Seniors Directory 2026



Shire of MUNDARING

mundaring.wa.gov.au

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Other Formats

On request, this Directory is available in alternative formats.
To request this Directory in an alternative format please contact:

9290 6666 | shire@mundaring.wa.gov.au



Accommodation

BAPTISTCARE MORRISON GARDENS

Phone	1300 660 640
Website	www.baptistcare.com.au/residential-care/facilities/morrison-gardens/
Address	1a North Street MIDLAND WA 6056
Service	All levels of care including ageing in place and dementia specific.

DARLINGTON RETIREMENT ACCOMMODATION ASSOCIATION (INC)

Phone	0427 271 765 (Carolyn)
Email	grandi41@bigpond.com
Service	Darlington Retirement Accommodation Association is a non-profit community service organisation established to provide retirement accommodation for residents within the Darlington district over the age of 60. Priority is given to people who have limited means and need accommodation at lower than market cost, while wanting to maintain their existing community and social relationships within Darlington and may need the companionship and support that a small retirement community can provide.

EUREKA VILLAGE SWAN VIEW

Phone	1300 356 818
Website	www.eurekavillages.com.au
Email	enquiries@eurekavillages.com.au
Address	301 Morrison Road SWAN VIEW WA 6056
Service	Eureka offers quality, flexible and affordable rental retirement living for independent seniors, providing comfortable low-maintenance rental units in a secure, gated community. Their dedicated Village Manager and friendly residents host a welcoming and inclusive community that promotes an active and social lifestyle.

GUILDFORD VILLAGE

Phone	9279 7755
Website	www.stjudes.com.au
Email	info@stjudes.com.au
Address	32-34 Swan Street East GUILDFORD WA 6055
Service	➢ Suitable for people requiring aged care and dementia or palliative care ➢ Secure, landscaped grounds ➢ Fully accredited by the Australian Aged Care Quality Agency

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HELENA VALLEY LIFESTYLE VILLAGE

Phone 6298 0888

Website www.helenavalleylifestyle.com.au

Address 2340 Helena Valley Road
HELENA VALLEY WA 6056

Service

- Set in bushland in Perth's foothills
- Gated community where you can lock-and-leave as you please
- Has a Clubhouse with indoor heated pool, spa and sauna, pool and billiards room, and an outdoor alfresco area

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HILLTOP GROVE ESTATE

Address 1425 Jacoby Street
MUNDARING WA 6073

Service

- Set among 3ha of natural bush in the Perth hills
- A select group of 34 individual lots for over 55's, averaging 400sqm and each with its own title
- Has a craft room, gym, space for functions, and respite accommodation

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KARINGAL GREEN HEALTH & AGED CARE COMMUNITY

Phone 5122 4219

Website www.karingalgreen.com.au

Email enquiry@karingalgreen.com.au

Address 53 Hawkevale Road
HIGH WYCOMBE WA 6057

Service

- 160 bed residential aged care home
- Single and companion rooms, all with private ensuites
- Dementia and Parkinson's specific care
- Onsite wellness centre, heated hydrotherapy pool, gymnasium, café and cinema
- Indoor and outdoor living spaces
- Team of registered nurses on site 24 hours

MIDLAND NURSING HOME

Phone 9274 3157

Website www.stjudes.com.au/accommodation/midland-nursing-home

Address 44 John Street
MIDLAND WA 6056

Service

- Privately owned independent stand alone organisation
- Residential aged care – high care
- Full range of services on site
- Nursing and personal care 24 hours a day

PARRY CARE CENTRE

Phone	1300 262 626
Address	74 Warlingham Drive LESMURDIE WA 6076
Website	www.amanaliving.com.au/nursing-homes/locations/lesmurdie
Service	➢ 40 low care beds ➢ Rooms have own lounge, separate bedroom and ensuite bathrooms ➢ Activities and outings ➢ Secure dementia-specific wing

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PARRY VILLAGE

Phone	1300 262 626
Address	74 Warlingham Drive LESMURDIE WA 6076
Website	www.amanaliving.com.au/retirement-villages/parry-village
Service	➢ One and two bedroom units ➢ Landscaped gardens ➢ Community room

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REGIS GREENMOUNT

Phone	1300 998 100
Address	22 Coongan Avenue GREENMOUNT WA 6056
Website	www.regis.com.au
Service	➢ 127 bed facility ➢ Offers ageing in place, palliative, dementia specific and respite care.

ROSHANA CARMEL AGED CARE

Phone	6390 0700
Email	info@roshana.com.au
Website	www.roshana.com.au/aged-care/carmel-roshana-care
Address	24 Valencia Road CARMEL WA 6076
Service	➢ High-care facility ➢ Nursing and support staff available 24 hours ➢ Residential aged care, palliative care and non-dedicated respite ➢ Cinema, hair salon, lifestyle activities, wellness garden, personalised meal plans

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SUNSHINE PARK AGED CARE FACILITY & LIFESTYLE VILLAGE

Phone	9291 6100
Email	sunshinepark@roshana.com.au
Address	10 Brady Road LESMURDIE WA 6076
Website	www.roshana.com.au/aged-care/sunshine-park-lesmurdie-wa
Service	**Sunshine Park Aged Care Facility:** ➢ 36 low care beds ➢ Residential aged care, palliative care and non-dedicated respite ➢ Beds are available to accommodate dementia enrichment living as and when required ➢ All levels of care, including dementia enrichment living ➢ Weekly afternoon coffee club and a "Men's Den" **Sunshine Park Lifestyle Village:** ➢ One and two-bedroom independent living units

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TUOHY AGED CARE HOME

Phone	9274 1756
Website	www.hallprior.com.au/tuohy/
Address	22 Morrison Road MIDLAND WA 6056
Service	➢ 24 hour care by registered nurses ➢ Inclusive aged care welcoming all people regardless of lifestyle choices, ethnicity, faith, sexual orientation or gender identity

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VILLA MARIA HOSTEL

Phone	9291 6314
Address	173 Lesmurdie Road LESMURDIE WA 6076
Website	www.residential-care.mercyhealth.com.au/homes/aged-care-homes/villa-maria-hostel/
Service	➢ Single rooms with private ensuites ➢ 24 hour on-call security in case of emergency

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YALLAMBEE RESIDENTIAL CARE

Phone	9295 1511 or 1300 660 640
Web	www.baptistcare.com.au/residential-care/facilities/yallambee/
Address	2 Fenton Street MUNDARING WA 6073
Service	➢ Four separate houses, each with 10 rooms ➢ Rooms have private ensuite ➢ All levels of care provided

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YALLAMBEE VILLAGE

Phone	1300 660 640
Website	www.baptistcare.com.au/retirement-living/villages/yallambee-village/
Address	Fenton/Jacoby Streets MUNDARING WA 6073
Service	➢ Self-care, independent living units. ➢ 36 lease for life units ➢ 17 rental units (1 and 2 bedroom, Department of Communities joint venture).

Advocacy & Information

ADVOCARE INCORPORATED

Phone	1800 655 566 (Freecall) or 9479 7566 Elder Abuse Helpline 1300 724 679
Website	www.advocare.org.au
Email	rights@advocare.org.au
Business Address	Perron Place Suite 4/61 Kitchener Avenue VICTORIA PARK WA 6100
Service	➢ A leader in addressing the rights of older people and elder abuse, ➢ Fight proactively for the rights of older people. ➢ Help older Western Australians access the right supports, information and protections available to them. ➢ A not-for-profit organisation, completely independent from aged care providers. ➢ Support and services are free, confidential and unbiased. ➢ Advocare aims to empower older people by giving them information and choice so they can make informed decisions to live the life they want on their terms.

AGED CARE QUALITY & SAFETY COMMISSION

Phone	1800 951 822 (Freecall)
Email	info@agedcarequality.gov.au
Website	www.agedcarequality.gov.au
Service	The Aged Care Quality and Safety Commission provides a free service you can use if you have a concern or complaint about any of the care and services you receive from an Australian Government-subsidised service provider. The Commissioner accepts confidential and anonymous complaints. The Commissioner handles complaints about aged care homes and services delivered in your own home through home care packages or the Commonwealth Home Support Program.

ALZHEIMERS WA

Phone	1300 66 77 88
Website	www.alzheimerswa.org.au
Office Locations	1/40 Subiaco Square Road SUBIACO WA 6008 Mary Chester House 9 Bedbrook Place SHENTON PARK WA 6008
Service	➢ Advocates, educates, supports and engages with Western Australians living with all types of dementia. ➢ Works with those living with dementia and the organisations that care and support them. ➢ Works in partnership with community, aged, health and disability providers.

CITIZENS ADVICE BUREAU - MIDLAND

Phone	Legal Advice: 9221 5711 (Monday to Friday, 9.30am to 4pm) Midland Office: 9271 2500 (Monday to Friday, 9am to 3pm)
Email	midland@cabwa.com.au
Website	www.cabwa.com.au
Address	11A Old Great Northern Highway, MIDLAND WA 6056
Service	The Citizens Advice Bureau is a not for profit information and referral agency, connecting people all over Western Australia with information and services so they can make independent and informed decisions. Please ring for an appointment for any of the following services:- ➢ Legal advice ➢ Will preparation ➢ Enduring Power of Attorney documents ➢ Family law

COUNCIL ON THE AGEING (WA) INC (COTA)

Phone	9472 0104
Email	admin@cotawa.org.au
Website	www.cotawa.org.au
Business Address	City West Lotteries House Office 10, 2 Delhi Street WEST PERTH WA 6005
Hours	Monday to Friday 9am to 4pm
Service	➢ Information and support for seniors and their families. ➢ Provides useful information, resources and programs to support older people, including navigating the aged care system and improving health and fitness. ➢ Strength for Life training program.

ELDER ABUSE HELPLINE

Helpline	1300 724 679
Service	For information, resources and support. Elder abuse affects many older Western Australians and may involve financial, social, physical, sexual, psychological and emotional abuse.

ELDER RIGHTS WA (Legal Aid WA)

Phone	1300 650 579
Hours	9am to 4pm Monday to Friday
Website	www.legalaid.wa.gov.au
Email	ElderRightsWA@legalaid.wa.gov.au

ELDER RIGHTS WA (Legal Aid WA)

Business Address	Legal Aid WA building 32 St Georges Terrace PERTH WA 6000
Eligibility	Clients are people who are 65 years and older and First Nations and Linguistically Diverse clients who are 55 years and older. They can provide third parties (such as carers or other family members) with information and referrals, but cannot provide them with personalised advice.
Service	Elder Rights WA (ERWA) is a holistic legal service for seniors and the aged based in the Civil Law division of Legal Aid WA. Their legal team provides legal advice, assistance and representation on certain types of legal matters and their social work team provides a range of tailored social work support in assisting clients in dealing with social, physical and mental challenges. ERWA provides free legal advice on a number of different services including legal advice on Enduring Powers of Attorney, Enduring Powers of Guardianship, Advance Health Directives and Wills.

MY AGED CARE, Australian Government

Helpline 1800 200 422

Website www.myagedcare.gov.au

Service My Aged Care is the starting point to access Australian Government Funded services. From home support to aged care homes, find the right services to help you.

My Aged Care is made up of the My Aged Care website and a national contact centre. Together they can provide you with information on aged care, whether for yourself, a family member, friend or someone you're caring for. The contact centre can be phoned on 1800 200 422 between 8am and 8pm on weekdays and between 10am and 2pm on Saturdays. The phone line is closed on Sundays and national public holidays.

My Aged Care provides:

- information on the different types of aged care services available
- an assessment of needs to identify eligibility and the right type of care
- referrals and support to find service providers that can meet your needs
- information on what you might need to pay towards the cost of your care.

NATIONAL SENIORS AUSTRALIA

Phone 1300 765 050

Website www.nationalseniors.com.au

Email general@nationalseniors.com.au

Service National Seniors is a not-for-profit membership and advocacy organisation that gives older Australians – working and retired - a strong national voice.

OFFICE OF THE PUBLIC ADVOCATE

Phone	1300 858 455 or 9278 7300
Email	opa@justice.wa.gov.au
Website	www.publicadvocate.wa.gov.au
Business Address	Level 23, David Malcolm Justice Centre 28 Barrack Street PERTH WA 6000
Service	➢ The Office of the Public Advocate works to promote and protect the human rights of Western Australian adults with decision making disabilities to reduce their risk of neglect, exploitation and abuse. ➢ Between 9am and 4.30pm Monday to Friday staff provide information about the rights and needs of people with a decision making disability.

OLDER WOMEN'S NETWORK WA

Phone	9398 2464
Website	www.ownaustralia.org.au/older-womens-network-western-australia-own-wa/
Address	Gosnells Uniting Church Hall Hicks Street GOSNELLS WA 6110
Hours	2nd and 4th Wednesday of each month 12 noon to 2.30pm
Eligibility	Women aged 50 years and over.
Service	OWN WA is an organisation of and for mature women who seek to enrich their lives, and those of others, by involvement in discussion groups, fun and friendship, information sharing, mutual support and social outings and gatherings.

PARKINSON'S WESTERN AUSTRALIA INC.

Phone	6457 7373
Email	info@parkinsonswa.org.au
Website	www.parkinsonswa.org.au
Address	The Niche, Suite B, 11 Aberdare Road NEDLANDS WA 6009
Service	Parkinson's WA Inc provides a Parkinson's Nurse Specialist Service; support networks for people with Parkinson's and their family carers; and educational resources and training.

SCAMWATCH

Website	www.scamwatch.gov.au
Service	ScamWatch provides information on how to recognise, avoid and report scams. A new National Anti-Scam Centre has been set up to build on the work of ScamWatch. The National Anti-Scam Centre helps people spot and avoid scams; makes it easier to report scams; improves information sharing to disrupt scammers; works across government and with industry; and supports law enforcement.

SENIORS CARD

Phone	1800 671 233
Hours	8.30am to 4.30pm weekdays
Website	www.seniorscard.wa.gov.au
Email	info@seniorscard.wa.gov.au
Address	Gordon Stephenson House Level 2, 140 William Street PERTH WA 6000
Eligibility	To be eligible for the WA Seniors Card program, you need to be aged 65 years or above, an Australian Citizen or hold an Australian Permanent Resident Visa, reside in Western Australia and work less than 25 hours per week.
Service	➢ Information for seniors on discounts, concessions and other services available to them. ➢ Administering of Seniors Card.

WA SCAMNET

Phone	1300 304 054 – Consumer Protection Advice Line
Website	www.scamnet.wa.gov.au
Service	WA ScamNet profiles the most prevalent scams targeting Western Australians and provides information on different types of scams, how to recognise scams, and what to do if you have received a scam. It also provides links to other useful websites. Subscribe to WA ScamNet alert and keep informed about current scams.

Aged Care Health & Support Services

AGED CARE ONLINE

Website www.agedcareonline.com.au/aged-care-online/acat-finder/western-australia-2

Service If you need a little more support to remain living in your own home or are looking at the possibility of moving into a residential aged care home, you will need an aged care assessment.

You can apply for an aged care assessment online. These assessments are completely free and determine the level of care that is best suited to your needs. A member of an aged care assessment team will discuss your current situation, what types of care services would be best suited to your needs and determine whether you are eligible to receive government-subsidised aged care or home care services.

You can also organise an aged care assessment with My Aged Care by calling 1800 200 422.

AMANA LIVING – Customer Service Centre

Phone 1300 262 626

Website www.amanaliving.com.au

Address Level 1, 1-9 Tanunda Drive
RIVERVALE WA 6103

Service Amana Living is one of WA's largest not-for-profit providers of care and services for older people. They provide a full range of aged care including affordable housing for seniors, residential aged care, at home care, day clubs and dementia services.

AUSTRALIAN RED CROSS - Telecross

Phone 1300 885 698

Website www.redcross.org.au/telecross/

Service Telecross is a service that provides the elderly and housebound with a reassuring daily phone call to ensure that they are safe and well. If this call goes unanswered an agreed emergency procedure will be activated and help arranged if necessary. This service is available through My Aged Care referrals.

CARERS WA

Phone 1300 227 377

Email info@carerswa.asn.au

Website www.carerswa.asn.au

Address The Carer Centre
182 Lord Street
PERTH WA 6000

Service Carers WA is a non-profit community based organisation and registered charity dedicated to improving the lives of family carers living in WA. Carers WA role is to work in active partnership with carers, persons with care and support needs, health professionals, service providers, government and the wider community to achieve an improved quality of life for carers.

CITY OF SWAN COMMUNITY CARE SERVICES

Phone	9267 9055
Website	www.swan.wa.gov.au/care
Service	City of Swan Community Care Services help frail aged and people with disability to maintain quality of life and independence, and prevent premature entry into residential care. Community Care supports clients to build their capacity at home and in the community. They manage client assessments, information and advocacy, day centres (including dementia specific), home-based respite, carer support, personal care, social support, shopping assistance, domestic assistance, home maintenance and community transport. There is a small fee involved with each service (for eligible City of Swan residents only).

COMMONWEALTH HOME SUPPORT PROGRAM

Phone	1800 200 422 (Freecall) You can phone the contact centre to assess your eligibility and discuss your support needs.
Website	www.myagedcare.gov.au/aged-care-programs/commonwealth-home-support-program
Service	The Commonwealth Home Support Programme (CHSP) helps senior Australians access entry-level support services to live independently and safely at home.
Eligibility	Eligibility for this program is based on your support needs and age. If you're having trouble with everyday tasks and feel that a little support could improve your health and wellbeing, CHSP could be right for you. To be eligible for this program, you must be aged: • 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), or • 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people), on a low income and homeless, or at risk of being homeless.

DOVIDA HOME CARE - Aged Care Services

Phone	6118 6398
Email	perthnortheast@dovida.com.au
Website	www.dovida.com.au/local-office/perth-north-east
Service	Support services for older people to continue living safely and independently in their own home. Individually customised services are flexible to changing needs. Services include respite care, transition and palliative care, personal care, dementia care, companionship and assisted transport, domestic assistance, meal plan and preparation.

ENRICH LIVING SERVICES

Phone	1300 164 274
Email	hello@enrichliving.com.au
Website	www.enrichliving.com.au
Service	Enrich Living provides a comprehensive range of support and in home services to help older persons continue to enjoy their independence and quality of life in the place they love – their home.

HEALTHDIRECT

Phone	1800 022 222
Website	www.healthdirect.gov.au
Hours	24 hours, 7 days a week
Service	Healthdirect provides free health information and advice 24 hours a day, 7 days a week. Their registered nurses provide advice when you're not sure what to do – whether you should see a local GP, manage the condition at home, or go to an emergency department. Their website also has an online symptom checker.

HOME CHEF

Phone	9510 9866
Email	info@homechef.com.au
Website	www.homechef.com.au
Service	A WA owned and operated company providing snap-frozen home-style meals which are nutritionally balanced and delivered to your door. In addition to their regular meals, Home Chef provides special dietary meals, texture modified meals (IDDSI level 4 and 6). Home Chef supports Home Care Package customers and those with a Commonwealth Home Support Program (check with your provider).

MERCYCARE HOME CARE

Phone	1800 637 299
Website	www.mercycare.com.au/home-care
Email	agedcare@mercycare.com.au
Service	MercyCare provide the services and care that will help you to live safely and independently in your own home.

MIDLAND PUBLIC HOSPITAL (St John of God)

Phone	9462 4000
Email	info.midland@sjog.org.au
Website	www.sjog.org.au/midland
Address	1 Clayton Street MIDLAND WA 6056
Service	St John of God Midland Public Hospital is a 307 bed public hospital offering a comprehensive range of health rehabilitation services, including stroke rehabilitation.

MY AGED CARE

Phone 1800 200 422

Website www.myagedcare.gov.au

Hours Monday to Friday 8am to 8pm
Saturday 10am to 2pm

Service My Aged Care is the starting point for accessing Australian Government-funded aged care services. They provide the information and support you need to understand, access and navigate the aged care system. You can access My Aged Care online or on the phone. My Aged Care provides information on the different types of aged care services available, an assessment of needs to identify eligibility and the right type of care, referrals and support to find service providers that can meet your needs, and information on what you might need to pay towards the cost of your care.

OCCUPATIONAL THERAPY SERVICES GROUP

Phone 9332 1783

Email info@otservicesgroup.com

Website www.otservicesgroup.com

Service Home Occupational Therapy Services are available from the OT Services Group which provides experienced & registered Occupational Therapists to assess your home or rehabilitation needs, enhancing your safety and independence and helping you to keep an active lifestyle. Their aim is to keep you and your family members in your own home and community.

PLATINUM HEALTHCARE, Home Care

Phone	9470 4075
Website	www.platinumhealthcare.com.au
Service	Platinum Healthcare provides in-home aged care services including home care, respite care and palliative care.

RISE NETWORK

Phone	6274 3700
Email	contact@risenetwork.com.au
Website	www.rise.org.au
Address	Head Office - Helen's Place 41a Great Northern Highway MIDDLE SWAN WA 6056
Service	Rise supports the needs of older residents within the Shire of Mundaring, along with City of Swan and City of Kalamunda. Service options are offered as part of a Home Care Package (HCP) or Commonwealth Home Support Program (CHSP). Services include in-home support, as well as assistance with cleaning, personal care, gardening, shopping and transport. Rise also operates several social clubs for seniors, and run exercise classes.

SILVER CHAIN, Home & Personal Care

Phone	1300 650 803
Website	www.silverchain.org.au/wa/
Service	Silver Chain provides personalised in-home care to enable you to live an independent life in the comfort of your own home, whether you require a little help around the house, nursing/health care or a tailored support package.

SIMPLY HELPING SOUTH EAST PERTH, Home Care Provider

Phone	0416 205 819
Email	sepmanager@simplyhelping.com.au
Website	www.simplyhelping.com.au/south-east-perth
Service	24/7 support services, home help, companion care, dementia care, personal and respite care, disability care, gardening and home maintenance.

SOLACE GRIEF SUPPORT GROUP

Phone	0488 991 084
Website	www.solacegriefsupportwa.org.au
Email	info@solacegriefsupportwa.org.au
Hours	**Sharing & Caring Support Group** Mundaring Church of Christ 1470 Stoneville Road MUNDARING WA 6073 Third Tuesday of the month at 10am **Café Group** Patch of Country Café 1/7160 Great Eastern Highway MUNDARING WA 6073 First Thursday of the month at 10am
Service	Solace is a support group for those who are grieving the loss of their beloved spouse/partner, regardless of when they died, the cause of death, or the age at death. Some of the support options offered include Telephone, Sharing & Caring Group support, Café Group and Walking Group.

SWAN DISTRICTS SENIOR CITIZENS ASSOC INC.

Phone	0481 859 411
Email	sdsca.inc@gmail.com
Website	www.swandistrictseniorcitizens.com
Hours	Monday 8.30am to 11.45am Wednesday and Thursday, 10am to 3pm
Address	Bellevue Baptist Church 35 Great Eastern Highway BELLEVUE WA 6056
Service	Swan Districts Senior Citizens Association Inc (SDSCA) is a registered not-for-profit organisation focused on providing social interactions and outings for people over 55. Currently running out of the Bellevue Baptist Church three times a week, the SDSCA has three separate clubs under its purview: ➢ Indoor Bowls Club; Monday 8.45am to 11.45am, contact 0431 431 009. ➢ Bingo Club; Wednesday 10am to 3pm (game starts at 12pm), contact 0458 800 313. ➢ Sunshine Social Club; Thursday 12pm to 3pm, provides the opportunity to attend a variety of different activities each week. Bingo is played every other week, with off weeks offering alternative activites.

VETERANS' HOME CARE

Phone	1300 550 450
Website	www.dva.gov.au
Service	Veterans' Home care (VHC) is designed to help you continue living at home by providing a small amount of practical help; it is not designed to meet complex or high-level care. VHC provide a range of low level home care services (such as domestic assistance, personal care, respite care and safety related home and garden maintenance) to eligible veterans and war widows/ widowers (Gold or White Card holders).

Churches & Places of Worship

ANGLICAN PARISH OF DARLINGTON/BELLEVUE

Phone 6292 0074

Email info@hillsanglicans.com

Website www.hillsanglicans.com

Address St Cuthbert's Church
Cnr Darlington & Hillsden Roads
DARLINGTON WA 6070

BELLEVUE BAPTIST CHURCH

Phone 9250 1439

Email info@bbc.asn.au

Website www.bbc.asn.au

Address 35 Great Eastern Highway
BELLEVUE WA 6056

BIBLE BAPTIST CHURCH & CHRISTIAN ACADEMY

Phone 9572 1648

Email church@biblebaptist.com.au

Website www.biblebaptist.com.au

Address 6-8 Chidlow Street
MT HELENA WA 6082

DARLINGTON CHRISTIAN FELLOWSHIP

Phone	Pastor Callan McEwan - 0474 155 364
Email	contactus@darlingtonchritsianfellowship.com.au
Website	www.darlingtonchristianfellowship.com.au
Address	Cnr Darlington & Allestree Road DARLINGTON WA 6070
Hours	Sunday mornings at 9.30am

GLEN FORREST UNITING CHURCH

Phone	0477 535 307
Email	glenforrestunitingchurch@gmail.com
Website	www.unitingchurchwa.org.au/congregation/glen-forrest-uniting-church/
Address	56 McGlew Road GLEN FORREST WA 6071

MUNDARING ANGLICAN PARISH

Phone	9291 4054
Email	mundaringparish@outlook.com
Website	www.mundaringanglicanparish.com
Address	The Church of the Epiphany 11 Mann Street MUNDARING WA 6073 St Francis Church Werribee Road WOOROLOO WA 6558

MUNDARING CHURCH OF CHRIST

Phone	9295 0339
Email	info@mundaringcofc.org.au
Website	www.mundaringcofc.org.au
Address	The Connection Centre 1470 Stoneville Road MUNDARING WA 6073

MUNDARING UNITING CHURCH PARISH

Phone	Office contact: 6193 4499 Congregation contact: 9298 8389
Email	mundaringuc@westnet.com.au
Address	120 Stoneville Road (opposite KFC entrance) MUNDARING WA 6073

PARKERVILLE BAPTIST CHURCH

Phone	9295 6789
Email	admin@parkeville.net.au
Website	www.parkerville.church
Address	910 Seaborne Street PARKERVILLE WA 6081

SACRED HEART CATHOLIC PARISH

Phone	9295 1059
Website	www.sacredheartmundaring.com.au
Address	Sacred Heart Parish Mundaring 200 Coolgardie Street MUNDARING WA 6073 Church of Our Lady of Good Counsel Cnr Willcox Street & Old Northam Road CHIDLOW WA 6556

SWAN VIEW SALVATION ARMY CHURCH

Phone	9294 2811
Website	www.salvationarmy.org.au/swanview
Address	371-373 Morrison Road SWAN VIEW WA 6056

SAWYERS VALLEY CHRISTIAN FELLOWSHIP

Phone	0430 596 677
Meet	9.30am Sunday mornings
Address	485 Helena Terrace SAWYERS VALLEY WA 6074

SWAN VIEW UNITING CHURCH

Phone	0419 927 638 or 9294 4222
Email	wraxall@iinet.net.au
Facebook	@SwanViewUnitingChurch
Address	Cnr Watton Court & Gladstone Avenue SWAN VIEW WA 6056

Multicultural Matters

AUSTRALIAN ANGLO-INDIAN ASSOCIATION

Phone	9401 3482
Email	austangloind@bigpond.com
Facebook	@AAIA
Address	32 Fernwood Square PADBURY WA 6025
Service	The Association is dedicated to the needs and aspirations of Anglo-Indians.

DUTCH CLUB NEERLANDIA OF WA, Neerlandia Seniors' Club

Phone	John Zwartkruis – 0434 920 252
Email	neerlandia@dutchclubwa.com
Website	www.dutchclubwa.com
Address	110 North Lake Road MYAREE WA 6154

INDIAN SOCIETY OF WESTERN AUSTRALIA

Phone	1800 004 792
Email	secretary@iswa-perth.org
Website	www.iswa-perth.org
Address	Indian Community Centre 12 Whyalla Street WILLETTON WA 6155

IRISH CLUB OF WA

Phone	9381 5213
Email	info@irishclubofwa.com.au
Website	www.irishclubofwa.com.au
Facebook	@irishclubofwa
Address	61 Townsend Road SUBIACO WA 6008

ITALIAN AGED CARE – VILLA TERENZIO

Phone	9247 0888
Website	www.iaci.com.au
Address	33 Kent Road MARANGAROO WA 6064
Service	Italian Aged Care offers a variety of services to older people from a variety of cultures but primarily of Italian descent. Services include home care, day therapy centre, independent living units, residential care and specialised dementia care.

ITALO-AUSTRALIAN WELFARE & CULTURAL CENTRE INC

Phone	9228 2220
Email	centro@iawcc.org.au
Website	www.iawcc.org.au
Address	209 Fitzgerald Street PERTH WA 6000
Service	The IAWCC has been a peak organisation in the Italian community since its inception in 1956. Services offered include: ➢ Delivery of many social welfare services to the aged, including the dissemination of culturally appropriate information on matters of health care and other areas of need; ➢ Visitation programs including the "Community Visitors Scheme (CVS) - Home Care (one-to-one) and Residential Care (one-to-one and groups); ➢ Home Care Packages (HCP) to assist with the provision of a range of services to elderly people in their own homes;

OFFICE OF MULTICULTURAL INTERESTS (OMI)

Department of Local Government, Sport and Cultural Industries

Phone	6552 7300
Email	harmony@omi.wa.gov.au
Web	www.omi.wa.gov.au
Address	2nd Floor Reception, 140 William Street PERTH WA 6000
Service	The Office of Multicultural Interests (OMI) is part of the Department of Local Government, Sport and Cultural Industries. OMI works to achieve the full potential of multiculturalism in Western Australia.

RAINBOW MULTICULTURAL AGED CARE PROGRAM

Phone	9271 2026
Mobile	0419 914 361
Email	manager@rainbowagedcare.com.au
Website	www.rainbowagedcare.com.au
Address	33 Eighth Avenue MAYLANDS WA 6051
Eligibility	Services cover community groups from Belarus, Bosnia & Hercegovina, Bulgaria, Croatia, Czech Republic, Hungary, Latvia, Lithuania, Macedonia, Poland, Romania, Russia, Serbia, Slovenia and Ukraine. To access government-subsidised aged care services for the first time you need to apply for an assessment (online). Alternatively you can contact your family doctor and ask for a referral letter to My Aged Care.

Service	Services include personal care; housekeeping; shopping; gardening; minor home maintenance; social support.

SWAN ITALIAN SPORTING CLUB SENIORS DAY

Phone	Nick - 0417 176 573
Email	admin@swanitaliansportingclub.com.au
Facebook	swanitaliansportingclub.com.au
Website	www.swanitaliansportingclub.com.au/seniors-day/
Address	9 Francis Street MIDDLE SWAN WA 6056
When	**Every Wednesday, doors open at 9am**
Service	**Seniors Day** - two course lunch for seniors every Wednesday, bookings preferred for large groups. Following lunch there is music to dance to, as well as bingo and card games.

UMBRELLA MULTICULTURAL COMMUNITY CARE

Phone 9275 4411

Email enquiries@umbrellacommunitycare.com.au

Website www.umbrellacommunitycare.com.au

Address 39 Abernethy Road
BELMONT WA 6104

Service Umbrella delivers home care services to seniors, including those from culturally and linguistically diverse backgrounds. In October 2023 they became a signatory to the joint statement on the rights of LGBTIQ+ seniors in aged care.

Services they provide include Commonwealth Home Support Program (CHSP), Home Care Packages (HCP) and Aged Care Volunteer Visitors Scheme (ACVVS).

WA ITALIAN CLUB

Phone 9328 4104

Email reception@waitalianclub.com

Website www.waitalianclub.com

Address 217-225 Fitzgerald Street
WEST PERTH WA 6005

Recreation & Leisure

ART & CRAFT

Bellevue Baptist Open Door Craft Group

Email info@bbc.asn.au

Venue Bellevue Baptist Church
35 Great Eastern Highway
BELLEVUE WA 6056

Hours During school terms
Wednesday mornings
9.30am to 11am

Chidlow Spinners & Craft Group

Phone Alidia – 0420 469 913

Venue Chidlow Recreation Pavilion
Old Northam Road
CHIDLOW WA 6556

Hours Mondays 9.30am to 12noon

Craft Group

Phone 9295 0052 or 9290 6683

Venue The Hub of the Hills
8 Craig Street
MUNDARING WA 6073

Hours Thursdays 10am to 12noon

Darlington Arts Festival Association

(First weekend in November)

Email	admin@darlingtonartsfestival.com
Website	www.darlingtonartsfestival.com
Address	PO Box 87 DARLINGTON WA 6070
Venue	Darlington Oval and Hall

Embroidery Group – Boya

Phone	9290 6755 (Boya Library)
Venue	Boya Library 119-135 Scott Street HELENA VALLEY WA 6056
Details	For those who love to embroider and would like to work on projects in the company of others over a cuppa. This is a self-guided group and no bookings are required. Light refreshments are provided.
Hours	Monday afternoons, 1pm to 3pm

Hills Weavers

Phone	0408 957 258
Venue	Parkerville Pavilion Seaborne Road PARKEVILLE WA 6081
Hours	Thursday mornings, 9am to 12pm

Knit and Crochet Group - Boya

Phone	9290 6755 (Boya Library)
Venue	Boya Library 119-135 Scott Street HELENA VALLEY WA 6056
Details	A social group where people who like to knit and crochet bring along their projects to work on in the company of others. This is a self-guided group and no bookings are necessary. Light refreshments are provided.
Hours	Monday mornings, 10am to 12pm

Knit and Crochet Group - Mundaring

Phone	9290 6780 (Mundaring Library)
Venue	Mundaring Lesser Hall 3025 Jacoby Street MUNDARING WA 6073
Details	A social group where people who like to knit and crochet bring along their projects to work on in the company of others. This is a self-guided group and no bookings are necessary. Light refreshments are provided.
Hours	Wednesday mornings, 10am to 12pm

Mundaring CWA Craft Sessions

Phone	Margaret – 0417 956 628
Venue	CWA Centre, Sculpture Park Maddock Street MUNDARING WA 6073
Hours	Second Wednesday of the month at 1pm
Details	Bring along your own craft project to work on.

Mundaring Quilt & Craft

Phone	Violet - 0411 065 227
Venue	Mundaring Recreation Pavilion 50 Mundaring Weir Road MUNDARING WA 6073
Hours	Thursdays 10am to 2pm

Mundaring Weir Gallery

Phone	9295 0200 (during open hours only)
Facebook	MundaringWeirGallery
Email	mwgallery@yahoo.com.au
Venue	Mundaring Weir Hall Hall Road MUNDARING WA 6073
Service	A variety of locally produced arts and crafts along with a selection of antiques and collectibles.
Hours	Friday, Saturday, Sunday and Public Holidays 11.30am to 5pm

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Parky C.A.F.E

Phone	9295 6789
Email	cafe@parkerville.net.au
Details	Parky C.A.F.E (Coffee And Friendship Etc!) is a community program of the Church where participants contribute to each other in love, care, friendship and craft skills.
Cost	$7 per session
Venue	Parkerville Baptist Church House Cnr Seaborne and Redfern Road PARKEVILLE WA 6081
Hours	School Term Tuesday Morning 9.30am to 11.30am Tuesday Evening 7pm to 9.30pm Thursday 9.30am to 12pm (Creche available)

WA Woodturners Association - Mundaring

Phone	Peter - 0467 818 160
Email	petercompton2001@yahoo.com
Website	www.woodturnerswa.org.au/mundaring/
Venue	Old Parkerville Primary School Cnr Dura & Riley Road PARKEVILLE WA 6081
Details	Open to all ages and skill levels. We have plenty of lathes and equipment – we will teach you how.
Hours	Wednesday afternoon 1.30pm to 4pm Saturday morning 9.30am to 12noon

BOWLING

Glen Forrest Sports Club Inc

Phone	9298 8343 for social bowls enquiries
Email	glenforrestsportsclub@gmail.com
Website	www.glenforrestsportsclub.com/bowls-glen
Pennants	Ladies – Robyn: 0417 179 761 Mens – Tony: 0408 259 357
Barefoot Bowls	Organised barefoot bowls is played on most Friday evenings under lights in the warmer months.
Social Bowls	Social bowls can be played at any time.
Venue	Glen Forrest Sports Club McGlew Road GLEN FORREST WA 6071

Mundaring Bowling Club

Phone	9295 1109
Email	bowls.sec@mundaringsportingclub.com.au
Website	www.mundaringbowlingclub.com.au
Details	The club has approximately 200 active bowling members, ladies and men, who participate in both pennants and social events throughout the year. New members are always welcome, qualified coaches, equipment and support facilities available to assist with your introduction to the sport of lawn bowls.
Venue	Mundaring Sporting Club 665 Coolgardie Street MUNDARING WA 6073

COMMUNITY GROUPS

Get Away Club

Phone	6274 3777
Email	communications@risenetwork.com.au
Address	Centenary House 2 Astroloma Place KOONGAMIA WA 6056
Eligibility	Age 65+
Details	Get Away Club members are active seniors who come from many different walks of life but all with similar goals, to socialise, make friends, visit interesting places and enjoy themselves. Members currently range in age from their 60s to early 90s.

The Club promotes social and community activities to assist with remaining independent and connected to the community through a range of group activities such as bus trips, movies, theatre, concerts, weekends away and outdoor fun.

Hills Dinner Group

Phone Faye - 0487 277 288

Email bedcat45@gmail.com

Cost Membership is $20 per year

Details The not-for-profit Hills Dinner Group for singles over 55 has been running for around 20 years. We organise a once-a-month Saturday night dinner and a Sunday lunch at restaurants in the general arc of Kalamunda, Guildford, Swan Valley and Mundaring. We also regularly attend Saturday night movies at Ace Cinemas in Midland.

Mundaring Seniors Incorporated

Email mundaringseniors@gmail.com

Venue The Hub of the Hills
8 Craig Street
MUNDARING WA 6073

Mundaring Seniors is a community based not-for-profit organisation dedicated to enhancing the wellbeing, connection, and quality of life for over 55's within the Shire of Mundaring.

The Association is a long-standing organisation (established 1971) fostering a strong sense of belonging through activities such as Indoor Carpet Bowls, outings, social events, and community gatherings shared with other local groups and organisations.

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Our own bus, which has wheelchair access as well as an electric step, ensures all mobility impaired persons can participate in social outings etc.

Indoor Carpet Bowls

- Mid-January through to late November
- Every 2nd and 4th Monday, 12:30pm to 3pm
- Every Wednesday, 12:30pm to 3:30pm (except when playing against other clubs)
- First three visits are free

Mundaring Community Men's Shed

Phone	0456 759 089
Email	secretary@mundaringshed.org.au
Website	Mundaring Shed
Address	1 Morilla Road MUNDARING WA 6073
Open	Monday to Saturday from 9am to 12pm. Closed on public holidays.
Details	The Mundaring Community Men's Shed provides men with a friendly, supportive environment where they can socialise, improve their health and wellbeing, and work on personal and community projects.

Probus Club Mundaring

Phone	0417 179 761
Email	romacain@gmail.com
Facebook	@mundaringprobus
Meet	9.45am on the second Monday of the month
Venue	Glen Forrest Sports Club McGlew Road GLEN FORREST WA 6071
Cost	Membership $40, entrance each meeting $5
Details	➢ Monthly speaker meetings on various topics. ➢ End of month Saturday coffee meeting at a local café. ➢ Several outings/activities monthly.

Probus Club Swan View

Contact	Secretary, Kerry Boyd P: 9250 5996 M: 0448 505 996 E: kerryswanview@yahoo.com.au Liaison, Robert (Bob) Nicholls P: 9255 2567 E: wraxall@iinet.net.au
Hours	9.30am on the third Wednesday of the month.
Venue	Swan View Uniting Church 82 Gladstone Avenue SWAN VIEW WA 6056

Rotary Club of Mundaring

Phone	0419 928 728
Email	rotarymundaring@hotmail.com
Website	www.rotarymundaring.org.au
Facebook	@RotaryclubofMundaring
Meeting times	3 Wednesday evenings per month 6.15pm for a 6.45pm meeting
Meeting venue	Mahogany Inn 4260 Great Eastern Highway MAHOGANY CREEK WA 6072
Service	The Club is involved with:

- Servicing the community and helping others in need
- The club runs fundraisers - Swap Marts are held several times a year
- Community members are very welcome to attend meetings to find out more about what they do
- Informal dinner available at the Mahogany Inn meetings at a minimal cost

Wheels – Seniors on the Move

Phone	0409 929 454 or 0423 178 266
Email	wheels1795@gmail.com
Website	www.wheelsseniors.com.au
Eligibility	Any person over the age of 50
Details	'Wheels' is an independent, not-for-profit group of like-minded older people and is organised by the members, for the members, doing what they want to do. Wheels hope to promote health and wellbeing and encourage older people to lead an active life, as well as provide the opportunity to have a network of friends to support each other through the ageing years. An annual membership fee is payable. An application for membership is available online or by telephoning or emailing as above.

CONSERVATION

Trillion Trees

Phone	9250 1888
Email	contact@trilliontrees.org.au
Website	www.trilliontrees.org.au
Address	Lot 2 Stirling Crescent HAZELMERE WA 6055
Details	Trillion Trees dedicates its efforts to improving biodiversity and combating salinity and soil erosion by planting native trees and understory. There are many opportunities for volunteers in admin roles or assisting in the nursery with seeding, sowing, propagation, pricking out seedlings and potting.

Local Friends and Catchment Groups

Details	There are many opportunities for volunteers to help at busy bee days or field walks.
Catchment Groups	➢ Helena River Catchment Group – secretary.helenarivercg@gmail.com ➢ Jane Brook Catchment Group – janebrookcg@gmail.com ➢ Susannah Brook Catchment Group – secretary.sbcg@gmail.com ➢ Wooroloo Brook Landcare Group – shire@mundaring.wa.gov.au
Friends Groups	➢ Contact the Shire on 9290 6666 or email shire@mundaring.wa.gov.au

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COUNTRY WOMEN'S ASSOCIATIONS

Forrest Darlings CWA

Phone:	Vandra Stenton (President) – 0422 901 922
Facebook:	@forrestdarlingscwa
Email	forrestdarlingscwa@gmail.com
Address	Darlington Pavilion 16 Pine Terrace DARLINGTON WA 6070
Hours	Third Wednesday of each month, 7pm to 9pm

Mundaring CWA

Phone	Margaret (Secretary) - 0417 956 628
Email	ricepowergranny@hotmail.com
Address	CWA Centre, Sculpture Park Maddock Street MUNDARING WA 6073
Hours	Meetings on fourth Wednesday of each month at 10am. Craft sessions on second Wednesday of the month at 1pm. All welcome – bring along own craft projects to work on.

Mt Helena / Parkerville CWA

Phone	Kerry (Secretary) - 0409 641 017
Email	kerrylborgas@gmail.com
Address	CWA Rooms Keane Street East MOUNT HELENA WA 6082
Hours	Third Wednesday of each month at 9.30am

FITNESS AND LEISURE

Chair Yoga

Phone 6118 0277

Email hello@stonesthrowyoga.com.au

Website Stone's Throw Yoga

Address
Stone's Throw Yoga
2815 Jacoby Street
MUNDARING WA 6073

Details

- Chair Yoga brings all the benefits of a yoga practice to those who prefer or require the support of a chair.
- As a result of this accessible practice you are likely to experience improvements in flexibility, mobility, strength, balance, and body awareness.
- In addition, mindfulness, meditation and breath work have been shown to have a myriad of mental health benefits, including reducing the symptoms of anxiety and depression.

Club Sierra Senior Fit Program

Phone	9295 1426
Email	reception@clubsierra.com.au
Website	www.clubsierra.com.au
Address	Corner Coppin Road and Great Eastern Highway MUNDARING WA 6073
Details	Club Sierra offers a wide variety of fitness classes, heated pool, fully equipped gym, squash, sauna, spa, nutrition advice and personal training. Club Sierra runs a Senior Fit program for over 60's to help gain or maintain a healthy body and mind. The Program focuses on helping to reduce the incidence of falls, maintain muscle and bone density, and improve overall wellbeing. Regular morning tea catch ups for Senior Fit members are held.
Cost	Initial consult $75 (required for first time gym users) Single session $12 Block of 10 sessions $100 ($10 each) Monthly program membership $80

Exercise for Seniors

Phone	Wendy - 6274 3748 (must book through Rise)
Address	The Hub of the Hills 8 Craig Street MUNDARING WA 6073
Hours	Thursday 9.30am

Glen Forrest Physiotherapy Masters Pilates Class

Phone	9298 9648
Email	mail@glenforrestphysio.com.au
Website	www.glenforrestphysio.com.au
Address	Unit 2, 5 Hardey Road GLEN FORREST WA 6071
Information	Masters Class is an exercise class designed for people over 60 who want to improve their strength, flexibility, posture and balance. Classes are held Monday, Tuesday, Wednesday and Thursday. Block bookings are required at $18 per class (bookings essential).

Health Care & Fitness for over 50's

Phone	Jenny Rutherford – 0417 934 808
Address	Brown Park Lesser Hall Salisbury Road, SWAN VIEW WA 6056
Hours	Thursday 11am to 12pm

Open Eyed Meditation for Seniors

Phone	Raajen – 0451 875 748
Address	The Hub of the Hills 8 Craig Street MUNDARING WA 6073
Hours	Friday 10am to 11.30am
Details	Start your day with a peaceful and inspiring hour of meditation as experienced facilitators guide you through a relaxing meditation, followed by morning tea. Benefits include reduced stress, improved concentration, calmer responses to life, and improved health & wellbeing. Morning tea provided. $2 to attend.

Prime Movers – Movement to Music

Phone	0440 560 037 (9am-5pm Monday to Friday) Or class instructor, Fiona - 0412 886 248	
Website	www.primemovers-exercise.com.au	
Venue	Mundaring Arena 50 Mundaring Weir Road MUNDARING WA 6073	
Hours	Monday and Thursday 9.30am to 10.30am	
Cost	Annual Membership Class Fee Visitors	$20 per year $5 per class $6 per class
Details	Prime Movers provide movement to music classes for the over 50's and are structured to include stretching, low impact aerobics and muscle work. Classes are held from February to December, except for public holidays.	

Seniors Move & Groove

Phone	Sandra Vidot (main contact) – 0429 795 939 Melanie Ingram (instructor) - 0478 544 388
Email	sandradavid435@gmail.com
Cost	$5 per session
Mundaring	The Hub of the Hills 8 Craig Street Monday 10am to 11am
Mt Helena	Elsie Austin Pavilion Chidlow Street Wednesday 11.30am to 12.30pm
Mahogany Creek	Mahogany Creek Hall 3060 Strettle Road Thursday 10am to 11am

Seniors Recreation Council of WA

Phone 6118 2716

Email info@srcwa.asn.au

Website www.srcwa.asn.au

Address 275D Abernethy Road
CLOVERDALE WA 6105

Hours Monday to Friday 8am to 3pm

Details Seniors Recreation Council of WA is a uniquely Western Australian organisation and is recognised as the peak body for organisations supporting seniors' involvement in sport and recreation. They promote the ethos of “Healthy Ageing Through Activity”.

The Council provides information on a range of activities and organises events and programs, including Tech Savvy Seniors, Have A Go Days, LiveLighter Aged Care Games and Seniors Exergaming WA. They also publish the ‘Add Life to Your Years’ directory, which details a range of recreation opportunities.

Swan View Baddie (Badminton)

Phone 0413 273 297 - Halina

Email jackiewicz.halina@gmail.com

Address Brown Park Recreation Centre
Salisbury Road
SWAN VIEW WA 6056

Hours Tuesdays 9am to 10.30am

FURTHER EDUCATION

Be Connected (free online learning)

Website	www.beconnected.esafety.gov.au
Helpline	1300 795 897
Service	Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access their free learning resources online or join one of the thousands of community organisations running free computer classes across Australia. Resources include articles, tips, live online presentations and games.

Mundaring Adult Creative & Learning Centre

Phone	9295 1688
Website	www.mundaringlearning.com.au
Email	reception@mundaringlearning.com.au
Venue	Craigie House 3 Craigie Place MUNDARING WA 6073
Service	Managed by a volunteer committee, Mundaring Learning is a vibrant, non-profit organisation providing informal, fun classes for the community. Mundaring Adult Creative & Learning Centre provides adults the opportunity to learn new skills, share knowledge, and meet socially. Set in the picturesque Perth Hills, it is a great place to learn new hobbies, finish old projects, and make friends in a relaxed environment. They also have a second hand book store and op shop.

Mustard Seed – Teaching Technology

Phone	0466 486 530
Email	mail@mustardseed.wa.edu.au
Website	www.mustardseed.wa.edu.au
Eligibility	Any age group, including seniors
Venue	Glen Forrest Uniting Church 56 McGlew Road, Glen Forrest
Cost	FREE
Service	Mustard Seed – Teaching Technology seeks to help people develop computer skills to enable them to function better in this technological age. Held weekly during school terms on Wednesdays.

GAMES

Bolivia

Phone	9295 1867 or 9290 6683
Hours	Thursday 1pm to 5pm
Venue	The Hub of the Hills 8 Craig Street, MUNDARING WA 6073

Bridge - Glen Forrest Bridge Club

Phone	Fred Sibenaler, 0417 913 468
Web	www.glenforrest.bridgeaustralia.org
Email	glenforrestbc@gmail.com
Hours	Monday afternoon 1pm to 4.30pm Wednesday afternoon 12.30pm to 4.30pm (Pairs must be seated 15 minutes prior to start time) Beginners and improvers session on Wednesday morning 9.30am to 11.30am. Partner not essential.
Cost	$7 for non-members to play $5 for members to play
Venue	Glen Forrest Sporting Club McGlew Road GLEN FORREST WA 6071

Crobs' Coffee & Chess

Phone	0412 951 152
Email	croberton67@gmail.com or crobschess@gmail.com
Hours	Fridays 9.30am to 12.30pm
Cost	Free to join, boards provided, instruction available
Venue	Café Mojo 16 Craig Street MUNDARING WA 6073

Crosswords / Scrabble / Rummikub

Phone	9290 6683
Hours	Thursday 1pm to 3pm
Venue	The Hub of the Hills 8 Craig Street MUNDARING WA 6073

Jigsaw Club - Mundaring

Phone	9290 6780 (Mundaring Library)
Venue	Mundaring Lesser Hall 3025 Jacoby Street MUNDARING WA 6073
Details	A social jigsaw club where you can work on puzzles with other jigsaw enthusiasts over a cuppa. No bookings necessary. Light refreshments are provided.
Hours	Wednesdays, 1pm to 3pm

Mah Jong

Phone	9290 6683
Hours	Tuesday 12.30pm to 4pm
Venue	The Hub of the Hills 8 Craig Street MUNDARING WA 6073

Scrabble

Phone	9299 6713
Email	carmsmax@yahoo.com.au
Hours	Tuesday 9am to 12pm
Venue	Various houses in the local area

GARDENING

Eastern Hills Branch, WA Wildflower Society

Email	eastern.hills.branch@wildflowersocietywa.org.au
Venue	Glen Forrest Octagonal Hall 52 McGlew Road GLEN FORREST WA 6071
Hours	Monthly meetings are held on the fourth Friday of the month, with guest speakers talking on a range of interesting topics. Doors open at 7pm.
Other	Also hold plant sales, propagation groups and seed cleaning groups.

Midland Friendly Garden Club

Phone	Jennifer Oxford, 0424 553 002
Email	knj@globaldial.com
Hours	Every alternate Thursday at 9.30am between March and November
Venue	Bruce Douglas Pavilion, Brown Park Community Centre Salisbury Road SWAN VIEW WA 6056

Mundaring Garden Club

Phone	Teresa - 0438 021 374
Website	www.mundaringgardenclub.com.au
Facebook	@MundaringGardenClub
Hours	Every second Tuesday at 9.45am
Venue	In between excursions, nursery and garden visits, the group meets at: Mundaring Church of Christ Café 1470 Stoneville Road MUNDARING WA 6073
Cost	Annual membership - $20

Seedlings for Landcare Program (SFL)

Phone	9290 6774
Email	seedlings@mundaring.wa.gov.au
Details	The Seedlings for Landcare Program provides approximately 24,000 free native seedlings for planting on rural-zoned private properties, school grounds and bushland reserves in the Shire of Mundaring. Examples of landcare activities that may be supported include: ➢ Revegetation of wetlands and creeklines to improve wildlife habitat, water quality and reduce erosion; ➢ Revegetation of bushland to improve wildlife habitat and reduce weed invasion and erosion. ➢ Revegetation of degraded land to create wildlife corridors linking patches of remnant bushland. Expressions of Interest generally open in February.

GOPHER REPAIRS

Mundaring Community Men's Shed

Phone	0456 759 089
Hours	Monday to Saturday from 9am to 12pm Closed on public holidays.
Address	Men's Shed 1 Morilla Road, Mundaring MUNDARING WA 6073
Details	Need help servicing your gopher? Is it hard to get your gopher to the servicing shop? Maybe we can help. We can:-

1. Check the tyres and replace if needed
2. Check the battery and advise on replacement
3. Check and adjust the steering
4. Check the electrical wiring and switches
5. Other general maintenance, eg. Clean, check bolts are tight

HISTORICAL

Mundaring and Hills Historical Society

Phone	9295 0540
Email	mhhs@mundaringhistory.org
Website	www.mundaringhistory.org
Facebook	@MundaringAndHillsHistoricalSocietyInc
Hours	Monday & Friday 9.30am to 4pm Wednesday 9.30am to 1.30pm
Address	Mundaring Station Master's House 3060 Jacoby Street MUNDARING WA 6073

Mundaring District Museum

Phone	9295 0540 or 9290 6645 (Mundaring Visitor Centre)
Email	mhhs@mundaringhistory.org
Website	www.mundaringhistory.org
Hours	Monday – Saturday 9.30am to 4pm Sunday & Public Holidays 10.30am to 2.30pm
Address	Old Mundaring School (Perth Hills Mundaring Visitor Centre building) 7225 Great Eastern Highway MUNDARING WA 6073

LIBRARY SERVICES

Boya Library	***Katharine Susannah Prichard Library*** 119-135 Scott Street, HELENA VALLEY WA 6056
Phone	9290 6755
Email	gills@mundaring.wa.gov.au
Mundaring Library	***Albert Facey Memorial Library*** 1 Nichol Street MUNDARING WA 6073
Phone	9290 6780
Email	mills@mundaring.wa.gov.au
Hours for Both Libraries	Monday to Thursday- 9am to 7pm Friday- 9am to 5.30pm Saturdays- 9am to 12pm CLOSED Sundays and public holidays
Details	The two library branches share a great collection of standard and large print books, magazines, talking books, music CDs, DVDs, jigsaws, eBooks, eAudiobooks, eMagazines, and free on-demand video streaming. The library also provides many services to the community (see below).
Home Services	Volunteers deliver items to people who are unable to visit the library. Volunteers are police-checked, and will visit at a pre-arranged time.
Mobile Libraries	A mobile library service visits Wooroloo on a three-weekly basis. Items such as books, magazines, DVDs and talking books can be borrowed.
Be Connected Computer Help Sessions	Friendly volunteers provide basic computer help, including accessing eBooks and other digital library resources, setting up an email account, basic internet browsing, and using the library catalogue. Contact the libraries to enquire about free computer help

LIBRARY SERVICES

	sessions. Bookings are essential.
Computers and Wi-Fi	Free Wi-Fi and public use computers are available at both libraries. Bookings for the computers is advisable.
Printing, Copying and Scanning	Scanning, emailing and printing (both black and white and colour) is available at both libraries. Charges apply for these services. Mobile printing is also available. Our friendly staff can assist you with using these services.
Book Clubs	Library book clubs meet in the libraries; contact the libraries to enquire about vacancies. Book Club Kit program: Local book clubs can join the Book Club Kit program. Book clubs need to register with the libraries. A non-refundable fee of $140 entitles the book club to 12 kits per year. The kits include 10 books and sets of discussion notes.
Story Time and Baby Rhyme Time	Story Time and Baby Rhyme Time sessions are held weekly at both libraries during school terms. Story Time is a fun time of stories, songs and craft suitable for children aged 2 to 5 years. Baby Rhyme Time is a wonderful language enrichment program with stories and songs for children aged 0 to 2 years.
Seed Library	Mundaring Library has a Seed Library where library members can “borrow” seeds which have been harvested locally and donated. Donations of seeds are encouraged, and are accepted at both libraries. The libraries have donation bags or people can use their own. Call the libraries for more information.
JP Signing Service	A free JP Signing Service is available at both libraries most weeks. No bookings are required, but it is advisable to call the libraries to check availability.
Special Events	Talks, workshops and other special events are regularly offered at the libraries. These events are promoted within the libraries, by email to the libraries’ e-newsletter subscribers, via the Shire of Mundaring Libraries’ Facebook page, and the Events calendar on the Shire of Mundaring website.

LIBRARY SERVICES

Meeting Rooms for Hire at Boya Library	Boya Library has two rooms available for hire during library opening hours. There is a small meeting room, suitable for 4 people, which includes a table and whiteboard. The larger seminar room includes a TV screen with HDMI connection, a table seating up to 10 people, small fridge, and some kitchenware. Bookings are essential.

PHOTOGRAPHY

Mundaring Camera Club

Email	info@mundaringcamera.club
Website	www.mundaringcamera.club
Meetings	The second Wednesday of the month (except January). Doors open 6.45pm.
Address	Mundaring Community Men's Shed 1 Morilla Road MUNDARING WA 6073
Eligibility	Anyone interested in photography.
Cost	Annual membership is $110 due in January and pro-rata for the remainder of the year. Visitors are welcome to attend meetings but cannot enter the monthly competition.
About	We welcome new members and visitors alike. Our current members range in skills from beginner to advanced, all contributing to a friendly learning environment to grow our skills and photographic 'eye'. The meetings usually start with a short presentation on a photographic subject of interest, followed by a friendly competition evaluated by guest judges. We welcome both print and digital entries. We also run workshops or excursions for members, usually on a weekend.

RSL WA

Bellevue Sub Branch

Contact Scott Rogers (President)
0437 796 897

Email bellevuersl@gmail.com

Address 2 Purton Place
BELLEVUE WA 6056

Chidlow Sub Branch

Contact Justine Pinkerton (Secretary)
0423 265 173

Email chidlow.secretary@sb.rslwa.org.au

Address Chidlow Hall
2130 Old Northam Road
CHIDLOW WA 6556

Mundaring Sub Branch

Contact Eric Smith (President)
0419 925 637

Email eric.anne8@bigpond.com.au

SENIOR'S DROP-IN SESSION

The Hub of the Hills

Phone 9290 6683

Address 8 Craig Street
MUNDARING WA 6073

When Every Wednesday morning
9.30am to 11.30am

A safe area for over 55's to have a chat, read the paper, play board games or complete puzzles.

Tea and coffee available.

SENIOR'S SING-ALONG

The Hub of the Hills

Phone 9290 6683

Address 8 Craig Street
MUNDARING WA 6073

When Every Tuesday evening
7pm to 9pm

- Come along and sing along.
- Bring your instrument if you have one – this is your opportunity to enjoy the songs you love.

Refreshments provided.

SHIRE OF MUNDARING RECREATION SERVICES

Bilgoman Pool

Phone 9290 6764

Website www.mundaring.wa.gov.au/leisure-lifestyle/swimming-and-aquatic-centres/bilgoman-aquatic-centre

Address Corner Lionel Road and Great Eastern Highway
DARLINGTON WA 6070

Hours Throughout the summer period of November to April:-

Weekdays 5.30am to 7pm
Weekends and Public Holidays 7am to 7pm

Service The facility is set in a bushland environment and has:-

- 50 metre heated Olympic sized pool
- Shaded toddler pool with beach entry
- Access ramp entry into the main pool
- Diving pool with two 1 metre diving boards (limited access times)
- Kiosk, barbeque facilities, extensive shaded lawn areas

Discount entry for Seniors Card and Pension Card holders.

Brown Park Social Seniors Program

Phone	9290 6771
Venue	Brown Park Community Centre Salisbury Road, SWAN VIEW WA 6056
Hours	Every Wednesday 9am to 11.30am
Cost	$4 per person. Tea, coffee and morning tea provided.
Eligibility	Over 50 years of age.
Service	A great opportunity to relax and enjoy morning tea and a chat within a friendly atmosphere. Or join in on a game of table tennis, pool, darts, badminton, cards or a board game. The cost includes morning tea.

Lake Leschenaultia

Phone	Camping and general enquiries: 9290 6736
Email	lake@mundaring.wa.gov.au
Website	www.mundaring.wa.gov.au/leisure-recreation/lake-leschenaultia
Address	Rosedale Road, Chidlow
Service	Lake Leschenaultia is a 168 hectare bushland park and the lake holds approximately 520 million litres of water. Lake Leschenaultia is a popular spot for leisure activities, such as canoeing, stand-up paddle boarding, swimming, camping, cycling and barbequing. Canoes and stand-up paddle boards are available for hire seasonally. Electric barbeques are available for use free of charge. Camp ground includes showers, toilets and camp kitchen (camp kitchen has fridge/freezer, hot and cold water suitable for drinking, food preparation bench, electric barbeque and hot plate). Family groups are especially well catered for at the lake with shaded areas, lawns, white sand beaches and playground equipment all available. Lake Leschenaultia is open all year round.

Mount Helena Aquatic Centre

Phone	9290 6796
Website	www.mundaring.wa.gov.au/leisure-lifestyle/swimming-and-aquatic-centres/mt-helena-aquatic-centre
Address	Keane Street MOUNT HELENA WA 6082 (Adjacent to the Eastern Hills Senior High School)
Hours	Throughout the summer period from December to March Weekdays 3.15pm to 6pm Weekends and Public Holidays 12pm to 6pm
Service	The facility is used jointly by the school and the community and has:- ➢ 25 metre solar heated community pool ➢ Shaded wading pool ➢ Shaded lawn areas ➢ Kiosk ➢ Barbeque facilities ➢ Accessible toilet Discount entry for Seniors Card and Pension Card holders.

THE HUB OF THE HILLS

Active Ageing Network

Phone Community Programs Officer - 9290 6683

Email cso4@mundaring.wa.gov.au

Address 8 Craig Street
MUNDARING WA 6073

Service Various activities are held at The Hub of the Hills, many of which fall under the Shire's "Active Ageing Program" umbrella. These activities cost a gold coin donation to attend and include weekly Coffee Mornings, Mah Jong and Bolivia card game sessions, Craft Group, Meditation Group, Sing-Along session, and a Crosswords/Scrabble/Rummikub session.

There is also a weekly Over 55's Drop-In Session held every Wednesday morning where you can have a chat, read the paper, play board games or complete puzzles.

The Active Ageing Network (AAN) are a group of volunteers whose aim is to encourage older members of the community to come together and enjoy each other's company, whilst stimulating community interest and participation in local activities. The AAN organise several key events each year including regular Book Cafes, a Summer Delight Lunch, Winter Soup Lunch, and also assist with organising the annual Hub Christmas Lunch.

The Hub of the Hills is a community facility and is available for hire for meetings, parties and functions. Please contact the Customer Service Officer for more information.

WALKING

HikeWest - Seniors Hiking Program

Email	enquiries@hikewest.org.au
Website	www.hikewest.org.au/seniors
Details	The Seniors Hiking Program is a HikeWest-led initiative to encourage seniors to discover bushwalking and to remain active and socially connected, through participation in accessible, enjoyable, entry-level bushwalks in national parks and reserves within easy reach of Perth. The program aims to engage seniors who may already participate in urban walking, but do not currently hike or bushwalk.

Mundaring Walking Group

Contact	Mel
Phone	0478 544 388
Day	Tuesday mornings, 8.20am
Website	Facebook – Seniors Move and Groove
Details	Join in the walk and get to meet others in the community, it is all about exercise and socialising. The group meets at Sculpture Park on Jacoby Street each Tuesday at 8:20am on the lawn beside the information boards. We walk for 30 minutes followed by stretches and a coffee at the coffee van.

Over 55 Walking Association

Phone	Di Jeffrey, President – 0408 240 283 Shirley Lizza, Vice President – 0400 577 738
Email	offwamembership@gmail.com
Website	www.over55walkingassociation.org.au
Facebook	@over55walkingassoc
Hours	Tuesday mornings, 9.30am
Venue	Different locations each week (some in Shire of Mundaring)
Details	The Association offers a wide range of walks in Perth and surrounds from March to November each year. The walks are chosen for their surface, interest, availability of parking and provision of toilets. Members can walk as far as they choose and at the pace they choose. Afterwards many members stay behind and enjoy lunch together. Walks can be up to 8km or one and a half hours and are accompanied by trained first aid volunteers. The Association also holds a number of social events throughout the year and there are two general business meetings of the members each year. Membership is $20 per year.

Social Up Lift – Heart Foundation Walking

Contact	Teddy Craies, Volunteer Walk Organiser
Email	socialuplift@outlook.com
Days	Saturday and Sunday mornings
Website	heartfoundationwalking.org.au
Details	Walking group meeting point: in the Car Park on the Rail Trail, corner Buninyong and Innamincka Road, Greenmount. Meet at 7am in the warmer months 8am in the cooler months. Reach out to walk organiser for most current time.

Residents & Ratepayers

For more information on the associations below please contact Shire of Mundaring on 9290 6666.

Bellevue Residents & Ratepayers Association

Chidlow Progress Association

Darlington Ratepayers & Residents Association

Glen Forrest Residents & Ratepayers Association

Helena Valley Estate Residents Association

Hovea Ratepayers & Residents Association

Mahogany Creek Progress Association

Mt Helena Residents & Ratepayers Association

Mundaring Residents & Ratepayers Progress Association Inc

Sawyers Valley Residents & Ratepayers Association

Stoneville & Parkerville Progress Association

Swan View Community Association

Safety & Security

FIRE BRIGADE

Local Volunteer Bush Fire Brigades

FOR ALL FIRES RING 000

The Brigades listed below are volunteer fire services and the fire stations are not normally staffed. For general enquiries the best contact time is Saturday mornings between 9.00am and 10.00am when the fire stations are attended for regular testing.

For information on current fires, refer to the DFES website www.dfes.wa.gov.au and select Alerts & Warnings, or ring DFES on 13 33 37.

BRIGADE	PHONE	BRIGADE	PHONE
Chidlow	9572 3016	**Parkerville**	9295 4484
Darlington	9299 7217	**Sawyers Valley**	9295 6166
Glen Forrest	9298 8936	**Stoneville**	9295 6457
Mount Helena	9572 1414	**Wooroloo**	9573 1166
Mundaring	9295 6555		

POLICE

Midland Police Station

FOR LIFE THREATENING EMERGENCIES CONTACT 000

Phone 9250 0333

Address 32 Spring Park Road, Midland

Mundaring Police Station

FOR LIFE THREATENING EMERGENCIES CONTACT 000

Phone	9290 1900
Address	7250 Great Eastern Highway, Mundaring

Police Information

Phone	131 444 **For Police assistance or attendance** Dial 131 444 from anywhere in the state and your call will be connected to the nearest police station.
SMS Assist - Non Emergency	SMS Assist is a text messaging service for people who are deaf, hard of hearing or speech impaired, and can be used for contacting WA Police and requesting assistance. It should not be relied upon in extreme emergency situations. Dail 0403 277 478
Emergency ONLY	000 **For life threatening emergencies**
Speech or Hearing Impaired	In an emergency, the 000 service can be accessed via the National Relay Service by calling TTY 106

Tunstall Monitored Personal Alarms

Phone	1800 603 377
Email	au.info@tunstall.com
Website	www.tunstallhealthcare.com.au
Service	Tunstall Healthcare provides a monitoring service that operates 24 hours a day, seven days a week. If a personal medical alarm or accompanying sensor is activated, a call is immediately activated to Tunstall's 24-hour Customer Care Centre where it is answered by trained Customer Care Consultants, with support available from Registered Nurses.

Seniors Aid Products

Daily Living Products Midland

Phone 9374 0577

Website www.daily.com.au

Address Unit 3/4, 178-180 Great Eastern Highway
MIDLAND WA 6056

Service Daily Living Products is a company dedicated to assisting people and Health Care organisations in the supply and use of Rehabilitation equipment that enables them to overcome injury, disability and illness. They provide quality products and service that can aid mobility, independence, rehabilitation as well as general levels of comfort and wellbeing.

Medihire & Sales

Phone 9374 0355

Address 5 Victoria Street
MIDLAND WA 6056

Website www.medihireandsales.com

Service Medihire & Sales offers excellent service with quality equipment and products to assist with mobility and home health care. There are four stores, where a large range of products are displayed.

Websites of Interest

Be Connected (free online learning)

Website	www.beconnected.esafety.gov.au
Helpline	1300 795 897
Details	Be Connected is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access their free learning resources online or join one of the thousands of community organisations running free computer classes across Australia. Resources include articles, tips, live online presentations and games.

National Seniors

Phone	1300 76 50 50
Website	www.nationalseniors.com.au
Email	wa@nationalseniors.com.au
Details	National Seniors is a not-for-profit membership and advocacy organisation that gives older Australians (working and retired) a strong national voice.

The Senior

Web Site	www.thesenior.com.au
Details	This website contains a wealth of information for seniors including the latest news, puzzles and also information on travel, health, lifestyle, finance and entertainment.

U3A Online

Website www.u3aonline.org.au

Details U3A Online is the world-first virtual University of the Third Age delivering online learning via the Internet.
All that's needed to study online is access to a computer, tablet or other device with an Internet connection - and some basic computing skills.

U3A Online is an individual, independent and autonomous U3A and offers many other useful resources for older people, especially those who are geographically, physically or socially isolated.

Your Life Choices

Website www.yourlifechoices.com.au

Details YourLifeChoices is a digital publication for the 50+ audience, with a core focus on helping Australians navigate midlife and the retirement landscape.

They provide essential news, articles and retirement resources.

Membership is free.

Inclusion in Directory

REGISTRATION FORM FOR INCLUSION IN THE SENIORS DIRECTORY

If your details require updating, please complete this form and return

If you would like your organisation to be included in the Seniors Directory, please fill out the Registration Form on the next page and return to the Shire either by:

MAIL OR IN PERSON
Shire of Mundaring
7000 Great Eastern Highway
MUNDARING WA 6073

EMAIL
shire@mundaring.wa.gov.au

Inclusion in Directory Form

Name of Organisation: .....

Phone No ....

Business Address: .....

Postal Address:.....

Email:.....

Website:.....

Hours:.....

Eligibility: .....

Service / Details:.....

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Additional Information:.....

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Charges/Fees: .....

Disclaimer

Shire of Mundaring has made every effort to ensure that the information in this Seniors Directory is accurate and up to date.

Shire of Mundaring has no control over the services listed herein, with the exception of its own services, and cannot accept responsibility for accuracy, completeness or timeliness of the information's suitability, or safety of services.

This Seniors Directory is provided on the basis that Shire of Mundaring will not be liable for any loss, damage or injury whatsoever arising from any incorrect, inaccurate, incomplete or out of date information herein, or arising in any way as a result of the services listed herein.

It is **not** the intention of the Seniors Directory to include all services and facilities that are available, but rather a range of relevant information.

If you have any questions about the information in the directory or would like to suggest further inclusions, please contact-

Shire of Mundaring
7000 Great Eastern Highway
MUNDARING WA 6073

9290 6666
shire@mundaring.wa.gov.au

Shire of MUNDARING

7000 Great Eastern Hwy, Mundaring WA 6073 (08) 9290 6666 shire@mundaring.wa.gov.au mundaring.wa.gov.au