



Want to meet new people?

Join in any of these local activities in October

Tai Chi - Yanchep

Norah will take beginners through Shang Gou Tai Chi routines with additions from other gentle movement disciplines. Wednesdays, 9.30am – 10.30am at the Oldham Park Clubrooms, Yanchep. \$2 donation. Enquiries or to let Norah know you are coming text 0427 921 813

Two Rocks Yanchep Ukulele Group

Ukulele players and learners meet on a weekly basis during school term to have fun and make music! All ages welcome (minors accompanied by an adult). Mondays, 6.30pm – 8.00pm at the Mary Lindsay Homestead, Yanchep. Cost \$2 per session. Enquiries: Sharon on 0439 696 052

Yanchep National Park Walks

October 6: Caves Trail, 1.5 hour walk. October 20: Wetlands trail, 1 hour walk. Meet on the front steps of Yanchep Inn at 9.45am. Option for refreshments at a local cafe afterwards. Text Francene on 0418 936 443 to confirm and for more info.

Capricorn Games - Yanchep

Join in card and board games, table tennis, carpet bowls or just enjoy a chat and morning tea at the Oldham Park Clubrooms, 91 Lagoon Drive, Yanchep. Every Thursday from 9.30am – 1pm. Cost \$2. For more info call Monika on 0431 982 045

Gentle Yoga - Eglinton

Yoga class inspired by Gentle Somatic Yoga. Saturdays 9.30am – 11am. Bring a yoga mat and beach towel. No cost. At the Allara Share Place, 38 Revolution Ave, Eglinton. Enquiries: Léa Fritsch via Facebook messenger or lea.fritsch123@gmail.com

Philosophy Discussion Group - Eglinton

A safe environment to raise and discuss issues of concern and importance from an ethical, moral and humanitarian perspective. The big, and not so big questions. Third Thursday of each month (19 September), 6.30– 8.30pm. Allara Share Place, Eglinton. Enquiries: Bert on 0477 433 589

Crafty Wednesday - Alkimos

Bring your choice of handcraft. Share your knowledge or learn something new. Bring your cup, have a cuppa and make friends while having fun working on your project. No cost. Leatherback Park Pavilion (Next to Alkimos Beach PS), 1 Fairy Parade, Alkimos. Contact Ann on 0403 922 670

Rags to Bags - Alkimos

Make re-useable fabric bags with recycled materials providing an alternative to plastic bags. Plenty of things for "non-sewists" to do as well. Thursdays 10am – 12pm. No cost. Option to order from cafe. Sprout Hub, Alkimos. Contact: Ann 0403 922 670

Butler Book Club

Light-hearted reading while enjoying a coffee (optional) and chat – some of which may be about the book. A new book each time. If you haven't read the book it doesn't matter. First Tuesday of each month (1st October) at Dome Butler. 5.30pm – 7.00pm. Contact Caroline on 0421 604 364

Mahjong for Beginners - Butler

Learn to play Mah Jong in a light-hearted and fun atmosphere. Mondays 5.30–7.30pm at Dome in Butler. No charge, ordering food/drink at your own cost is optional. Limited places. Contact Caroline on 0421 604 364 or Margarita on 0420 533 459 to secure your place.

Merriwa Coffee, Chat and Board games

Have a chat and/or play board games including Scrabble (Oxford Dictionary). Lots of friendly folk willing to teach how to play games. Wednesdays 9.00 – 11.45am. No cost to attend, access to café. Cafe 115, True North Block, Merriwa. Contact Penny on 0421 372 834

Want to receive this newsletter in your inbox?

Email rsvp@befriend.org.au and put

"Northern suburbs program"

in the subject line

or

scan the QR code to sign up.



Merriwa Knit Crochet Patchwork and Chat

Bring your own project, get inspiration, learn to knit, crochet, patchwork or just come to chat. Option to purchase food from café. 115 Collective, True North Block, Merriwa. Each Friday (except 18th and 25th this month). 9 – 11.00am. No cost. Contact Joy on 0403 157 822

Coffee and Chat - Mindarie

Do you enjoy a good chat over coffee or tea or chai...? Get together with other friendly folk at Portofinos, Mindarie. We meet every Wednesday, 10 –12pm. Also on the first Wednesday of the month there is the option to go on to lunch elsewhere together. Contact: Averil on 0402 971 741

Befriend @ Kinross Community Garden

Hosts Sandra and Lee will ensure a warm welcome at Kinross Community Garden. Fourth Saturday of each month (26 October, 3 – 4.30pm). Next to Macnaughton Clubroom. Join us for a cuppa or get involved in whats happening at the garden. Contact: Sandra 0412 877 175

Art at the Garden - Kinross

Create garden inspired art. A different activity every time. Equipment and art supplies provided. Cost \$2. Saturday, September 28th, 2 – 4.30pm. At Kinross Community Garden, next to Macnaughton Clubroom. Contact Trish: 0400 060 109

Northern Yarnies - Kinross

Are you interested in "giving back" to the community? Do you knit, crochet or weave? Join a happy group of "Yarnies" to make items to be donated. Third Saturday of each month (19 Oct), 2.00– 5.00pm at Connolly Community Centre. Enquiries: Linda on 0400 229 860

Burns Beach Sunset Walk

Walk/roll/rest on a bench and enjoy the views south of Burns Beach on the sealed path returning as the sun sets. Meet on the coastal path near the lookout. Fridays evenings at 5pm – time changes over the year according to when sun sets. To find out more message Ingrid on 0492 854 723

All people welcome!

No cost! No paperwork!



Northern Suburbs Adventuring Guild - Currambine

Dungeons and Dragons sessions tailored for ages 9–13 to learn and play (parent or guardian required for duration). Every second Sunday (6 and 20 October), 2pm–4:30pm in Currambine. Cost \$5 per session. Contact us: ns.adventuringguild@gmail.com

Neil Hawkins Park Barbecue - Joondalup

A "bring your own everything" casual friendly BBQ (or picnic). Enjoy the beautiful surrounds of Lake Joondalup and the abundant bird-life with hosts Tim and Garry. Fortnightly on Mondays. October 7th and 21st at 12pm. No cost. Enquiries: Lee on 0488 823 817

Craft Hub - Woodvale

Get creative with a variety of crafts – all materials supplied. People of all abilities welcome. Tuesdays, 10 – 12pm. At Chichester Hall, Woodvale. Cost \$10.00 (support workers/carers free). BYO morning tea; For more info contact Vicky on 0431 067 204

Zingo Bingo - Woodvale

Join in the fun and laughs while playing games. People of all abilities welcome. BYO food and drink. Mondays (Except October 7), 10 – 12pm. At Chichester Hall, 109 Trappers Drive, Woodvale. Cost \$5.00 (support workers/carers free). For more info contact Vicky on 0431 067 204

Your Own Group - Near You

Have you got an interest you'd like to share with others? At Befriend we've helped over 12,000 Perth residents to connect through shared interests, social experiences and all kinds of fun hobby groups. We'd love to hear from you. Contact details below.

Join in!

Contact us for more info.

**Look for a yellow Befriend flag or sign and
a friendly face!**

Everyone welcome!

***Details accurate at time of print. Please
confirm with listed contact.**



0404 831 201



rsvp@befriend.org.au



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