

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

**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**  
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

**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

**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 - 12.30pm  
Dalkeith Hall  
\$15  
**Carers attend free**

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

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


## 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

## 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](http://taichiinternalarts.com)

**Cambridge Coffee Club**   
Wednesday, 2 July, 10am  
Hamptons, City Beach  
Register with Cambridge Senior Services  
**Free**

**Cambridge Coffee Club**   
Wednesday, 16 July, 10am  
Lake Monger Recreation Club, Wembley  
Register with Cambridge Senior Services  
**Free**

**Cambridge Coffee Club**   
Wednesday, 30 July, 10am  
Voyager, City Beach  
Register with Cambridge Senior Services  
**Free**

**Cambridge Memory Cafe**   
Tuesday, 15 July, 2:30pm  
The Boulevard Centre  
Register with Cambridge Senior Services  
**Free**

**Cambridge Seniors Outing**   
Wednesday, 23 July, 8:30am - 4pm  
Trip to Northam, WA  
Meeting Point: The Boulevard Centre, Floreat  
Register with Cambridge Senior Services  
**Participants pay for their own food/drinks**

**Be Connected IT Support**   
Bay View Community Centre  
One on One appointments  
Tuesdays 10am - 12pm  
Thursdays 5pm - 7pm  
**Free**


JULY 2025





For more information please call 9273 3660 or email [positiveageing@nedlands.wa.gov.au](mailto:positiveageing@nedlands.wa.gov.au)

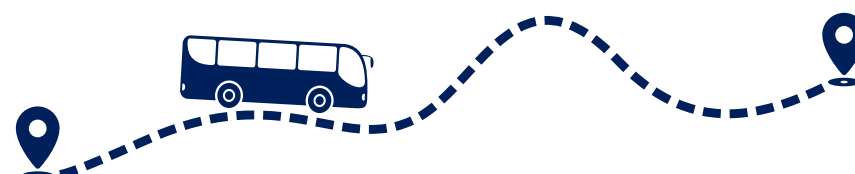
For activities run by other Councils, please contact them directly

 **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



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**Chair Yoga**

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Shenton Park  
Community Centre  
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**AUGUST  
2025**



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positiveageing@nedlands.wa.gov.au

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**Pink Diamonds  
Choir**

1.45pm - 3.45pm  
Dalkeith Hall  
\$10

**Volunteering**

Looking for a meaningful way to stay active, connected and inspired?  
Volunteering is a powerful path to Positive Ageing.

Make meaningful connections, be part of a fun and caring community.

Please contact Volunteer Services Officer for more info on  
Ph. 9273 3500 or email: pmcwilliams@nedlands.wa.gov.au

## Thursday

**Yoga**

8.30am - 9.30am  
Dalkeith Hall  
\$10

**Your Move Board  
Game club**

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Forum on Thursday &  
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payable to the driver on  
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positiveageing@nedlands.  
wa.gov.au

INFORMATION CORRECT AT TIME OF PRINTING

**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  
Contact 9386 6610 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  
Learn to play Bridge  
Monday, Wednesday, Friday  
Sessions cost \$10.00 for Members  
and \$12.00 for Non-Members  
Contact 9284 4144 for more  
information



70+ Gym for Seniors  
Perth HPC, Mt Claremont  
Gym, Group Fitness and Pool  
Memberships from \$15.40/week  
Contact 9441 8222 for more  
information