

# Positive Ageing Program

August – September 2024



The City invites you to participate and connect with fellow community members who may share similar interests. Our activities are a great opportunity to learn, meet new people, connect with friends and make memories.

To receive Positive Ageing monthly updates, simply email [culture@subiaco.wa.gov.au](mailto:culture@subiaco.wa.gov.au).



## Bookings

For further information or to book a place:

Visit: [www.subiaco.wa.gov.au/events](http://www.subiaco.wa.gov.au/events)

Call: 9237 9222

Email: [culture@subiaco.wa.gov.au](mailto:culture@subiaco.wa.gov.au)



## Further information

Companion Cards accepted at Positive Ageing events.

To plan your journey visit [www.transperth.wa.gov.au](http://www.transperth.wa.gov.au).

If you are a resident experiencing financial hardship you could be eligible for further support.

**This information is accessible in an alternative format on request.**

Information is correct at the time of printing.

## Special events

Event	Date	Venue	Time	Cost
<b>August</b>				
Museum Morning: Family History Research	Thursday, 1 August	Subiaco Museum	10.00am	Free
Dementia Series: Understanding Dementia	Friday, 2 August	Subiaco Library	9.30am	Free
Diabetes WA Information Session	Tuesday, 6 August	Subiaco Library	12.30pm	Free
Writing WA: Memoir Writing Workshop	Thursday, 8 August	Subiaco Library	10.00am	Free
<b>September</b>				
Museum Morning: Australia Rules Football and the Subiaco Oval	Thursday, 5 September	Subiaco Museum	10.00am	Free
Writing WA: Short Story Writing Workshop	Thursday, 5 September	Subiaco Library	10.00am	Free
Dementia Series: Communication and Dementia	Friday, 6 September	Subiaco Library	9.30am	Free
Bus Trip: S&R Orchard for the Blossom Festival	Monday, 16 September	Walliston	9.00am	\$50
Intergenerational Library Celebration	Friday, 27 September	Museum lawn	10.30am	Free

## Weekly events

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga - 10.45am <i>Shenton Park Community Centre</i>	Coffee Club - 10am <i>Various local cafes</i>	Yarn Club - 9.30am <i>Subiaco Library</i>	Gold Dance - 9.30am <i>Palms Community Centre</i>	Move Fit Dance - 11am <i>Shenton Park Community Centre</i>
Your Move Board Game Club - 9.30am <i>Subiaco Library</i>	Gold Dance - 10.30am <i>Shenton Park Community Centre</i>	Chair Yoga - 10.30am <i>Shenton Park Community Centre</i>	Gold Pilates - 9.30am <i>Palms Community Centre</i>	
	Gold Circuit - 11am <i>Lords Recreation Centre</i>	Gold Fitness - 9.30am <i>Shenton Park Community Centre</i>	Your Move Board Game Club - 9.30am <i>Subiaco Library</i>	

For information on these regular weekly activities call 9237 9222 or email [culture@subiaco.wa.gov.au](mailto:culture@subiaco.wa.gov.au)