

# COTA (WA) - 2021 WA Seniors Week - Community Grants Events



Organisation	Organisation Logo	Event Name	Event Description	Event Date	Event Time	Event Location
GLBTI Rights in Ageing Inc (GRAI)		Queer Tales	<b>Queer Tales</b> is an intergenerational event to recognise that we are indebted to the LGBTI elders who came before us, and who often took great personal risks to pursue LGBTI rights. <b>Queer Tales</b> is an opportunity to build intergenerational connections that can sustain us all as we age, and tackles the problem of loneliness that affects so many in the LGBTI community - especially our elders.	Sunday, 7 November 2021	12:00PM to 2:30PM	North Perth Town Hall 26 View Street North Perth WA 6006
Umbrella Multicultural Community Care Services Inc.		Multicultural Seniors Expo	The <b>Multicultural Seniors Expo</b> aims to recognise and thank seniors for their contributions to the community and to involve seniors who would not usually take part in or be aware of Seniors Week activities. <b>The program will include entertainment from musicians and dancers, who will be invited from the Macedonian, Japanese and other local communities.</b>	Tuesday, 9 November 2021	10:00AM to 2:00PM	Stirling Bowls Club 78 Jones Street Stirling WA 6021
Northern Suburbs Community Legal Centre Older People's Rights Service (OPRS)		Purple Road Picnic	The <b>Older People's Rights Service (OPRS) at Northern Suburbs Community Legal Centre</b> developed the <b>Purple Road initiative</b> in 2015, as a visual representation of the journey that every older person must travel. Purple represents the colour of age and wisdom and each hand-made flower represents someones story, a conversation or reflection relating to the very important, yet sensitive subject of Elder Abuse. The event provides an opportunity to display the countless hours of time and involvement by many individuals and community groups who have crafted a significant community art piece.	Tuesday, 9 November 2021	10:00AM to 12:00PM	Vietnam Memorial Pavilion May Drive Kings Park WA 6000
Chung Wah Community & Aged Care		Linking and Celebrating Senior Week Together	<b>Linking and Celebrating Senior Week Together</b> will focus on sharing with the seniors the history of Australia and WA as well as highlighting some of the beautiful areas of WA. It will be held through a morning tea session. For ease of access, <b>transport may be provided for some frailer seniors who need assistance.</b> Senior volunteers would also be invited to participate in the morning tea to express our appreciation for their contribution to our community and helping other frail seniors in their daily lives. This event would be spread across the 5 days of Seniors Week - being held at the same time at Balcatta and Willetton Hubs to maximise participation.	8 to 12 November 2021	10:30AM Everyday at both locations	1. Balcatta Chung Wah Hub- 18 Radalj Place, Balcatta 2. Willetton Chung Wah Hub- 58 Burrendah Boulevard, Willetton
Advocare WA		Meet, Move and Munch!	<b>Advocare WA</b> will join with the Better Health Boyup Brook Committee to host a <b>Meet, Move and Munch</b> event in the local town hall. This event will be an Intergenerational and Healthy Ageing event. The event will include: 3 x 30 minute sessions of interactive <b>Zumba Gold, photobooth, Aged Care Services Static</b> stands with relevant seniors information. <b>Meet</b> - friends, fellow community members and older person services. <b>Move</b> - join in and have some fun as you move to seniors Zumba and active ageing - stay on your feet exercises <b>Munch</b> - on delicious healthy/nutritional food.	Friday, 12 November 2021	10:00AM to 2:00PM	Boyup Brook Town Hall 55 Able Street, Boyup Brook 6244
Palliative Care WA		My Future Care Workshop and Lunch	<b>My Future Care Workshop</b> is specifically for LGBTIQ+ seniors and will be held in partnership with GLBT Rights in Ageing Inc. This workshop will include sample statements to assist the seniors to complete an advance health directive. The statements will be provided by a physician/advance care planning specialist who we hope will also be able to Zoom live into the workshop. A tasty and healthy lunch will be provided, to recognise and thank the seniors for their contributions to the community. The workshop will encourage active ageing by empowering the LGBTIQ+ seniors to express their values and wishes about their care in the last stage of their lives.	Monday, 8 November 2021	9:00AM to 1:00PM	Seminar Room 15 Bedbrook Place Shenton Park WA 6008
Volunteering WA		Seniors Week Activities with Volunteer Resource Centres	Volunteering WA will work with four Volunteer Resource Centres across the State to deliver activities to seniors during Seniors Week. <b>1. Broome: Damper Morning Tea</b> aimed at bringing together seniors who are at risk of being socially isolated and from CaLD backgrounds. <b>2. Albany: Cycling Without Age</b> will provide trishaw bike rides for seniors along Albany foreshore. This would provide seniors with an opportunity to avoid social isolation and remain active in their community. <b>3. Fremantle: Nyoongar Basket Weaving Workshop</b> with seniors invited to join Nyoongar weaver Sandra Egan for an afternoon of Aboriginal weaving where they will create their own basket using natural and hand dyed raffia while yarning about Aboriginal culture and weaving and <b>Parkour for Seniors</b> introductory class will focus on safe movement practices over, around and near obstacles, bodily awareness and balance and instilling a love for movement which can be practiced anywhere. <b>4. Bassendean:</b> A series of <b>'Come and Try'</b> sessions offered over the week including craft, chair yoga, carpet bowls and a quiz luncheon.	8 to 14 November 2021	Various	<b>1. BROOME:</b> Damper Morning Tea: Broome CIRCLE premises, 27 Frederick Street, Broome WA <b>2. ALBANY:</b> Albany Foreshore - Trishaw Rides, Albany WA <b>3. FREMANTLE:</b> Parkour for Seniors: Fremantle Youth Plaza (Skate Park), Esplanade Park Fremantle WA + Basket Weaving - Walyalup Aboriginal Cultural Centre Fremantle WA <b>4. BASSENDEAN:</b> Come and Try Sessions: Seniors & Community Hall and Community Hall, 50 Old Perth Road, Bassendean WA + Quiz Lunch: 48 Old Perth Road, Bassendean WA
COTA (WA)		Let's Talk Scams	<b>COTA (WA)</b> has partnered with Bankwest to deliver <b>'Let's Talk Scams'</b> an exclusive WA Seniors Week event that falls during ACCC National Scam Awareness Week. Bankwest is a key sponsor of this event. The Hon. Kim Beazley AC, Governor of Western Australia will provide the opening address. Keynote Speakers include: Dr. David Cook, Edith Cowan University and Audrey Pajmon, Executive Manager Fraud Management Services, Bankwest. Seniors will hear from experts on how to recognise different types of scams and how to protect themselves. They will receive a copy of the Bankwest Safe and Savvy guide. This event is supported by Auslan interpreters. <b>Entry is free and complimentary morning tea will be available.</b>	Monday, 8 November 2021	10:00AM to 12:00PM	Perth Convention and Exhibition Centre (Riverview Room) 21 Mounts Bay Road Perth WA 6000
Grandparents Rearing Grandchildren WA (Inc)		Grandparents go Golfing	<b>Wanneroo Botanical Gardens</b> have mini-golf and a cafeteria venue that has proved very popular. A day of fun and laughter, inclusiveness and social activity with other grandparents. Grandparents attending will play min-golf and then enjoy a lovely lunch together. This is a wonderful way to celebrate our seniors who have given uo so much to care for their grandchildren at a time of their lives they should be out and about enjoying their retirement. <b>A day out like this gives a great sense of belonging and recognition with peers.</b>	Thursday, 11 November 2021	10:00AM Start All day between school hours	Wanneroo Botanical Gardens 25 Drovers Place Wanneroo WA 6065
Wickepin Community Resource Centre in Wickepin		Let's Talk Scams Video Presentation	Seniors are invited to come to the <b>Wickepin Community Resource Centre</b> to enjoy some morning tea while watching the <b>video presentation of the Let's Talk Scams event.</b> We will provide the participants with some resources about common and current scams and organisations and websites that they can access to gain further information. It is so important to have presentations such as this available to seniors in regional and remote areas.	Wednesday, 10 November 2021	10:00AM	Wickepin Community Resource Centre 24 Wogolin Road WA Wickepin 6370
City of Albany		Let's Talk Scams Webinar & Morning Tea	The <b>City of Albany</b> will host a <b>Live Stream seniors webinar session of Let's Talk Scams</b> and morning tea on Monday 8 November from 9.15am to 11.30am. The event will be held at the <b>City of Albany Civic Rooms.</b> The event supports an increasing seniors population and ensures valuable information about scams and cyber-crime is available to seniors in a regional location.	Monday, 8 November 2021	9:30AM	City of Albany Civic Rooms 102 North Road Albany WA 6330
Tambellup WA		Let's Talk Scams Live Stream Video Presentation	<b>Tambellup Community Resources Centre</b> will hold a <b>Live Stream - Seniors Webinar session</b> and provide Morning Tea to all attendees. The <b>Let's Talk Scams</b> event is being held at the Perth Convention and Exhibition Centre in Perth and is available for Live Stream viewing by Regional, Rural Remore Communities in WA - making this important event subject matter available for seniors in regional Tambellup.	Monday, 8 November 2021	9:30AM	Tambellup Community Resources Centre 34 Norrish Street Tambellup WA 6320