

Senior Citizen Social Club 10.00am – 12.00pm
Every Second Tuesday of the month
Function Centre

 **Upcoming Guest Speakers & Activities**

Join us for our fortnightly Seniors Morning Tea, featuring inspiring guest speakers, wellbeing activities and opportunities to connect with others in our community. Everyone is welcome!

 10 February

What's Happening in Nannup – Community Update Session

- *Apryl Longford* shared updates from the Shire and showcased the latest Oral Histories video.
- *Warren Smith* demonstrated St John Ambulance's new 'Raizer' lifting device, designed to assist officers in helping people from the floor to a safe sitting position.
- *Lorraine Learmond* from the Nannup Library presented what's new at the Library, including accessible shelving, the seed library, talking books, large-print titles and more.

 24 February

Chair Dancing with Lisa Driehuis – Chair Dancing Perth

Try chair dancing with Lisa! Enjoy music, movement and lots of fun in this upbeat, inclusive session perfect for all abilities. Download Poster [HERE](#):

 10 March


Claire Slee – Water Tree School

Discover the unique programs and philosophy behind Water Tree School and how it connects with our community.

 24 March


Jenny Forbes – 2026 Senior Citizen of the Year

Jenny will share practical tips on balance, strength and muscle-building for seniors to support healthy ageing.

 14 April


Jo Douglas – Nannup GEO Park

Learn all about the Nannup GEO Park project, its significance and what it means for our region.

 28 April

Brendon Morrison – World Series Bike Race

Brendon will outline what the upcoming international event means for Nannup, including opportunities and impacts for locals.

 12 May

Chair Yoga – Movement for Everyone

A gentle, face-to-face session focused on mobility, mindfulness and keeping active.


 26 May

TBC: Seniors Luncheon with Guest Speaker – Mr Bevan Eatts MLA

Shadow Minister for Forestry and Aged Care, accompanied by live music.


Limited to 50 people – registrations essential.

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 9 June

Steve & Gaye

Join us for a relaxed and uplifting morning with Steve and Gaye as they lead a fun community sing along featuring all your favourite old-time songs.


 23 June

Alcohol and Medication: A Dangerous Mix

Presented by Holyoake.


An important session highlighting the risks of combining alcohol with prescription and over-the-counter medications.

Light lunch provided (Corrie).


 11 July

Nina Hoad-Pipkin - Staying in Place Coordinator

Stay informed and connected with Nina, who will share current information and helpful resources available for seniors through the Community Resource Centre.

 28 July

Emma Handreck, Regional Cancer Prevention Coordinator – South West

 11 August

Jo Douglas – Nannup GEO Park

Learn all about the Nannup GEO Park project, its significance and what it means for our region.

 25 August

Emma Handreck, Regional Cancer Prevention Coordinator – South West

LiveLighter nutrition session and cooking demonstration. There will be practical tips to help improve your food habits and reduce your cancer risk.

 8 September

Bob Longmore

An engaging presentation exploring the history and significance of Hadrian's Wall in northern England.

 22 September

Phaedra Watts

The Nannup Music Festival is where community, connection and discovering new music come together

 13 October

Robyn Sinclair

Living with Diabetes

 27 October

Jane Bennett from Creative Heart Counselling

Watercolour painting workshop for seniors to identify and draw on the wisdom years of life with morning tea from Loose Goose

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 10 November

Seniors Week - list of activities to come! stay tuned...

This will not be at the Function Room as it is booked for another event. Full list of activities will be listed soon.

 24 November

Jane Bennett from Creative Heart Counselling

Second workshop of Watercolour painting for seniors to identify and draw on the wisdom years of life with morning tea from Loose Goose

 8 December

Finale

Christmas cuppa and a chat. We will make it a special one for our last session of the year, maybe even a few Christmas Carols.

The Seniors group will reconvene in February 2027.
