

Living Well

Programs and Activities for Older Adults



Mateship and meaning at the Men's Shed

For many local men, the Mundaring Community Men's Shed is much more than a workshop – it's a place to connect, share skills and enjoy a sense of belonging.

The friendly community group brings members together to work on projects, learn new skills and enjoy regular social interaction in a welcoming environment. From woodworking and repairs to community projects and a simple chat over a cuppa, the shed provides opportunities to stay active, engaged and connected.

President Ross Boughton said the Men's Shed plays an important role in supporting wellbeing and reducing social isolation for older men in the community.

"Blokes come here for different reasons, but what keeps them coming back is the connection," Ross said. "There's always someone to talk to, something to work on and a real sense of mateship."

Ross said members often form strong friendships through the shed. "For many of us, it's not just about building things – it's about being part of something and looking out for each other."

New members are always welcome, whether you're handy with tools or simply looking to meet new people and get involved in the community. The shed is open on Monday to Saturday mornings and till 3pm on Tuesday and Thursday. You can learn more on their website.

[Visit website](#)



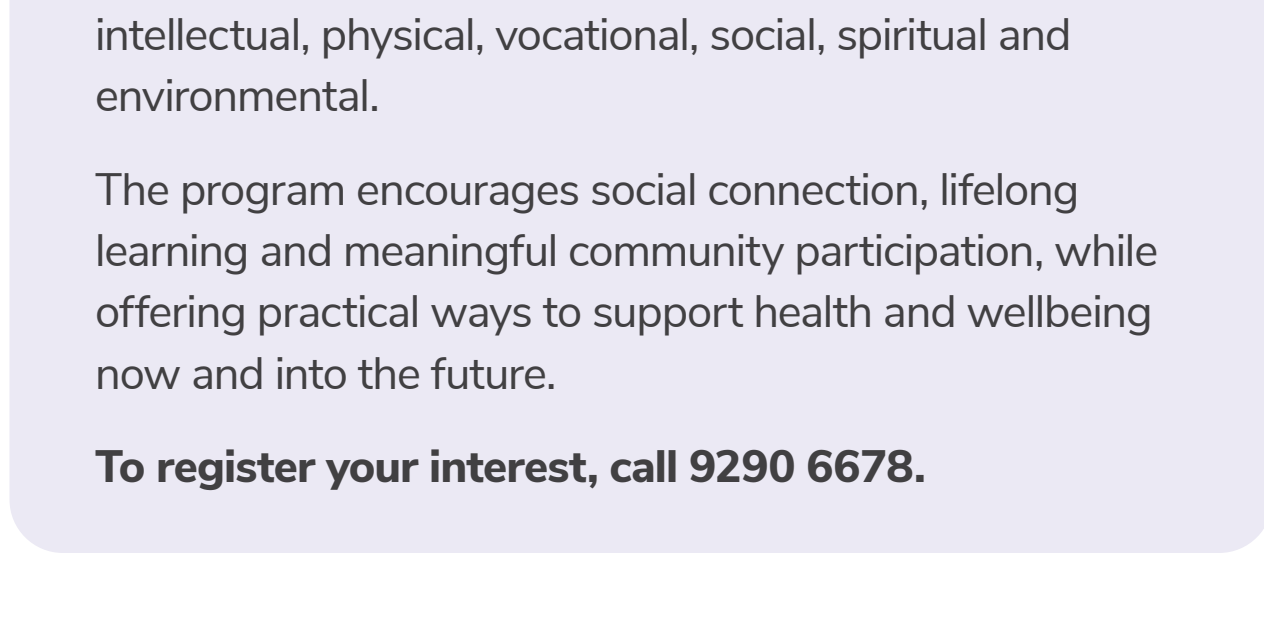
Connecting citizens to navigate life's challenges

Residents recently came together at the Boya Community Centre for the Shire's first Citizen Connector Training workshop, held on 15 April as part of the Compassionate Communities Program. Delivered in partnership with Compassionate Communities Australia, Perron Institute and Lotterywest, the workshop equipped participants with practical skills to support others through compassionate conversations and community connection.

Citizen Connectors help people navigate life's challenges by listening, sharing information and connecting others to local groups, services and support networks. This can include supporting carers, people living with illness, or those experiencing grief and loneliness. One participant described the training as "a simple yet very innovative approach to community upskilling".

Citizen Connectors can come from all walks of life, from neighbours and volunteers to café staff, hairdressers and sporting club members. To register your interest in future workshops, call 9290 6678 or email us.

[Register your interest](#)



Discover new dimensions of wellness

Looking for a fun way to stay active, connected and inspired this winter? Shire of Mundaring is launching a new seven-week wellbeing program designed to support healthy ageing and help older adults live independently for longer in the communities they love.

Developed by Connect Village Hub, the evidence-based program is grounded in the World Health Organization's Age-Friendly Cities and Communities Framework, promoting environments where older people are respected, included and supported to thrive.

Running Tuesdays from 9.30am to 11.30am between 23 June and 4 August in Swan View, each session will focus on one of the seven dimensions of wellness — emotional, intellectual, physical, vocational, social, spiritual and environmental.

The program encourages social connection, lifelong learning and meaningful community participation, while offering practical ways to support health and wellbeing now and into the future.

To register your interest, call 9290 6678.



Living healthy spotlight Local walking group fostering connection

Looking for a simple way to stay active, meet new people and enjoy the fresh air? The Mundaring Walking Group is helping local residents do just that, one step at a time.

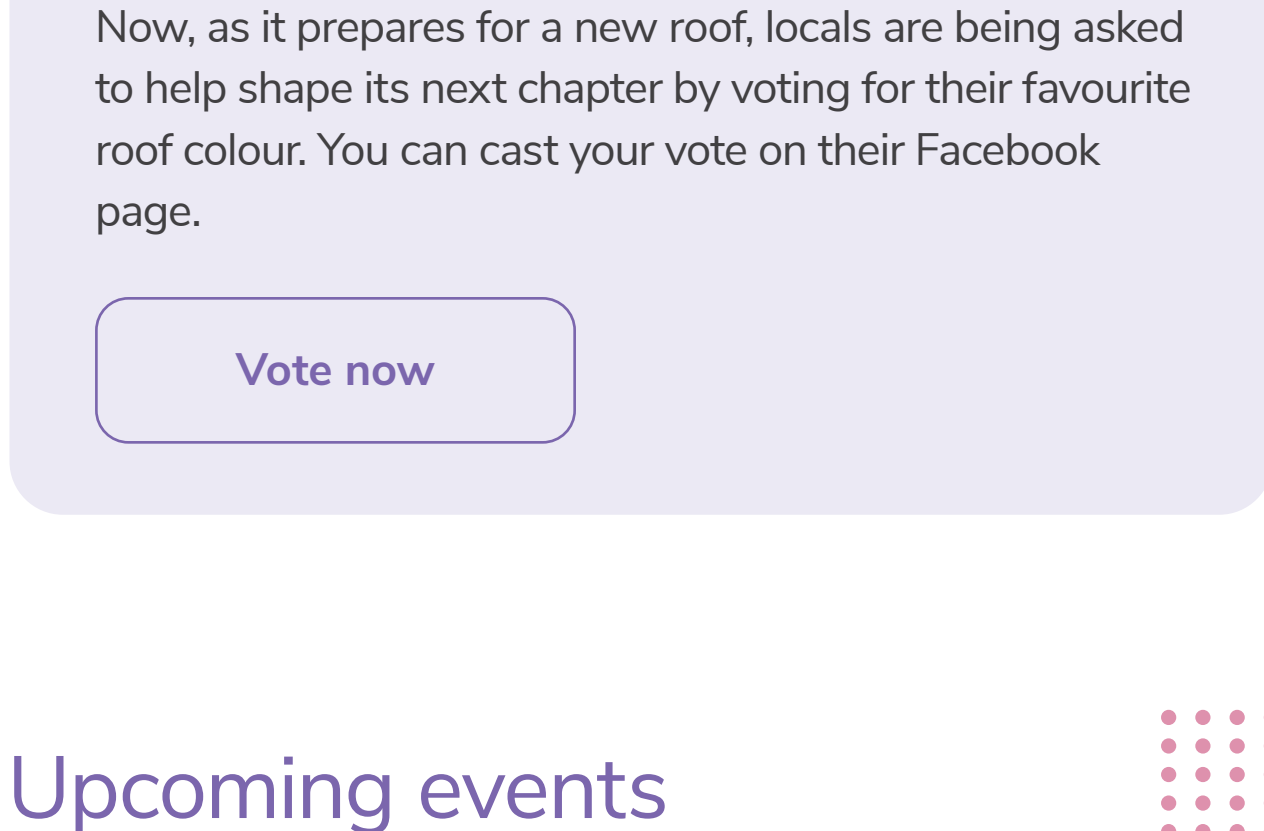
Meeting every Tuesday, the friendly group welcomes people of all fitness levels to enjoy a relaxed walk, social connection and the many wellbeing benefits that come from staying active. Regular walking can help improve balance, strength, heart health and mood, while also reducing feelings of isolation and loneliness.

The group is coordinated by local volunteer Mel Ingram, a passionate community member who also delivers the popular Move and Groove and Women's Circle sessions for older adults. Her welcoming approach has helped create a supportive and inclusive environment where everyone feels encouraged to join in.

Whether you're looking to boost your fitness, make new friends or simply enjoy the beautiful surrounds of Mundaring, the walking group is a great place to start.

For walking group details, visit the Shire's events calendar.

[View events calendar](#)



Gardening spotlight Join the Swan View Community Garden

The Swan View Community Garden is growing more than just fresh produce, with a new Permaculture Partnerships Program helping locals learn practical sustainability skills while strengthening community connections.

Developed by GFS Perth, the program supports community gardens to become permaculture-informed, locally led and sustainably run. Over the next two years, the initiative will help build knowledge in areas such as sustainable gardening, environmental care, food security and community resilience.

Community gardens provide many benefits beyond gardening, creating welcoming spaces where people can connect, share skills, improve wellbeing and learn ways to live more sustainably. The program is also a great opportunity for residents interested in volunteering, meeting like-minded people and getting involved in hands-on environmental action close to home.

Whether you're an experienced gardener or simply curious about sustainability, the Swan View Community Garden welcomes community members of all ages and abilities to get involved and learn together.

[Fill in EOI form here](#)



History Spotlight A community icon for 124 years

The Mount Helena Tavern has stood as a cornerstone of the community for well over a century, witnessing the growth and change of Mount Helena and the wider district.

Now, as it prepares for a new roof, locals are being asked to help shape its next chapter by voting for their favourite roof colour. You can cast your vote on their Facebook page.

[Vote now](#)

Upcoming events

24 Jun - 04 Aug

7 Dimensions of Wellness Program

9.30am - 11:30am • Swan View Youth Centre

Live well now and into the future. This healthy ageing program is designed to increase quality of life for older adults who want to live independently in the community they love.

Registrations essential

[Register here](#)

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