Denmark Community Guide

We Support, Empower and Engage our Community

14th - 28th May 2025 Issue #314



Noteworthy Events



Need a Lift? We've Got You Covered!

Wednesdays – Go to Albany: Pick-up from your house around 9:00am, return by 1:30pm

Fridays – Into
Denmark: Pick-up
from your house
around 8:30am,
home again by
12:30pm

Book your ride – Call 9848 2842

Advanced Care Planning Workshop is back! 17th June 2025 10.30am - 2.30pm

Missed Our Last Advanced Care Planning Workshop? Don't Worry!

We've got another Advanced Care Planning workshop coming up on June 17th, 2025, from 10:30 AM to 2:30 PM at the CRC.

Our speakers include:

- Jane, Palliative Care Nurse
- Sue, St John Ambulance
- · Kit, Death Doula
- Irene Montefiore, Faciliator Death Cafe

RSVP essential by 11 June, please call us at

98482842

or email reception@denmarkcrc.com.au





We're Turning 30!
Save the Date!





The Denmark CRC is celebrating its 30th anniversary this year — and you're invited to join the fun!

Mark your calendars for Saturday, 5th July. Check out our official invite on page four! See you there!



www.denmarkcrc.com.au/events











Advance Care Planning Workshop



The Future You Will Thank You

Do you know what your healthcare wishes are for the future? Come along to our Advance Care Planning Workshop and get it sorted!

- @ Denmark CRC
- Free lunch provided

Our friendly experts - Jane (Palliative Care Nurse), Sue (St John Ambulance), Kit (Death Doula), and Irene (End-of-life planning) - will help you through the process, answer any questions, and make sure you feel confident about your plans.

Spots are limited! Call us today at 98482842 to save your spot!



WEEKLY Service

WEDNESDAY -ALBANY

> FRIDAY -DENMARK



CONTACT US 9848 2842 reception@denmarkcrc.com.au





We're turning 30 and you're invited!

Join the fun at the Denmark CRC on 5 July, 10am–1pm, 2 Strickland Street.

Repair Café kicks off at 10am

Market stalls

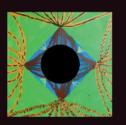
Gallery Exhibition Opening at noon!

Come for the fun, stay for the vibes — let's party, Denmark style!













Denmark CRC presents

FULL CIRCLE

An exhibition by Echo Omen

Be immersed in an array of multi-modal collaborative artworks by artists from all around Australia.

Opening Event 5th July

Exhibition 5th - 18th July

This once off exhibition celebrates the completion of a 3 year long creative endeavour by local Denmark artist Echo Omen, where he committed to releasing a new song, a music video and a collaborative art piece every month on the new moon.

Featuring artworks by Peter Usher, Freya Parre, Safi Watkins, Saira Ellen K Spencer, Bonnie Smith, Max Groszewski, Isabel Picaza and many more..





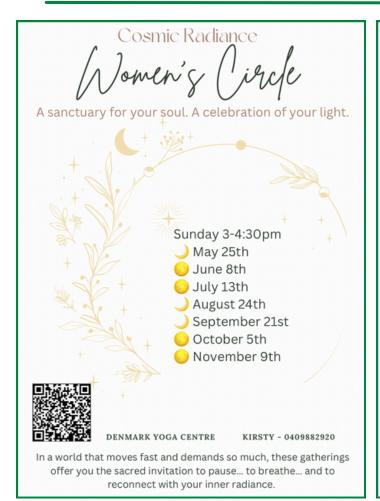
















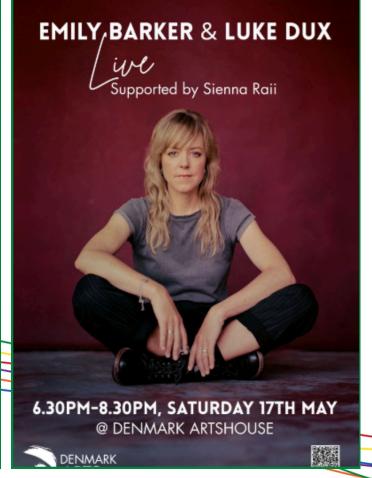


You're invited to a live performance of Denmark local, Sienna Raii as she supports musical heavyweight Emily Barker playing with Luke Dux

DENMARK ARTSHOUSE SATURDAY, MAY 17TH 2025 6.30PM-8.30PM

6.30PM-8.30PM doors open 6pm Tickets online or at the door





CUPPA'S & CLICKS SHORT COURSE





HOW TO USE GOOGLE MAPS

This topic shows you everything you need to know about the Google Maps app and how you can use it to find your way around.



Community

Centre

You'll learn how to:

 safely download the Google Maps app on your device

 log in to Google Maps using your Google account

 navigate from one place to another

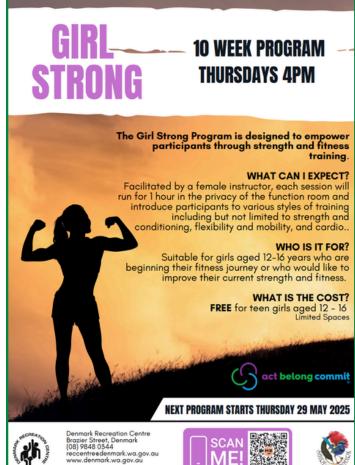
plan a trip and avoid toll roads.

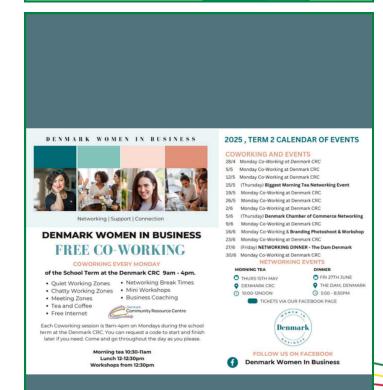
Join Now call 9848 2842 to book

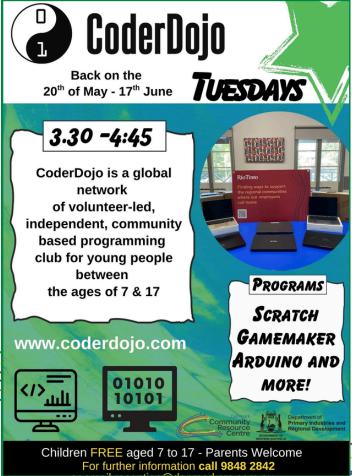
















Shire of Denmark Volunteer Appreciation Sundowner

Saturday, 24th May 2025, 5pm to 8pm

Gallery, Denmark Community Resource Centre 2 Strickland Street, Denmark

Come along to recognise and thank volunteers who dedicate their time to support the Denmark community.

Awards for Citizens of the Year and Sportspersons of the Year will be announced.



To RSVP, scan the QR Code or go to the link below: https://events.humanitix.com/volunteer-appreciation-sundowner

You can also contact our Community Development Officer by phone or email on 9848 0333 or romina.palermoedenmark.wa.gov.au

RSVP by Monday 19th May 2025





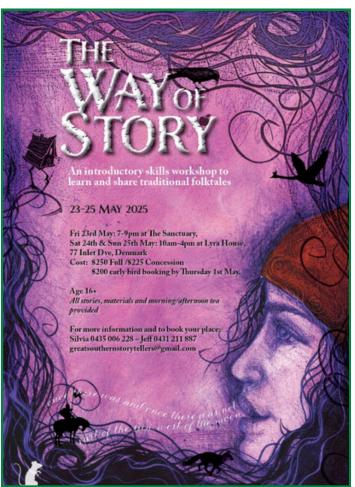


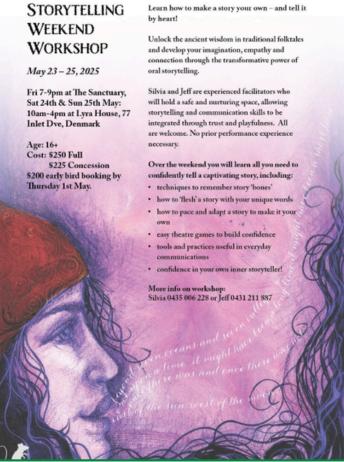


















MAB70 Provide First Aid SKS

This course covers a broad range of topics to enable participants to confidently manage emergency situations and provide a first aid response to a casualty. It is suitable to both people in workplaces and members of the public who want training in first aid.

The course will run on the 26-27 May 2025

You are welcome to drop into the Campus for more information or to enrol



3 6371 3222 Freecall 1800 621 445





southregionaltafe.wa.edu.au



Community Garden

Denmark Community Garden

Workshops & Social Events



Feb to May 2025





- 3-5pm Sat 15 Feb with Neal Collins
- 3-5pm Sat 8 March Outing/Garden Activity
- 3-5pm Sat 29 March with Neal Collins
- 3-5pm Sat 12 April Outing/Garden Activity
- 2-4pm Sat 26 April with Neal Collins
- 2-4pm Sat 17 May- Outing/Garden Activity
- 2-4pm Sat 31 May 2025 with Neal Collins

Busy bees and Socials from 2pm on other Saturdays, weather dependent.





Community Compost Hub Sessions

The Compost Hub will have Educational and practical Busy Bee sessions run by Kim Frankowiak of Great Southern Living Soil between 2 and 4pm every third Wednesday commencing 5 Feb 2025 (2-4pm Wed 5 and 26 Feb, Wed 19 March, Wed 16 April, 7 May and 18 June 2025

(registration forms from Basil at bschur@greenskills.org.au)



Meet at the back of the Denmark CRC, on Strickland Street.

By Donation (Recommended \$10)

For Info contact: Basil 0429481019 basilschur@gmail.com or Don Hunt 0427446657







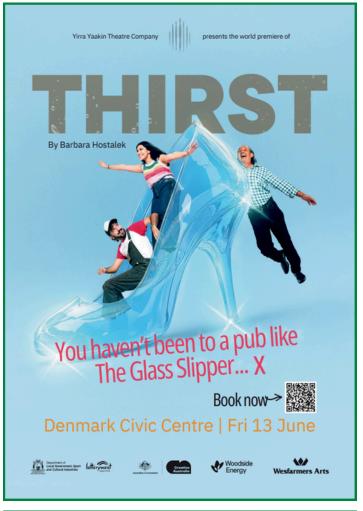


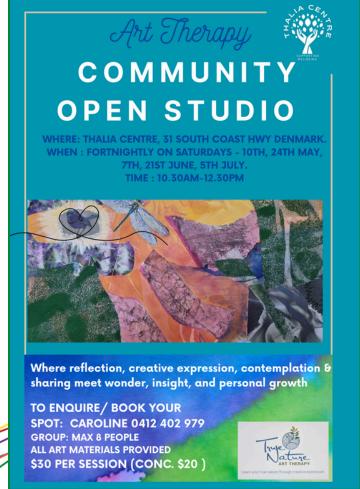


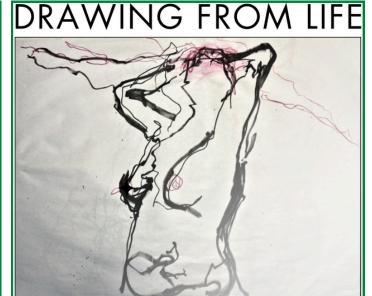












@ DENMARK ARTSHOUSE

2A Strickland St

EVERY WEDNESDAY 5:30-7:30 PM

2025 DATES:

From 22 JANUARY onwards

\$ 15 per session (cash preferred)

please bring your own sketchbook



PHONE // EMAIL: 9848 3623 // adminedenmarkarts.com.au

FOR UPDATES/

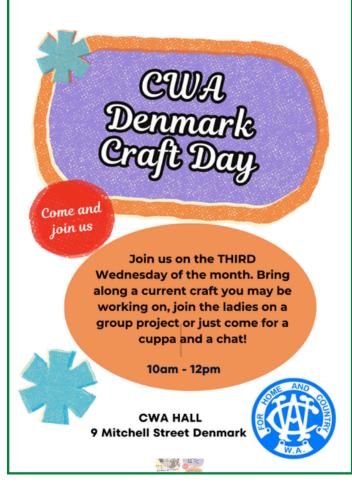
FACEBOOK GROUP:

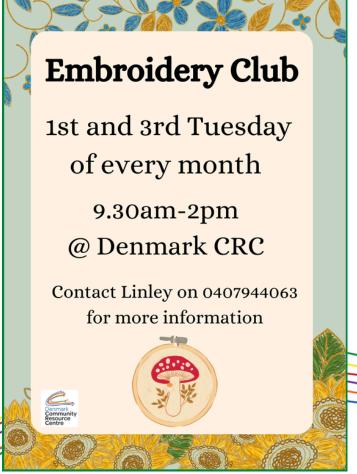
MORE INFORMATION

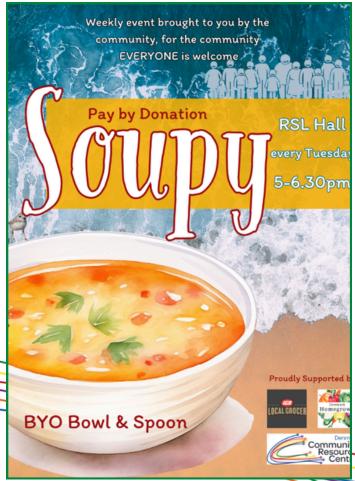
Join: Denmark Life Drawing Group







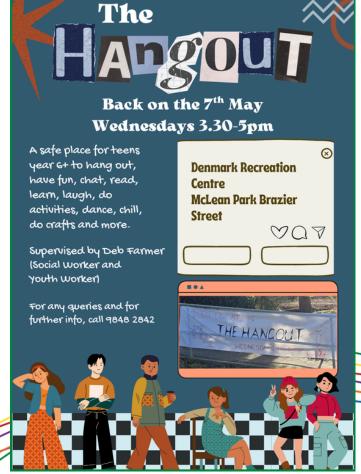






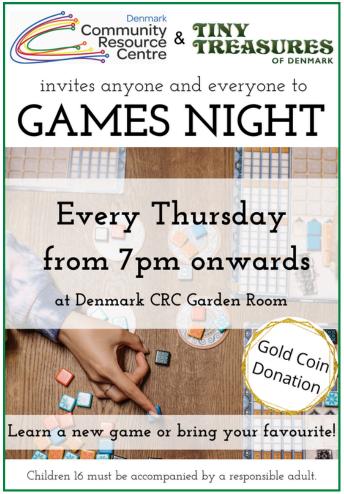














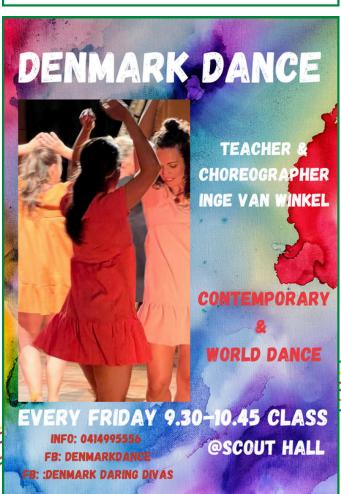
CHESS AT THE TEAHOUSE

EVERY THURSDAY MORNING FROM 11AM TO 1PM

COME ALONG AND ENJOY A GAME WITH A FRIEND OR ONE OF OUR MEMBERS.

TUITION AVAILABLE FOR BEGINNERS.

BOARDS AND PIECES SUPPLIED









Thinking of Kindy or Pre-primary in 2026?

新

You're invited to join us for a play at Denmark Primary School at either 9am or 10:30 am on Tuesday 20 May

Whether enrolled already or trying to decide, everyone is welcome!





Scan here to RSVP or for more information.



HAPPY MOVES

Joyful Exercises for Lifelong Vitality

About the program

Unlock a happier, healthier you!

A Science-Based Program for better balance, strength, flexibility and cognitive function. Designed for 50+.

Join us for an 8-week course starting Wednesday, May 14th - July 2nd.

TIME: 9:00 am - 10:00 am

COST: \$200

VENUE: Denmark Dance Company Studios, McLean Park, Brazier Street, Denmark

REGISTER

L Dor - 0456 731 525

movingcreaturesonline@gmail.com





PT/ Movement Coaching

Complete Body Approach Offers 1-to-1 & small group PT sessions To Support Your Physical, Mental & Emotional Wellbeing

- MOBILITY & FLEXIBILITY
- BODYWEIGHT STRENGTH

TRAINING

- STRENGTH & CONDITIONING
 - BAREFOOT RUNNING
 - INJURY REHABILITATION
 - BREATH TRAINING
 - -STRESS MANAGEMENT



Complete Body Approach



Call/Text Fin on 0477 118 047

Peter; "Earlier this year I decided to pursue a long time and dream of returning to martial arts. Given I am now 55 with it being 36 years since I had practised martial arts my dream was a big ask to say the least...Now only a few months after first seeing Fin I am back at martial arts. Although it took effort on my part I know in my heart it would never have happened without the skill set and



Tickets available at Morrison's Denmark Newsagency and at the door





Circle of Security® Parenting™ A Relationship-based Parenting Program

Circle of Security Parenting (COSP) is a FREE 8-session series that focuses on supporting and strengthening parent-child relationships and teaches new ways to understand and respond to your child's needs. It is based on decades of attachment research, and how secure parent-child relationships can be supported and strengthened.

- Understand your child's emotional world and emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem

No cost. Booking essential.

Book online: PCWA COSP T2

For enquiries: Margot 0448 137 192

E: mmorgan@wanslea.org.au

Supported by

When: Wed 9:30 - 11:30 am 21 May – 2 July 2025 Where: Denmark CRC Garden Room, Strickland St, Denmark





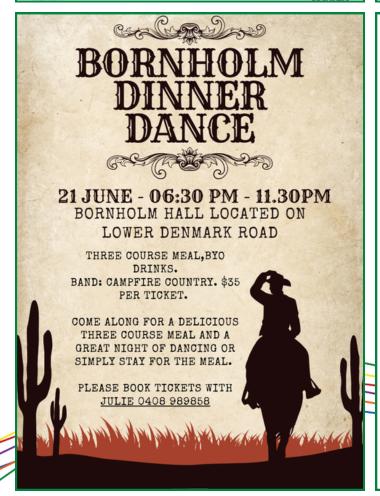
Need Help with Your Advance Care Planning?

Have you started your Advance Care Planning but hit a roadblock?

Don't worry—we're here to help. Book a free one-on-one session to get support in completing your form.

Call us to book

on 9848 2842

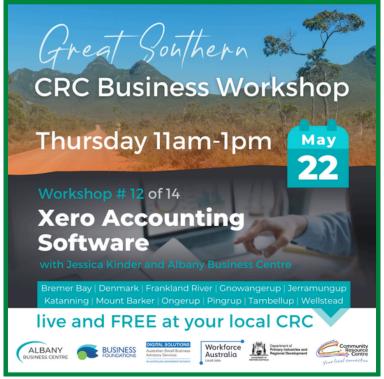




Events from Further Away

Abany Business Centre free Courses at CRC









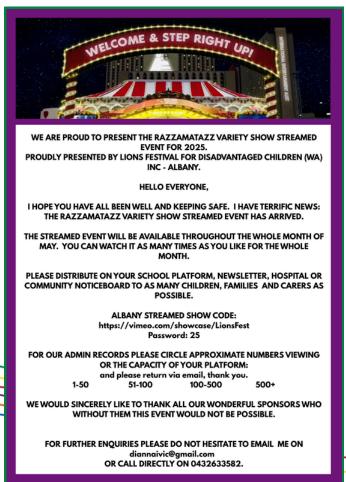


Events from Further Away











CRC Emergency Relief Support



Showers

Open 9-4, Monday-Friday Shower is available during open hours and is Wheelchair accessible.



Open 9-4, Monday-Friday Washer, Dryer available and Drying Rack



Food Pantry

Wednesdays 10am-2pm
Offering financially affordable goods to low-income households and individuals.



Food Bank

Order by Friday 12noon.

Pick up Tuesday after 1pm.

Available to concession card holders and more, Call the CRC for more info!



Free Internet

Fridays 12pm-4pm

Open to the public every Friday multiple computers available.

For further Emergency Relief Support please contact Denmark CRC directly on 9848 2842 We are open 9am-4pm weekdays and we are always happy to help.



