

Seniors Week at the Recreation Centres

Enjoy FREE activities between 10-15 November. All events FREE unless stated.

Bookings Essential

Contact Hartfield Park Recreation Centre
199 Hale Rd, Forrestfield WA 6058
PH: 9359 1700
recreation@kalamunda.wa.gov.au
kalamunda.wa.gov.au/recreation



Hartfield Park Recreation Centre

Yoga Gold	10:30am	Monday, Wednesday and Friday
Strength For Life*	10:30am-12:30pm	Monday to Wednesday
	10:30-11:30am	Thursday to Saturday
Strength & Tone	8:00am	Tuesday
Stretch & Tone	8:00am	Thursday

High Wycombe Community and Recreation Centre

Live Active	10:30am	Monday 10 November
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Ray Owen Sports Centre

Live Active	10:30am-11:30am	Thursday 13 November
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FREE Appraisal for New Strength for Life members usually \$47

*Strength For Life sessions are free for members who have completed their appraisal

*Attendance is subject to maximum capacity levels to each class/program

Receive a 20% discount off Strength for Life passes purchased between Monday 10 November to Sunday 16 November.

Receive a 20% discount off Active Seniors passes purchased between Monday 10 November to Sunday 16 November.

Seniors Week 2025
9 – 16 November



Recognising seniors
and celebrating life

Sponsored by:



Join in the Seniors Week celebrations!

A wide range of activities on offer for all senior residents in the City of Kalamunda.
Charges apply to some events where stated. All other events are free.
Bookings are essential where stated.

Scam Awareness Workshops:

Tuesday 11 November 2025

10:am-11:00am

Kalamunda Library

7 Williams Street, Kalamunda

Book tickets via trybooking.com/DGBJB

Wednesday 12 November 2025

10:am-11:00am

Forrestfield Library

20 Strelitzia Avenue, Forrestfield

Book tickets via trybooking.com/DGBJN

Monday 10 November

Darling Range Carpet Bowls

1:00pm-3:00pm

Jack Healey Centre

21 Mead Street, Kalamunda

All welcome.

Cost: \$5

Call Susie 0492 807 603 for more information

Qi Gong

2:00pm-3:00pm

Jack Healey Centre

21 Mead Street, Kalamunda

All welcome.

Cost: \$10

Bookings essential. Call 0492 807 603 to book

Tuesday 11 November

Chair Yoga

9:00am-10:00am or

10:15am-11:15am

Jack Healey Centre

21 Mead Street, Kalamunda

Cost: \$10

Bookings essential.

Call 0492 807 603

Darling Range Hub Craft Group

11:00am-1:00pm

Jack Healey Centre

21 Mead Street, Kalamunda

All welcome.

Call Susie 0492 807 603

Aged Care Rights and Navigating the Aged Care System

2:00pm-3:00pm

Kalamunda Library

7 Williams Street, Kalamunda

Presented by Advocare. Helping people make informed choices to live life on their terms.

Bookings essential.

Book tickets via trybooking.com/DGBQV

Darling Range Hub Board Games, Cards and Puzzles

12:30pm-2:30pm

Jack Healey Centre

21 Mead Street, Kalamunda

Cost: \$3. Includes tea, coffee and biscuits.

Call Susie 0492 807 603



Wednesday 12 November

Darling Range Hub Chair Pilates

1:30pm-2:30pm

Jack Healey Centre

21 Mead Street, Kalamunda

Cost: \$10

Bookings essential.

Call 0492 807 603

Senior's Week Community Lunch

12:30pm-2:00pm

Woodlupine Family Centre

88 Hale Road, Forrestfield

Cost: \$5

Bookings essential, contact Tanya at Woodlupine

Thursday 13 November

Cuppa & Craft

9:30am-12:00pm

Woodlupine Family Centre

88 Hale Road, Forrestfield

Gold coin donation

Bookings essential, contact Tanya at Woodlupine

Family Centre on 9359 1155.



Friday 14 November

Darling Range Hub CommuniTEA Matters - Garden

9:30am

Romancing the Stone Garden

3 Lilian Road Maida Vale

Call Susie 0492 807 603 for more information.

Movie Matinee

10:00am

Forrestfield Library

Hawaiians Shopping Centre Forrestfield

Bookings essential

Call 9257 9975

Bingo and Light Lunch

12:30pm

Woodlupine Family Centre

88 Hale Road, Forrestfield

Join the Darling Range Hub, Woodlupine Family Centre & City of Kalamunda for a light lunch and fun bingo event. Come along and try your luck at winning a prize at bingo.

Cost: \$5

Bookings essential. For Bingo details contact Tanya at Woodlupine Family Centre on 9359 1155.

Book tickets via <https://tinyurl.com/yxx9s56z>

Senior Art Exhibition

4:00pm-6:30pm

Zig Zag Gallery

50 Railway Road, Kalamunda

"Odysseys" - Official Opening.

Exhibition runs from 15 November-7 December

The City of Kalamunda welcomes all abilities and champions inclusion.

To discuss your individual needs please email socialinclusion@kalamunda.wa.gov.au or phone 9257 9958.