

## Monday

**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

## Tuesday

**Waratah Walkers**  
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 Circuit**  
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

## Wednesday

**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

**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

## Thursday

**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  
Register with Cambridge Senior Services  
\$5

**Seniors Art Studio**  
1.30pm - 3.30pm  
Tuart Room Mt Claremont Community Centre  
**Free**  
**BYO Art supplies**

## Friday

**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 - 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**

**JAN/FEB 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](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

## Something different

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

**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, 14 January 2026, 10am  
Voyage, 185 Challenger Pde, City Beach  
Register with Cambridge Senior Services  
**Free**

**Cambridge Coffee Club**   
Wednesday, 28 January 2026, 10am  
Lake Monger (Galup) Recreation Centre  
144 Gregory St, Wembley  
Register with Cambridge Senior Services  
**Free**

**Cambridge Memory Cafe**   
Tuesday, 20 January 2026, 2:30pm  
The Boulevard Centre, Floreat  
Register with Cambridge Senior Services  
**Free**

**Cambridge Scrabble Club (Monthly)**  
Wednesday, 14 January 2026, 1:30pm  
The Cambridge Library, Floreat  
**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](mailto: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](mailto:library@claremont.wa.gov.au)

 *Happy New Year*   
**2026**   



# Program Start Dates

Please note that some City of Nedlands Positive Ageing activities may take a longer break.

For instructor-led activities, kindly confirm dates directly with your instructors.

Venue: Dalkeith Hall

Move-Fit Dance - Wednesday 7 January 2026  
Canasta & Pilates - Tuesday 13 January 2026  
Yoga & Mahjong- Thursday 15 January 2026  
Tai Chil - Wednesday 21 January 2026  
Zumba Gold - Friday 23 January 2026  
Lifespan Dance - Friday 6 February 2026

Venue: Drabble House

Chair Yoga - Tuesday 13 January 2026  
Ukulele - Wednesday 4 February 2026

Venue: JC Smith Pavillion

Pink Diamonds Choir - Wednesday 14 January 2026

Venue: Mt Claremont Community Centre

Beginner Yoga - Wednesday 14 January 2026



# 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)



# Volunteering



Volunteer bus drivers and assistants needed.  
Help drive connection in our community!  
Love getting out and about? Enjoy helping others?  
Join our volunteer team!

We are seeking community members interested in the following roles:

**Positive Ageing Shopping bus driver**

**Positive Ageing Shopping bus assistant**

**Library bus driver**

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



# 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