

**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

**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**

**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 - 3.30 pm  
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 - 3.30 pm  
Tuart Room Mt Claremont Community Centre  
**Free**

**Table Tennis**  
1pm - 3pm  
Dalkeith Hall  
**Free**

**MAY/JUNE 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 3138 for more information

*Important Dates*  
**No activities at City of Nedlands Positive Ageing during Public Holiday:**  
**Monday, 1 June Western Australia Day**

*Something different*

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

**Seniors Outing to York**   
Thursday, 28 May 2026  
Meeting point: The Boulevard Centre, 99 The Boulevard Floreat  
For more information & Registration: Cambridge Senior Services - 9285 3138  
**Fees applied**

**Cambridge Memory Cafe**   
Tuesday, 19 May 2026, at 2.30pm  
The Boulevard Centre, Floreat  
Register with Cambridge Senior Services  
**Free**

**Cambridge Coffee Club**   
Wednesday, 6 May 2026, at 10am  
Hamptons, City Beach  
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**
- **Italian Conversation Group Facilitator**

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

