



Befriend Inc **October 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

October 5: Caves trail, a 2 hour walk. 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 • 9.30 - 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 • 6.15 - 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 0439 696 052

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 - Yanchep • Saturdays • 9.30 - 11.00am

Yoga class inspired by Somatic Yoga. Bring a yoga mat and beach towel. Limited places. Oldham Park Clubroom. Enquiries: Léa Fritsch via Facebook messenger or lea.fritsch123@gmail.com

Philosophy Discussion Group - Eglinton • 3rd Thursday of the month • 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 • 10.00am - 1.30pm

Experienced players and people who want to learn are all welcome. Bring your own cup and enthusiasm for conversation. Leatherback Park Pavilion, Alkimos. Penny: 0421 372 834



All people welcome!

**No cost and no
paperwork to be a
part of Befriend**

**"I'm connecting with heaps
of people and feel more
confident."**

Butler to Mindarie

new!

Writing Group - Butler • Sundays fortnightly (October 5 and 19) • 9.30am - 10.30am

For writers of all levels and experience. A strong focus on uninterrupted silent writing. At Dome Butler. Text Kay on 0414 225 584 to let her know you are coming, or for more information.

Butler Book Club • 1st Tuesday of the month • 5.30 - 7.00pm

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

new!

Social Sewing Circle - Merriwa • 2nd and 4th Thursdays • 6.00-8.30pm

Bring along your own project and everything you need for it. All sewing levels welcome. We can help each other out. Dalvik Clubroom, Merriwa. Text Demi on 0430 948 861

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. Meet new people or catch-up with familiar faces. Contacts: Caroline 0439 094 259; Lindsey 0435 985 131

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



Demi (right), host of the new Social Sewing Circle - Merriwa, with a couple of group members

Burns Beach to Ocean Reef

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

Grow friendships as well as plants. Gardening, cuppa and chat, info session, share table. Macnaughton Clubroom, Kinross. Enquiries: Caroline 0439 094 259; Lee 0488 823 817

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

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 • 5.30pm during October

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 – giving back to the community. Currambine Community Centre. Linda 0400 229 860; Sandra 0412 877 175

Northern Suburbs Adventuring Guild • Sundays fortnightly (5 and 19 October) • 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

Befriend has helped over 12,000 Perth residents to connect through shared interests and social experiences. We'd love to help bring your idea to life. Contact details below.

Lee and Deb are Befriend community builders in the far northern suburbs

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

📞 0492 863 526

Deb



Lee

0488 823 817



Befriend Inc



www.befriend.org.au



fnscommunity@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

Neil Hawkins Park BBQ - Joondalup • Mondays fortnightly (6 and 20 October) • 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 (11 and 25 October) • 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

Wanneroo Women Connect • Wednesdays • 10am - 12pm

A friendly seniors women's group. Come along for connection, conversation, coffee and a bit of fun! Wanneroo Recreation Centre (Room 2). Contact Pat on 0412 925 147 for more info.

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. Lee: 0488 823 817 Deb: 0492 863 526



Walter, Mark and Dianne (left to right) hosts of the Two Rocks Yanchep Ukulele Group

Want to stay up-to-date with whats happening in the Far Northern Suburbs each month?

Email fnscommunity@befriend.org.au and put

"News"

in the subject line

or scan here
to sign up

