

# Morley Community Centre

# Activities Program



<b>Mondays</b>	<b>Live Long. Live Strong.</b>	8.45 – 9.45am 10 – 11am	\$6	Exercise physiology class. GP enhanced primary health care plans (EPC) accepted. Bookings required. Call Gregory on <b>0481 945 628</b> .
<b>Tuesdays</b>	<b>Walking Group</b>	8.30am	Free	Weather permitting. Tea and coffee \$3.
	<b>Indoor Bowls</b>	9 – 11.30am	\$3	Indoor version of lawn bowls on synthetic mats.
	<b>Seated Yoga</b>	11.45am – 12.45pm	\$6	Gentle yoga to stretch your body and relax the mind.
<b>Wednesdays</b>	<b>Bingo</b>	11am – 2pm		Current membership of Morbay Active Ageing Association is also required - \$10. Refreshments \$3.
	<b>Art Group</b>	9am – 12pm	\$3	Get creative with artistic activities
	<b>Craft Group</b>	1 – 3pm	\$3	Join us to make some crafty creations.
<b>Thursdays</b>	<b>Podiatrist</b>	From 8.30am		Bookings required. Call Life Active on <b>6117 5147</b> .
	<b>Move it with Kasse</b>	9 – 10am 10 – 11am	\$6	Move to music with stretching, toning and resistance in this fitness class.
	<b>Rummikub/ Cribbage</b>	10.30am – 12pm	\$3	Combining elements of the card game rummy and mah-jong.
	<b>Line Dancing Beginners</b>	11.15am – 1.15pm	\$6	Beginners welcome to join at any time, with the opportunity to progress to intermediate class.
<b>Fridays</b>	<b>Indoor Bowls</b>	9 – 11.30am	\$3	Indoor version of lawn bowls on synthetic mats.
	<b>Canasta/Jonola</b>	10am – 12pm	\$3	A quick-moving card games with friends.
	<b>Board Games</b>	11.30am – 2.30pm	\$3	Come along to choose from an assortment of board games and spend the afternoon with like-minded people.
	<b>Mah-jong</b>	11.30am – 2.30pm	\$3	Chinese tile-based game with four players. Chinese and Western sets.

## Morley Community Centre

6A Blades Close, Morley

### Office hours

Tuesday 8.30am – 1pm

Wednesday 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 **9276 6108** or email [community.centres@bayswater.wa.gov.au](mailto:community.centres@bayswater.wa.gov.au)