



May 2016

A natural affinity

Friendships, mental stimulation, fitness and laughter – the Nedlands Affinity Club offers these and much more to members. Jacqui Homewood of Floreat is a committed member of the club and uses many of its services.

Mrs Homewood, 65, joined the Affinity Club in 2012 after seeing an ad in her local paper. The first class she tried out was tai-chi. She then joined the Waratah Walkers walking group and has been walking with them ever since.

This May marks the Affinity Club's fourth anniversary. The club offers a variety of activities during which new friendships can be forged. It engages people and creates a healthy, supportive community. The club aims to ensure activities are affordable and members can attend on a casual basis to accommodate other family commitments.

The Affinity Club forms a large part of Mrs Homewood's social activities. She's also a regular at many other Affinity Club offerings, such as the movie club, the Good Company group and the Laughter Club.

She was so taken with the benefits of laughter that she took a laughter club facilitator course and now leads the Laughter Club when the regular facilitator is away.

"I wanted something to do other than babysit my grandchildren," said Mrs Homewood.

"I've made some great friends through the Affinity Club," she said. "It's a nice way to connect with my community and I keep quite fit with the walking group."

The Waratah Walkers, which was started by retired Affinity Club founder Trish Jamieson, started walking as a group before the Affinity Club was established, and has just celebrated its 7th anniversary of walking together. Members wear red in support of the Heart Foundation, and also in recognition of the health benefits of exercise.

The Affinity Club runs through Nedlands Community Care, and the name was chosen as it means a natural attraction or connection between groups and individuals.

Marita Gardener, Community Services Officer for Positive Ageing, has taken over from Trish Jamieson who retired in February. She said the target audience for the club is all seniors.

"We want people to retain and enhance their general wellbeing, through remaining as active as possible – physically and mentally," she said.

"We would love to see new members – we've got so much to offer to keep your mind and body active, all in the company of like-minded people," she continued.

The program offers many activities such mah jong, yoga, a computer club, a movie club, table tennis, the laughter club, the good company group, as well as yearly events like the Wellbeing Day Seniors' Week events.

(see over)



Jacqui Homewood enjoys many Affinity Club activities



The Waratah Walkers celebrate their 7th anniversary at Nedlands Community Care.

ENDS

About the City of Nedlands

The City of Nedlands is situated 7km from Perth and stretches from the banks of the Swan River to the edge of the Indian Ocean. A population of over 21,000 live in the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta, and parts of Floreat and Shenton Park.

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