



**In Perth, we sometimes forget how lucky we are!**

We have some of the world's best sights and sounds right here on our doorstep – areas of stunning natural beauty, incredible and rare wildlife, all to be enjoyed in a climate unrivalled anywhere in the world.

What's more, it's healthy too! As we age, being physically and socially active and being in nature has all kinds of positive effects on our physical and mental wellbeing.

So be relaxed, be active, grab a partner and enjoy the 2008-2009 *Healthy Parks, Healthy People* Seniors Park-Based Program, brought to you by the Department of Environment and Conservation (DEC) and the Department for Communities' Office for Seniors Interests and Carers (OSIC).

In this 2008-2009 calendar, you'll find a series of specially-organised walks and activities taking in some of Perth's most breathtaking sights. This is a great opportunity to experience new physical, creative and social activities which enhance wellbeing and support active ageing. So why not buddy up with a friend or neighbour who may benefit from a day of physical and social activity in one of WA's magnificent parks?

Thanks to your feedback about the 2007 program, the 2008-2009 program incorporates the following new features so that there's even more for everyone to enjoy:

- Most of the parks are within the Perth metropolitan area.
- Many of the parks are accessible by public transport.
- There is a greater range of activities of offer.
- The activities are on different days and times of the week.
- There is a wider range of costs – although it's still very affordable.

Due to safety and quality issues, places are limited and pre-bookings are not accepted, so register your interest for these events by the specified date by telephoning OSIC on (08) 6217 8500 and ask for *Healthy Parks, Healthy People*. A confirmation letter with details of the activity will be provided after registration. Transportation is not provided by either DEC or OSIC to these events. Information regarding public transport can be available by telephoning the Transperth Infoline on 13 62 13 or checking the website at [www.transperth.wa.gov.au](http://www.transperth.wa.gov.au).

Of course, these wonderful parks are there for your enjoyment seven days a week, 12 months a year, so there are plenty of opportunities to get out and about, be active and enjoy nature.

- Tips for successful ageing**
- A little daily exercise can result in a healthier mind and body. If you walk with a friend or in a group, there's the added benefit of social interaction!
  - Being regularly active can improve your mood, cardiovascular fitness, balance and muscle strength, and reduce your risk of diabetes.
  - Being involved in a group, club or society is a great way to make new friends.
  - Remaining physically and socially active in your senior years reduces the risk of experiencing depression and poor general health.
  - International research shows that contact with nature has a relaxing and restorative effect on the human mind and, therefore, improves mental health.
  - In short, keep physically, socially and mentally active, especially in our beautiful natural environment.



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**Be Active WA**  
 Web: [www.beactive.wa.gov.au](http://www.beactive.wa.gov.au)

Photographs courtesy of the Department of Environment and Conservation, John Birch and the Department for Communities.

**Healthy Parks  
 Healthy People**



**Seniors' Calendar of Events 2008-2009**

**Enjoy... nature at your doorstep...  
 making new friendships...  
 being active... and a healthy life.**

# CALENDAR OF EVENTS 2008-2009

## APRIL 2008 Historic Tour of Woodman Point Regional Park

Come and join our experienced guide to learn about the intriguing history of Woodman Point, such as the 1800s quarantine station and munitions magazines from the war period. This walking tour will be set among magnificent remnant stands of tuart woodland, coastal heath and Rottneest cyprus. Bring your lunch to enjoy after the tour in one of the many picnic areas in the park.

**Date:** Tuesday 29 April

**Time:** 9.30am – 1.00pm

**Cost:** \$3 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 8 April 2008

**Registrations close:** 22 April 2008

## MAY 2008 Captivating Canning River Regional Park

Be inspired by the picturesque scenery, variety of bird life and the majestic flooded gums and paperbarks in Canning River Regional Park. This event consists of a pleasant 4km stroll along the banks of the Canning River with our experienced guide who will impart a wealth of information about the natural history of the river. Bring a picnic lunch to enjoy by the river.

**Date:** Wednesday 28 May

**Time:** 10.00am – 1.00pm

**Cost:** \$2 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 7 May 2008

**Registrations close:** 21 May 2008

## JUNE 2008 Wander in Wungong Gorge - Wungong Regional Park

It might be the beginning of winter, but there is no excuse for hibernation! Come and join us on a delightful guided walk along the Wungong Brook where it has cut down into the granite bedrock of the Darling Range to create the spectacular Wungong Gorge. Look out for robins, firetails and wrens which inhabit the area. Pack your lunch to enjoy in this gorgeous setting.

**Date:** Thursday 26 June

**Time:** 10.00am – 1.00pm

**Cost:** \$2 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 5 June 2008

**Registrations close:** 19 June 2008

## JULY 2008 Explore Yellagonga Regional Park

There are so many treasures to discover at Yellagonga Regional Park! Come and enjoy a 5km guided walk through magnificent tuart trees, banksias and zamias while learning about how you can contribute to ensuring the health of our environment. Bring a picnic lunch to enjoy by the lake.

**Date:** Tuesday 29 July

**Time:** 10.00am – 1.00pm

**Cost:** \$2 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 8 July 2008

**Registrations close:** 22 July 2008

## OTHER THINGS YOU CAN DO

**Monday 1 September 2008 - Be Active WA Day**

Shake off the winter blues and spring into your physical activity routine by participating in **The Giant Walk 2008 - Reclaiming the Guinness World Record** co-ordinated by the Premier's Physical Activity Taskforce. Details of the event can be found at [www.beactive.wa.gov.au](http://www.beactive.wa.gov.au) or by telephoning Petra on (08) 9492 9636.



## AUGUST 2008 Discover the Bibbulmun Track

The Bibbulmun Track is the longest walk trail in Western Australia and is renowned, internationally! This year is also the 10th Anniversary of the Track, so what better reason than to come and join us for a short walk along this famous trail – it's a perfect way to discover the natural wonders of the Darling Scarp. Bring a picnic lunch to enjoy.

**Date:** Wednesday 27 August

**Time:** 10.00am – 1.00pm

**Cost:** \$2 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited

**Registrations open:** 6 August 2008

**Registrations close:** 20 August 2008

## SEPTEMBER 2008 Survey The Spectacles - Beeliar Regional Park

The Spectacles Wetlands within Beeliar Regional Park is home to abundant wildlife and holds significant spiritual importance to Nyoongar Aboriginal people. Come and join our Aboriginal guide on this very special tour which will include a short guided walk (less than 3km) among banksia, sheoak and grasstree, a bush tucker morning tea and the sharing of Indigenous stories, knowledge, language and history. You will also be given a unique view of land recovering from recent fires and will learn about Aboriginal use of fire and how it has shaped our land for thousands of years. This is one you just can't miss! Pack a picnic lunch to enjoy.

**Date:** Thursday 25 September

**Time:** 10.00am – 1.00pm

**Cost:** \$5 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited

**Registrations open:** 4 September 2008

**Registrations close:** 18 September 2008

## OCTOBER Dive into Kitty's Gorge (Gooralong Brook), Jarrahdale

Legend has it that Kitty's Gorge is named after Kitty the cow who was found in the gorge months after wandering from her home. Trace Kitty's tracks and enjoy this walk along the Gooralong Brook valley through jarrah forest and granite outcrops. On this guided walk you will learn about the early history of the area and the spectacular variety of wildflowers at this time of the year. Prepare to be amazed!

**Date:** Thursday 30 October

**Time:** 9.30am – 1.30pm

**Cost:** \$5 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited

**Registrations open:** 9 October 2008

**Registrations close:** 23 October 2008

## Jarrahdale Walks

Contact the **Jarrahdale Heritage Society** about their range of guided walks in the Jarrahdale/Serpentine area by telephoning (08) 9525 5358 or visit their website at [www.jarrahdale.com.au](http://www.jarrahdale.com.au).



## NOVEMBER 2008 Be Amazed - The Perth Observatory Night Tour

Want an experience that is out of this world? Perth Observatory is Australia's oldest fully operational astronomical observatory. Come and join our professional astronomers and enjoy the breathtaking views of the night sky, including the moon, visible planets, stars, star clusters and nebulae.

**Date:** Tuesday 25 November 2008

**Time:** 7.15pm – 9.00pm

**Cost:** \$5 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 4 November 2008

**Registrations close:** 18 November 2008

## DECEMBER 2008 AND JANUARY 2009

No events have been organised during these months due to hot weather, holidays and festivities. Take some time out to relax your mind, restore your energy and do some gentle activity in the many DEC-managed parks in and around the Perth metropolitan area, especially the marine parks and terrestrial parks near the coast.

## FEBRUARY 2009 Experience Penguin Island

Enjoy the natural wonders of Penguin Island on this guided tour. After disembarking from the ferry, you will be delighted by the spectacle of penguin feeding time at the Penguin Experience Discovery Centre. After this, come for a short guided walk through sand dune vegetation and limestone outcrops with spectacular marine habitats as the backdrop, to learn about the early human history, plants, animals and geology of the island. Pack a picnic lunch to enjoy on the island.

**Date:** Thursday 26 February

**Time:** 10.00am – 1.15pm

**Cost:** \$15 per person

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 5 February 2009

**Registrations close:** 19 February 2009

## MARCH 2009 Immerse Yourself - Matilda Bay Reserve

This is an experience you'll never forget! First, learn how to paddle with experienced instructors from the UWA Sport and Recreation Association and enjoy viewing the Swan River from a different perspective. Then, come and join us for a gentle 3km walk around Matilda Bay Reserve with spectacular views of the city as a backdrop. Bring a picnic lunch to enjoy by the river.

**Date:** Tuesday 24 March

**Time:** 7.45am – 12.00pm

**Cost:** \$10 per person (paddlers).  
Free for walkers.

**Phone:** 6217 8500 to register for this event.  
Places are limited.

**Registrations open:** 3 March 2009

**Registrations close:** 17 March 2009