



Lakeside Seniors Sunday Lunch on the last Sunday of each month

Join us for an informal lunch from 11.30am at
David and Caroline's place, 3 Clements Place Jandakot.
Lunch provided, no need to bring anything.

WINTER OLYMPICS.

**June 2
in the
Hub**

Winter is finally here and it is time for our Lakeside Seniors Olympics. Get ready for a morning of laughter and fun as we compete for Gold medals and Lakeside records! Let the competition begin.
Please bring morning tea to share.

MORNING TEA WITH THE YEAR 7'S AT KENNEDY.

**June 9
10am at
Kennedy**

We will share a beautiful morning tea provided by the year 7's at Kennedy, as we talk about things that we used to use but are no longer used. Please bring along items that you have that are "things of the past" that we can share with the young people.
Morning tea provided - please meet at Kennedy Baptist College at 10am.

BBQ AT BIBRA LAKE.

**June 16
10am at
Bibra
Lake**

Join us for a BBQ at Bibra Lake. Bring your folding chairs. Sausage in a bun will be provided. We will meet at the shaded area just north of the children's playground enclosure. The closest carpark is the one of Progress Drive closest to the Pioneers Memorial and Hope Road.
There will be a cost of \$3 to cover the cost of the sausage in a bun.

THE TRUTH ABOUT CRUISING AND COVID.


**June 23
10am in
the Hub**

Our guest has a Doctorate in cruising and has cruised all over the world. She will share with us the findings of her research into the cruise industry and how it has been effected by covid. She will share some gems about how to get the best cruise deals and some of her cruising stories.
Please bring morning tea to share.


MAD ABOUT RECYCLING.

**June 30
10am in
the Hub**

Our own Bernadette will share her recycling tips to help us navigate the recycling system - what bin do we put our waste in, what is recyclable, and common mistakes we make in recycling. We have a responsibility to do our part in preserving our planet for our grandkids and their kids.
Please bring morning tea to share.



Lakeside Seniors Programme Term 2, 2026



We meet every Tuesday morning during the school term at 10am upstairs in the Hub at Lakeside Recreation Centre unless otherwise advised in the programme. If you are over 55 we would love you to join us.

**April 21
10am in
the Hub**

ANZAC DAY.

Join us as we reflect on the courage, sacrifice and mateship shown by the Australian and New Zealand servicemen and women. Please bring morning tea to share.

**April 28
10am in
the Hub**

THE PRICE IS RIGHT.

Are you ready to test your shopping skills? Do you have a good idea of the cost of regular shopping items? Join us for our very own exciting and fun version of “The Price Is Right” quiz show. Please bring morning tea to share.

**May 5
10am in
the Hub**

GET TO KNOW THE LAKESIDE STAFF.

Ever wondered who keeps everything running smoothly here in the Recreation Centre. Now is your chance to get to know Jake Breytenbach, Lakeside General Manager. Jake will share with us about his life before Lakeside, what brought him to Lakeside and his dreams for the future. We will be having a mother’s day stall. More details to come. Please bring morning tea to share.

**May 12
10am in
the Hub**

ADVOCARE WA.

We will have a guest from Advocare WA. They are an independent organisation who offer free support to seniors and their families as they navigate aged care services available in Western Australia. Please bring morning tea to share.

**May 19
10am in
the Hub**

EAT WELL - MOVE WELL.

Join us as we explore the benefits of eating well and keeping moving. Our guest speaker will provide information on what foods aid good health and exercises that are suitable for us and helpful as we grow older. Wear comfortable clothing and shoes. Please bring morning tea to share.

**May 26
10am in
the Hub**

SCAM WATCH.

Our guest will provide us with information on the latest scams and how to recognise scams specifically targeting seniors and how to protect your personal and financial information. Please bring morning tea to share.