

# Bayswater Community Centre

# Activities Program



<b>Mondays</b>	<b>Strength and Balance</b>	12.30 – 1.30pm	\$10	Run in Polish and English by a physiotherapist. Bookings required. Visit <a href="http://movementtherapies.com.au">movementtherapies.com.au</a>
<b>Tuesdays</b>	<b>Hairdresser</b>	8.30am – 12pm		Bookings required. Call Sharon on <b>0437 709 965</b> .
	<b>The Friendlies</b>	10am – 12pm	\$3	Meet and make friendships for life.
	<b>Zumba Gold</b>	11.30am – 12.30pm	\$6	A groovy and fun way to exercise.
	<b>Yoga</b>	1.45 – 2.45pm	\$6	Gentle yoga to stretch your body and relax the mind.
<b>Wednesdays</b>	<b>Hairdresser</b>	8.30am – 12pm		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	\$3	Join us to make some crafty creations.
	<b>Live Long. Live Strong.</b>	9.30 – 10.30am	\$6	Exercise physiology class. GP enhanced primary health care plans (EPC) accepted. Bookings required. Call Gregory on <b>0481 945 628</b> .
	<b>Chair Dancing</b>	11 – 11.45am	\$6	Suitable for all mobility levels with options to sit or stand.
<b>Thursdays</b>	<b>Hairdresser</b>	8.30am – 12pm		Bookings required. Call Sharon on <b>0437 709 965</b> .
	<b>Canasta/Jonola</b>	9 – 11.30am	\$3	A quick-moving card game with friends.
	<b>Zumba Gold</b>	10.30 – 11.30am	\$6	A groovy and fun way to exercise.
	<b>Tai Chi</b>	12pm–1.30pm	\$6	6–week program commencing 19 February 2026. This structured series introduces the foundations of Tai Chi and Qigong.
<b>Fridays</b>	<b>Hairdresser</b>	8.30am – 12pm		Bookings required. Call Sharon on <b>0437 709 965</b> .
	<b>Bingo</b>	12 – 2pm		Current membership of Morbay Active Ageing Association is also required - \$10. Refreshments \$3.

**Bayswater Community Centre**  
27 King William Street, Bayswater

#### Office hours

Tuesday 8.30am – 3pm  
Wednesday 8.30am – 12pm  
Thursday to Friday 8.30am – 3pm

**Annual membership is required to use the Centre (1 July 2025 – 30 June 2026).**

Standard fee: \$16. Discounts apply for veterans and City volunteers; see staff for further details.



Mentally Healthy WA

**For more information** Phone **9272 0957** or email [community.centres@bayswater.wa.gov.au](mailto:community.centres@bayswater.wa.gov.au)