

Seniors Guide





Table of contents

Seniors activities, clubs and community groups	04
Seniors support	12
Medical centres	14
Churches	15
Seniors housing options	16
Community events	19

Seniors activities, clubs and community groups



Edenvale Heritage Precinct

The Edenvale Heritage Precinct is an award-winning cultural attraction in Western Australia, a community cultivating the creativity of the Region and a place where history is celebrated and comes alive.

The precinct is home to a number of volunteer organisations including;

- Edenvale Tea Rooms
- Friends of Edenvale
- Roger May Machinery Museum
- Heritage Rose Gardens
- Pinjarra Arts Hub
- Pinjarra Patchwork & Quilters
- Murray Districts Historical Society
- Nu.Arts Collective

It is also home to the Glebe Land, St Johns Church and the Heritage Rose Gardens that have become a favourite place for Weddings and gatherings.

The collective groups hold workshops and events throughout the year and welcome new community members looking to join or be involved.

✉ mailbag@murray.wa.gov.au

📍 1 George Street, Pinjarra

www.edenvaleheritageprecinct.com.au

Lions Club of Pinjarra

Lions Clubs are all about making a difference, taking on local, national and even global projects.

Community service and volunteer opportunities include;

- Event volunteering
- Leadership Development
- Fundraising
- Youth Programs

The Pinjarra Lions Club are always looking for new members, and you are welcome to attend a meeting to see if it suits you or contact the Membership Chairman, Les Hill.

Meetings are held at the Pinjarra Football Club Rooms on the first and third Tuesday of every month at 6.00pm for 6.30pm start.

☎ **Secretary** – Sue Hill - 9586 1749 or 0410 424 171

Membership – Les Hill - 9586 1749 or 0418 136 448

✉ pinjarralionssec@gmail.com

www.pinjarra.wa.lions.org.au

Mandurah Murray Vietnam Veterans Group Inc.

Objectives of the group are to;

- Keep alive the close bonds of comradeship and esprit-de-corps created by members of the Australian Defence Forces who served in South Vietnam and all other war zones, conflicts and peace keeping operations since
- Uphold the traditions and guard the good name of the group
- Preserve the memory of all Australian Veterans who died in active service and those who have passed away since
- Assist ex-service personnel when they are in need of help
- Assist the widows/widowers and children of deceased ex-members of the group when they are in need of help

Regular social activities are undertaken including regular bike rides, kayaking outings, 4WD trips, caravanning trips, sundowners, lunches and much more!

☎ **President** – Colin Elton - 0407 426 513

Membership Officer – Margaret Golding - 0407 186 795

✉ admin@mmvvg.org.au

📍 Clubhouse located adjacent to Mandurah Houseboats, Pinjarra Rd, Ravenswood

www.mmvvg.org.au



Murray Aquatic & Leisure Centre

The Murray Aquatic and Leisure Centre offers a seniors fitness program aimed at improving health and quality of life.

The program includes;

- Aqua Fit
- Stay Active Gym
- Stay Active Low Impact
- Chair Balance

☎ 9531 2000

✉ info@themalc.com.au

📍 16 Camp Road, Pinjarra

www.murray.wa.gov.au/community-and-services/facilities-and-recreation

Murray Library

The Murray Library is free to join and offers a range of activities and workshops for members. Activities of interest may include Scrabble Group, Colouring for Adults, Café Day, Book Review Group, Broadband for Seniors and other seniors workshops.

☎ 9531 7712

✉ mailbag@murray.wa.gov.au

📍 Cnr Pinjarra Road & Forrest Street, Pinjarra

www.murray.wa.gov.au/facilities/library

Pinjarra Bowling & Recreation Club

The Pinjarra Bowling and Recreation Club Inc. promotes and encourages the sport of lawn bowls, carpet bowls, and other sporting and recreational activities as the club determines.

☎ (08) 9531 1840

✉ pinjbowls@bigpond.com

📍 Pinjarra Football Club, Lot 3001 Dixon Avenue, Pinjarra

www.pinjarra.bowls.com.au



Pinjarra Community Men's Shed

Encouraging both men and women to join the group and enjoy the fun and fellowship.

The Pinjarra Men's Shed are a growing and active shed that do many activities including;

- Woodworking, welding, woodturning & furniture restoration
- Various jobs for members of the local community
- Signage (CNC Router) for community groups and organisations
- Silver jewellery classes
- Outings to other sheds and places of interest
- We are involved with Pinjarra Community Garden, our neighbours
- Regular Potluck dinners
- We have a bowling team

Open Monday to Friday 9.00am – 1.30pm and Saturday 8.30am to 12.30pm

☎ 0419 827 554

✉ contact@pcms.org.au

📍 28 Pinjarra-Williams Rd, Pinjarra

www.mensshed.org/sheds/pinjarra-community-mens-shed



PROBUS (Combined) Club of Murray Districts

PROBUS is a social group formed to provide fun, fellowship and friendship for the retired and semi-retired!

The Combined Probus Club of Murray Districts are a non-profit, non-fundraising social club.

Their main aim is to meet new people, enjoy social outings, bus trips, and lunches with locals in the Peel area!

They host informal meetings regularly with interesting guest speakers each month after their morning tea!

Meetups occur on the second Tuesday of every month at Pinjarra Bowling & Recreation Club from 9.30am – 11.30am.

📞 Judy Bardon – 0408 934 200

✉️ murrayprobus1999@gmail.com

📍 Lovegrove Street, Pinjarra



Rotary Club of Pinjarra

Are you an established professional who wants to make positive changes in your community and the world? Club members are dedicated people who share a passion for community service and friendship. Becoming a Rotarian connects you with a diverse group who share your drive to give back.

Meetings are held at the Pinjarra Golf Club on Thursdays at 6.45pm.

✉️ rcpinjarra.secretary@gmail.com

📍 Pinjarra Golf Club, cnr Pinjarra Rd & Sutton St, Pinjarra

www.pinjarrarotaryclub.org.au

Seniors Recreation Council of WA Inc.

Supporting the establishment of groups who provide active recreation opportunities for the over fifties. The Council is a non-government organisation, relying on the efforts of volunteers.

Initiatives include:

- Have A Go Days
- Country forums and seminars
- LiveLighter Aged Care Games
- Add Life to Your Years directory
- Branch network
- New club development
- Volunteer education
- LiveLighter seniors activity/information days
- Exergaming and Tech Savvy Seniors

📞 Jan McGlenn - 9535 4749

✉️ dmc56456@bigpond.net.au

📍 PO Box 1087, Mandurah

www.srcwa.asn.au



Yunderup Sport & Recreation Club

The Yunderup Sport & Recreation Club is made up of a number of sporting and social divisions whose activities are centered in and around the main clubhouse including lawn bowls and tennis.

Additional social activities include;

- Mah-jong
- Thai-Chi
- Pickleball
- Exercise classes
- Line dancing
- Dragon boat paddling

📞 9537 6587

✉️ mail@yunderupsportclub.org.au

📍 Cnr Delta Drive & South Yunderup Road, South Yunderup

www.yunderupsportandrecreationclubinc.wildapricot.org

Senior Programs and Services

Pickleball

Social fit over 50 'come and play' Pickleball sessions includes complimentary tea or coffee after the session. All equipment supplied, \$7 per session. Tuesdays 9:00am-10:am and Thursdays 1:00pm-2:00pm

Strength for Life Program

Strength for Life is an individualised strength and balance exercise program designed to help people over 50 get fit, stay strong and improve their balance. The program has been developed by the Council of the Ageing (COTA) and delivered under their guidelines to participants at the Centre.

Stay Active Classes

Our Stay Active classes include Aqua Fit, Chair Balance, Stay Active Low Impact and Stay Active Gym.

For further information visit our website www.themalc.com.au



Murray Aquatic & Leisure Centre
16 Camp Road, Pinjarra WA 6208
(08) 9531 2000
info@themalc.com.au
www.theMALC.com.au
Find us on socials @theMALCpinjarra



Adult Programs At Murray Library

Mindful Makers

Tuesdays, 1pm-3pm

For mindfulness, relaxation and building friendships in a warm, creative environment.

Knit 'n' Yarn

Wednesdays, 1pm-3pm

Thursdays, 10am-12pm

Knit, chat, share knowledge and ideas.

The Write Stuff

Tuesdays, fortnightly, 1pm-3pm

Share ideas, inspiration and connect with other creative writers.

Free Tech Help

Thursdays, 2-3pm

Drop in for help with phones, mobile devices & PCs. One on one sessions also available by appointment.

Book Clubs

2nd Monday of each month @ 2pm

2nd Saturday of each month @ 10am

Laugh, discuss, share & connect. Contact us for more information.

Family History Help

Book a free one-on-one session with our volunteer family history enthusiast and start your journey of discovery.

Love to Read Cafe

Tuesdays, 9am-3pm

Explore, read, relax and enjoy **free** tea and coffee in the library.



Ph. 9531 7712
E: librarys@murray.wa.gov.au

Murray Library

All events and programs



Seniors support



COTA WA

Council on the Ageing provides useful information, resources and programs to support older people. Whether you are looking for help with navigating the aged care system or looking to improve health and fitness, they are here to help.

- Carer support
- Dementia
- Financial support services
- Health and wellbeing
- Living well at home
- Mental health
- Navigating aged care
- Senior's rights
- Support services

☎ 9472 0104

www.cotawa.org.au

Healthdirect Australia

Healthdirect provides easy access to trusted, quality health information and advice online and over the phone.

Call the Healthdirect hotline number 1800 022 222 to speak to a registered nurse about your health concerns, the hotline is open 24 hours a day, 7 days a week or use the free service finder to help you locate the nearest health services. Find a doctor, dentist or healthcare specialist near you.

☎ 1800 022 222

www.healthdirect.gov.au

My Aged Care

My Aged Care is the start point to access Australian Government funded services.

The Australian Government's My Aged Care phone line and website can help you to access services and find information in one spot for yourself, a family member, friend or someone you're caring for.

Find the care you need with My Aged Care:

- Aged care home support
- Short-term care to help you get back on your feet
- Support services to help you live independently at home
- Service provider options
- Face-to-face assessments to determine which services you may be eligible for
- Support to estimate out of pocket expenses

☎ 1800 200 422

www.myagedcare.gov.au



Safe & Found WA

Safe & Found WA is an initiative introduced by Western Australia Police Force (WA Police Force) and Australia Medic Alert Foundation.

Safe & Found supports people living with dementia or a cognitive impairment who might be at risk of becoming lost or reported as missing, by ensuring Police have immediate access to critical information to assist when undertaking search operations.

A detailed profile outlining your personal history and characteristics is completed ahead of time, and kept securely along with a recent photo, on the Safe & Found database for Police to access immediately if you go missing.

A Safe & Found ID bracelet is included with your membership to protect you when you're out in public. Your bracelet is engraved with the details needed to return you to safety should you appear lost or disoriented.

☎ 1800 88 22 22

✉ enquiry@safeandfound.org.au

www.safeandfound.org.au



Medical centres



Dwellingup Health Hub

Open Mondays and Fridays.


Bookings are essential and are managed by Pinjarra Doctors

-  Dwellingup Community Village, 2510 Del Park Road, Dwellingup
-  9531 4286

Forrest Medical Group

Open Monday to Friday – 8.00am to 5.00pm.
Closed weekends and public holidays.

Mixed billing practice



-  Murray District Hospital, 1 McKay Street, Pinjarra
-  9531 1866

www.ipn.com.au/gp/wa-pinjarra-forrest-medical-group

Pinjarra Doctors

Open Monday to Friday – 7.30am to 5.00pm.
Closed weekends and public holidays.

Mixed billing practice



-  27 Murray Street, Pinjarra
-  9531 4286

www.pinjradocors.com.au

Ravenswood Family Practice

Open Monday to Friday – 8.00am to 5.00pm.
Closed weekends and public holidays.

Mixed billing practice




-  4/60 Lloyd Avenue, Ravenswood
-  9582 4998

www.ravenswoodfamilypractice.com.au




Churches



Austin Cove Community Church

-  Siberia Road South Yunderup
-  9548 3245
-  info@austincovechurch.com.au

Anglican Church of Australia

-  3 Murray Street, Pinjarra
-  9531 1248
-  parish.pin.war@gmail.com

Jehovah's Kingdom Hall




-  25 Tuckey Street, Pinjarra
-  0413 051 414

North Dandalup Community Church

-  Lot 2 South Western Highway, North Dandalup
-  9530 1258

Pinjarra Alliance Church




(part of the Christian & Missionary Alliance of Australia)

-  Cnr George and Peel Street, Pinjarra
-  9531 3173
-  cmalliance@westnet.com.au




Pinjarra Family Church

-  Lot 289 Wilson Road, Pinjarra
-  9531 3034
-  pinjarrafamilychurch@gmail.com

Pinjarra Uniting Church

-  Cnr George Street and Pinjarra Road, Pinjarra
-  9531 2296
-  pinjarrauca@gmail.com or dkmorrellandco@gmail.com

St Augustine's Catholic Church

-  George Street, Pinjarra
-  9531 1227
-  staugpin@westnet.com.au



Seniors housing options



Bedingfeld Park

Bedingfeld Park Inc. is a community owned not for profit nursing home providing accommodation and nursing care for the older people of the Peel Region.

Situated on the banks of the Murray River in Pinjarra, Bedingfeld Park has 70 suites. 25 of which are situated in our memory support unit, 43 single suites for residents with low and high care needs and 2 suites to provide temporary respite care for people being looked after in the community.

Bedingfeld Park is fully accredited with the Aged Care Quality and Safety Commission and approved providers of aged care for the Commonwealth Department of Health and Ageing.

Bedingfeld Park's flexible Home Care Services are also available for those who are not ready to move out of the family home.

☎ 9531 1622

✉ care@bedingfeld.com

www.bedingfeld.com

Belswan Lifestyle Village - Pinjarra

Belswan is a gated, secure village currently comprising 85 homes ranging in size from 85sqm to 125sqm. Retirees can move into a brand new completed unit, or select a design off the plan.

The clubhouse and recreational facilities include indoor and outdoor bowls, heated swimming pool, spa and sauna, sportsmans bar, café, stage, cinema, dining room, commercial kitchen, library, workshop, craft room, meeting rooms, dance hall and a hair and beauty salon.

☎ 9540 7801

www.belswan.com.au/belswan-lifestyle-estate-pinjarra

Dwellingup Community Village Inc.

Providing quality residential facilities for seniors in Dwellingup. There are currently seven cottages and the Dwellingup Community Village Inc. has recently secured grant funding through the Social Housing Economic Recovery Package (SHERP) 'WA Community Housing Sector Funding Stream' to build a further 12 new cottages for the Dwellingup seniors community.

www.dcvillage.com.au/home

Lakeside by Teman - Ravenswood

Lakeside by Teman (formerly known as Settlers Village) is a retirement/lifestyle community specifically designed for over 55's and is located in Ravenswood. The village boasts an 8 rink bowling green, pool spa, sauna, gym, putting green, club house, social activities, caravan and boat storage plus more.

☎ 1800 836 262 or 9537 8200

✉ lakeside@teman.com.au

www.teman.com.au

Community events



Australia Day Celebration

January 26

Edenvale Heritage Precinct, Pinjarra



Pinjarra Festival

WA Day Long Weekend

Edenvale Heritage Precinct, Pinjarra



Annual Seniors Dinner Dance

Held annually in Seniors Week

Civic Centre, Pinjarra



Christmas on the Murray

First Thursday of December

Murray River Square & Foreshore

Protect and promote your mental wellbeing by focusing on three key elements:



Act

Take a walk, say g'day, read a book, do a crossword, dance, play cards or stop for a chat.

Belong

Join Murray Library, take a class at MALC, go along to community events or join a bowls team.



Commit

Take up a new cause, help a neighbour, learn something new, take on a challenge or volunteer.

Contact Information

1915 Pinjarra Road, Pinjarra WA 6208

PO Box 21, Pinjarra WA 6208

T: 08 9531 7777

E: mailbag@murray.wa.gov.au

Opening hours

Monday - Friday

8.30am - 4.30pm

Closed public holidays

murray.wa.gov.au

   @ShireofMurray



Shire of Murray