



Befriend

August Calendar

Come Say Hi!

Want to meet new people from Yanchep to Joondalup?

Yanchep to Eglinton

Yanchep Social Tennis • Wednesdays • Returns September

All skill levels welcome, Emphasis being on having fun together. At Yanchep Sports and Social Club. Option for refreshments afterwards.

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 Clubroom, Yanchep. Cost \$2. Text Norah 0427 921 813 or 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. Cost \$2. If you can, bring a plate of morning tea to share. Monika: 0431 982 045

Gentle Yoga - Yanchep • Saturdays, 1, 8, 15 August • 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 • 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. Nigel 0433 237 678

Lee and Kai 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

Kai



Lee

0488 823 817



Befriend Inc



www.befriend.org.au



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 welcome. Bring your own cup and enthusiasm for conversation. Leatherback Park Pavilion. Penny: 0421 372 834

Writing Group - Butler • Sunday 23rd August • 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 • Sunday 9th, 16th and 30th • 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 • 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 find it easy to make friends
through Befriend because
half the work is already done!"

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





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 • Saturdays • 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. 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 • 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: Monika, host of Capricorn Games (right) with Kai our new community builder





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 9 August • 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. 10 and 24 August • 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 1 August • 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 4th 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 Kai: 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: Glen, host of Billy GOATS Garage