

Living Well

Programs and Activities for Older Adults



Community comes together for Dying to Know Expo

Thank you to everyone who attended the recent Dying to Know Expo held at Boya Community Centre. The event offered the opportunity to explore end-of-life planning, grief and final wishes in a safe, welcoming and positive setting.

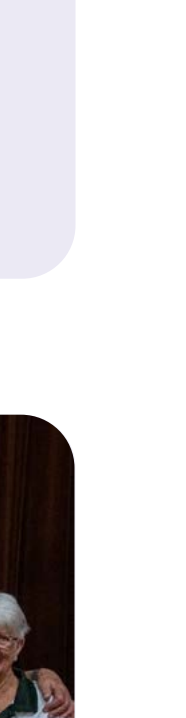
The Expo encouraged people to talk openly about a topic that can often feel difficult, while connecting them with practical information, support services and people who could help. Held as part of the national Dying to Know campaign, the local event helped people feel more comfortable starting meaningful conversations about death, dying and grief, and showed the value of community connection when planning for the future.

The Shire was pleased to see such strong community interest and engagement in a topic that affects us all and the enthusiasm to start important conversations about end-of-life planning and making informed choices. We thank all exhibitors, presenters and participants for helping make the event a valuable and meaningful experience.

What's next?

Community members who would like to continue building connections and supporting others are encouraged to attend the upcoming Compassionate Connectors training session. This program provides practical tools and strategies to support people living with chronic or life changing illnesses, their carers, and those who are grieving, by helping them map and grow their care networks.

[Learn more](#)



Biodiversity Month profile Meet Eric McCrum AO

For more than 70 years, Sawyers Valley resident Eric McCrum AO has dedicated his life to helping others understand and appreciate the natural world. A teacher, naturalist, photographer, author and environmental educator, Eric has inspired thousands of children and adults through his work at Perth Zoo, the Gould League Wildlife Centre and community groups across Western Australia.

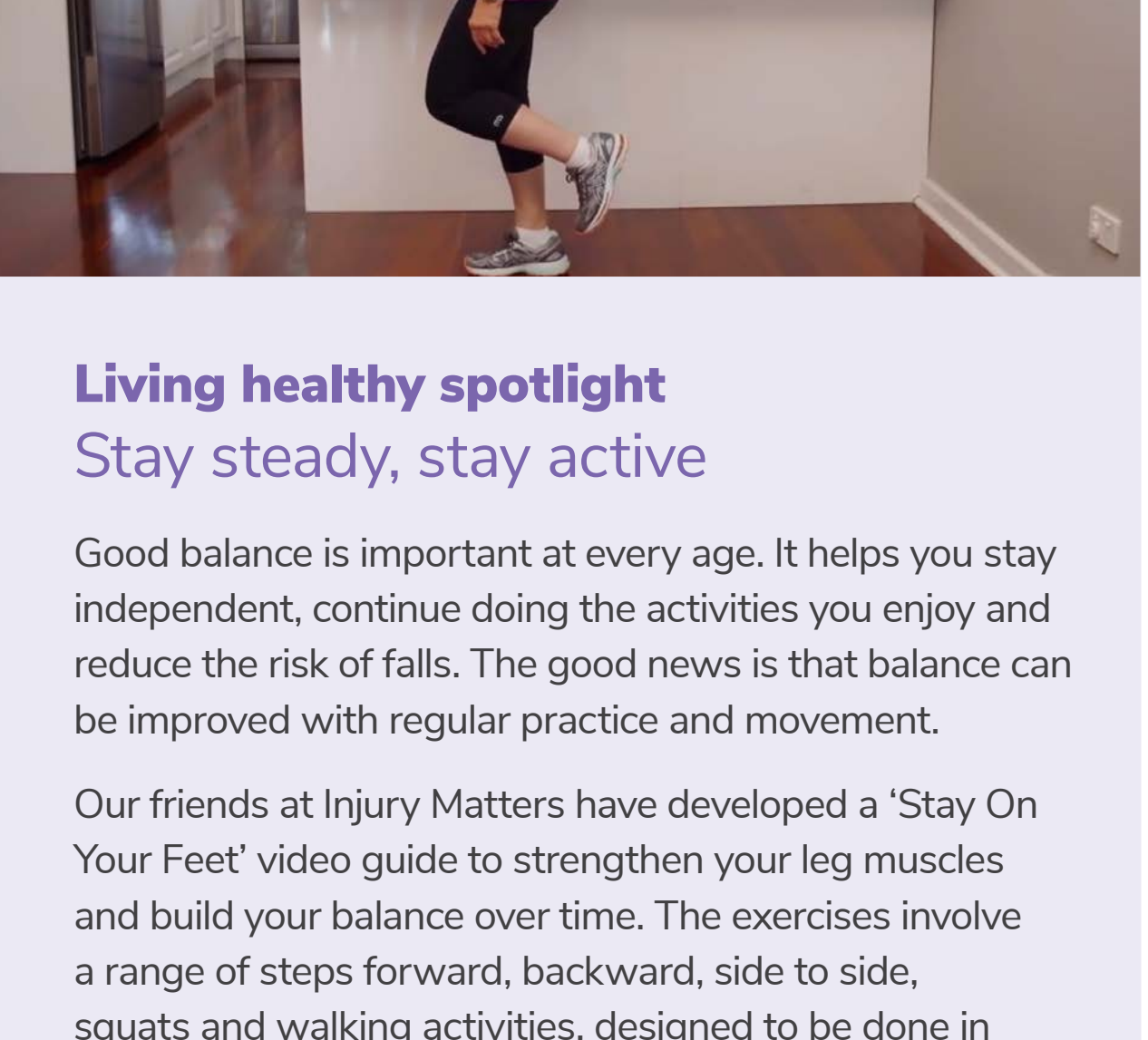
Many people know Eric as ABC Radio's "Birdman", famed for his extensive knowledge of native wildlife and his ability to mimic bird calls.

"When you can look outside and see the trees and the flowers and the birds and the insects around you, this is the world," Eric says.

Now 92, Eric has decided it is time to retire but his legacy of conservation and community education continues to grow through the naturalist groups he helped to establish.

Read the full story on the Shire website to learn more about Eric's extraordinary life, conservation legacy and connection to the Perth Hills.

[Read the full story](#)



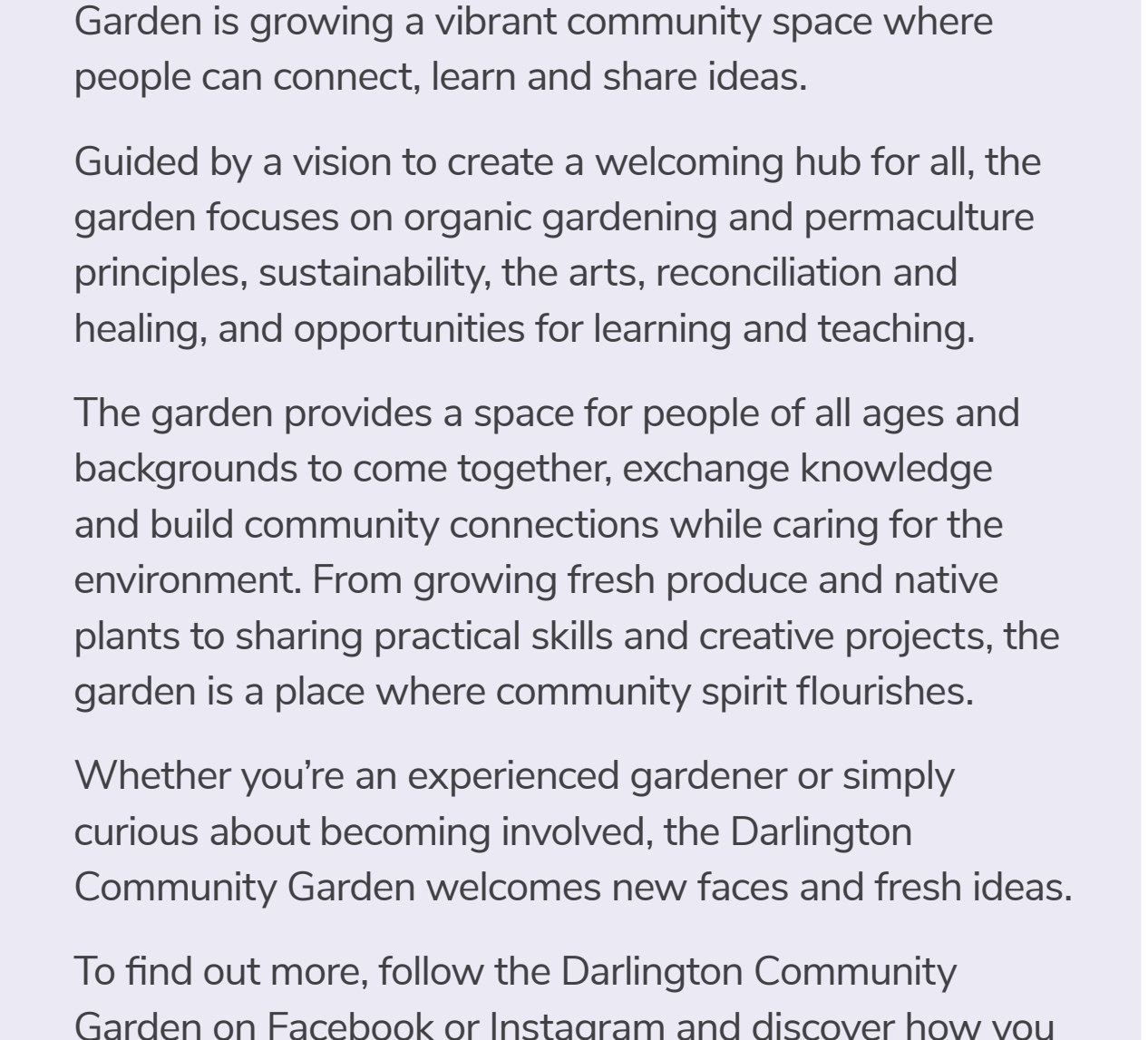
Mundaring Seniors celebrates 55 years

Members, guests and community supporters came together on 19 August to celebrate the 55th anniversary of Mundaring Seniors Incorporated.

Held at the Hub of the Hills, the afternoon featured friendly games of carpet bowls followed by an assortment of cakes and pastries, tea and coffee, providing an opportunity to reflect on the organisation's rich history and the important role it continues to play in connecting older residents across the Hills.

Since its establishment in 1971, Mundaring Seniors Incorporated has provided friendship, activities and support for local seniors, fostering a strong sense of community and belonging. The 55th anniversary celebration was a fitting tribute to the many volunteers, members and leaders who have contributed to its success over the past five decades.

Congratulations to Mundaring Seniors Incorporated on this remarkable milestone and thank you for 55 years of service to the community.



Harmonising the Hills for 40 years

What started with six women singing together in a Mundaring home in 1986 has grown into one of the Hills' longest-running community music groups.

This year, the Hills Choir celebrated its 40th anniversary with a special documentary screening and anniversary concert, bringing together current and former members to reflect on four decades of music, friendship and community connection.

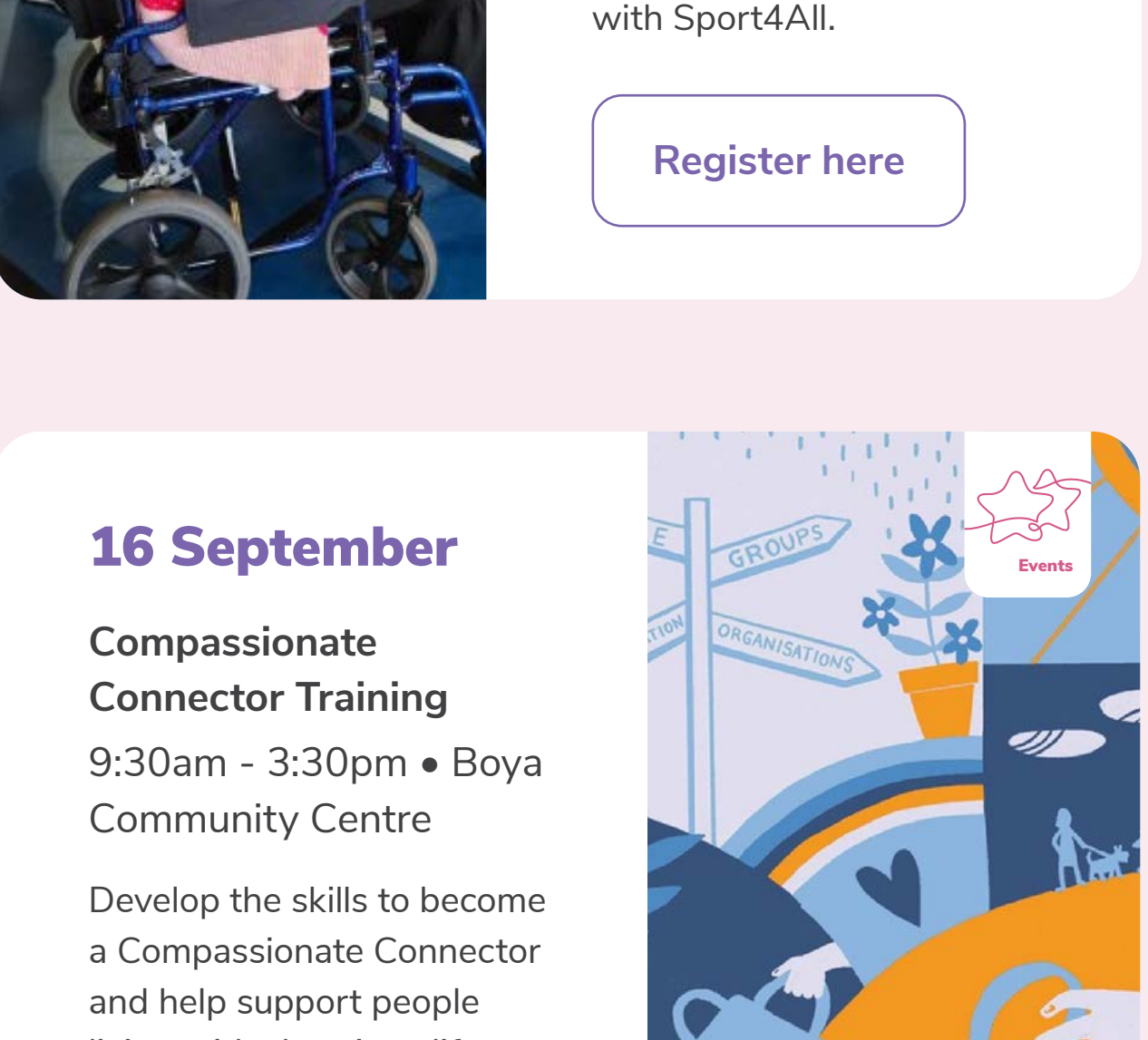
Now boasting members aged 16 to 92, the choir has welcomed more than 300 singers over the years and performed at countless community events, festivals and concerts across the Perth Hills.

Current member Jessica Taylor says the choir offers much more than music.

"Being part of a choir is about community, friendship and belonging. People from all sorts of backgrounds come together to create something bigger than any one person could create alone," Jessica said.

Read the full story on the Shire website, including the choir's history, anniversary celebrations and information on how to join.

[Read the full story](#)



Living healthy spotlight Stay steady, stay active

Good balance is important at every age. It helps you stay independent, continue doing the activities you enjoy and reduce the risk of falls. The good news is that balance can be improved with regular practice and movement.

Our friends at Injury Matters have developed a 'Stay On Your Feet' video guide to strengthen your leg muscles and build your balance over time. The exercises involve a range of steps forward, backward, side to side, squats and walking activities, designed to be done in the comfort of your own home. They also allow you to progress from basic exercises to more advanced options as your balance improves.

There are also plenty of opportunities locally to build balance while enjoying the social benefits of group activities. The Seniors Move and Groove class on Mondays, Lawn Bowls on Wednesdays and Tai Chi classes on Wednesday nights at The Hub of the Hills all combine gentle movement, coordination and fun in a welcoming environment. You can also join Tai Chi & Qi Gong sessions at Swan View Youth Centre on Monday and Wednesday mornings, which focus on balance, flexibility, relaxation and overall wellbeing. Local businesses such as Stone's Throw Yoga also offer low impact exercises like chair yoga to help improve strength, flexibility and balance in a supportive setting.

Check out the resources to start small, keep moving and enjoy the journey to better balance.

[Build your balance here](#)



Community garden spotlight Darlington Community Garden

Tucked away behind the Darlington Pavilion, a dedicated group of volunteers is cultivating more than just vegetables and native plants. The Darlington Community Garden is growing a vibrant community space where people can connect, learn and share ideas.

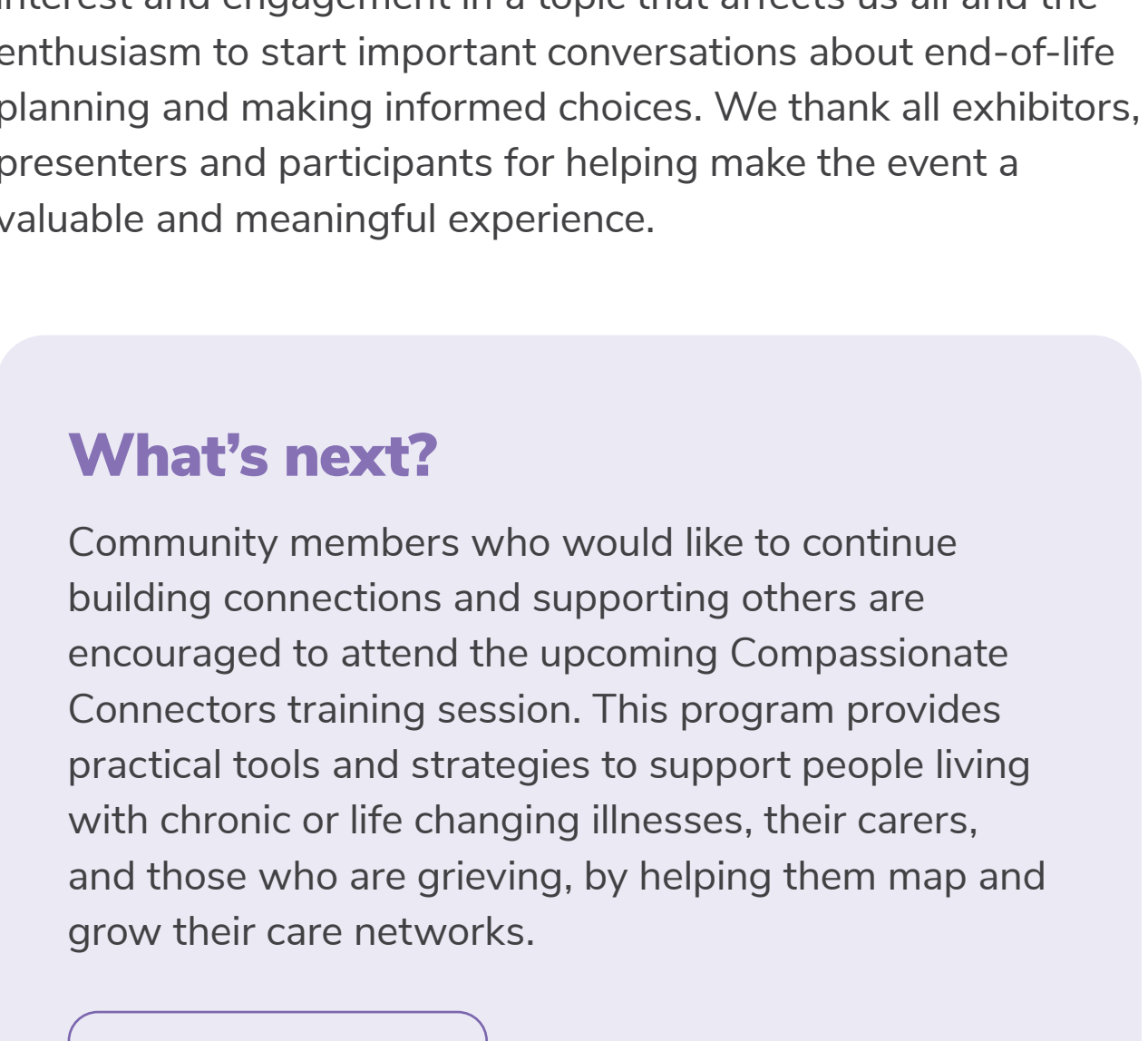
Guided by a vision to create a welcoming hub for all, the garden focuses on organic gardening and permaculture principles, sustainability, the arts, reconciliation and healing, and opportunities for learning and teaching.

The garden provides a space for people of all ages and backgrounds to come together, exchange knowledge and build community connections while caring for the environment. From growing fresh produce and native plants to sharing practical skills and creative projects, the garden is a place where community spirit flourishes.

Whether you're an experienced gardener or simply curious about becoming involved, the Darlington Community Garden welcomes new faces and fresh ideas.

To find out more, follow the Darlington Community Garden on Facebook or Instagram and discover how you can get involved in this growing community initiative.

[Learn more](#)



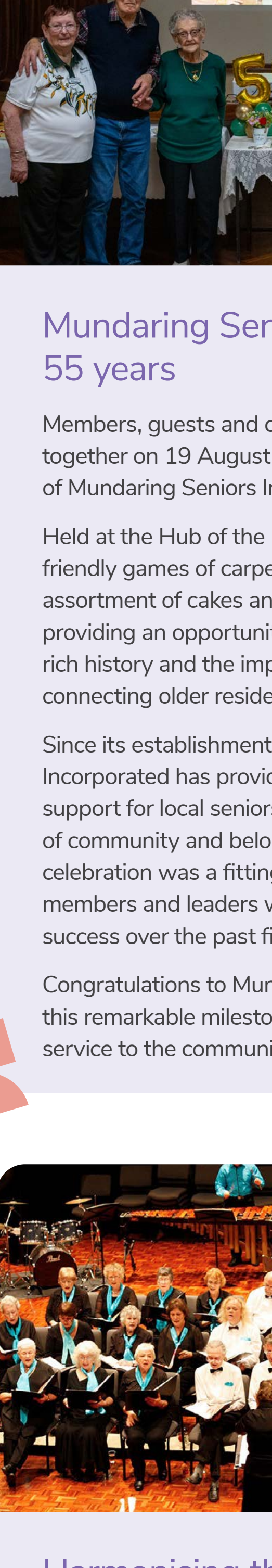
Local history spotlight Do you know the story behind this Mundaring landmark?

Many locals have driven past the small stone building at the corner of Coppin Road and Great Eastern Highway without knowing its fascinating history.

Built in 1947, the structure was originally part of the Casotti family home and store, selling fresh fruit and vegetables, groceries and other essentials to the local community. The property later became associated with the much-loved Castaldi's Fish & Chip Shop, a local institution during the late 1960s and early 1970s. Locals also recall that a fire occurred in the shop during the early 1970s after an overheating fat cooker caused damage. While the original house was removed during the widening of Great Eastern Highway, the stone wash house remains as one of the last physical reminders of this important chapter in Mundaring's past.

The Shire thanks Lost Mundaring & Surroundings Local History Museum for researching and capturing the story behind local landmarks like this, helping preserve the memories of the people, businesses and community spirit that helped shape Mundaring.

Upcoming events



11 September

All Abilities Expo

10am - 1pm • Mundaring Arena

This free community event is designed to connect people living with disabilities, their families, guardians, support workers and disability providers. The expo will feature local disability providers and different inclusive sports with Sport4All.

[Register here](#)

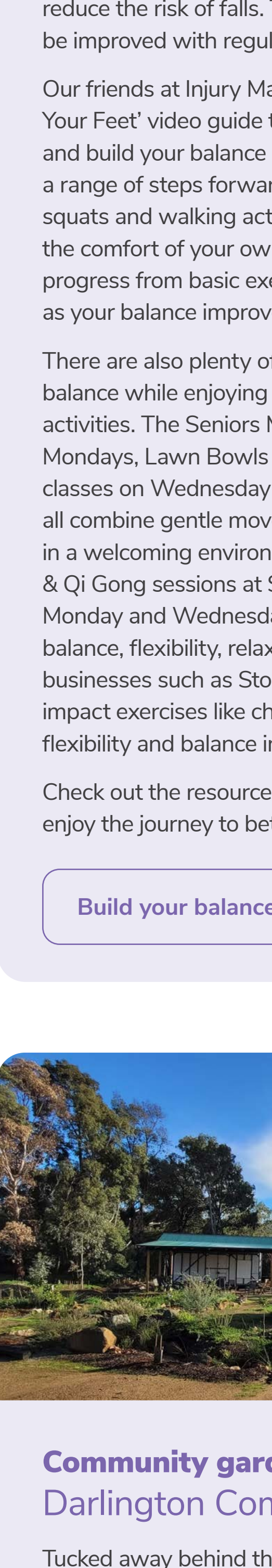
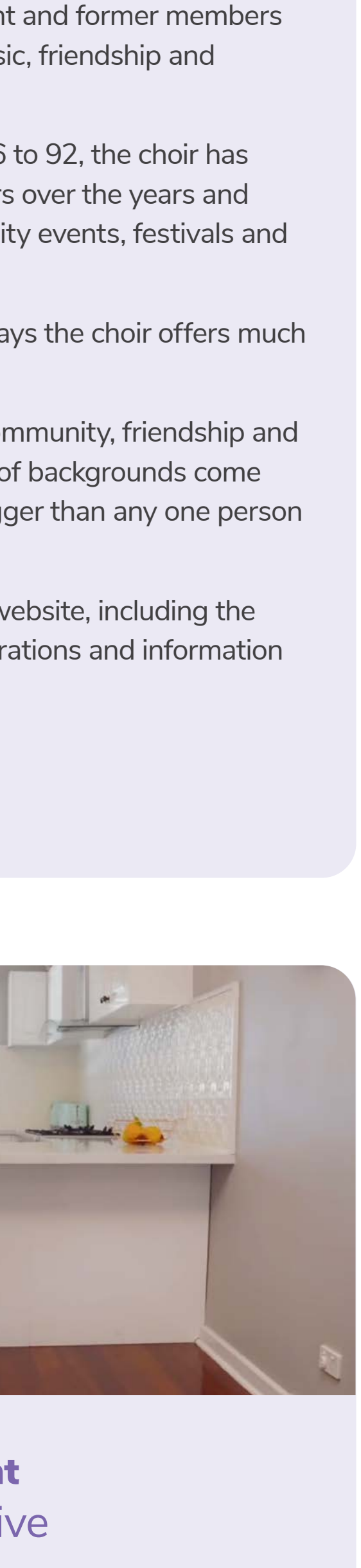
16 September

Compassionate Connector Training

9:30am - 3:30pm • Boya Community Centre

Develop the skills to become a Compassionate Connector and help support people living with chronic or life changing illnesses, their carers, and those who are grieving, by helping them grow their care networks.

[Register here](#)



08-15 November

WA Seniors Week: Living Well Series

10am - 1pm • Mundaring Arena

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.

Calendar of events coming soon!

[View events calendar](#)

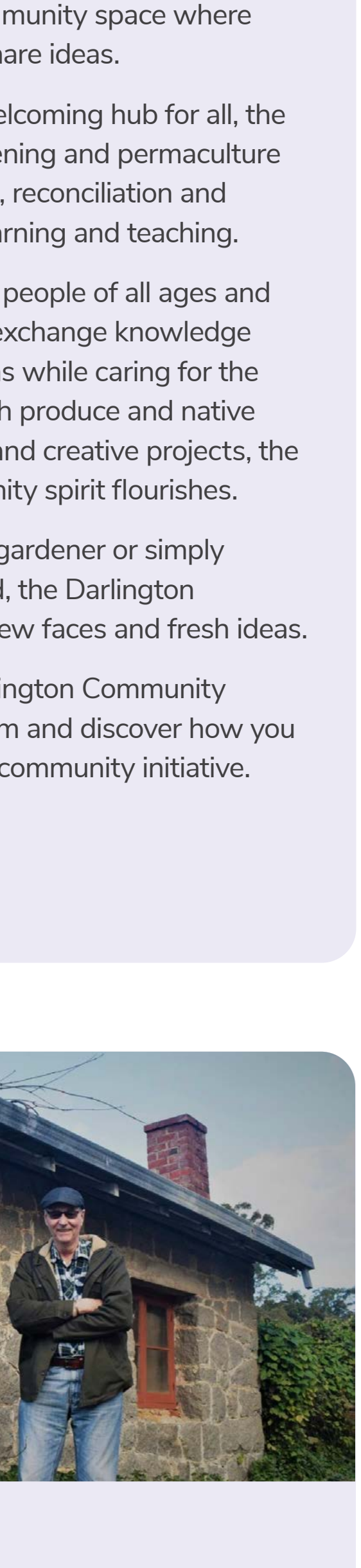
18 November

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](#)



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