



Befriend

April Calendar

Come Say
Hi!

Want to meet new people from Yanchep to Joondalup?

Yanchep to Alkimos

Tai Chi for Beginners - Yanchep • Mondays • 9.30am - 10.30am

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 • 9.30 - 10.30am

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 - Yanchep • 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. If you can, bring a plate of morning tea to share. Monika: 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 - April 16 • 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. 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, April 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

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 or Deb on 0448 300 366

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 Text Elzara on 0405 151 530 to let her know you are coming.

Aroma Creations Workshops - Butler • Sunday April 12 • 2pm - 4pm

Learn to safely make your own products using pure essential oils. Save the Children Op Shop, Butler. Materials supplied. Cost: \$20. Let Silvana know to expect you 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 • 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 (except 3rd April) • 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.

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

Adult Colouring Club - Clarkson • Second Saturday of the month • 10 - 11.30am

Unwind, relax and get creative. A calm friendly space to enjoy the simple joy of colouring. Artistic experience not needed. Bring your favourite colouring supplies. Sophie: sophj880@gmail.com

new!

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 • April 8 and 22 • 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 - Kinross • 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 • 5.00pm - 6.00pm during April

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 - Currambine • 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 - Currambine • April 5 and 19 • 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. 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: Kay - host of Writing Group - Butler



Joondalup to Wanneroo

Neil Hawkins Park BBQ - Joondalup • Monday April 20 • 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

Colour Your Day - Wanneroo • Saturday April 11 • 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

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: Sophie - host of Adult Colouring Group - Clarkson