



Activities Program

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

For more information

Phone **9272 0957** or email
community.centres@bayswater.wa.gov.au

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.



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Mentally Healthy WA