Living Well

Programs and Activities for Older Adults

Celebrating Seniors Week

To celebrate WA Seniors Week, we're shining a spotlight on some of the wonderful people who make The Hub of the Hills such a welcoming and vibrant place.

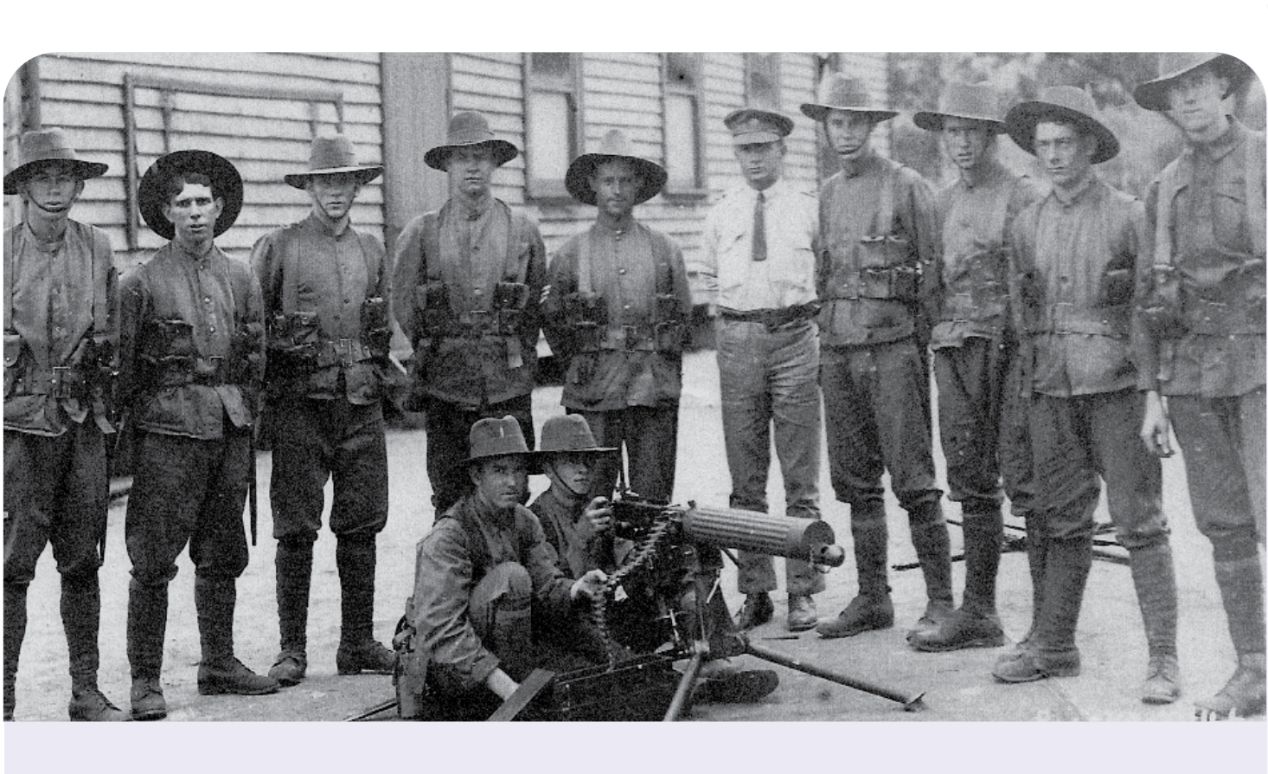
Our new video series profiles some of our local seniors and the activities, friendships and connections that bring The Hub to life. The videos were filmed as part of this year's Seniors Week celebrations and offer a glimpse into the community spirit behind this much-loved local meeting place.

Watch video series

There are also plenty of opportunities to join the celebrations yourself. From Tuesday 10 to Friday 13 November, the Shire's Seniors Week program features a range of free and accessible activities, including Mah Jong, craft, Scrabble and Rummikub, a sing-along group, social games, sound meditation and a special morning tea celebrating seniors and Active Ageing Network volunteers. Activities will be held at The Hub of the Hills and Brown Park Community Centre.

WA Seniors Week is an opportunity to recognise the valuable contribution older adults make to our community and, just as importantly, to come together, connect and have some fun.

Explore full program



Remembering those who served

Each year on 11 November, our community joins people across Australia in pausing to remember those who served and sacrificed in war and conflict.

The history of service and remembrance can be seen across the Shire of Mundaring, with memorials and commemorative places continuing to provide important gathering points for our communities. From the memorial at Chidlow Village Green to Mundaring Memorial Garden and the Blackboy Hill Commemorative Site in Greenmount, these places help preserve our connection to generations who served.

This Remembrance Day, Chidlow and District RSL Remembrance Day Service will be held at Chidlow Village Green from 10.40am on Wednesday 11 November, giving veterans, families and community members an opportunity to come together before observing a minute's silence at 11am.

Other commemorative services and community events may be held throughout the area. Visit the Shire of Mundaring events calendar to discover what's happening near you and find opportunities to come together, reflect and remember.

Lest we forget.

Services in your area

Community group spotlight

Preserving Mundaring's St John history

For generations, St John Ambulance Australia volunteers have played an important role in the Mundaring community, giving their time and first aid expertise to support people across the eastern hills.

When the Mundaring division closed, long-standing member Carole Schelfhout was determined to ensure its rich history and the contribution of its many volunteers were not forgotten. What began as an idea to preserve those memories grew into a book, with Carole joined by fellow long-standing members Anna Jaskolski and Gabrielle West to bring the story together.

Building on Judy Fahey's booklet, St John Organisation - Mundaring Branch, which documented the years from 1892 to 1992, the new book continues the story from 1993 to 2010.

It explores the organisation's close connection with communities throughout the eastern hills and the three areas that made up its local presence: first aid volunteers, training and cadets, initially operating under the Mundaring St John Subcentre Association.

Among the milestones featured is the Shire's provision of a permanent home in the lesser hall at a generously reduced rent, as well as changes that saw funding and responsibilities become increasingly centralised. The book also recounts efforts to keep first aid training available locally after a decision was made to provide training only from designated hubs. Following lengthy negotiations, the local training branch helped ensure Mundaring residents could continue accessing affordable and convenient first aid classes.

Now complete and printed, the book provides a lasting record of the people who gave their time, skills and commitment to St John in Mundaring. Copies will be available through local libraries, the Shire, the historical society and St John Heritage, with an electronic version also planned for the future.

Living healthy spotlight

Register for wellness checks through TeleRedi

With Summer fast approaching, now is the time to be prepared to support your health in a heatwave.

TeleRedi provides free wellbeing check in calls during extreme hot weather conditions, delivered by Australian Red Cross volunteers, in partnership with the WA Department of Health. The service supports older people, those living alone, people with disability or chronic illness, individuals recovering from illness or injury, and carers.

During welfare checks, volunteers ensure participants are safe, provide practical reminders, and activate escalation procedures if a call goes unanswered or someone appears unwell.

Register here

History spotlight

Log Cabin Tea Rooms

The Log Cabin Tea Rooms, an authentic log cabin, was built in the 1920's, with a magnificent view over the coastal plains. It operated as a stopping place; serving teas, lunches and light meals and catering for parties. It was situated just up from Chippers Leap, on the Old York Road, opposite Bona Vista Road, and had a level piece of ground in the front of it, suitable for parking.

Because of its views, it was a very popular place for visitors. Night-time parties were often held there. The construction of the new Great Eastern Highway was a disaster for the Log Cabin Tea Rooms. A back entrance was built, but as this required stopping on the main road, walking up a steeply sloping path, and climbing a flight of steps, this was only for the fit and active.

Trade declined and it ceased to function as a roadhouse and tea room. In the early days of the Second World War, it was converted to flats. In 1950 it was sadly destroyed in a fire, and Greenmount lost another well-known and well-loved landmark. The ruins and remains could be seen for some years, and later a modern house was built on the site.

Thank you to the Mundaring & Hills Historical Society Inc for the spotlight and photo.

Gardening spotlight

Chidlow Community Garden

There's something special growing in Chidlow, and it's about much more than plants.

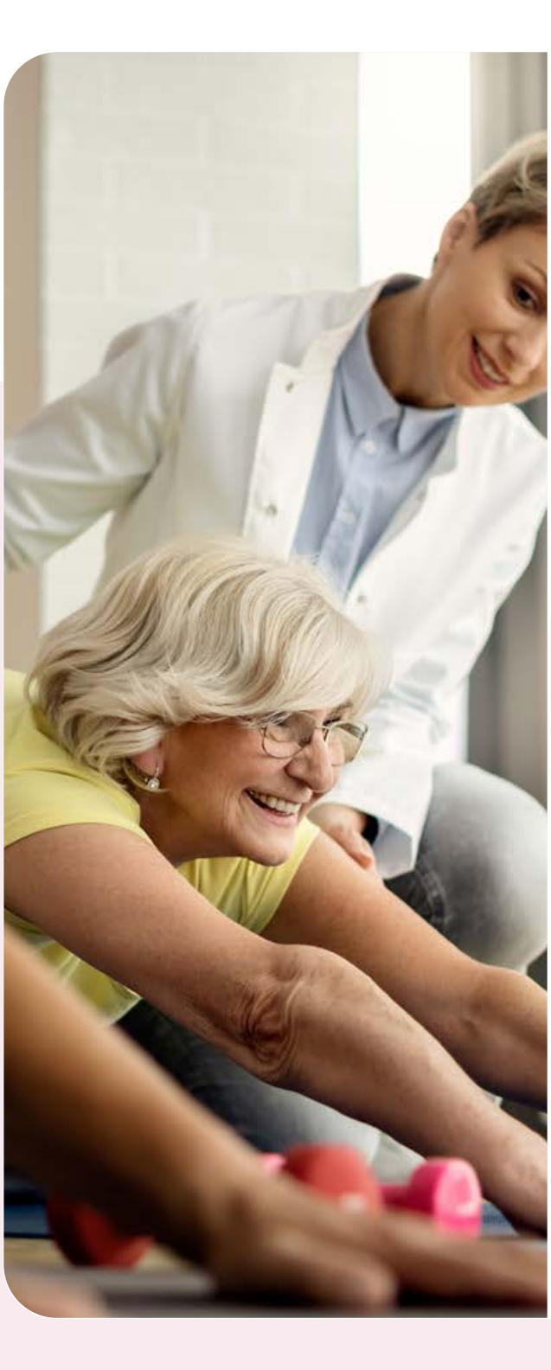
Located beside the Railway Reserve, near the corner of Thomas Street and Rosedale Road, Chidlow Community Garden is a welcoming space where people can come together to learn, share and enjoy gardening as a community.

Designed to be friendly, socially inclusive and accessible, the garden welcomes people of all ages and provides an opportunity to connect with others, exchange knowledge and get involved in a shared community space. Whether you're an experienced green thumb or simply interested in gardening and meeting new people, it's a great way to become more connected with the local community.

Want to see what's growing or find out how you can get involved? Visit the Chidlow Community Garden Facebook page.

Visit Facebook page

Upcoming events



10-13 November

WA Seniors Week: Living Well Series

Hub of the Hills and Brown Park Community Centre

Back by popular demand, the Seniors Week Program will be back this year with a range of free and accessible activities to recognise the valuable contribution of older adults in our community.

View events

18 November

Living Well Expo

10am - 1pm • Brown Park Community Centre

Discover a range of local services, support and information for older adults and join in the fun with free tai chi and line dancing sessions.

Register here

03 December

Celebrating Every Story: 'Hard As Puck' screening

6pm • Kookaburra Cinema

Celebrate International Day of People with Disability with a free screening of Perth-made documentary 'Hard as Puck', featuring Perth's para ice hockey skaters as well as a pre-screening Q&A.

Get free ticket

04 December

Outdoor Movie Night: Elf

5pm • Helena Valley Primary School

Join us for an evening under the stars for a Christmas themed outdoor screening of 'Elf', with free activities from 5pm, including a Pick Up and Play session with CircusWA, face painting and a reptile encounter.

More info

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