

Befriend Inc March/April Calendar



Want to meet new people from Yanchep to Joondalup?

Yanchep to Alkimos



Yanchep National Park Walks - Yanchep • 1st Sundays • 9.45am

March 2: Wetlands Trail. April 6: Boomerang Gorge hike. Meet on the front steps of Yanchep Inn. Option for refreshments afterwards. Text Francene on 0418 936 443 to confirm and for more info.

Tai Chi - Yanchep • Wednesdays • 9.00 - 10.00am

Shang Gou Tai Chi beginner routines with additions from other gentle movement disciplines. At the Oldham Park Clubrooms, Yanchep. \$2 donation. Text Norah 0427 921 813 or Viv 0498 727 032

Two Rocks Yanchep Ukulele Group • Mondays during school term • 6.30 - 8.00pm

Ukulele players and learners meet on a weekly basis to have fun and make music! At Mary Lindsay Homestead, Yanchep. Cost \$2 per session. Enquiries: Sharon on 0427 921 813

Capricorn Games - Yanchep • Thursdays • 9.30am - 1.00pm

Join in card and board games, table tennis or just enjoy a chat and morning tea at the Oldham Park Clubrooms, Yanchep. Cost \$2. Please contact Monika on 0431 982 045

Gentle Yoga - Eglinton • Saturdays during March • 9.30 - 11.00am

Yoga class inspired by Somatic Yoga. Bring a yoga mat and beach towel. No cost. At the Allara Share Place, Eglinton. Enquiries: Léa Fritsch via Facebook messenger or lea.fritsch123@gmail.com

Philosophy Discussion Group - Eglinton • 3rd Thursdays • 6.30 - 8.30pm

A safe environment to raise and discuss issues of concern and importance from an ethical, moral and humanitarian perspective. Allara Share Place, Eglinton. Enquiries: Bert on 0477 433 589

Rags to Bags - Alkimos • Thursdays • 10.00am - 12.00pm

Make re-useable fabric bags with recycled materials. Plenty of things for "non-sewists" to do as well. No cost. Option to order from cafe. Sprout Hub, Alkimos. Contact: Ann 0403 922 670

Alkimos Adventurers • Sunday 23 March • 5.00 - 7.00pm

For ladies with adventurous outdoor interests to get to know one another and plan adventures. Meet at the wooden steps at Jindalee beach Shack. Contact: Marie 0422 895 949


Crafty Wednesday - Alkimos • Wednesdays • 10am - 12pm

Bring your own project to work on, get inspiration, share your skills or just come to chat. BYO cup for a cuppa. No cost. Leatherback Park Pavilion, Alkimos. Contact Ann on 0403 922 670



Learn to Play Scrabble Well - Alkimos • Wednesdays, begins March 26 • 12.30pm - 2.30pm

A fun game of Scrabble (Oxford dictionary), opportunity to learn the game and a cuppa and chat. Leatherback Park Pavilion, Alkimos. Contact Penny on 0421 372 834



All people welcome!
No cost! No paperwork!

"14 years living in Perth and finally I have friends!"

Butler to Mindarie

Butler Book Club • First Tuesday of each month • 5.30 - 7.00pm

Light-hearted reading while enjoying a coffee (optional) and chat – some of which may be about the book. A new book each time. At Dome Butler. Contact Caroline on 0421 604 364

Revamped!

Merriwa Coffee, Chat and Board Games • Wednesdays • 9 - 11.45am

Easy-going games group. Play old favourites or learn something new. Option to order from the cafe. 115 Collective, True North Block, 869 Connolly Drive, Merriwa. Contact Kellie on 0437 700 604

Merriwa Knit Crochet Patchwork Chat • Fridays • 9 - 11am (No meetup 18 and 25 April)

Bring your own project, get inspiration, learn to knit, crochet, patchwork or just come to chat. Café available. 115 Collective, True North Block, Merriwa. No cost. Contact Joy on 0403 157 822

Merfolk Tales - Quinns • Tuesdays during March • 9.00 - 9.30am

Join in to tread water, chat and plan more swimming fun. We'll be inside the swimming enclosure and between the red and yellow flags. Sandra 0412 877 175 or Lee 0488 823 817

Write Your Bestseller - Clarkson • Third Saturday of the month (no April meetup) • 10.30 - 11.45am

Discuss topics that are important for your own writing. Alistair, published author, will facilitate supportive group discussions. Clarkson Library. Registration essential: writinggrp@protonmail.com

Coffee and Chat - Mindarie • Wednesdays • 10 - 11.30am

Get together with other friendly folk at Portofinos, Mindarie. On the first Wednesday of the month there is the option to go on to lunch elsewhere together. Averil 0402 971 741

Join in!

Please contact the listed person for more information and to let them know to expect you. That way if there is a last minute change they can let you know.

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

Everyone welcome!

*Details accurate at time of print.



Befriend Social Network Perth



Francene and Léa, hosts of Yanchep National Park walks and Gentle Yoga respectively

Burns Beach to Currambine

new!

Befriend at Kinross Community Garden • 2nd Fridays • 9.30am - 11am

Enjoy a cuppa at the garden and get involved in gardening activities as much or as little as you like. Contact Caroline: 0421 604 364

Befriend at Kinross Community Garden • 4th Saturdays • 3pm - 4.30pm

Cuppa and chat, presentation on gardening topic, gardening activities and more.

Macnaughton Clubroom, Kinross. Enquiries: Caroline 0439 094 259; Sandra 0412 877 175

Burns Beach Sunset Walk • Fridays • 5.30pm during March, 5pm during April

Enjoy the views from the sealed path returning as the sun sets. Meet on the coastal path near the lookout not far from Sistas Cafe. Message Ingrid on 0492 854 723

Northern Yarnies • 3rd Saturdays • 2pm - 5pm

Do you knit, crochet or sew? Join a happy group making items to be donated. Third Saturday of each month. Currambine Community Centre. Linda 0400 229 860; Sandra 0412 877 175

Northern Suburbs Adventuring Guild • Sundays fortnightly (9 and 23 March, 6 and 20 April) • 2pm - 4.30pm

Dungeons and Dragons sessions tailored for 9–13 year olds to learn and play. Parent or guardian must stay for the session. Currambine. Cost \$5. Contact: ns.adventuringguild@gmail.com

Your Own Group • Day and time that suits you

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.

Lee is a Befriend community builder in the far northern suburbs and a host of Merfolk Tales - Quinns.

If you'd like to find out more about how you can be involved in the Befriend Social Network Lee is always up for a chat!



Lee

0404 831 201



rsvp@befriend.org.au



Befriend Inc



www.befriend.org.au



Proudly printed by Mark Folkard JP MLA, Member for Burns Beach

Joondalup to Woodvale

Improve Your Communication & Relationships - Beumaris • Mondays, begins 17 March • 7pm-8.30pm

Learn and practice new techniques and skills to help you communicate more effectively, resolve issues constructively, and heal and strengthen your relationships. Contact AJ on 0424 053 072

new!

Befriend at Parkrun + Coffee - Joondalup • Saturdays • 7.50am - 9.30am

Meet up before Parkrun at 7.50am to say "hi" and then do Parkrun at your own pace. Get together afterwards for coffee and chat about exercise interests and more. Stuart 0483 807 181

Picnic and Trishaw Rides • Mondays fortnightly (10 and 24 March, 7 and 21 April) • 12pm - 1.30pm

Hosts Tim and Garry invite you to a "bring your own everything" casual friendly picnic (BBQ facilities available) at Neil Hawkins Park. Free trishaw rides available. Jan: 0410 607 664

new!

Colour Your Day - Wanneroo • Saturdays fortnightly (15 and 29 March, 12 and 26 April) • 10am - 11am

Draw, colour in or create artistic designs. Bring your own art supplies and work on your own project. Wanneroo Library. Support workers welcome. Glen: 0407 766 555

Craft Hub - Woodvale • Tuesdays • 10am - 12pm

Get creative with a variety of crafts. Designed to accommodate diverse needs. Chichester Hall, Woodvale. Cost \$10 (support people free). BYO morning tea; Vicky on 0431 067 204

Zingo Bingo - Woodvale • Mondays • 10am - 12pm

Playful bingo. Designed to accommodate diverse needs. BYO food/drink. Chichester Hall, Woodvale. Cost \$5 (support workers/carers free). Contact Vicky on 0431 067 204



Hosts of Picnic and Trishaw Rides, Garry and Tim far left and far right respectively, busy with others at the BBQ

Want to receive this calendar of events each month?

Email rsvp@befriend.org.au and put "Northern suburbs calendar" in the subject line
or
scan the QR code to sign up.

