

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 8am
Dalkeith Hall
Free

Pilates
8am - 9am
Dalkeith Hall
\$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

Seated Ballet
11am - 11.45am
Tuart Room
Mt Claremont 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

Perry Walkers
Meet at 8am
Cup & Co Floreat
Free

Pilates with Props
8am - 9am
Dalkeith Hall
\$10

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

Ukulele
11am - 12.15pm
Drabble House
\$5

Move-Fit Dance
11am - 12pm
Dalkeith Hall
\$10

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

Pink Diamonds Choir
1.45pm - 3.45pm
Dalkeith Hall
\$10

Yoga
8.30am - 9.30am
Dalkeith Hall
\$10

Table Tennis
10.15am - 12pm
Dalkeith Hall
Free

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 - 3.30pm
Dalkeith Hall
Free

Friends in Harmony Choir
Supporting people living with Dementia and their carers
1pm
Floreat Salvation Army
\$5
Contact: Malcolm Goff on 0418 906 478

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

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

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

Lifespan Dance
11am - 12pm
Dalkeith Hall
\$15
Carers attend free

Mah Jong
1pm - 3.30pm
Tuart Room
Mt Claremont Community Centre
Free

Table Tennis
1pm - 3pm
Dalkeith Hall
Free

JULY/AUGUST 2026



Positive Ageing activities catered for senior community members aged 55+

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 City of Subiaco
Contact 9237 9222 for more information

Run by the Town of Cambridge
Contact 9285 3138 for more information

Something different

Tai Chi Internal Arts
Mon, Wed, Thurs, Fri
John Leckie Pavilion, College Park
Membership \$175 Annually
More information contact: taichiinternalarts.com

Prime Movers
Weekly Tuesday, at 9.30am
Alf Adams Pavilion, Mosman Park
Fee \$6 as visitor & \$5 for members
Enquiries 0444 560 037

Midweek Evening Bowls
Hollywood Subiaco Bowling Club
Free social bowls every Friday night
Contact 9381 8941

Cambridge Memory Cafe
Tuesday, 21 July 2026, at 2.30pm
The Boulevard Centre, Floreat
Register with Cambridge Senior Services
Free

Cambridge Coffee Club
Wednesday, 15 July 2026, at 10am
The Wembley Hotel, Wembley
Register with Cambridge Senior Services
Pay for own food/drinks

***Note: for other dates of the Cambridge Memory Cafe and Cambridge Coffee Club please contact Cambridge Senior Services on 9285 3138**

Cambridge Scrabble Club (Monthly)
2nd Wednesday of the month at 1.30pm
The Cambridge Library, Floreat
For more information contact Cambridge Senior Services - 9285 3138
BYO games are welcome
Free

Cycling Without Age at Galup (Lake Monger)
First Friday of the month, at 9:30am
Meet at carpark, 146 Gregory St, Wembley
Free
For more information and booking contact: booking@cyclingwithoutage-perth.org.au

Be Connected IT Support
Bay View Community Centre
One on One appointments
Tuesdays 10am - 12pm
Booking required with Claremont Library
9285 4353 or library@claremont.wa.gov.au

Volunteering



Share your skills, make new friends, and support positive ageing in our community.

We are seeking community members interested in the following roles:

- **Positive Ageing Shopping Bus Driver**
- **Library Service Bus Driver**

For more information contact Phio McWilliams on 9273 3500 or email: pmcwilliams@nedlands.wa.gov.au



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 volunteer on the day.

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



Stay up to date with City of Nedlands - Positive Ageing Program activities and news.

Follow our Facebook group **Seniors in the City of Nedlands** for the latest updates.

City Clubs



Nedlands Golf Club
Melvista Avenue
Social and Veteran memberships available
Contact 9389 1244 for more information



AIM Over 50 Archery Group Inc
Every Monday from 8.30am
College Park
AIMArcheryGroup@gmail.com



Swanbourne Nedlands Surf Lifesaving Club
Swanbourne Beach
Veteran Membership 55+
Contact 9384 0020 for more information



Hollywood Subiaco Bowling Club
Contact 9381 8941

Dalkeith Nedlands Bowling Club
Contact 9386 3131

Social and Competition memberships available. Contact club for more information.



Nedlands Croquet Club
Social and competition memberships
Playing times Wednesday/Saturday
Contact 0415 797 915 for more information



Nedlands Yacht Club
Pensioner, Non-Sailing and Social memberships available
Contact 9386 5496 for more information



Hollywood Garden Plot Memberships
Hollywood Subiaco Bowling Club
From \$75 per plot
Contact 9381 8941 for more information



West Australian Bridge Club
Contact 9284 4144 for more information

Nedlands Bridge Club
Contact 9386 8166 for more information



70+ Gym for Seniors
Perth HPC, Mt Claremont
Gym, Group Fitness and Pool
Memberships from \$15.80/week
Contact 9441 8222 for more information