

# BE ACTIVE TOGETHER ACTIVITIES 2024

## FEBRUARY Feng Shui and You



Join us for an enlightening session on feng shui, the ancient Chinese art of creating positive energy through spatial design. Experienced feng shui practitioner, Michele Castle, will guide you through the basics of this fascinating practice and answer any questions you may have. You'll also learn about Chinese astrology and enjoy a complimentary morning tea.

**10am-12noon, Wednesday, February 21  
Swan Active Beechboro**



## MARCH

### Animal Rescue



\$5

As the bush gets bulldozed and the urban sprawl spreads, what happens to our native animals? Where do they go? For many creatures, the only way they survive is through the care and attention of the people from animal rescue programs. Find out what goes on behind the scenes to rescue and conserve our local animals. Bring your own morning tea.

**9.45am-12noon, Tuesday, March 26**

**Leave by bus from Swan Active Beechboro**



## APRIL

### Mystery Trip



\$18

Another fabulous trip to “who knows where”. The location is scenic and interesting, but that is as much as you can find out for now, because the mystery is all part of the fun. Morning tea will be included, but we suggest bringing a sandwich to eat for lunch during your return trip.

**9am-2.30pm, Tuesday, April 23**

**Leave by bus from Swan Active Beechboro**

*\*Includes morning tea*



## MAY

### Lavender and Lace



\$15

Lavender is a wonderful Mediterranean plant which produces pretty mauve (or lavender) flowers. These flowers smell relaxing, and they are used in all kinds of oils and scented products. Visit Yanchep Lavender farm to learn how to distil lavender oil. Enjoy a morning tea with lavender scones and browse the local lavender products on offer.

**9am-1.30pm, Thursday, May 23**

**Leave by bus from Swan Active Beechboro**

*\*Includes morning tea*



## JUNE

### UNDER THE TABLE



\$17

Under the Table is a humorous murder mystery play, performed at the historic Kalamunda Dramatic Society Town Square Theatre. Written by Sean Guy and directed by Anita Bound, expect a lovely nostalgic Sunday outing. You will receive a complimentary drink at the event and the bar will be open for service. Limited seats available.

**12.45-4.45pm, Sunday, June 16**

**Leave by bus from Swan Active Beechboro**

*\*Includes complimentary drink.*



## JULY

### Shipwrecks off the Coast

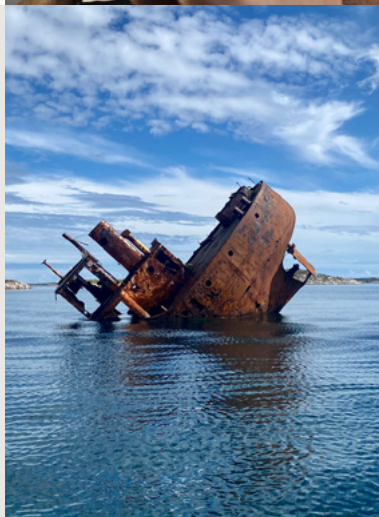


\$0

During the early settlement of Western Australia, ships were the only means of mass transport. But these ships were not the modern vessels of today, and sadly, some of them didn't make it to shore. It was a treacherous time. Join us for a fascinating tour at the WA Shipwrecks Museum. Bring your own morning tea or buy refreshments at a nearby café.

**9.30am-1.30pm, Tuesday, July 23**

**Leave by bus from Swan Active Beechboro**



## AUGUST

### The Canola Fields



\$0

From winter rains bringing dry red paddocks to life, to springtime sunshine and the golden blossom of canola fields stretching across the horizon. The historic town of York can be found in the hills of WA's Wheatbelt region. Join us as we visit the many attractions in town. Bring your lunch or buy it along the way.

**9am-2:30pm, Tuesday, August 20**

**Leave by bus from Swan Active Beechboro**



## SEPTEMBER

### Silver Linings Variety Show



Another toe-tapping musical show with well-known songs and artists that will bring the memories of our youth flooding back. The Silver Linings Variety Show takes you back in time, featuring fabulous tributes to well known artists from yesteryear. This entertaining show is a hit every year. It is not to be missed!

**10am-12.30pm, Wednesday, September 18**  
**Swan Active Beechboro**



# SILVER LININGS

## VARIETY SHOW

## OCTOBER

### Wyuna Downs



Set among the rolling hills of Chittering Valley, Wyuna Downs is a working farm where the homestead is surrounded by a well-loved country garden. This is a real farm garden filled with roses and Mediterranean favourites. Bask in the natural beauty and enjoy breathtaking views across a beautifully landscaped dam. Bring your own morning tea.

**9.30am-1.30pm, Wednesday, October 2**  
**Leave by bus from Swan Active Beechboro**



## NOVEMBER

### Wise Decisions



As the world changes around us, it can be hard to know the best way to protect ourselves and our families. Don't leave important decisions to chance. Council on the Ageing (COTA) fights for the rights of older Australian people, while providing legal representation and advice. Find out more at our COTA presentation.

**10am-12noon, Wednesday, November 13**  
**Swan Active Beechboro**



All tours have limited numbers so please book early to avoid disappointment. Book online by scanning the QR code or visiting [www.swanactive.com.au/newsandevents/](http://www.swanactive.com.au/newsandevents/) or Phone 9207 8555

# OTHER BE ACTIVE TOGETHER ACTIVITIES



## LOCKRIDGE WALKING GROUP

A friendly low impact social walking group.

**Tuesdays, 8.30am**  
**Swan Active Beechboro**

Ph. Dorothy 9377 7203



## BAT FITNESS CLASSES

Ideal class for any fitness levels including beginners, fun music and a friendly group.

**Monday & Thursday, 9am - 10am**  
**Pickett Park Hall Bullsbrook**



## PRIME MOVERS

Under the guidance of Sports Professionals and Physiotherapists, our classes have been structured for the active older adult to ensure they exercise in a safe manner.

**Monday & Friday, 9.30am - 10.30am**  
**Swan Active Beechboro**

Ph. Prime Movers 0444 560 037



## ZUMBA GOLD

Perfect for any age and a great way to keep your body moving, fun, music and company.

**Tuesday & Thursday, 9.30am - 10.30am**  
**Swan Active Beechboro**

**Tuesday & Thursday, 7.45am - 8.45am**  
**Midland Sports Complex**



## KEEP ON TRACK

Walk or Swim your way over the winter months with a goal to reach the various locations which change every year. A great pool program to keep on track in winter.

**June to September**

**Swan Active Ballajura & Beechboro**



## COMMUNITY PHYSIO

Community based physiotherapists, referral needed from your local physiotherapist or hospital.

**Tuesday & Thursday**

**Swan Active Beechboro**

*\* Appointment needed*



## FREE HEALTH CHECKS - QUARTERLY

Under the supervision of experienced qualified nurses.

- Blood Pressure Check
- Blood Glucose Level
- Type 2 Diabetes Risk Assessments
- Health Promotion

**Swan Active Ballajura & Beechboro**



# AQUA FITNESS

Classes enhance cardiovascular fitness and muscular endurance, work the entire body and cause minimal strain to your joints.

MON	TUE	WED	THU	FRI
<b>Ballajura</b> 8am	<b>Ballajura</b> 6.30pm	<b>Ballajura</b> 8am & 9am	<b>Ballajura</b> 9am & 6.30pm	<b>Ballajura</b> 8am
<b>Beechboro</b> 6.45pm	<b>Beechboro</b> 8.30am	<b>Beechboro</b> 8am	<b>Beechboro</b> 8.30am	<b>Beechboro</b> 8am

\*Midland - Times TBC

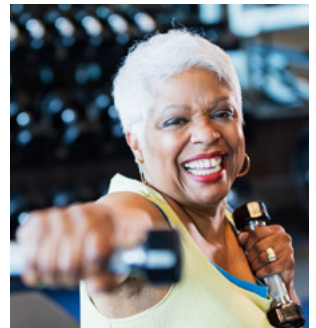


# STRENGTH FOR LIFE

## LIVING LONGER LIVING STRONGER (LLLS)

LLLS is a strength based class for people aged 50 and over. Participants are guided and supported by our qualified personal trainers.

MON	TUE	WED	THU	FRI
<b>Beechboro</b> 11am	<b>Beechboro</b> 11am	<b>Beechboro</b> 11am	<b>Beechboro</b> 11am	<b>Beechboro</b> 11am



# ACTIVE SENIORS CIRCUIT

Classes are in a group format designed to improve fitness, functional strength, flexibility and balance, using a mixture of weights, machines and body weight exercises in a fun and safe environment.

MON	TUE	WED	THU	FRI
<b>Ballajura</b> 9.45am	<b>Ballajura</b> 9.45am		<b>Ballajura</b> 9.45am	
<b>Beechboro</b> 8.30am		<b>Beechboro</b> 8.30am		<b>Beechboro</b> 8.30am
<b>Midland</b> 7am & 8am	<b>Midland</b> 11am	<b>Midland</b> 7am, 8am & 11am		<b>Midland</b> 7am, 8am & 11am



\*Bookings Essential. All timetables subject to change.

### **SWAN ACTIVE BALLAJURA**

3 Community Mews, Ballajura

Ph 9207 8666

[activeballajura@swan.wa.gov.au](mailto:activeballajura@swan.wa.gov.au)

### **SWAN ACTIVE BEECHBORO**

332 Benara Rd, Beechboro

Ph 9207 8555

[activebeechboro@swan.wa.gov.au](mailto:activebeechboro@swan.wa.gov.au)

### **MIDLAND SPORTS COMPLEX**

45 Patterson Dr, Middle Swan

Ph 9207 8866

[activemidland@swan.wa.gov.au](mailto:activemidland@swan.wa.gov.au)

### **ELLENBROOK SPORTS HUB**

107 Verbana Dr, Aveley

Ph 9207 8777

[esh@swan.wa.gov.au](mailto:esh@swan.wa.gov.au)

### **SWAN ACTIVE MIDLAND**

Opening TBC

Visit: [www.swanactive.com.au/  
location/midland](http://www.swanactive.com.au/location/midland) for updates,  
or scan the QR code below.



[swanactive.com.au](http://swanactive.com.au)

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