



# Activities Program

<b>Mondays</b>	<b>Community Bus Trips</b>	Depart from Morley and Bayswater Community Centres in mornings as scheduled. Refer to the Centre Noticeboard for trip details.		
	<b>Get Low with Kasse</b>	10.30 – 11.30am	\$5	Low impact fitness class.
	<b>Strength and Balance</b>	12.30 – 2pm	\$5	Run in Polish and English by a physiotherapist. Bookings required. Call Umbrella Multicultural Community Care on <b>9275 4411</b> .
<b>Tuesdays</b>	<b>The Friendlies</b>	10am – 12pm	\$2	Meet and make friendships for life.
	<b>Zumba Gold</b>	11.30am – 12.30pm	\$5	A groovy and fun way to exercise.
	<b>Yoga</b>	1.45 – 2.45pm	\$12	Gentle yoga to stretch your body and relax the mind.
<b>Wednesdays</b>	<b>Hairdresser</b>	From 8.30am		Bookings required. Call Sharon on <b>0437 709 965</b> .
	<b>Podiatrist</b>	From 8.30am		Bookings required. Call Life Active on <b>6117 5147</b> .
	<b>Craft Group</b>	9 – 11.30am	\$2	Join us to make some crafty creations.
	<b>Live Long. Live Strong.</b>	9.30 – 10.30am	\$5	Exercise physiology class. GP enhanced primary health care plans (EPC) accepted. Bookings required. Call Gregory on <b>0481 945 628</b> .
<b>Thursdays</b>	<b>Canasta/Jonola</b>	9 – 11.30am	\$2	A quick-moving card game with friends.
	<b>Savvy Seniors</b>	9.30 – 10.30am	Free	A series of free informative workshops held on the 2nd and 4th Thursday of the month. See the noticeboard for upcoming sessions.
	<b>Zumba Gold</b>	11.30am – 12.30pm	\$5	A groovy and fun way to exercise.
	<b>Singing Group</b>	1 – 2pm	\$2	Come along for an hour of singing for fun. No prior musical experience is necessary.
<b>Fridays</b>	<b>Hairdresser</b>	From 8.30am		Bookings required. Call Sharon on <b>0437 709 965</b> .
	<b>Bingo</b>	11am – 1pm	\$2 + books	Current membership of Morbay Active Ageing Association is also required - \$10.

## Address

27 King William Street,  
Bayswater

## Centre hours

Monday to Friday  
8.30am - 3pm

## Annual membership is required to use the Centre (1 July 2023 – 30 June 2024).

Standard fee: \$15. Discounts apply for veterans and City volunteers; see staff for further details.

## For more information

Phone **9272 0957** or email

[community.centres@bayswater.wa.gov.au](mailto:community.centres@bayswater.wa.gov.au)

