



Want to meet new people from Yanchep to Joondalup?

Yanchep to Alkimos

Yanchep Sunset Walks • Tuesdays March 3, 10 and 17 • 6pm - 7.15pm



Casual walk on pathways during the golden hour watching the sun set. Meet up on the footpath opposite Orion Cafe overlooking Yanchep Lagoon. Text Francene on 0418 936 443

Tai Chi for Beginners - Yanchep • Mondays beginning March 9 • 9am - 10am



Shang Gou Tai Chi beginner routines (Levels 1 and 2) with additions from other gentle movement disciplines. Oldham Park, Yanchep. Cost \$2. Text Viv 0498 727 032

Tai Chi - Yanchep • Wednesdays • 9 - 10am

Shang Gou Tai Chi routines (Levels 1 - 6) with additions from other gentle movement disciplines. At the Oldham Park Clubrooms, Yanchep. Cost \$2. Text Viv 0498 727 032

TRYUKE • 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. 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. No cost. Cafe available or bring morning tea to share. Monika: 0431 982 045

Gentle Yoga - Yanchep • Saturdays - March 14 and 21 • 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 - March 19 • 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. Bert 0477 433 589 or Nigel 0433 237 678

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. Penny: 0421 372 834 Lee: 0488 823 817

"I have introduced people
to Befriend
and love to see how good
it makes them feel!"

Want to stay up-to-date with what's
happening in the Far Northern Suburbs?

Email fnscommunity@befriend.org.au
and put "News" in the subject
line or scan here to sign up





Butler to Merriwa

Writing Group - Butler • Sundays fortnightly, March 8 and 22 • 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

Social Sewing Circle - Butler • 1st and 3rd Thursdays, • 6 - 8.30pm

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

Expressive Arts - Butler • Fridays • 10 - 11.30am

Explore art, self-expression, and connection. No experience needed. At Save the Children Op Shop, Butler. Materials supplied Cost: \$10 Registration essential. Text Elzara on 0405 151 530.

Aroma Creations Workshops - Butler • Sundays fortnightly March 15 and 29 • 2pm - 4pm

Learn to safely make your own products using pure essential oils. Save the Children Op Shop, Butler. Materials supplied. Cost: \$20. Registration essential. Contact Silvana on 0419 045 607



Mahjong - Butler • Mondays • 5 - 7pm

Relaxed and friendly gathering for both new and experienced players. No cost other than what you order at the cafe. At Dome Butler. More info: Lynel 0427 255 215; Pia 0400 453 355

Rags to Bags - Merriwa • Thursdays, 11 and 18 March • 10.00am - 12.00pm

Make re-useable fabric bags with recycled materials. Plenty of things for "non-sewists" to do as well. No cost. Addison Park Clubrooms, Baltimore Pde, Merriwa. Contact: Ann 0403 922 670



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

Play old favourites or learn something new. No cost. Option to order from the cafe. 115 Collective, True North Block, 869 Connolly Drive, Merriwa. Text 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

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



Quinns Rocks to Currambine

Meditation and Mindfulness - Quinns Rocks • Tuesdays • 6.45 - 7.30pm

Take a mid-week pause for calm and connection - for beginners and experienced meditators. Gumblossom Community Centre. Registration essential. Text Kelly on 0422 128 288.

Merfolk Tales - Quinns Rocks • Tuesdays • 9 - 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. Lee 0488 823 817; Sandra 0412 877 175

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

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

Yap and Board Games - Clarkson • Wednesdays, fortnightly • March 11 and 25 • 6pm

Treat yourself to some fun board games. Hang out with other keen board game players in the heart of Ocean Keys Shopping Centre. Ella: 0478 637 425; Jordan: ijordaneve@hotmail.com

Sip, Sit and Socialise at the Garden • Second Friday of the month • 10 - 11am

Enjoy good conversation and a cuppa. There may even be homemade cake! BYO mug preferred. Gold coin donation. Macnaughton Park Clubroom, Kinross. Lee 0488 823 817

Burns Beach Sunset Walk • Fridays • 5.30pm - 6.45pm during March

Enjoy the views from the sealed path returning as the sun sets. Meet on the coastal path near the lookout near Sistas Burns Beach Cafe. Message Ingrid on 0492 854 723

Northern Yarnies • 3rd Saturday of the month • 2pm - 5pm

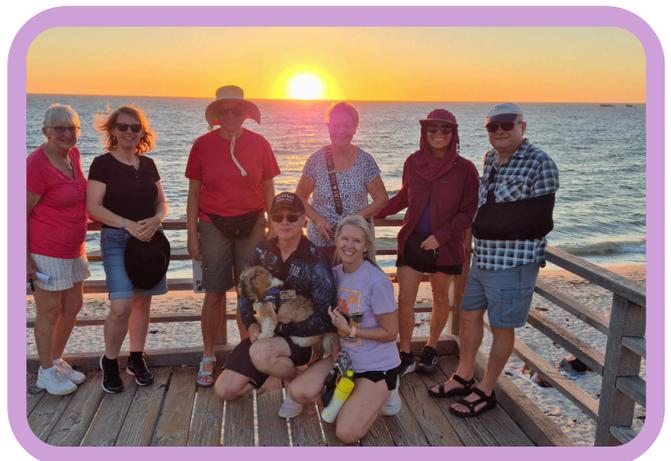
Do you knit, crochet or sew? Join a happy group making items to be donated - giving back to the community. Currambine Community Centre. Linda 0400 229 860; Sandra 0412 877 175

Northern Suburbs Adventuring Guild • March 8 and 22 • 2 - 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



No cost and no paperwork to be a part of Befriend... just turn up and be yourself!



Right: Burns Beach Sunset walkers



Joondalup to Wanneroo

Neil Hawkins Park BBQ - Joondalup • Mondays fortnightly, March 9 and 23 • 12 - 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

Strike The Pose - Joondalup • Third Sunday of the month (March 15) • 10am
Get glammed up (evening wear), have a giggle and take photos in a picturesque location. Bring a plate of food to share. Location: Neil Hawkins Park. Rachel: 0433 377 994 or Lee 0488 823 817

back again!

Return to Elegance - Wanneroo • Saturday March 14 and 28 • 11am - 1pm
Make new connections, share conversation and enjoy great coffee.
Dome Cafe Wanneroo. Text Helen on 0424 706 502

New location

Colour Your Day - Wanneroo • Saturdays fortnightly March 14 and 28 • 10am - 11am
Draw, colour in or create artistic designs. Bring your own art supplies and work on your own project. Wanneroo Library. Support workers are welcome. Glen: 0407 766 555

Stella Stackers - Wanneroo • Tuesdays fortnightly March 3, 17 and 31 • 10am
Want to meet fellow Lego builders, take on exciting challenges, and create awesome designs? BYO Lego or free build with Lego pieces supplied. At Dome Wanneroo. Amber 0478 593 701

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.

Transform Your Communication & Relationships - Warwick • 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

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

Join in!

- 1. Find the group you're interested in.
2. Let the contact person know to expect you
3. Turn up! Look for a yellow Befriend flag or sign and a friendly face!

Everyone welcome!

*Details accurate at time of print.



Befriend Social Network Perth



Right: Elzara - host of Expressive Arts - Butler