

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 7:30am
Dalkeith Hall
Free

Pilates
8am - 9am
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

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

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

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

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

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
1.30pm - 3.30pm
JC Smith Pavilion
\$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 - 3.30 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 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

Mature Movers
10am
Wembley Community Centre
\$12

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

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

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

Table Tennis
1pm - 3pm
Dalkeith Hall
Free



MAR/APR 2026



Positive Ageing activities catered for senior community member 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 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

Important Dates

No activities during Public Holiday:

Monday, 2 March Labour Day

Friday, 3 April Good Friday

Monday, 6 April Easter Monday

Monday, 27 April ANZAC Day

Something different

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

Bus Trip: Sculpture by the Sea
Thursday, 12 March
Subiaco Library
Booking with City of Subiaco on 9273 9222
Fee \$50

Sunset Music at Rutter Park
Sunday, 22 March 2026, at 4pm
Rutter Park, Jersey Street, Wembley
For more information contact Town of Cambridge on T: 9384 6000
Free

Cambridge Coffee Club
Wednesday, 11 March 2026, at 10am
Hamptons, City Beach
Register with Cambridge Senior Services
Free

Cambridge Memory Cafe
Tuesday, 17 March 2026, at 2.30pm
The Boulevard Centre, Floreat
Register with Cambridge Senior Services
Free

Cambridge Scrabble Club (Monthly)
Wednesday, 11 March 2026, at 1.30pm
The Cambridge Library, Floreat
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



Notices:

Change of Venue and Schedule Pink Diamonds Choir

We would like to inform participants that the upcoming choir activity will move to another venue and update schedule as of **Wednesday, 1 April 2026**

New venue: **Dalkeith Hall,
99 Waratah Avenue, Dalkeith**

New Schedule: **1.45pm - 3.45pm**

We look forward to seeing you there!



New Class! Pilates with Props

Please join us for Pilates with Props classes with Ilsa from

**Wednesday, 18 March 2026
8am - 9am**

**Dalkeith Hall,
99 Waratah Avenue, Dalkeith**

We look forward to seeing you there!

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



Volunteering



Volunteer bus drivers and assistants needed.
Help drive connection in our community!
Love getting out and about? Enjoy helping others?
Join our volunteer team!

We are seeking community members interested in the following roles:

- Positive Ageing Shopping bus driver**
- Positive Ageing Shopping bus assistant**
- Positive Ageing Mahjong activity assistant**
- Library bus driver**
- Library bus assistant**

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



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