Your Move Board

Monday

Game Club 9.30am Subiaco Library Free

Table Tennis

10am - 12pm Dalkeith Hall **Free**

Chair Yoga

10.45am Shenton Park Community Centre \$5





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 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

Waratah Walkers

Tuesday

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 Circut

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

Wednesday

Meet at 8am Perry Lakes **Free**

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

Ukelele

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 Pavillion \$10

Yoga

Thursday

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

Friday

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**

Remembrance Day Service

Tuesday 11 November

10.30am

Perth War Cemetery Smyth Road Nedlands City of Nedlands
Seniors Week
High Tea

In celebration of our fabulous
City of Nedlands Seniors
we are hosting
an afternoon high tea.

When: Wednesday 12 November

Time: 2pm - 3.30pm

Where: Adam Armstrong Pavillion

84 Beatrice Rd, Dalkeith

For City of Nedlands Senior Residents Only

RSVP essential to 9273 3660 or positiveageing@nedlands.wa.gov.au





Something different

Midweek Evening Bowls

Hollywood Subiaco Bowling Club
Free social bowls every Friday night

Tai Chi Internal Arts

Mon, Wed, Thurs, Fri
John Leckie Pavillion, College Park
Membership \$175 Annually
taichiinternalarts.com

Cambridge Coffee Club

Wednesday, 19 November, 10am
West Leederville Sporting Club
Register with Cambridge Senior Services
Free

Cambridge Memory Cafe

Tuesday, 18 November, 2.30pm
The Boulevard Centre
Register with Cambridge Senior Services
Free

Step Into Wellness

Thursday, 13 November, 12.30pm Lords Recreation Centre, Subiaco Register with City of Subiaco

Free

Sunset Beats: 60 Year of Cambridge Library

Sunday, 9 November, 4.00pm McLean Park, Floreat **Free**

City of Nedlands Christmas Closure

City of Nedlands Administration Office Closed from Wednesday 24 Dec 2025 at 1pm; Reopening on Friday 2 Jan 2026

Nedlands Library and Mt Claremont Library

Closed from Wednesday 24 Dec 2025 at 12pm; Reopening on Friday 2 Jan 2026

Tresillian Arts Centre

Closed from Friday 19 Dec 2025 at 5pm; Reopening on Monday 5 Jan 2026

Positive Ageing Program

No activities from Monday 22 Dec 2025; Resuming 5 Jan 2026* For instructor led activities, please check dates with instructors

City of Nedlands Community Christmas Carols

Friday 5 December 2025 David Cruickshank Reserve 84 Beatrice Road, Dalkeith 6pm - 8:00pm

Bring along a picnic, or purchase a sausage sizzle and ice cream and enjoy the music!

City of Nedlands 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 driver on the day.



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

City Clubs



Nedlands Golf Club
Melvista Ave
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



Bowling Clubs
Hollywood Subiaco, Dalkeith
Nedlands Bowling Club,
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

