Befriend November Calendar

Come Say Hi!

Want to meet new people from Yanchep to Joondalup?

Yanchep to Eglinton

Tai Chi for Beginners - Yanchep • Mondays • 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 • 9am - 10am
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 • 9.30am - 11am
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. Bert 0477 433 589 or Nigel 0433 237 678

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.*



Above: Some of the Merfolk Tales Group

Alkimos to Merriwa

Family Board Games - Alkimos • Thursday 12th Nov • 5:30pm - 7:30pm
You're invited to this family-friendly gathering for adults and children aged 8+ (children must be accompanied by a parent or caregiver). At Oceans 27. Contact Lucy: alkimosfamilygames@gmail.com

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 - Returning soon
On a break
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 1st Nov, 15th Nov and 29th Nov • 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.

Social Sewing Circle - Butler • Thursday 5th Nov and 19th Nov • 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. Deb on 0448 300 366

Aroma Creations Workshops - Butler • Sunday 8th Nov and 22nd Nov • 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: Pia 0400 453 355 or Ann 0403 922 670

Rags to Bags - Merriwa • Thursday 12th Nov, 19th Nov and 26 Nov • 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

"Connecting with people from all walks of life"

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

Merfolk Tales Breakfast- Quinns Rocks • Tuesday 24th Nov • 9.00am - 10am
Pre-season BBQ breakfast to meet some fellow Merfolk before we get in the water the following week. Find us in front of Portofinos. BYO food/drink. Lee 0488 823 817; Sandra 0412 877 175

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 (21st Nov) • 10.30 - 11.45am
Alistair, published author, facilitates supportive group discussions on topics important to your writing. Clarkson Library. Registration essential please email writinggrp@protonmail.com

Social Games Club - Clarkson • Wednesdays fortnightly, 11th and 25th Nov • 6pm - 8pm
Join in fun social tabletop games or just come for a chat. Adults of all ages welcome. At the food court, Ocean Keys Shopping Centre. Let Jordan know to expect you: ijordaneve@hotmail.com

Craft Connection - Kinross • 4th Saturdays (Next on 28th Nov) • 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 • 5:30pm
Enjoy the views from the sealed path returning as the sun sets. Meet on the coastal path near the Zigzag Board walk. Message Ingrid on 0492 854 723

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



Above: Community champions planning an inclusion workshop.

Befriend Inc November cont.

Currambine to Wanneroo

Billy GOATs Garage - Currambine • Third Thursdays. Next date 19th Nov • 9.00 - 11am
Where blokes and tea or coffee can spark conversation, connection and stories in a quiet and safe environment. Cost $2. Currambine Community Centre (Activity Room 1). Glen on 0414 154 829

Northern Yarnies - Currambine • 3rd Saturday • 2pm - 5pm
Do you knit, crochet or sew? Join a happy group making items to be donated. Currambine Community Centre. Linda 0400 229 860 or Sandra 0412 877 175

NS Adventuring Guild - Currambine • Sunday 1st Nov, 15th Nov and 29th Nov • 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 • Monday 2nd Nov, 16th Nov and 30th Nov • 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

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 • Tuesday 3rd Nov and 17th Nov • 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

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!



Lee

0488 823 817

Befriend Inc

www.befriend.org.au



Kai

0492 863 526

fnscommunity@befriend.org.au

Befriend Social Network Perth