APPLE FOR THE TEACHER
Est. 1993

Westcoast Community Centre Inc

Community Room, Grove Library Precinct
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17 November, 2026 **eNews # 37**

A Word from the Pod

Dear Members and WCC friends,

Welcome to the Term 4 edition of the Westcoast Community Centre mid-term eNews. We've had some excellent feedback on our expanded Term 4 programme so far, and I hope you've all found something of interest.

Why not try one of the new classes at the Cottesloe Civic Centre? See information on page 3 about Ballroom Dancing and Yoga. These sessions are ongoing until early December and we'd love to see you there!

So far this term we've enjoyed several excellent sessions, including mindful art, some exploring out and about and several speakers. Don't miss Colin Barnett on Thursday 19 November (numbers are limited, so book today) and our final speaker for the term will be Dawn Mauldon on 24 November.

Have you enrolled for our end of year celebration? We'll be enjoying a delightful Christmas Morning Tea on **Thursday 3 December**. Do come along to catch up with your WCC family and to enjoy some good food and conversation. There are only a few places remaining and, as this event is catered, please remember to **book before 24 November.**



Don't forget to share your Westcoast experiences with your friends, family and neighbours. Just pass on a newsletter or our website address. We hope to see you - and them - at some of our upcoming events.

Best Regards, *Melissa Frey.*

Spaces Still Available

UWA Garden Walk - The Heritage Area.
Tuesday 17 November, 10am. Join Rachel from the UWA Friends of the Grounds on a delightful 90-minute stroll around the grounds, taking in the Somerville Auditorium, the Tropical Grove, the Sunken Garden, Whitfeld Court, the iconic Winthrop Hall (exterior only) and everything in between. Only 3 spaces remaining.

Colin Barnett AC - *Out West: Big State, Small Town*. Thursday 19 November, 10am. WA's longest-serving Premier of the modern age reflects on leadership, power and economic development in WA. In his recently published book, Colin traces the modern history of WA though the lens of his life and career in politics and beyond. Come along to learn more..

Dawn Mauldon - *Unheard Voices.*
Tuesday 24 November, 10am. Dawn, a retired English/Literature teacher turned author, was the first-born hearing child of D/deaf parents. Her first language was sign (now Auslan) and today she would be referred to as a CODA (Child of Deaf Adults). A fascinating story.

Christmas Luncheon - UWA Club.
Wednesday 25 November, 12pm. Ease into the festive season with lunch overlooking the river at Matilda Bay from the veranda of the Café at the elegant UWA Club. Roasted Turkey Breast and Baked Ham with Potato Gratin, Brussel Sprouts, Roasted Pumpkin and a Cranberry Jus, followed by Warm Christmas Pudding with Vanilla Ice Cream and Brandy Custard, will be served. A glass of bubbles, wine, tap beer or soft drink is included. Places filling fast!

Lawn Bowls & Sausage Sizzle.
Wednesday 9 December, 5.30pm. Come along for a fun social evening at the bowling club with the best river views in town. All equipment will be provided and experienced bowlers will be on hand to teach beginners. A sausage sizzle is included in the cost and the bar will be open for you to purchase drinks at your own expense.

Bookings for all events open HERE.

Promoting WCC

Out and About in the Community

The WCC Management Committee has been focusing on growing our membership and raising Westcoast's profile in the community, so that more people can join in and enjoy the benefits of the friendship, learning, activities and sense of community that Westcoast offers.

As part of this ongoing promotion, we participated in the annual Craft Market on Sunday 6 November. Hosted by the Mosman Park Men's Shed, it was an vibrant day of stalls, activities, food, and entertainment for the community. Westcoast was proud to host a booth at the event to promote our programme, spreading the word about the sorts of activities we have to offer. It was one *very* blowy afternoon, but people seemed relaxed and WCC volunteers handed out lots of newsletters. The fair was another success for the Men's Shed, very well run and inclusive. It was a real pleasure to be there.



Coming Soon in 2027

Great things in Store for WCC in Term 1!

The Term 1 programme is in the final planning stages and we're very excited with what's in store for our members. The Planning Committee has pulled out all the stops and we're sure that members and friends of WCC will be delighted with the results.

Keep an eye out for our Qi Gong Classes starting in early February, Mah Jong Lessons, Dance Fit Sessions and an Introduction to Yoga series. We also have Twilight Croquet, Paddling at Freshwater Bay, Walking Groups, Interesting Talks, Tours, Games and more lined up.

Everyone is welcome as we learn new skills, make new friends and build a stronger community.

Our Annie has an OAM!

Annie Gregg has been closely involved with Westcoast Community Centre right from the start, when it was little more than an idea that was slowly being hatched in1993.



WCC was, however, just one of Annie's areas of volunteer involvement in the community over the years. As well as receiving Honorary Life Membership of WCC (2007), she was also awarded the Western Australian Volunteer Service Award (2012), Red Cross Honorary Life Membership (1994) and the Red Cross Distinguished Service Award, (1986).

The Office of the Governor General recently revealed the 2026 King's Birthday Honours list, which features 95 remarkable West Australians whose commitment, generosity, and leadership have helped make both the state and the nation stronger. The list also included people who were nominated by the Australian community and then recommended to the Governor-General by the independent Council for the Order of Australia.

Our heartfelt congratulations to Annie, WCC Honorary Life Member, on her well deserved award of the **Medal of the Order of Australia (OAM)** for service to the community of Peppermint Grove.



From our Members

Sunset & Meditation from Bold Park

Sunset & Meditation from Bold Park. We started our sunset experience strolling up Bold Hill, our guide pointing out the beautiful native flowers, plants and birdlife as we made our way to the lookout. With a soft breeze and the birds' final calls for the day in the background, we had a gentle guided meditation that made us feel part of the nature surrounding us. Sitting in silence, we watched the sun drop below the horizon - a beautiful serene end to the day. *Bernadette.*



Learn to: Yoga

In our very first week of Yoga, our instructor Bella had us all of us touching our toes and took a photo to prove it! The class has been a joy to be a part of as it stretched long forgotten muscles, improved our balance and rested our minds. Bella has us moving our bodies in ways that would normally be tortuous, yet she does it with a smile and such amazing encouragement that we all manage what we can and feel so very proud. Pop in and try a class for $15 members or $20 non-members per session at the Cottesloe Civic Centre Lesser Hall every Wednesday at 11am - all fitness levels welcome. Bring a mat (or towel) and some water. *Collette.*



Learn to: Ballroom Dance

The first session of Ballroom Fit started on Wednesday 21 October in the Lesser Hall at the Cottesloe Civic Centre, with 10 people and grew to 12 the following week. There are no partners, and it challenges your mind to manage your feet and remember which step goes with which dance. We started with the Waltz, followed by Cha Cha and then Samba. That was plenty to learn, it was good fun, and the exercise is great for balance and coordination.

There are still a few places left if you want to join in - $15 for members and $20 for non-members per session on a pay as you go basis. Just turn up in time for the 1pm start and join the FUN!



Mini Golf

The group split into two teams to enjoy another morning of mini golf at Wembley Golf Course. Our timing was perfect - we finished just as the rain started. It was great fun and we all stayed on for coffee at the 300 Acres Restaurant afterwards. We look forward to honing our skills in Term 1. *Anne Mc.*



Tree Tops & Timber Towns Bus Trip

A most enjoyable outing! We started by taking in Pinjarra, where we stopped for morning tea, continuing on to Dwellingup to visit the Forest Discovery Centre, which was very interesting. After this we moved on to the local hotel for a relaxing lunch. En route home, our bus driver Colin took us to Midway Farmstall for afternoon tea. *Sue M.*



From our Members

Brunch with the Birds

Eight of us from Westcoast Community joined a larger group of 40 at Minim Cove on a glorious Saturday morning. Three guides from BirdLife WA took groups to visit the areas that they knew certain birds frequented and were lucky enough to see Rainbow Bee Eaters, Fairy Wrens, Night Herons, and Willy Wagtail chicks in a nest being fed breakfast. We then headed back to our starting location for a delicious brunch. A most enjoyable morning. *Liz W.*



Learn to Play Social Bridge

Our social bridge lessons have been a hit – friendly, supportive and full of fun and laughter. Many of our beginners had tried bridge at a formal club and found it daunting, but they love learning by playing rather than listening to a lecture at a whiteboard.

Due to its success, we'll run the lessons again next term and will add social bridge sessions on Friday mornings. Register your interest now for Term 1 beginners' lessons and social play. *Debbie.*



Mindful Art Studio

Our first Mindful Art Studio, sponsored by our three supporting councils for Seniors Week, was a great success. Wow, what a turn-out! It was such a hit that we're making this a regular part of our programmes. Kicking off with video coaching got us all splashing into our art journey in no time.

But here's the secret: it was never really about the art. It was about slowing down, having a giggle, and letting our creativity run wild in a relaxed, friendly group.

And the best part? New members have joined WCC, and plenty of lovely new friendships have bloomed! Everyone is still raving about the scrumptious morning tea, too. Yum! Well done to everyone for putting this together and showcasing Westcoast at this lovely event. *Collette & Debbie.*



Note from the Editor: *Many thanks to everyone who sent contributions in for this edition. It's always great to get feedback and to see our members having fun.*

Leaving Phone Messages

Please phone the WCC landline (9286 8676), where you can leave a message, including if you are unable to attend an event.

This answering service is checked twice a week, on Tuesdays and Thursdays, between 9.30am – 1.30pm. If you call during these times, Melissa will be able to get back to you on the day; otherwise your call will be returned between those hours.