

# 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 17 September 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](http://taichiinternalarts.com)

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

**Aqua Aerobics**  
Claremont Aquatic Centre, Claremont  
Mon-Fri morning classes  
\$15

**Dementia Series: Communication and Dementia**  
Subiaco Library, Subiaco  
Friday September 6, 9.30am-12.30pm  
For more info and to register contact City of Subiaco  
**Free**

**Term 4 Courses at Tresillian Arts Centre**  
Enrolments open September 16  
[tresillianartscentre.wa.gov.au](http://tresillianartscentre.wa.gov.au)

## 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**

## Classical Music Club Concert Series

**Brought to you by WA Classical Music Connect & Hermit Art**  
\$20 per person Concession \$15  
**Friday 20 September 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.

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

## 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**

## Classical Music Club Concert Series

**Brought to you by WA Classical Music Connect & Hermit Art**  
\$20 per person Concession \$15  
**Friday 20 September 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.

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

## 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**

## Classical Music Club Concert Series

**Brought to you by WA Classical Music Connect & Hermit Art**  
\$20 per person Concession \$15  
**Friday 20 September 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.

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

## 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

**Ukelele**  
10am - 11am  
Dalkeith Hall  
\$10

**Gold Pilates**  
10.30am  
Palms Community  
Centre  
\$5

**Prime Movers**  
11am - 12pm  
Alf Adams Pavilion  
\$6

**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

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

**Chair Yoga**  
10.30am  
Shenton Park  
Community Centre  
\$5

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

**Book Club**  
2pm - 3pm  
Nedlands Library  
**Free**



## Tuesday

**Waratah Walkers**  
Meet at 7.30am  
Dalkeith Hall  
**Free**

**Pilates**  
8.30am - 9.30am  
Dalkeith Hall  
\$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

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

**Gold Circuit**  
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

# SEPTEMBER



For more information please call 9273 3660 or email [positiveageing@nedlands.wa.gov.au](mailto: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 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



## Volunteering

Want to volunteer as an Activity Assistant in your local area? The Nedlands Positive Ageing Program for 55 plus seniors would love to hear from you! No experience necessary and you can join in on the activity.

For more information, please contact our Volunteer Services Officer on 9273 3641

## Senior Events

**The Dementia Symposium 2024 – Future ready: Innovative Dementia care & support**  
Wednesday 18 September, 9.00am – 4.00pm, Perth Convention & Exhibition Centre.

For more information & tickets visit: [Dementia Symposium 2024, AllEvents.in](https://www.allevvents.in)

**SENIORS WEEK: 10-17 NOVEMBER**  
**Nedlands Seniors Week High Tea**  
with special local guests  
Details TBC

## New classes



**Monday Table Tennis**  
10am-12pm  
Dalkeith Hall  
**Free**



**Yoga Fusion**  
Tuesday 10am-11am  
Drabble House  
**\$10**  
A blend of chair yoga, low impact movement, pilates exercises, breathwork, and meditation. Perfect for seniors of all ages and abilities

## City of Nedlands Senior Sporting & Community Clubs

### Summer season



**Claremont Nedlands Cricket Club**  
Mens Masters  
Melvista Precinct



**Western Suburbs Cricket Club**  
Mens Masters  
College Park Precinct

If you're interested in joining one of the many sporting and community groups in the City, please contact them directly for more information.

## Tresillian Arts centre



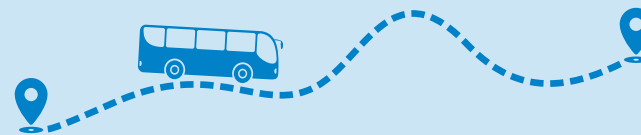
Tresillian is a vibrant community arts centre that provides recreational courses and activities for adult students of all levels and abilities.

Courses this term include:

- Arts (Sketching, Painting, Printmaking)
- Ceramics
- Crafts (lead lighting, embroidery, and beading)
- Yoga and Pilates
- Languages (French and Italian)

Book online from Monday 16 September 2024  
[tresillianartscentre.wa.gov.au](https://www.tresillianartscentre.wa.gov.au)

## Nedlands shopping bus



Are you or someone you know over 55 and:

- Finding it difficult to get to the shops?
- Able to get on and off a bus without assistance?
- Needing some help to get the shopping home?

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.

Cost: \$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)

## 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