



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.



Seniors Week 2023

Recognising seniors and celebrating life

12 – 19 November 2023

Sponsored by the City of Kalamunda,
Darling Range Hub and Woodlupine Family Centre





Seniors Week at the Recreation Centres

Enjoy FREE activities between 13-18 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	8am, Tuesday
Stretch & Tone	8am, Friday
Social Table Tennis	9.30am, Tuesday and Thursday
Pickleball	9.30am, Tuesday and Friday

High Wycombe Community and Recreation Centre

Zumba Gold	9.15am, Wednesday 15 November
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Ray Owen Sports Centre

Live Active	9.15am, Thursday 16 November
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Bookings Essential

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

FREE Appraisal for New Strength for Life members usually \$43

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

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

Friday 27 October Senior Art Exhibition

2pm - 4pm
 KPAC Gallery
 48 Canning Road, Kalamunda
 "Kambarang" - Official Opening.

Exhibition runs
 28 October - 26 November.

Monday 13 November Intergenerational Community Play in the Park

9.30am - 11.30am
 Bill Shaw Reserve

Come and join us for a play at the park! Activities provided. Grandparents welcome

Call 9359 1155 for more information

Monday 13 November Darling Range Carpet Bowls

1pm - 3pm
 Jack Healey Centre
 21 Mead Street, Kalamunda
 All welcome.

Cost: \$5

Call Yvonne 0492 807 603 for more information

Tuesday 14 November Chair Yoga

9am - 10am
 Jack Healey Centre
 21 Mead Street, Kalamunda
 Cost: \$9

Bookings Essential
 Call 0492 807 603

Tuesday 14 November Scrabble, Board Games and Puzzles

1.30pm
 Jack Healey Centre
 21 Mead Street, Kalamunda

All welcome
 Cost: \$3 includes tea, coffee & biscuits

Call Yvonne 0492 807 603

Tuesday 14 November Aged Care Reform Information Stall

9am - 11.30am
 Kalamunda Library
 Call into Kalamunda library to learn more about the differing levels of home care and residential aged care.

Friday 17 November Darling Range Hub CommuniTEA Matters - Garden

9.30am
 Romancing the Stone Garden
 3 Lillian Road Maida Vale
 Call Yvonne 0492 807 603 for more information

Friday 17 November Bingo and Light Lunch

12pm
 Woodlupine Community Centre
 88 Hale Road, Forrestfield
 Cost: \$5 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 on 0492 807 603 or book tickets via www.trybooking.com/CKGMS

