

Seniors Week at the Recreation Centres

New customers can come and try free classes between 9-14 November.

Bookings Essential

PH: 9359 1700
recreation@kalamunda.wa.gov.au



Hartfield Park Recreation Centre

199 Hale Rd, Forrestfield

Yoga Gold	10:30am	Monday, Wednesday and Friday
Strength For Life*	7:45am	Monday and Wednesday
	10:30am-12:30pm	Monday to Wednesday
	10:30-11:30am	Thursday to Saturday

High Wycombe Community and Recreation Centre

200 Newburn Rd, High Wycombe

Live Active	10:30am	Monday 9 November
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Lesmurdie Hall

97 Gladys Rd, Lesmurdie

Live Active	8:00am-9:00am	Tuesday 10 November
		Thursday 12 November
		Friday 13 November

FREE Appraisal for New Strength for Life members usually \$47

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

Receive a 20% discount off Strength for Life passes purchased between Monday 9 November to Sunday 15 November.

Receive a 20% discount off Active Seniors passes purchased between Monday 9 November to Sunday 15 November.

Seniors Week 2026
8 – 15 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.

Friday 23 October

Senior Art Exhibition

6:00pm–8:00pm

Zig Zag Gallery

50 Railway Road, Kalamunda

"Odysseys" - Official Opening.

Exhibition runs from 23 October–15 November



Monday 9 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

10:30am–11:30am

Jack Healey Centre

21 Mead Street, Kalamunda

All welcome.

Cost: \$10

Bookings essential. Call 0492 807 603 to book

Tuesday 10 November

Chair Dance Yoga and Chair Yoga

CHAIR DANCE YOGA: 9:00am–10:00am

CHAIR YOGA: 10:15am–11:15am

Jack Healey Centre

21 Mead Street, Kalamunda

Cost: \$10

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

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

Call Susie 0492 807 603



Darling Range Hub Craft Group

11:00am–1:00pm

Jack Healey Centre

21 Mead Street, Kalamunda

Gold coin donation

Call Susie 0492 807 603

Wednesday 11 November

Darling Range Hub Chair Pilates

1:30pm–2:30pm

Jack Healey Centre

21 Mead Street, Kalamunda

Cost: \$10

Bookings essential.

Call 0492 807 6

Contact Susie for Darling Range Hub Laughter Group

Call 0492 807 603

Senior's Week Community Lunch

12:30pm–2:00pm

Woodlupine Family Centre

88 Hale Road, Forrestfield

Playlists for Life - TBC

Cost: \$5

Bookings essential, contact Tanya 9359 1155

Thursday 12 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 13 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.

Bingo and Light Lunch

12:30pm–2:00pm

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.

Movie Matinee

10:00am

Forrestfield Library

Hawaiians Shopping Centre Forrestfield

Bookings essential

Call 9257 9975

Saturday 14 November

Memory Box Workshop

10:00am–12:00pm

Woodlupine Community Centre

88 Hale Road, Forrestfield

Bookings Essential, try [booking.com/dosae](https://www.booking.com/dosae)

Create and decorate your own Memory Box.

Free morning tea included

Friday 27 November

Seniors Christmas Concert

1:00pm–3:00pm

Woodlupine Community Centre

88 Hale Road, Forrestfield

Cost: \$5, afternoon tea included

Call 9454 6415

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.