



Want to meet new people from Yanchep to Joondalup?

## Yanchep to Eglinton



### Yanchep Social Tennis • Wednesdays • 10.30am - 12pm

All skill levels welcome, Emphasis being on having fun together. At Yanchep Sports and Social Club. Option for refreshments afterwards. Text Anne on 0450 404 922 to attend and for more info.

### Yanchep National Park walks - Yanchep • 1<sup>st</sup> and 3<sup>rd</sup> Sundays • 9.45am

Different walk each time. Friendly and experienced guide. Meet at the front steps of Yanchep Inn. Optional refreshments afterwards. Text Francene on 0418 936 443 to confirm and for more info

### Tai Chi for Beginners - Yanchep • Mondays (except June 1) • 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/board games, table tennis or just enjoy a chat 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. Oldham Park Clubroom. Enquiries: Léa Fritsch via Facebook messenger or lea.fritsch123@gmail.com

### Philosophy Discussion Group - Eglinton • 3<sup>rd</sup> 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. Nigel 0433 237 678

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!



Lee 0488 823 817

Befriend Inc

www.befriend.org.au

0492 863 526 Deb



fnscommunity@befriend.org.au



## Alkimos to Merriwa

**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

**Writing Group - Butler • Sundays, fortnightly. Next date 14 June • 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

**Aroma Creations Workshops - Butler • 1<sup>st</sup> and 3<sup>rd</sup> Sundays • 2pm - 4pm**

Learn to safely make your own products using pure essential oils. Save the Children Op Shop, Butler. Materials supplied. Cost: \$20. Registrations essential. Silvana: 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 255 216; 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 June 5) • 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

"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](mailto:fnscommunity@befriend.org.au)  
and put "News" in the subject  
line or scan here to sign up





## Quinns Rocks to Burns Beach

**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 • 2nd and 4th Saturdays (except June 27) • 10 - 11.30am**

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

**Write Your Bestseller - Clarkson • Third Saturday of the month • 10.30 - 11.45am**

Alistair, published author, facilitates supportive group discussions on topics important to your writing. Clarkson Library. Registration essential: writinggrp@protonmail.com

**Yap and Board Games - Clarkson • Wednesdays • 6pm - 9pm**

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

**Befriend the Beholder - Clarkson • Saturdays • Time TBC**

Socialising: the ultimate boss fight! Play Dungeons and Dragons. Make real-life friends. Zero experience needed, imagination required, awkwardness welcome. Text Michael: 0419 815 064

**Craft Connection - Kinross • 4th Saturdays - 27 June & 25 July • 3pm - 4.30pm**

Enjoy a fun range of crafts with an experienced teacher! All materials included - just \$5.00.

At Kinross Community Garden, Macnaughton Clubroom, Kinross. Text Debby on 0413 918 134

**Burns Beach Sunset Walk • Fridays • 4.30 - 5.45pm**

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

**Billy GOATs Garage - Burns Beach • 3rd Tuesdays • 8.30 - 9.30am**

Men's coffee catch-up where cars spark conversation, connection, stories and support. Cost \$2. Bramston Park Hall. Enquiries: Glen on 0414 154 829



No cost. No paperwork to be a part of the Befriend Social Network.

Some groups have a small fee to cover the cost of the activity

Right: Published author, Alistair, hosts "Write Your Bestseller" each month





## Currambine to Wanneroo

**Northern Yarnies - Currambine • 3rd Saturday • 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

**NS Adventuring Guild - Currambine • Sundays fortnightly. Next date 14 June • 2 - 4.30pm**

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

**Neil Hawkins Park BBQ - Joondalup • Mondays, fortnightly. Next date 1 June • 12 - 1.30pm**

Hosts Tim and Garry invite you to a "bring your own everything" casual friendly BBQ (or picnic) at Neil Hawkins Park. Contact Jan for dates on 0410 607 664

**Colour Your Day - Wanneroo • Saturdays, fortnightly. Next date 6 June • 10am - 11am**

Draw, colour in or create artistic designs with your own art supplies. Wanneroo Library. Support workers are welcome. Contact Glen for dates: 0407 766 555

**Wanneroo Women Connect • Wednesdays • 10am - 12pm**

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

**Stellar Lego Stackers - Wanneroo • 2nd and 4<sup>th</sup> Tuesdays • 10am - 12pm**

Want to meet fellow Lego builders, take on exciting challenges, and create awesome designs? BYO own Lego. At Wanneroo library. Amber 0478 593 701; Lisa 0437 039 024

**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!**

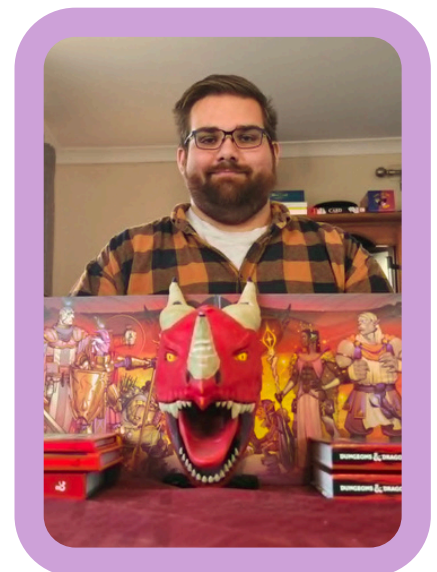
1. Find the group you're interested in.
2. Let the contact person know to expect you
3. Turn up! Look for a yellow Befriend flag or sign and a friendly face!

**Everyone welcome!**

*\*Details accurate at time of print.*



Befriend Social Network Perth



*Right: Michael - Host of "Befriend the Beholder - Clarkson"*