

Positive Ageing Program

February – April 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 to make memories.

To receive Positive Ageing monthly updates, simply email culture@subiaco.wa.gov.au.



Bookings

For further information or to book a place:

Visit: www.subiaco.wa.gov.au/events

Call: 9237 9222

Email: culture@subiaco.wa.gov.au



Further information

Companion cards accepted at Positive Ageing events.

To plan your journey visit 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
February				
Dementia Series - Dementia and Grief	Thursday, 15 February	Subiaco Pop-up Library	9.30am	Free
March				
Museum Morning - How to Read a Dress - Part Two	Thursday, 7 March	Subiaco Museum	10am	Free
See Subi on Sunday Walk - Industry to Infill	Sunday, 10 March	Corner Hay Street and Stubbs Terrace, Daglish	1.30pm	Free
Live Well Health Series - Ovarian cancer information session	Monday, 11 March	Subiaco Pop-up Library	1pm	Free
Bus Trip - Fremantle River cruise, lunch and Shipwreck Museum	Monday, 18 March	Fremantle	9am	\$50
April				
Museum Morning - Archaeology Workshop - Intergenerational	Thursday, 4 April	Subiaco Museum	10am	Free
The Painted Teapot - Crafternoon	Saturday, 13 April	The Painted Teapot, Subiaco	2.30pm	Free
Live Well Health Series - Mental health and ageing	Wednesday, 17 April	Subiaco Pop-up Library	1pm	Free
Live Well Health Series - Stay On Your Feet® - Move, Improve, Remove	Wednesday, 24 April	Tom Dadour Community Centre	1pm	Free
Shenton Park ANZAC Day Service	Thursday, 25 April	Shenton Park Community Centre	7am	Free
Subiaco ANZAC Day Service	Thursday, 25 April	Rankin Gardens	8am	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 Pop-up 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 Pop-up 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 Pop-up Library</i>	

For information on these regular weekly activities call 9237 9222 or email culture@subiaco.wa.gov.au