

Monday	Tuesday	Wednesday	Thursday	Friday
Your Move Board Game Club 9:30 am Subiaco Library Free	Waratah Walkers Meet at 8:00 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
SEPTEMBER/OCTOBER 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	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 Tuat 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 Tuat Room Mt Claremont Community Centre \$10	Ukulele 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 <i>Supporting people living with Dementia and their carers</i> 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		
	Canasta 12:30 pm - 3:30 pm Dalkeith Hall Free	Pink Diamonds Choir 1:45 pm - 3:45 pm Dalkeith Hall \$10	Seniors Art Studio 1:30 pm - 3:30 pm Tuat Room Mt Claremont Community Centre Free BYO Art supplies	

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 9:30 am
 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, 15 September 2026, at 2:30 pm
 The Boulevard Centre, Floreat
 Register with Cambridge Senior Services
Free

Cambridge Coffee Club 
 Wednesday, 9 September 2026, at 10:00 am
 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 1:30 pm
 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)
 1st & 3rd Friday of the month
Free
 For more information and booking contact:
admin@cyclingwithoutage-perth.org.au

Be Connected IT Support 
 Bay View Community Centre
 One on One appointments
 Tuesdays 10:00 am - 12:00 pm
 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 to volunteer with the Positive Ageing Program and Nedlands Library Services in the following roles:

- **Positive Ageing Shopping Bus Driver**
- **Justice of the Peace** (must be a registered Justice of the Peace; verification of registration required)

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.

Clubs in City of Nedlands



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