

Monday Tuesday Wednesday Thursday Friday

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

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

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

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

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

JC Smith has building maintenance 24 - 28 March
Pilates at Dalkeith Hall on Tuesday 25 March at 8am-9.45am
Choir at Dalkeith Hall on Wednesday 26 March at 1.45pm-3.45pm

Something different

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

Cambridge Coffee Club
Wednesday 12 March 10am
Challenger Parade, Wembley
Register with Cambridge Senior Services
Free

Cambridge Memory Cafe
Tuesday 18 March 2.30pm
The Boulevard 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

Be Connected IT Support
Bay View Community Centre
One on One appointments Tuesdays 10am - 12pm & Thursdays 5pm - 7pm
Free

Cycling without Age
Lake Claremont
Friday March 14 & April 11
between 9.30-11.30
bookings@cyclingwithoutage-perth.org.au
Free





Seniors Outing
AMAZE Miniature Park, Mandurah. Explore 4 acres of beautiful gardens & over 70 miniature displays, model trains & replicas of well-known European buildings. Morning tea available at Tiny Teapot Cafe Followed by lunch at a local venue (TBC)
Wednesday 19 March 9.15am-3.30pm
Departs 9.30 from The Boulevard Centre, Floreat \$14.00
+ order and pay for own food and drinks
Contact Cambridge Senior Services 9285 3136 for more information + to register

MARCH 2025



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

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Ballroom Dancing
11am
Cambridge Bowling Club
Ph 0422 364 378 to register

Zumba Gold
11am
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APRIL 2025



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ANZAC Day Ceremony 9am
Nedlands War Memorial
Cnr Birdwood Pde & Waratah Ave

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City Clubs

Nedlands Golf Club
Melvista Ave
Social and Veteran memberships available

AIM Over 50 Archery Group Inc
Every Monday from 8.30am
College Park

Swanbourne Nedlands Surf Lifesaving Club
Swanbourne Beach
Veteran Membership 55+

Bowling Clubs
Hollywood Subiaco, Dalkeith
Nedlands Bowling Club,
Social and Competition memberships available
Contact club for more information

Nedlands Croquet Club
Social and competition memberships
Contact Club for more information

Nedlands Yacht Club
Pensioner, Non-Sailing and Social memberships available
Contact Club for more information

Hollywood Garden Plot Memberships
Hollywood Subiaco Bowling Club
From \$75 per plot

West Australian Bridge Club
Learn to play Bridge
Monday, Wednesday, Friday
Sessions cost \$10.00 for Members and \$12.00 for Non-Members
Memberships starting from \$35

HBF 70+ Gym for Seniors
HBF Stadium, Mt Claremont Gym, Group Fitness and Pool
Memberships from \$15.40/week