

Something different

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

Be Connected (Tech Help)
Appointments every Tuesday 10am-12pm
Register with Claremont Community Hub and Library
Free

Cambridge Memory Cafe
Tuesday 19 November 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

Active Ageing Talk
Lords Recreation Centre
Monday, 11 November 2pm - 3pm
Free

Aqua Aerobics Classes
Claremont Aquatic Centre
Mon 11 - Fri 15 Nov
7-7.45am | 7.45-8.30am | 8.30-9.15am
Free for Seniors Week

Positive ageing with Fluid Therapy

\$20 per person with subsidies available
Tuesday 12 November & 10 December, 10 am, at Fluid Therapy Studio, 87 Waratah Ave

Fluid Therapy is running a monthly movement & wellbeing class for Positive Ageing Participants with a Physiotherapist, 10 person limit.
To register, ph 6323 2362.

All private health, Medicare and my aged care benefits can be utilised with this class

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

Book Club
2pm - 3pm
Claremont Community Hub
Free

Christmas Break

City of Nedlands Postive Ageing Activities take a break from 23 December returning 13 January, Please contact your class instructor directly for confirmation as some classes may have a longer break.

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

Come Paint with Us
1.30pm - 3.30pm
Contact Town of Claremont for materials list



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
Starts 9 October
1pm - 3pm
JC Smith Pavilion
\$10

Book Club
2pm - 3pm
Nedlands Library
Free

No Choir or Ukelele on November 6, or December 4

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

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 Circut
11am
Lords Recreation Centre
\$10

Canasta
12.30pm - 3.30pm
Dalkeith Hall
Free

Knitting Club
1pm - 3pm
Claremont Community Hub
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

NOV/DEC



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

For activities run by other Councils, please contact them directly

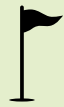
Run by the City of Nedlands

Run by the Town of Claremont
Contact 9285 4353 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

All year round



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

Classical Music Club Concert Series

Brought to you by WA
Classical Music Connect &
Hermit Art

\$20 per person Concession
\$15

**Friday 15 November 10am,
Leederville Town Hall.**

A morning concert series
featuring local classical
musicians perform a beautiful
one hour long recital. Each
performance features famous
classical tunes that are well
known and easy to listen to.
This month is Guitar Quartet
with Jane Darcey & friends

For more information call
Rebecca Guy WA Classical
Music Connect
0410 638 734
Tickets:
[HTTPS://EVENTS.HUMANITIX.CO
M/CLASSICALMUSIC-CLUB-
CONCERT-SERIES](https://events.humanitix.com/classicalmusic-club-concert-series)

Nedlands shopping bus

The City delivers a volunteer
run Shopping Bus service for
City of Nedlands Residents.
Return trips to Floreat Forum
on Thursday mornings and
Friday afternoons.

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

To register for this service:
9273 3660 OR
[positiveageing@nedlands.
wa.gov.au](mailto:positiveageing@nedlands.wa.gov.au)

Cycling without age

Lake Claremont - FREE
Friday November 8 & December 13
between 9.30-11.30

Cycling Without Age connects people unable
to ride themselves, with their community and
the outdoors by giving them rides on trishaw
eBikes, piloted by volunteer cyclists. You can
book by emailing these details to:
bookings@cyclingwithoutage-perth.org.au

- your name
- emergency contact details
- passenger name/s
- number of passengers
- preferred date, time and location

You will be sent a booking confirmation by
return email which will provide details of where
to meet the team of amazing volunteers.

Western Suburbs SENIORS WEEK Activities

FREE

MONDAY 11 November

Seniors Coffee Catch up, 9 am
Bay View Community Centre, Claremont.

Stroke Foundation Presentation, 10am
Bay View Community Centre, Claremont,
register through Town of Claremont

TUESDAY 12 November

High Tea in the Gardens, 10.30am-
12.30pm, Rankin Gardens, Subiaco.
Register through City of Subiaco

WEDNESDAY 13 November

Nutrition Talk: The Anti-Inflammatory Diet,
10.30am-11.30am
Bay View Community Centre, Claremont,
register through Town of Claremont

FRIDAY 15 November

**Sustainable Fashion Styling with the Feel
Good Fashionista**, 1pm-4pm
Bay View Community Centre, Claremont,
register through Town of Claremont



Nedlands
Positive Ageing

City closures over Christmas

City of Nedlands Administration - Closing from
20 December, reopening 6 January 2025
Mt Claremont Library - Closing from midday 20
December, reopening 6 January 2025
Nedlands Library Closing midday 24 December,
reopening 2 January 2025
Tresillian Arts Centre - Closing 20 December,
reopening 6 January 2025

SENIORS WEEK High Tea

With Her Worship Mayor Argyle

In celebration of our fabulous City of
Nedlands Seniors we are hosting a high
tea afternoon.

**Adam Armstrong Pavilion,
84 Beatrice Rd, Dalkeith
Wednesday 13 November
2pm - 3.30pm**

FREE for City of Nedlands Senior residents
RSVP essential 9273 3660 or
positiveageing@nedlands.wa.gov.au

Transport available, limited spaces.



Please make sure that you are physically capable to participate in any classes and activities you attend. If you have a pre-existing injury or sustain injury while attending classes, please seek medical advice to confirm that you are fit and able to return to the class.

INFORMATION CORRECT AT TIME OF PRINTING

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



City of Nedlands