



7 November 2019

Every week is Senior's Week at the Nedlands' Affinity Club

Whether you like swaying to Zumba music, dancing solo, or playing a fun game of Mah-jong, the Stay Happy, Stay Active classes at the Affinity Club in Nedlands are the ideal way to stay fit and healthy, avoid loneliness and live longer.

The City of Nedlands' Positive Ageing program now offers 26 activities suitable for all abilities and interests, with minimal cost to participate.

Community Services Officer, Marita Gardener, says age is no barrier when it comes to exercising your way to a healthy life.

From October through to December 2019, the Affinity Club will be providing a monthly laughter yoga session, chair Zumba and chair pilates, along with line dancing and table tennis.

Catch our interview with [ABC Radio Focus](#)

For more information see our [calendar of events](#).

ENDS

About the City of Nedlands

The City of Nedlands is situated 7km from Perth and stretches from the banks of the Swan River to the edge of the Indian Ocean. A population of more than 21,000 lives in the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta and parts of Floreat and Shenton Park.

For further information please contact communications@nedlands.wa.gov.au or 9273 3500