

Seniors Week 2024
10 – 17 November

Seniors Week at the Recreation Centres

Enjoy FREE activities between 11-16 November. All events FREE unless stated.

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
Social Table Tennis	9:30am	Tuesday and Thursday
Pickleball	9:30am	Wednesday and Friday

High Wycombe Community and Recreation Centre

Zumba Gold	9:15am	Wednesday 13 November
Live Active	9:15am	Monday 11 November

Ray Owen Sports Centre

Live Active	9:15am-10:15am	Thursday 14 November
	10:30am-11:30am	Thursday 14 November

FREE Appraisal for New Strength for Life members usually \$45
 *Strength For Life sessions are free for members who have completed their appraisal
 * Attendance is subject to maximum capacity levels to each class/program

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



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.

Friday 8 November

Senior Art Exhibition
2:00pm–4:00pm
Zig Zag Gallery
50 Railway Road, Kalamunda

"Odysseys" - Official Opening.
Exhibition runs from 9 November–1 December

Monday 11 November

Keeping Healthy as you Age Workshop
10:00am–11.30am
KPAC Lesser Hall
48 Canning Road, Kalamunda
Presented by Priceline Pharmacy, Kalamunda.
Come and learn about what you need to do to keep healthy as you age.
All welcome. Free morning tea provided.
Bookings essential.
Book tickets via trybooking.com/CVIKW

Darling Range Carpet Bowls
1:00pm–3:00pm
Jack Healey Centre
21 Mead Street, Kalamunda
All welcome.
Cost: \$5
Call Yvonne 0492 807 603 for more information

Tuesday 12 November

Scam Awareness Workshop
9:30am–11:00am
Kalamunda Library
7 Williams Street, Kalamunda
Presented by Community Bank Forrestfield.
Learn how to protect yourself from scams.
Free morning tea provided.
Bookings essential.
Book tickets via trybooking.com/CVKHU

Darling Range Hub Craft Group
11:00am–1:00pm
Jack Healey Centre
21 Mead Street, Kalamunda
All welcome.
Call Yvonne 0492 807 603

Chair Yoga
9:00am–10:00am
Jack Healey Centre
21 Mead Street, Kalamunda
Cost: \$9
Bookings essential.
Call 0492 807 603

Darling Range Hub Board Games, Cards and Puzzles
12:30pm–2:30pm
Jack Healey Centre
21 Mead Street, Kalamunda
All welcome.
Cost: \$3. Includes tea, coffee and biscuits.
Call Yvonne 0492 807 603

Wednesday 13 November

Scam Awareness Workshop
9:30am–11:00am
Forrestfield Library
Hawaiians Shopping Centre
Presented by Community Bank Forrestfield.
Free morning tea provided. Learn how to protect yourself from scams.
Bookings essential.
Book tickets via trybooking.com/CVKYZ

Darling Range Hub Chair Pilates
1:30pm–2:30pm
Jack Healey Centre
21 Mead Street, Kalamunda
Cost: \$9
Bookings essential.
Call 0492 807 603

Bridging Generations: A Free Art Empowerment Workshop
3:45pm–5:45pm
Woodlupine Community Centre
88 Hale Road, Forrestfield
Come and be empowered through art. Join us for a fun and creative session where you can express yourself, share stories, and build connections across the generations through the joy of painting. All materials will be provided, and no prior experience is necessary. Let's create beautiful memories together!
Free afternoon tea provided.
Bookings essential.
Book tickets via trybooking.com/CVMCF

Thursday 14 November

Cuppa and craft
9:30am–12:00pm
Woodlupine Family Centre
88 Hale Road, Kalamunda

All welcome.
Cost: Gold coin donation.
Call 9359 1155 for more information.

Friday 15 November

Darling Range Hub CommuniTEA Matters - Garden
9:30am
Romancing the Stone Garden
3 Lilian Road Maida Vale
Call Yvonne 0492 807 603 for more information.

Movie Matinee
10:00am
Forrestfield Library
Hawaiians Shopping centre, Forrestfield
Booking essential.
Call 9257 9975

Bingo and Light Lunch
12:30pm
Woodlupine Community Centre
88 Hale Road, Forrestfield
Cost: \$10 plus BF
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.
Bookings essential.
For Bingo details contact -
Yvonne at Darling Range Hub 0492 807 603
Book tickets via trybooking.com/CVCEI

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.