



# Positive Ageing Program

May – July 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>May</b>				
Museum Morning – Back to school days	Thursday, 2 May	Subiaco Museum	10am	Free
Subi Blooms – Flower card workshop	Friday, 10 May	Subiaco Museum	2pm	Free
Live Well – Mental health and self-care as we age	Wednesday, 15 May	Subiaco Library	1pm	Free
Bus Trip – Walk on the wild side to Kanyana Wildlife Park	Monday, 20 May	Lesmurdie	9am	\$50
<b>June</b>				
Museum Morning – Otto Lipfert and his taxidermy work	Thursday, 6 June	Subiaco Museum	10am	Free
Advanced Care Planning with the Subiaco Justice Centre	Tuesday, 11 June	The Third Place	1pm	Free
Live Well – Social isolation and connection as we age	Wednesday, 12 June	Subiaco Library	1pm	Free
Live Well – LiveUp - Discover the upside of ageing	Monday, 17 June	Subiaco Library	1pm	Free
Grief Conversation – Good Grief – A new conversation on grief and loss	Monday, 24 June	Subiaco Library	5.45pm	Free
<b>July</b>				
Grief Conversation – Living well, dying well – New ways of being	Monday, 1 July	Subiaco Library	5.45pm	Free
Museum Morning – Treasures	Thursday, 4 July	Subiaco Museum	10am	Free
Grief Conversation – Loss, love and life – Staying creative and curious	Monday, 8 July	Subiaco Library	5.45pm	Free
NAIDOC Week – Welcome to Country and smoking ceremony	Wednesday, 10 July	Rankin Gardens	9am	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)