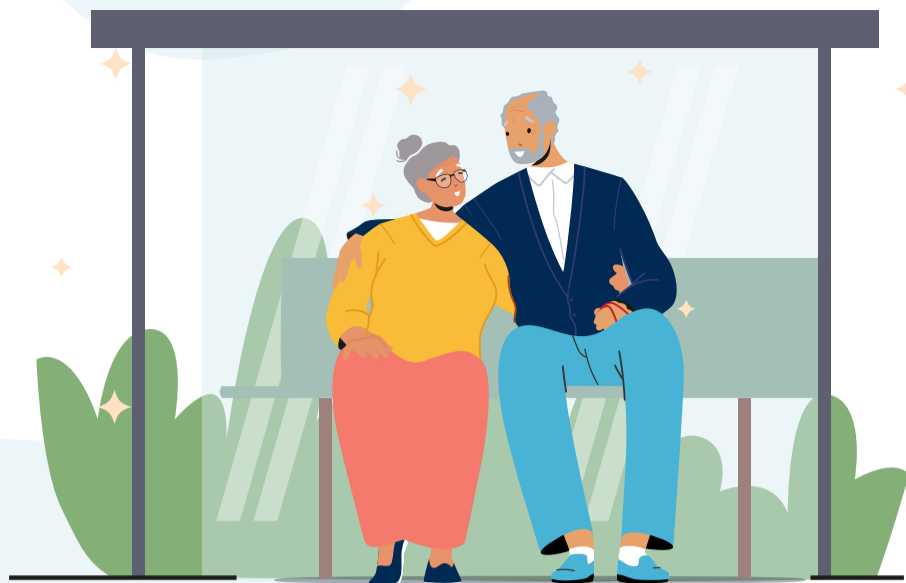


Savvy Seniors



Discover a range of free workshops empowering older adults to stay informed, healthy and active.

October

Waste Management

Presented by the City of Bayswater

9.30 – 10.30am, Thursday
3 October

Join Tianah from the City's Waste Education team for a chat about all things waste, recycling and FOGO, and learn simple ways to reduce your waste at home.

The Importance of Preventing Falls

Presented by Injury Matters

9.30 – 10.30am, Thursday
10 October

Falls are preventable and not a normal part of ageing. Learn about the Move Improve Remove strategies for staying healthy and active while maintaining independence and protecting yourself against a fall.

Boost Your Wellbeing

Presented by Helping Minds

1 – 3pm, Wednesday
23 October

Join Megan as she presents strategies to assist in maintaining good mental health and boosting your wellbeing.

Neighbourhood Watch

Presented by
Neighbourhood Watch

9.30 – 10.30am, Thursday
24 October

Learn how Neighbourhood Watch operates in the 21st century. Join Jenny O'Brien and find out how you can be involved in helping keep your neighbourhood safe.

November

Terrarium Making

Presented by Bunnings

9.30 – 10.30am, Thursday
7 November

Spend the morning crafting your very own terrarium. We'll provide all the materials you need, along with a light morning tea to keep your creative energy flowing.

A Woman's Journey with Cancer

Presented by Kath Mazella

9.30 – 10.30am, Thursday
21 November

Join Kath as she talks about her incredible journey with cancer and learn the signs to look out for.

Banking and Financial Services

Presented by Bendigo Bank
Bayswater

9.30 – 10.30am, Thursday
28 November

Bendigo Bank will provide information about scam awareness and financial services available to older adults and answer questions about banking processes.

Our Journey with Parkinson's

Presented by Katrina and
Stuart Robertson

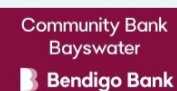
9.30 – 10.30am, Thursday 14
November

Join Katrina and Stuart as they share their personal journey with Parkinson's and what they've learned along the way.

Free Bookings
essential

Register your attendance
with centre staff or at
bit.ly/savvy-seniors

This program forms part of
the City of Bayswater's Age
Friendly Strategy 2021-2025.



Bayswater Community Centre
27 King William Street

Centre hours

Monday to Friday 8.30am – 3pm

For more information, phone **9272 0957**

or email community.centres@bayswater.wa.gov.au

