



**Befriend Inc**

**May Calendar**

**Come Say  
Hi!**

**Want to meet new people from Yanchep to Joondalup?**

## **Yanchep to Alkimos**

**Yanchep National Park Walks - Yanchep • Sundays, monthly • 9.45am**

May 18: Woodlands Trail. Meet on the front steps of Yanchep Inn. Option for refreshments together afterwards. Text Francene on 0418 936 443 to confirm and for more info.

**Tai Chi - Yanchep • Wednesdays • 9.00 - 10.00am, as from 14 May 9.30 - 10.30am**

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 Oldham Park Clubroom, 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 • Saturday weekly meetups resume May 24 • 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

**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

**The Joy of Scrabble - Alkimos • Wednesdays • 12.00pm - 2.30pm**

Welcome to experienced players and people who want to learn as we can teach. Bring your own cup and enthusiasm for conversation. Leatherback Park Pavilion, Alkimos. Penny: 0421 372 834

**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. Lee: 0488 823 817



**All people welcome!**  
**No cost and no paperwork  
to be a part of Befriend**

**"It gives me something to look  
forward to each week and gets me  
out of the house!"**

## 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

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

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

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

### Write Your Bestseller - Clarkson • Third Saturday of the month • 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. Caroline 0439 094 259

### Your Own Group • Day and time that suits you

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## 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



Thomas (centre), host at a workshop on friendship

## Burns Beach to Currambine

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

Help create a place to grow friendships as well as plants. Gardening, cuppa and chat, share table. Macnaughton Clubroom, Kinross. Contact Caroline: 0439 094 259

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

Help create a place to grow friendships as well as plants. Gardening, cuppa and chat, share table. Macnaughton Clubroom, Kinross. Enquiries: Caroline 0439 094 259; Sandra 0412 877 175

**Burns Beach Sunset Walk • Fridays • 4.30pm during May**

Enjoy the views from the sealed path returning as the sun sets. Meet on the coastal path near the lookout not far from Sistas Burns Beach 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 (4 and 18 May) • 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



## Joondalup to Woodvale

### Transform Your Communication & Relationships - Beaumaris • Mondays • 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 0421 444 750

### 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

### Neil Hawkins Park BBQ • Mondays fortnightly (5 and 19 May) • 12pm - 1.30pm

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

### Colour Your Day - Wanneroo • Saturdays fortnightly (10 and 24 May) • 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



Kellie (far right), host of Merriwa, Coffee Chat and Board Games

Want to receive this calendar of events each month?

Email [rsvp@befriend.org.au](mailto:rsvp@befriend.org.au) and put "Northern suburbs calendar" in the subject line  
or  
scan here to sign up.

