



KAMBARANG SPRING • OCTOBER 2025

OCEAN TIDINGS

Newsletter



NEW RESIDENTS

A259 - Helen & Ian Eliot

SHOPPING TRIP SCHEDULE

Floreat Forum (Weekly) *except for the week of the Karrinyup Shopping Centre*
Every Tuesday - \$6,
9:30am to 11:30am

Karrinyup Shopping Centre
(3rd Tuesday, every month)
Tuesday, 21 October - \$7,
9:15am to 11:45am

Bookings essential through
Reception by calling
9285 3000

Please make sure you have signed
the Informed consent and liability
waiver form, prior to going on the
village bus. We require this form to
be completed on an annual basis.

OG REDEVELOPMENT PROJECT VIEWING TOWER

RECEPTION OPENING HOURS

Monday to Friday: 9am to 4pm
Call 9285 3000 or email
reception@oceangardens.com.au

Reception is closed on public holidays.

KIOSK OPENING HOURS

- Monday to Friday: 9am to 12pm
- Saturday: 9am to 10:30am
- Sunday: CLOSED
- Public holidays: 9am to 10:30am

RESTAURANT OPENING HOURS

- Sunday: 12pm-2pm
- Wednesday, Thursday & Friday: 11am-2pm
- Public holidays: CLOSED

UPCOMING SPECIAL EVENTS

- 12 Oct - Sundowner - Luke Chandler
- 16 Oct - Fremantle Chamber Orchestra
- 30 Oct - Spring Wine Tasting





Ocean Gardens

CEO

AMANDA GRAY

Dear Residents,

I'm pleased to share some positive updates with you all.

First and foremost, as many of you are aware, the Board has appointed me to the position of CEO on a permanent basis, effective 1 October. I would like to sincerely thank all the staff and residents who have taken the time to congratulate me. I've been truly touched by the kind words and support I've received.

Our annual external audit has been completed, and I'm proud to report that we received a strong endorsement from our new auditors, Moore Australia. They were particularly impressed with our robust internal controls, which is a credit to the hard work and diligence of our entire team. It's always great to receive this kind of external validation, and it gives me real confidence as I hand over the reins to Shelley. With strong systems in place and a dedicated team behind them, I know the village budget is in very capable hands.

Our redevelopment project also continues to move ahead. The Board recently met to review and select bathroom designs and fittings for the new builds a small but important milestone in ensuring we're creating spaces that are both modern

and comfortable. Thank you to all the residents that made themselves available for the dilapidation surveys that took place recently. It was an extremely smooth operation and the assessor managed to get through all the properties in the 100-meter radius of the redevelopment site as planned.

Alison and I also held our first resident meeting with those directly impacted by the redevelopment. We appreciated the openness and engagement, and I look forward to continuing these conversations as the project progresses.

Lastly, I wanted to take a moment to share a leadership statement I've written. It reflects my vision for the village, and I hope it resonates with you.

"I believe sustainable growth starts with our people. By truly listening to our staff and residents, investing in our teams, and enriching the lives of those in our village, we build a place where people feel heard, valued, and empowered, where growth becomes an integral part of our culture, and together, we create a legacy that lasts for generations."

Thank you again for your continued support. As always, if you have any questions or thoughts, my door is open.



PÉTANQUE (BOULES) RINK UPDATE

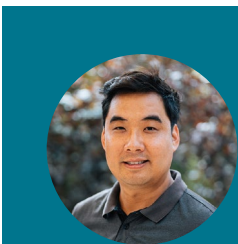
Terry Pearson, OG Resident's Association TREASURER

Last year, in response to a survey a number of residents supported the idea for a pétanque (boules) rink to be considered as an idea for future village development. A budgeted plan has been discussed with OG's management, because of the significant amount of work that will be undertaken over the next couple of years no decision can be made at this time. In due course the Committee will again raise the matter for consideration.



OCEAN GARDENS CARE SUPPORT SERVICES CARELINE

Please call **9285 3032** (office hours) or **0418 800 438** (after hours) for Care Support Team. We are here for you 24 hours a day, 7 days a week.



IAN DANG MARKETING COORDINATOR

NOVEMBER OCEAN TIDINGS NEWSLETTER Submission Deadline: 20 October

If you would like to share a photo or promote an event at the village, please email the contents to Ian at idang@oceangardens.com.au



OCTOBER BIRTHDAYS

- 1 Christine Bunny
- 1 Jane Dalton
- 1 Ivan Ward
- 3 Ros Adam
- 3 Margaret Lowe
- 3 Peter Merralls
- 4 Jan Rennie
- 6 Jennifer Collett
- 8 Donald Nickels
- 9 Grace Denney
- 10 John McDonald
- 11 Jan McCartie
- 12 Margaret Campbell
- 14 Petal Ashmole
- 14 Geoff Hewitt
- 17 Garry Staples
- 18 Florence Hills
- 18 Christine Knight
- 20 Deanne Hill
- 20 Arnold Baldwin
- 24 Nan McMahon
- 30 Yvonne Gilks
- 31 Linda Worth

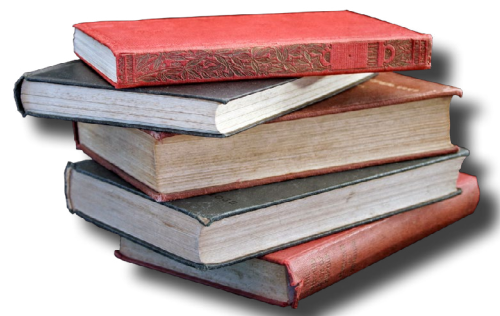
Please advise Ian in Marketing if you do not want your Birthday to be listed.

CAMBRIDGE LIBRARY - HOME DELIVERY SERVICE



Cambridge Library staff are making personalised deliveries of books, talking books, movies and magazines.

The Home Delivery Service form can be completed from the Ocean Gardens Library.





VILLAGE MANAGER

ALISON ROGERS

VILLAGE MANAGER OG ATRIUMS CATCHUP DATES

Reabold - Alison is away
Mt Kenneth - 8 October, 10:30am
Floreat - 15 October, 10:30am
Bold Park - 22 October, 10:30am

Hi everyone,

It's that time of year again for the Annual Satisfaction Survey. You will receive this in your email inbox in October with submissions closing Friday 31 October. Hard copies are available from reception, and those without emails registered with us will receive a copy in their letterbox. This is a very important survey that assists us to continually improve for ongoing success and satisfaction of our residents and will take no longer than 10 minutes to complete. As an incentive, we have 5 gorgeous hampers to give away again.

Work will commence on a new carport area just inside The Close in the first week of October. Preparation work will start on 29 September, turning the existing 3 visitor car bays at the start of The Close into carports for Villas 152 and 153 along with a 15 minute drop off/pick up bay. The current carports that Villas 152 and 153 park in are part of the redevelopment and will be demolished in line with the rest of the project early next year. SMS notifications will be sent out as and when the road will be reduced to one lane in and out of the Close. This project is expected to take up to 12 weeks, we will provide you with updates as we receive them. We apologise in advance for any inconvenience this may cause.

On Tuesday 23 September we undertook a fire evacuation drill in the main village centre. It happened to occur when many residents from the villas were in the centre participating in various activities. Thank

you everyone who followed instructions. Although an inconvenience, this safety training exercise is so very important for staff and residents alike. We need to always be prepared for an emergency as these can (and generally do) happen after hours with very few staff available to guide you. Please remember, if you hear the fire alarm activation, no matter what you may be doing - swimming, or in the gym or sitting in the cafe enjoying a coffee - you must follow instructions and evacuate as directed.

Congratulations to the winners of this year's football tipping. A big thank you to Richard and Pam Woods who do an enormous amount of work - well done on another great year.

The results from the restaurant and kitchen survey are in. The results were quite neutral and are available to read in the library. Thanks to those who responded.

Finally the pool is back up and running! A nice 29 degrees water temperature has everyone back in and doing their laps. It was a very trying period for you all, so we do appreciate your patience.

We are actively recruiting for a replacement for Lauren and hope to have more information for you all very soon.

Enjoy the sunshine headed our way!

RESIDENT-RUN ACTIVITIES

Please be aware all events are subject to change. Keep an eye on the notice board. If you have a particular interest and would like to form a group, please contact the President of the Residents Association, Carole Wallace.

Event	When	Where	Time
Anglican Church Service	4 th Tuesday of every month	Ritson Room	10am
Art Group @ V144 Art General Meeting	Every Wednesday 1 st Wednesday of every month	Villa 144	2pm 4pm
Bingo	4 th Wednesday of every month	Function Room	2:30pm
Book Club	2 nd Wednesday of every month	Ritson Room	6:30pm
Bowls	Everyday	Bowling Green	9am
Bridge	1 st & 3 rd Sunday of every month	Ritson Room	1:30pm
Catholic Mass	1 st Wednesday of every month	Ritson Room	11:30am
Croquet	Every Sunday, Tuesday, Wednesday, Thursday and Saturday	Croquet Lawn	2pm
Library	Residents can request books from the Cambridge Library to be delivered to the Village Library, phone 9383 8979. Open every day.		
Line Dancing	Every Friday	Function Room	11:15am
Mahjong	Every Friday	Ritson Room	1:30pm
Movie 303	4 th Sunday of every month	Function Room	3pm
Patchwork Group	Every Monday	Villa 144	10:30am
Piano Tuesdays	Every Tuesday	Function Room	10:30am
Prayer Group Meeting	3 rd Thursday of every month	Ritson Room	9:30am
Residents Garden Club	3 rd Thursday of every month	Croquet Gazebo	10am
Rummikub	Every Tuesday and Saturday	Ritson Room	1:30pm
Saturday Morning Tea	Every Saturday	Floreat Atrium Common Area	10am
Sing Along	Last Friday of every month	Function Room	2pm
Sundowner Entertainment	2 nd Sunday of every month	Function Room	5pm
Snooker	Every day	Recreational Lounge	1:30pm
Table Tennis	Every Tuesday	Function Room	1:30pm & 7pm
NEW - Ukulele Lessons	Every Thursday	V144	10am
The Resident Workshop	Every Tuesday	The Workshop	9am

Volunteer drivers:



Village Car

Volunteer drivers: Christine Bunny, Peter McKerracher, Tony Musca, Terry Pearson, Ron Soutar, Peter Merralls, Joe Hrabar and Jennifer Pearson.



Residents' Association

PRESIDENT

CAROLE WALLACE

Hi Everyone,

Together with 14 OG's residents we visited the West Metro Recycling Centre in August. What a great visit. Taryn and Emily, our guides, are both passionate about recycling and expanded our knowledge of recycling. There were some real surprises. Did you know you could take your used cooking oil to the centre? I didn't, but now I'm saving left over oil to take there. Hey, what about X Rays? These contain small amounts of precious metals which can be harvested. There's a bin for excessive biro's, pencils that still work and have multiplying in your drawers - teachers collect these for their students. Sporting gear, or your grandkids stuff which is still in good nick but no one is playing that game anymore – leave it there for other kids to take. And just so much more I urge you to pay a visit.

The Education Team of WMRC would be very happy to show more groups around and I'd be happy to arrange it. So, if you're interested give me a bell (0418 115 144) and I'll arrange a day and time for your visit. I know you'll find it so interesting.

While you're at it have a look at their website www.wmrc.wa.gov.au/recycling-disposal/west-metro-recycling-centre/ which lists all the various stuff they accept but also some fabulous classes, talks about renewing and reusing. And here's another one with a broad range of activities and workshops. www.switchyourthinking.com

And at last the news we've been waiting for the WA Government announced that from 1 July 2026, wine and spirit bottles will be included in the Containers for Change program.

These will now be eligible for a 10-cent refund, this will help to reduce landfill,

support local jobs, community groups and bring about 200 million containers into the scheme each year. Since its launch, Containers for Change has recycled over 4 billion containers in WA, which is certainly something worth celebrating! But we have been asked to not "hoard" our wine and spirit bottles in anticipation as this may overload the system!

Norm Wilhelm, Deputy President and I recently attended the AGM of Village Retirement WA. At the meeting a VRWA committee member, claimed the new OGI development is high-rise and being built without consultation with residents. The VRWA committee member comments were based on a submission from several disgruntled OG residents. On behalf of OGRA a letter was sent to the President of Village Retirement challenging these unwarranted accusations. The President of VRWA visited OG, saw the plans and learnt about the interaction between the Board, Management and residents. He acknowledged that OG's reputation may have been tarnished by the comments and has agreed to an addendum, submitted by OGRA, be circulated with the minutes.

From Lauren Harpham:

"I just wanted to reach out to say a HUGE THANK YOU for my lovely cards and gifts. Very thoughtful and generous of you all.

Can you extend my Thank You's and hugs to the rest of the OG family please.

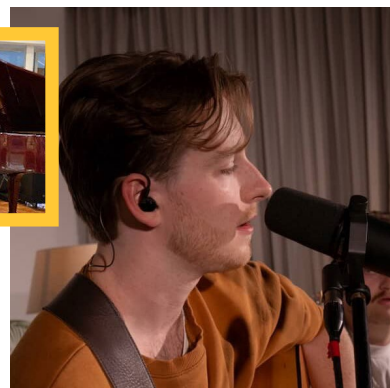
Missing you all lots and thank you so, so much for the fabulous send off."

EVENTS & UPDATES

To ensure the success of events in the village and to support those who work to make it all happen please register and if needed pay the entry fee well before the event. Early registration makes the planning much easier especially when catering is offered.

Sundowner Entertainment, Luke Chandler - Sunday, 5pm, 12 October, \$5pp

Luke Chandler is an experienced songwriter, acoustic performer, rock frontman and WAAPA graduate. His solo set is eclectic and diverse catering to many different styles and preferences. Because he was well received last time at Ocean Gardens we are bringing him back! Come and support these Sundowners, no need to register just turn up on the day.



Fremantle Chamber Orchestra - Thursday, 4pm, 16 October, \$40pp

A live concert, as the Fremantle Chamber Orchestra will be playing our favourite classics such as Bach, Mozart, Pachelbel and more. This event also includes Champagne and nibbles. Register at the kiosk podium and pay on the night. Closing date is on Tuesday, 14 October.

Spring Wine Tasting - Thursday, 4pm, 30 October

Thanks to Peter from Liquor Barons, Wembley Downs he has organised Flying Fish from Margaret River to come and showcase their wines. Nibbles are provided by the OG social committee. Please register at the kiosk podium.



WRITERS GROUP - EXPRESSION OF INTEREST

At Ocean Gardens we have many stories waiting to be told. Will you join a writing group where we can let our creativity flow? We will compose stories, poems, memoirs and more. Fact or fiction is up to you. Everyone is welcome and will be encouraged. The meeting venue, day and time is to be decided based on availability and interest.

Please contact your interest to Victoria Mizen on 0438 500 733 or email at vicwinmiz@gmail.com

OG RESIDENTS' ASSOCIATION ANNUAL GENERAL MEETING



Held on Thursday, 2:30pm, 23 October, Function Room.

Notices of Motion must be received by the Secretary 21 days prior to the meeting (2 October 2025)

Nominations for positions on the Residents' Committee must be received by the Secretary 7 days prior to the meeting (16 October 2025)

Any queries please contact the Secretary Jenny Collett on 0414 513 186 or email at oceangardensra@gmail.com

UNIVERSITY OF THE THIRD AGE (U3A)



There will be two speakers at the next U3A meeting on Thursday, 1:30pm, 9 October, Function Room.



Alex Jenkins will talk on Artificial Intelligence. He will explain what AI is and how Chat GPT works and the many simple ways it can be used – from answering questions to writing messages and more. No tech experience needed – just bring your curiosity.

Charles Johnson's topic is The Plans That Made Perth. Perth's urban sprawl was not by accident - it was planned. We will look at the growth and development of Perth from the earliest plans to the latest plan to accommodate 3.5 million people. In doing this we will consider and question the major planning ideas that have shaped our city.



\$3pp includes afternoon tea. Please bring exact change or a \$5 note. Enquiries: Jim Barns on 9448 6432 or jnjbarns@bigpond.com

WHY I WRITE

Victoria Mizen, Villa 1

I've always wanted to paint, or draw: to capture images I see. Photographs have to fulfil this urge for me – the open rose, petals frilled, colours of coffee swirled with cream; a tulip, cup shaped, petals layered, their edges pinked, rich crimson, yellow and white creating lines of brilliance from stalk to tip; or dahlias, compact bunches of captured sunshine in their cheery faces coloured yellow, tangerine, scarlet and white, standing erect amongst stiff green foliage.

I want to capture emotions on faces of the young or old, when masks we wear through most years, are not yet formed, or discarded because a long life shows that pretence is no longer valid. Sometimes, I've caught the essence of a child or an old person with my camera, purely by accident. Whereas, if I could record with pen or paint, the penetrating eyes of a two year-old, the wisdom of a wrinkled brow, or the joy of a small boy flinging himself skyward, how much more could I achieve?

I want to tell, not just a story, not just a sequence of events, but to paint a picture in words. My words need to reveal what I see in my mind as well as in reality. I want to share the experiences of smell, touch, sound and taste; and to give an emotional interpretation to each of those experiences. Writing allows me to do this.

VILLAGE NOTICE

OG SHORT STAY ACCOMODATION



Did you know Ocean Gardens Village has short stay accommodation for visiting family and friends at an affordable price?

For more information or bookings please contact reception.

OG BEAUTICIAN

Myriame is away on holidays and will not be operating on Wednesday, 15 October. Please contact Myriame on 0419 927 077 to reschedule accordingly.

VILLAGE SKIP BIN

We kindly remind all residents that the village skip bin is for the operational use of the village. It is not to be used for the disposal of personal waste by residents or their families. Similarly, builders' skip bins are reserved for construction and maintenance activities only, and are not for resident use. Please note that these areas are monitored by surveillance cameras.



For the disposal of personal or household waste, please use the Brockway Tip (West Metro Recycling Centre), located at the corner of Brockway Road and Lemnos Street, Shenton Park. For opening hours and further information, please visit the West Metro Recycling Centre website or call (08) 9383 3881.

Thank you for your cooperation in keeping our village clean and well-maintained.

CROQUET LAWN RENOVATIONS

As per usual, October will see us firing up the trusty verti-mower and giving some of the village lawns a good going over. Lawn renovations are scheduled to begin the week of October 13th, with the Croquet Green being first in line. As well as de-thatching the turf we will be top dressing to aid with levelling and nutrient retention.

It's been great to see the Croquet Green getting so much use even during the wetter months! We hope not to inconvenience you all for too long and thank you for your cooperation.

THE RETURN OF OUR WONDERFUL REPTILES

Now that the weather is warming we will start to see the reptiles re-emerging. The village is home to many Bobtail lizards – please take care to avoid them on the roads.

We also ask all residents to be aware of the presence of snakes. Please report sightings to reception and appropriate action can be taken. If possible, keep an eye on the “suspect” until staff arrive on the scene! Remember that all native reptiles are protected under Australian law.



MAINTENANCE AND GARDENS REQUEST



Any maintenance and gardens request please see reception to log in the jobs.

Please do not approach gardeners and maintenance staff for any requests, especially when they are operating machinery.



E-WASTE DROP OFF DAY

Saturday, 9am-3pm,
4 October,
Town of Cambridge
Admin Centre, for free.

Avoid your electronic waste heading straight for landfill and come drop off your old TVs, DVD players, cameras, printers, speakers, laptops, computers, monitors, and any computer parts.

VILLAGE NEWS

2025 AFL TIPPING WINNERS

Top 5 winners:

1. Meg Roche
1. Felicite Pexton
2. Rod Lane
3. Michelle Agius
4. Shelagh Dewar - Wooden Spoon

Participating staff placement:

1. Michelle Agius
2. Mark Burgess
3. Ian Dang
4. Monique Bowland
5. Cassie Taylor

A big thank you to Richard and Pam Woods for organising this competition.



UNEARTHED TIME CAPSULE

During a recent irrigation mainline repair the gardeners stumbled upon a bit of history! While having to dig a rather large hole, Mitch spotted something a little different... We often come across quite a lot of refuse and builder's debris when digging on site, but this was not the usual roof tile, brick or concrete reinforcement. Initially this find appeared to be a normal piece of trash. A soft drink can discarded by a tradesperson back in the day. However, after closer inspection a fun bit of history revealed itself...



The Coke can Mitch unearthed was emblazoned with 'Australia's Defence, America's Cup 1987'. That year saw Fremantle host the America's Cup, after Australia II won in 1983. That historic win saw America relinquish the cup for the first time in 132 years! Unfortunately the title defence did not go our way and the cup went back with America. Coca Cola was a major sponsor of the event and produced a commemorative limited run of cans and bottles. Interestingly some of these unopened drinks are still desired by collectors, with some fetching \$30. Our find however was definitely not in sellable condition.

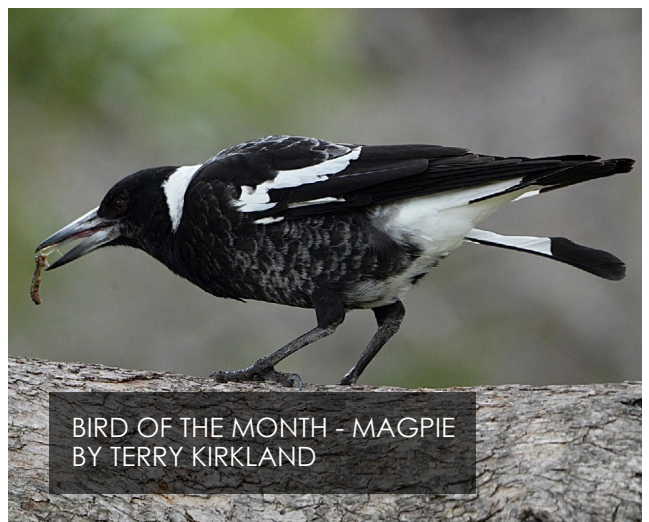


RESIDENTS' PHOTOS



HAIL STORM

On 5 September, residents witnessed the biggest hailstorm to hit the village. Here are some photos captured during the event by Joy Brann, Sid Breeden, Jo Moore and Peter McKerracher.



BIRD OF THE MONTH - MAGPIE
BY TERRY KIRKLAND



ORCHIDS BY JOY BRANN



SEPTEMBER SUNDOWNER

Last Sundowners we had a marvelous presentation by a young violist, Shaun Tan. There has been some impressive feed back from those present. Lawerance Tan, his father, wrote a letter thanking you all for your appreciation of Shaun and sent a link if you wish to hear more of his work which can be retrieved from Meg Roche.



Shaun is keen to play for us again, in December for a Christmas carol presentation.

THERE IN THE DAWN

By Nick Hodges, A231

Will you be there?
Will you really be there, golden girl with the
star-filled eyes?
Will I be there, star struck by those eyes,
Roused from a dream, blinked awake?
Or will you dissolve, merge with the mist,
Mysterious moon-maiden, witch of my soul,
Haunting my days for the rest of my days,
No rest for my nights?

Should you be there, really be there,
Sharp in the dawn-flash, substantial as sun-
shaft,
Touchable and touching, shining and sure -
Ignore morning dew in these dark eyes of
mine,
Blinking awake, new to the light,
Unused to that light, searching to see,
Reflection of stars, eye to bright eye,
In that new-born dawn sky.



FREMANTLE CHAMBER ORCHESTRA

A live concert featuring the Fremantle Chamber Orchestra.

They will be playing your favourites such as Bach, Pachelbel, Mozart, Brahms and many more.

Held on the Thursday, 4pm, 16 October 2025, Function Room. \$40pp. Includes Champagne and nibbles.

Register at the kiosk podium and pay on the night. Closing date Tuesday, 14 October.



ART V144

If you don't know what to paint
Just do something quaint
And let it run run run
So much fun fun fun

ART BY FRAN SAVICH AND
WRITTEN CONTENT BY COLIN ANDREWS

STAFF & RESTAURANT NEWS

LAUREN HARPAM'S FAREWELL



STAFF SPOTLIGHT

MICHELLE AGIUS

Finance Officer

Congratulations to Michelle on reaching 15 years with Ocean Gardens! Over the years, she has taken on many roles, including reception, accounts, payroll, and more. We wish Michelle continued success and look forward to many more years together at the village.



NEW BOARD MEMBER



Robyn Collins

Please welcome Robyn Collins to the team. Robyn's bio can be found on the OG website under About > Team.

STAFF WELCOME



Grace Camaya
Home Care Business
Manager



Katrina Pullella
Support Worker
Housekeeping

STAFF FAREWELL



Lauren Harpham
Wellness
Coordinator



SEAVIEW RESTAURANT

CHEF MICHELINA LAWSON

We're in the last quarter of the year — where has the time gone? As we begin celebrating Christmas and the year end with family and friends, why not bring your guests to Ocean Gardens to enjoy ocean views and sunsets while we take care of everything? Relax and let us do the cooking. A BBQ, lunch or dinner — formal or informal.

October events:

- Wednesday, 1 October — Oktoberfest: Homemade favourites including schnitzel, bratwurst, sauerkraut, Black Forest cake, apple strudel and more. Dress up, dress down, or go full German — you might win a prize. Register outside the kiosk. Cost: \$55 per person.

- Wednesday, 15 October — Vietnamese Banquet: A selection of Vietnam's favourite street foods, all made in-house, featuring the Village favourite — Anna's spring roll. Look out for the menu around the village. Cost: \$45 per person.

How to join:

- Register in person outside the kiosk.
- Look for posted menus and event details around Ocean Gardens.

We're excited to celebrate with you — bring family and friends and enjoy good food, great company and beautiful views.





WELLNESS PROGRAM

NIALL MCGURK

Hi All,

Hopefully we're all in for some warmer weather over the next few months, and the weeks of freezing mornings and wild weather are behind us.

Thank you all for welcoming me back from my long holiday with open arms. It was an amazing trip around Europe, with lots of sight-seeing, food eaten and the occasional drink along the way. I did also decide to get down on one knee and pop the question to my now fiancé, Jess, and luckily for me she said 'Yes'!



In more sombre news we recently bid farewell to Lauren as she's moved on from Ocean Gardens to explore other opportunities within her own wellness business. I know Lauren was a fan favourite amongst residents and staff alike, and this was shown by the number of people in attendance for her farewell on the 9th of September. Thank you all for making it such a lovely send off for Lauren. We're all going to miss having her bubbly and warm personality around the village but more importantly we all wish her the very best in her future career endeavours and of course we hope to see her around the village in the future.

First day of Spring (Sept 1st) – Chair Fit A record-breaking Chair Fit class!

It would seem that our OG residents are aligned well with the seasons. The first day



of Spring saw a turn out of 30 residents at the 10am Chair Fit class. This is such a fantastic turnout and suggests strong evidence that the change in pace from winter to spring is officially on. Thank you to everyone who consistently shows up and prioritises their health and wellbeing.

Wellness Warrior

This month's Wellness Warrior is awarded to Sheila Ivankovich. Sheila has constantly shown

unwavering commitment to attending the Wellness classes each week. Sheila has managed to attend over 20 individual classes during the month of September, which is a testament to the value that Sheila puts on her health. Congratulations Sheila, you deserve it!



Wellness Program - Phone: 9285 3015
wellness@oceangardens.com.au

Wellness Class Update



- Aqua Fit recommencing on Friday, 3 October. Classes will be Tuesday & Friday 8:30am.

Upcoming Events

- 15 October, 2pm - Arthritis & Osteoporosis WA Presentation
- November – Safety Spotlight for Residents (Defib, First Aid, Fire & Emergency)

Ocean Gardens Events October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GET OG SOCIAL SPECIAL EVENTS NEW ONGOING EVENTS IF YOU HAVE A PARTICULAR INTEREST AND WOULD LIKE TO FORM A GROUP, PLEASE CONTACT THE PRESIDENT OF THE RESIDENTS' ASSOCIATION, CAROLE WALLACE.	6 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Patchwork Meeting, V144 11:15am Stability & Balance, F/R 1:30pm Snooker	1 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 11:15am Stability & Balance, F/R 11:30am Catholic Mass, R/R 1:30pm Snooker 2pm Art Group, V144 2pm Croquet 4pm Art Group Meeting, V144 6pm Oktoberfest, Restaurant	2 9am Bowls 9am Gym Strong, Gym 10am Neuro Fit, Gym 10am Ukulele Lessons, V144 11am Stretch & Restore, R/R 1:30pm Snooker 2pm Croquet	3 8:30am Aqua Fit, Pool 9am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R	4 9am Bowls 10am Morning Tea, Floreat Atrium 1:30pm Snooker 1:30pm Rummikub 2pm Croquet	5 9am Bowls 1:30pm Bridge, R/R 1:30pm Snooker 2pm Croquet
	7 8:30am Aqua Fit, Pool 9am The Workshop 9am Bowls 9:30am Floreat Shopping Bus 9:30am Chair Yoga, F/R 10:30am Piano Tuesday, F/R 1:30pm Rummikub, R/R 1:30pm Table Tennis, F/R 1:30pm Snooker 2pm Gym Strong, Gym 2pm Croquet 7pm Table Tennis, F/R	8 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Mt Kenneth Atrium Catchup 11:15am Stability & Balance, F/R 1:30pm Snooker 2pm Art Group, V144 2pm Croquet 6:30pm Book Club, R/R	9 9am Bowls 9am Gym Strong, Gym 10am Neuro Fit, Gym 10am Ukulele Lessons, V144 11am Stretch & Restore, R/R 1:30pm Snooker 1:30pm U3A Presentations, F/R 2pm Croquet	10 8:30am Aqua Fit, Pool 9am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R	11 9am Bowls 10am Morning Tea, Floreat Atrium 1:30pm Snooker 1:30pm Rummikub 2pm Croquet	12 9am Bowls 1:30pm Snooker 2pm Croquet 5pm Sundowner Entertainment - Luke Chandler, F/R
13 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Patchwork Meeting, V144 11:15am Stability & Balance, F/R 1:30pm Snooker	14 8:30am Aqua Fit, Pool 9am The Workshop 9am Bowls 9:30am Floreat Shopping Bus 9:30am Chair Yoga, F/R 10:30am Piano Tuesday, F/R 1:30pm Rummikub, R/R 1:30pm Table Tennis, F/R 1:30pm Snooker 2pm Gym Strong, Gym 2pm Croquet 7pm Table Tennis, F/R	15 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Floreat Atrium Catchup 11:15am Stability & Balance, F/R 1:30pm Snooker 2pm Arthritis & Osteoporosis WA Presentation, F/R 2pm Art Group, V144 2pm Croquet 6pm Vietnamese Banquet, Restaurant	16 9am Bowls 9am Gym Strong, Gym 9:30am Prayer Group, R/R 10am Ukulele Lessons, V144 10am Neuro Fit, Gym 10am Residents Gardens Club, Croquet Gazebo 11am Stretch & Restore, R/R 1:30pm Snooker 2pm Croquet 4pm Fremantle Chamber Orchestra, F/R	17 8:30am Aqua Fit, Pool 9am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R	18 9am Bowls 10am Morning Tea, Floreat Atrium 1:30pm Snooker 1:30pm Rummikub 2pm Croquet	19 9am Bowls 1:30pm Bridge, R/R 1:30pm Snooker 2pm Croquet

Ocean Gardens Events October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Patchwork Meeting, V144 11:15am Stability & Balance, F/R 1:30pm Snooker 5pm <u>Ocean Tidings Submission</u> <u>Deadline</u>	21 8:30am Aqua Fit, Pool 9am The Workshop 9am Bowls 9:15am Karrinyup Shopping Bus 9:30am Chair Yoga, F/R 10:30am Piano Tuesday, F/R 1:30pm Rummikub, R/R 1:30pm Table Tennis, F/R 1:30pm Snooker 2pm Gym Strong, Gym 2pm Croquet 7pm Table Tennis, F/R	22 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Bold Park Atrium Catchup 11:15am Stability & Bal, F/R 1:30pm Snooker 2:30pm <u>Bingo, F/R</u> 2pm Art Group, V144 2pm Croquet	23 9am Bowls 9am Gym Strong, Gym 10am Neuro Fit, Gym 10am <u>Ukulele Lessons, V144</u> 11am Stretch & Restore, R/R 1:30pm Snooker 2pm Croquet 2:30pm <u>OG Resident's Association AGM, F/R</u>	24 8:30am Aqua Fit, Pool 9am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R	25 9am Bowls 10am Morning Tea, Floreat Atrium 1:30pm Snooker 1:30pm Rummikub 2pm Croquet	26 9am Bowls 1:30pm Snooker 2pm Croquet 3pm Movie 303 - 'On Golden Pond', F/R
27 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 10:30am Patchwork Meeting, V144 11:15am Stability & Balance, F/R 1:30pm Snooker	28 8:30am Aqua Fit, Pool 9am The Workshop 9am Bowls 9:30am Chair Yoga, F/R 9:30am Floreat Shopping Bus 10am Anglican Service, R/R 10:30am Piano Tuesday, F/R 1:30pm Rummikub, R/R 1:30pm Snooker 1:30pm Table Tennis, F/R 2pm Gym Strong, Gym 2pm Croquet 7pm Table Tennis, F/R	29 8:30am Fun Fit, F/R 9am Bowls 10am Chair Fit, F/R 11:15am Stability & Bal, F/R 1:30pm Snooker 2pm Art Group, V144 2pm Croquet	30 9am Bowls 9am Gym Strong, Gym 10am Neuro Fit, Gym 10am <u>Ukulele Lessons, V144</u> 11am Stretch & Restore, R/R 1:30pm Snooker 2pm Croquet 4pm <u>Spring Wine Tasting, F/R</u>	31 8:30am Aqua Fit, Pool 9am Bowls 11:15am Line Dancing, F/R 1:30pm Snooker 1:30pm Mahjong, R/R 2pm Sing Along, F/R		



flyng fish cove
margaret river

SPRING WINE TASTING

Thursday, 4pm,
30 October, F/R



MOVIE 303

Sunday, 3pm, 26 October,
F/R.

'On Golden Pond'.



FREMANTLE CHAMBER ORCHESTRA

Thursday, 4pm,
16 October, F/R.