INFORMATION CORRECT AT TIME OF PRINTING

NOVEMBER /DECEMBER 2026

Nedlands Positive Ageing

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

Monday	Tuesday	Wednesday	Thursday	Friday
Your Move Board Game Club 9:30 am Subiaco Library **Free**	**Waratah Walkers** Meet at 7:30 am Dalkeith Hall **Free**	**Perry Walkers** Meet at 8:00 am Cup &Co Floreat **Free**	**Yoga** 8:30 am - 9:30 am Dalkeith Hall $10	**Zumba Gold** 9:30 am - 10:30 am Dalkeith Hall $10
Table Tennis 10:00 am - 12:00 pm Dalkeith Hall **Free**	**Pilates** 8:00 am - 9:00 am Dalkeith Hall $10	**Pilates with Props** 8:00 am - 9:00 am Dalkeith Hall $10	**Table Tennis** 10:15 am - 12:00 pm Dalkeith Hall **Free**	**Move-Fit Dance** 11:00 am Shenton Park Community Centre $10
Chair Yoga 10:45 am Shenton Park Community Centre $5	**Table Tennis** 10:15 am - 12:00 pm Dalkeith Hall **Free**	**Gold Fitness** 9:30 am Shenton Park Community Centre $5	**Your Move Board Game Club** 9:30 am Subiaco Library **Free**	**Lifespan Dance** 11:00 am - 12:00 pm Dalkeith Hall $15 **Carers attend free**
	Gold Dance 10:30 am Shenton Park Community Centre $5	**Beginner Yoga** 10:00 am - 11:00 am Banksia Room Mt Claremont $10	**Gold Dance** 9:30 am Palms Community Centre $5	**Mah Jong** 1:00 pm - 3:30 pm Tuart Room Mt Claremont Community Centre **Limited to 16 participants** **Free**
	Zumba Gold 11:00 am Wembley Community Centre $10 Contact: Deb Ruggiero 0405 615 966	**Chair Yoga** 10:30 am Shenton Park Community Centre $5	**Gold Pilates** 10:30 am Palms Community Centre $5	**Table Tennis** 1:00 pm - 3:00 pm Dalkeith Hall **Free**
	Seated Ballet 11:00 am - 11:45 am Tuart Room Mt Claremont Community Centre $10	**Young At Heart Ukulele** Beginner 10:00 am - 11:00 am Advanced 11:00 am - 12:15 pm Drabble House $5	**Mah Jong** 1:00 pm - 3:30 pm Dalkeith Hall **Limited to 40 participants** **Free**	
	Chair Yoga Fusion 11:00 am - 12:00 pm Drabble House $10	**Move-Fit Dance** 11:00 am - 12:00 pm Dalkeith Hall $10	**Friends in Harmony Choir** *Supporting people living with Dementia and their carers* 1:00 pm - 3:00 pm Floreat Salvation Army $5 Contact: Malcolm Goff on 0418 906 478	
	Gold Circuit 11:00 am Lords Recreation Centre $10	**Tai Chill** 12:40 pm - 1:30 pm Dalkeith Hall $10	**Seniors Art Studio** 1:30 pm - 3:30 pm Tuart Room Mt Claremont Community Centre **Free** **BYO Art supplies**	
	Canasta 12:30 pm - 3:30 pm Dalkeith Hall **Free**	**Pink Diamonds Choir** 1:45 pm - 3:45 pm Dalkeith Hall $10		



City of Nedlands Seniors Week

High Tea

When: Tuesday, 10 November
Time: 2pm - 3.30pm
Where: Adam Armstrong Pavilion
84 Beatrice Rd, Dalkeith

For City of Nedlands Residents
55+ Only
RSVP essential
to 9273 3660 or
positiveageing@nedlands.wa.gov.au





Remembrance Day Service

Wednesday, 11 November 2026
10.30am

Perth War Cemetery
Smyth Road, Nedlands

City of Nedlands