

Something different

Midweek Evening Bowls
Hollywood Subiaco Bowling Club
Free social bowls every Wednesday night

Cambridge Coffee Club
Wednesday 29 January 10am
Lake Monger Recreation Club, Wembley
Register with Cambridge Senior Services
Free

Cambridge Memory Cafe
Tuesday 21 January 2.30pm
Wembley Community Centre
Register with Cambridge Senior Services
Free

Tai Chi Internal Arts
Mon, Wed, Thurs, Fri
John Leckie Pavillion, College Park
Membership \$175 Annually
taichiinternalarts.com

Retro Groove Club: Club Fiesta
Wednesday 6pm
John Leckie Pavillion, College Park
\$10

Advocare Information Session
Subiaco Library
Thursday 16 January 11am-12pm
Free

Cycling without Age
Lake Claremont
Friday January 10 & February 14
between 9.30-11.30
bookings@cyclingwithoutage-perth.org.au
Free

Seniors Studio

If you are looking for a space to paint, draw and sketch with like-minded creative seniors, we have launched a new activity for our Positive Ageing Program. Free to attend, bring your art equipment (and creativity) to Mt Claremont Community Centre

Thursdays 1.30-3.30pm
Tuart Room, Mt Claremont Library
FREE
Bring your own Art supplies/Equipment

Please note that this is **not an Art Class**. If you're looking for an Art Class, our Tresillian Art Centre offers a range of classes each term.

Friday

Zumba Gold
9.30am - 10.30am
Dalkeith Hall
\$10

Mature Movers
10am
Wembley Community Centre
\$10

Move Fit Dance
11am
Shenton Park Community Centre
\$10

Lifespan Dance
11am - 12.30pm
Dalkeith Hall
\$15
Carers attend free

Mah Jong
1pm - 3.30 pm
Mt Claremont Library
Free

Table Tennis
1pm - 3pm
Dalkeith Hall
Free

Shopping bus

The City delivers a volunteer run Shopping Bus service for City of Nedlands Residents. Return trips to Floreat Forum on Thursday & Friday mornings and once a month to Westfield Innaloo on a Friday Morning

\$10 Cash payable to the driver on the day.

To register for this service:
9273 3660 OR
positiveageing@nedlands.wa.gov.au

Thursday

Yoga
8.30am - 9.30am
Dalkeith Hall
\$10

Your Move Board Game club
9.30am
Subiaco Library
Free

Gold Dance
9.30am
Palms Community Centre
\$5

Gold Pilates
10.30am
Palms Community Centre
\$5

Mah Jong
1pm - 3.30 pm
Dalkeith Hall
Free

Friends in Harmony Choir
Supporting people living with Dementia and their carers
1pm
Floreat Salvation Army
Register with Cambridge Senior Services
\$5

Seniors Studio
1.30pm - 3.30pm
Tuart Room
Mt Claremont Library
Free
BYO Art supplies

Wednesday

Perry Walkers
Meet at 8am
Perry Lakes
Free

Gold Fitness
9.30am
Shenton Park Community Centre
\$5

Prime Movers
9.30am-10.30am
All St Uniting Church, Floreat
\$6

Beginner Yoga
10am - 11am
Banksia Room
Mt Claremont
\$10

Chair Yoga
10.30am
Shenton Park Community Centre
\$5

Ukelele
11am - 12.15pm
Drabble House
\$5

Tai Chill
12.40pm - 1.30pm
Dalkeith Hall
\$10

Pink Diamonds Choir
1pm - 3pm
JC Smith Pavilion
\$10

Book Club
2pm - 3pm
Nedlands Library
Free

Tuesday

Waratah Walkers
Meet at 8.00am
Dalkeith Hall
Free

Pilates
8am-9am
JC Smith Pavilion
\$10

Pilates
9.15am-10.15am
JC Smith Pavilion
\$10

Prime Movers
9.30am - 10.30am
Alf Adams Pavilion
\$6

Table Tennis
10.15am - 12pm
Dalkeith Hall
Free

Gold Dance
10.30am
Shenton Park Community Centre
\$5

Zumba Gold
11am
Wembley Community Centre
\$10

Chair Yoga Fusion
11am - 12pm
Drabble House
\$10

Gold Circuit
11am
Lords Recreation Centre
\$10

Canasta
12.30pm - 3.30pm
Dalkeith Hall
Free

Line Dancing
1pm
Floreat Salvation Army
Register with Cambridge Senior Services
\$6

Monday

Your Move Board Game Club
9.30am
Subiaco Library
Free

Table Tennis
10am - 12pm
Dalkeith Hall
Free

Chair Yoga
10.45am
Shenton Park Community Centre
\$5

JAN/FEB



For more information please call 9273 3660 or email positiveageing@nedlands.wa.gov.au

For activities run by other Councils, please contact them directly

Run by the City of Nedlands

Run by the Town of Mosman Park
Contact 9383 6600 for more information

Run by the City of Subiaco
Contact 9237 9222 for more information

Run by the Town of Cambridge
Contact 9285 3136 for more information

Activities resume 13 Jan
***for instructor led classes please contact your instructor directly for 2025 start dates and some will resume earlier/later**