

# Seniors Week

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**Celebrating older people  
for WA Seniors Week**

**Events Guide  
9 - 16 November 2025**



# Page of Contents

<b>4</b>	Sunday 9 November Events
<b>5</b>	Monday 10 November Events
<b>7</b>	Tuesday 11 November Events
<b>10</b>	Wednesday 12 November Events
<b>11</b>	Thursday 13 November Events
<b>13</b>	Friday 14 November Events
<b>14</b>	Saturday 15 November Events
<b>15</b>	Sunday 16 November Events



# Introduction

The City of Armadale is proud to celebrate Seniors Week WA. A time to recognise and honour the invaluable contributions of our senior community members. Throughout the week, a range of events and activities will be held to promote connection, wellbeing and lifelong learning. From social gatherings and workshops to health and recreation initiatives, there's something for everyone to enjoy. Seniors Week is all about celebrating wisdom, sharing stories and fostering a strong, inclusive community where older residents feel valued and supported.



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The City is committed to the aim of being an age friendly community that is inclusive and values older people.

Community Development Strategy 2021 – 2026, page 32.

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# Sunday 9 November

## **Armadale Hills Arts Trail**

**Sunday 9 November, 9:00am - 5:00pm, various locations**

**FREE Event**

The Armadale Hills Arts Trail returns over two weekends, with local artists opening their homes and studios to the public. Explore creative spaces, meet the makers, and discover unique artworks along the trail. Look out for blue banners and stop by local cafés as you wander. Studio times vary.

Visit the website [armadalehillsartstrail.com](http://armadalehillsartstrail.com) for more information.



# Monday 10 November

## Senior's Week Morning Tea

**Monday 10 November, 10.00am- 12.30am, John Dunn Pavilion**

Join us for a special free Seniors Week morning tea to celebrate your valuable contributions to the community. Enjoy entertainment, home and community safety presentations, and light refreshments while reconnecting with friends, old and new.

Please go to [events.humanitix.com/seniors-week-morning-tea](https://events.humanitix.com/seniors-week-morning-tea) to register.

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## Forever Fit

**Monday 10 - Thursday 14 November, 10.30am- 11.00am, Anytime Fitness, 176 Jull Street**

Age is just a number, and this free class is designed for anyone looking to stay active and strong. This low-impact session focuses on strength, flexibility, and mobility, ensuring you feel your best no matter your age or fitness level.

Email [armadale.wa@anytimefitness.com.au](mailto:armadale.wa@anytimefitness.com.au) or contact 0425 402 552 to register.

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## Omnia Senior

**Monday 10 November, 10.45am- 11.15am, Armadale Fitness and Aquatic Centre, 60 Champion Drive, Seville Grove**

A low impact functional training session designed specifically for the over 50's

AFAC membership required, bookings can be made at [active.armadale.wa.gov.au](https://active.armadale.wa.gov.au)





# Monday 10 November

## **Gwynne Park Social Bridge Club**

**Monday 10 November, 12.45am- 4.00pm, Gwynne Park (Armadale Bowling Club)**

Free event, no registrations required.

Gwynne Park Social Bridge Club meets each Monday. Tea, coffee and afternoon tea is provided.

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## **Meditation Hour**

**Monday 10 November, 1.00pm - 2.00pm, Armadale Library**

Take an hour to unwind with a guided meditation designed to help you relax, reconnect and find inner peace. Each session offers a unique journey, go as deep as you wish or simply enjoy the quiet rest.

Bookings are essential and can be made here

[events.humanitix.com/meditation-hour-y3esxwej](https://events.humanitix.com/meditation-hour-y3esxwej)

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## **Kelmscott & Districts Garden Club - inc Social Meeting**

**Monday 10 November, 7.30pm, 101 Challis Road, Seville Grove, Armadale Community Family Centre**

Social meetings to promote gardening interest. Monthly (2nd Monday each month at 7.30pm). Guest speakers on various subjects in particular gardening topics.

Enquire to 0429 083 060 or 9399 1374. \$10 annual membership.



# Tuesday 11 November



## Seniors Golf

**Tuesday 11 November**

**6.30am, Armadale Golf Club**

If you like your golf organised but friendly, then the Armadale Seniors Golf Club might be for you. We play competition golf for males over 55 at 6:30am Tuesday and Thursday morning. You don't have to be a world beater.

Contact chairman Geoff Mckebery on 0411 100 096 or captain Jim Browne on 0401 200 160.

## Indoor Bowls

**Tuesday 11 November**

**10am- 12.30pm, 46 Jarrah Rd,  
Roleystone**

For the young at heart for everyone over 50. Indoor Bowls. New members welcome. Includes morning tea. No booking required, register on the day. Indoor Bowls - \$5, New social membership \$15.

## Active Ageing Armadale

**Tuesday 11 November**

**10.00am -11.00am, Seville Grove  
Library**

Boost your strength and wellbeing with our nine-week Active Ageing Program! Join us every Tuesday for Geri-Fit® video workouts designed for adults aged 60+.

To register your interest, email [health@armadale.wa.gov.au](mailto:health@armadale.wa.gov.au). Places are limited.

## Forever Fit

**Tuesday 11 November**

**10.30am, Anytime Fitness, 176 Jull Street**

Age is just a number, and this free class is designed for anyone looking to stay active and strong. This low-impact session focuses on strength, flexibility, and mobility, ensuring you feel your best no matter your age or fitness level.

[armadale.wa@anytimefitness.com.au](mailto:armadale.wa@anytimefitness.com.au) or contact 0425 402 552 to register

# Tuesday 11 November

## **Novel Nibbles**

**Tuesday 11 November**

**10.30am- 11.30am, Kelmscott Library**

Have you read a good book lately? Come along to one of our NovelNibbles sessions and meet with other book lovers! You may be tempted to read new and different authors, try another genre, or perhaps rediscover some forgotten favourites. Light refreshments will be provided at these sessions. Bookings not required.

## **Chi Kung Exercise Class**

**Tuesday 11 November**

**12.00pm- 1.00pm, Minnawarra House**

A FREE gentle exercise class, similar to Tai Chi. Stretch the body, get the heart pumping. It will make you feel good all over. Suitable for all age groups. No floor work, exercises done sitting or standing. Registrations are essential either by email at [office@minnahouse.org.au](mailto:office@minnahouse.org.au), online at [courses.minnahouse.org.au](https://courses.minnahouse.org.au) or by phone at (08) 9497 1413.



## **Chat Connect Create**

**Tuesday 11 November**

**10.00am- 11.30am, Piara Waters Library**

If you're looking to make new friends, have just moved to the area, or want to connect with wonderful people from your local community, we warmly invite you to join us and friendly locals at our "Chat, Connect, and Create" Café Table! Feel free to drop by—there's no need to register.

## **Cultivating Gratefulness Gathering**

**Tuesday 11 November**

**2.00pm- 3.30pm, Armadale Library**

Cultivating Gratefulness Gatherings are held monthly, offering heartfelt conversations that foster connection, inspire meaning, and provide tools to live gratefully. Together, we explore themes like discovering delight, embracing mystery, creating joy, welcoming imperfection, and awakening awe. Everyone is welcome in this warm community of like-minded people.

Bookings are essential and can be made at

[events.humanitix.com/cultivating-gratefulness-5xyljwhn](https://events.humanitix.com/cultivating-gratefulness-5xyljwhn)

# Tuesday 11 November

## **Movie Day at the Library**

**Tuesday 11 November**

**2.00pm- 4.00pm, Kelmscott Library**

Bring a friend and meet other film fans while enjoying popcorn and a movie!

A variety of light-hearted movies will be selected from Kanopy which is a live streaming platform available from public libraries for free! The movie title will be available from the library the week before showing.

Tea, coffee and popcorn are supplied.

The movies are selected for an adult audience.

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## **Meditation and Mindfulness program (Daytime)**

**Tuesday 11 November**

**1.30pm - 2.30pm, Honeyeater House**

## **Meditation and Mindfulness program (Evening)**

**Tuesday 11 November**

**6.00pm - 7.00pm, Armadale District Hall**

Join us for this FREE four week beginner meditation and mindfulness program.

Explore gentle practices in breath, body awareness, mindfulness, and imagery. Delivered by accredited practitioner Carol Bull, these sessions are designed for anyone ready to pause, slow down, and reconnect with themselves.

This program is for adults. Places are limited and bookings are essential.

To register, visit: [events.humanitix.com/meditation-daytime2025](https://events.humanitix.com/meditation-daytime2025) or email [health@armadale.wa.gov.au](mailto:health@armadale.wa.gov.au)





# Wednesday 12 November

## Indoor Bowls

**Wednesday 12 November, 10.00am- 11.30am, 46 Jarrah Road Roleystone**

For the young at heart for everyone over 50. Indoor Bowls. New members welcome. Includes morning tea.

No booking required, register on the day.

Indoor Bowls - \$5, New social membership \$15

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## Morning Tea - Fun and Friendship

**Wednesday 12 November, 10.30am- 11.30am, Armadale Guide Hall**

You are invited to have morning tea with a small group of ladies who meet once a month for fun and friendship. Trefoil Guild is an adult, independent support network within the Girl Guides movement for women who wish to continue their involvement in Guiding after their active years, or for new adult members who want to serve the community while maintaining their link with Guiding principles. Members uphold the Guide Promise and Law, focusing on community service, friendship, and fellowship, with individual Guilds planning their own programs to achieve these goals.

Please RSVP to [dianesmith.travelbug@gmail.com](mailto:dianesmith.travelbug@gmail.com) or call/message Diane on 0419 948 980 for catering purposes.

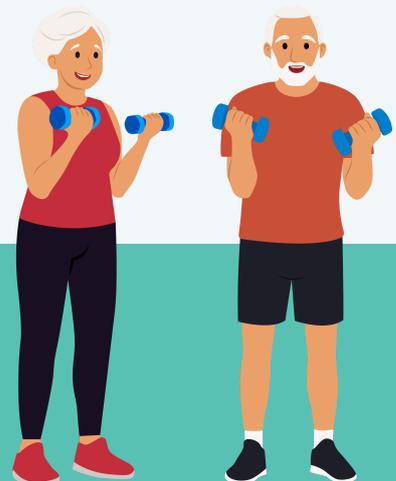
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## Zumba Gold

**Wednesday 12 November, 11.00am, Armadale Fitness and Aquatic Centre**

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

AFAC membership required, bookings can be made at [active.armadale.wa.gov.au](http://active.armadale.wa.gov.au)





# Thursday 13 November

## **Knitting and Crocheting Group**

**Thursday 13 November, 9.30am- 11.30am, Armadale Library**

Do you love to knit or crochet? If you want to meet new people and have a chat while doing something that you love, then come along to this social crocheting and knitting group. Whether you are a beginner or seasoned expert, all are welcome to attend. Just bring your own supplies and come along to our friendly group at the library.

Bookings are not required.

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## **Stitch Together**

**Thursday 13 November, 9.30am- 11.30am, Piara Waters Library**

Get stuck into your latest needlework project with this social group! Perfect for anyone who loves to knit, crochet, cross stitch, embroider, macramé - the list goes on. If you can stitch it, you can bring it!

Whether you are a beginner or a seasoned expert, all are welcome to attend. Just bring along all your supplies for your project and enjoy a social outing. Bookings are not required.

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## **Active Ageing Kelmscott**

**Thursday 13 November, 10.00am- 11.00am, Creyk Park Pavilion**

Every Thursday, for nine weeks, you will be exercising to the Geri-Fit® program videos, which are progressive workouts including a range of exercises. This program is for City of Armadale residents aged 60 years and older.

To express your interest, email [health@armadale.wa.gov.au](mailto:health@armadale.wa.gov.au). Places are limited and you must be registered to attend.

If we are sold out for Term 4, we will put your name down for the Term 1 2026 Active Ageing Kelmscott program.





# Thursday 13 November

## **Tech Buddies**

**Thursday 13 November, 10.15am- 11.15am, Armadale Library**

Do you need help with technology? Students from Dale Christian College will be able to assist you with your technology troubles. Any questions about your laptop, iPad, tablet, mobile phone or digital camera can be solved by these technology savvy youngsters.

Bookings are not required.

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## **All Abilities Pilates**

**Thursday 13 November, 1.30pm- 2.30pm, Armadale Recreation Centre**

Join us for this FREE eight week Pilates program, suitable for people of all abilities, including seniors and individuals living with disabilities.

It is recommended that you wear light, comfortable exercise clothing, and to bring along a water bottle and a yoga mat if you have one.

To register, visit [club.reclink.org/programs/R6BZ8C/signup](http://club.reclink.org/programs/R6BZ8C/signup) or contact Jemma from Reclink Australia on 0422 664 776 or via email at [jemma.antao@reclink.org](mailto:jemma.antao@reclink.org). If we are sold out for Term 4, we will put your name down for the Term 1 2026 All Abilities Pilates program.

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## **Lions Club of Armadale Kelmscott - Weekly Thursday Bingo!**

**Thursday 13 November, 5.30pm- 7.30pm, 90 Seventh Road Armadale**

BINGO Thursday! Bring a friend (or five!) - Come down and join us for a night full of fun, laughter, food and the chance to win some great prizes! We play bingo every Thursday night at the Armadale Sporting Club located at Gwynne Park, with cash prizes, lucky numbers and raffles. There is a canteen and the bar is open with meals for meals, drinks and snacks!

Proudly hosted by Lions Club of Armadale Kelmscott with all proceeds going to support local community projects!



# Friday 14 November

## **WA Senior's Week Open Day Minnowarra House**

**Friday 14 November, 9.30pm- 12.30pm, 24 Numulgi Street Armadale**

Try acrylic painting, pottery, chi kung, sewing, bonsai creation or yoga class in a safe and fun environment with like-minded seniors.

Check out what programs the Centre has to offer and meet facilitators, showing off their programs.

Free morning tea - fresh baked scones with jam and cream from the Country Women's Association and a sausage sizzle kindly provided by Armadale Kelmscott Lions Club.

Registrations are essential either by email at [office@minnahouse.org.au](mailto:office@minnahouse.org.au), online at [courses.minnahouse.org.au](http://courses.minnahouse.org.au) or by phone at (08) 9497 1413

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## **Indoor Bowls**

**Friday 14 November, 1.00pm- 3.30pm, 46 Jarrah Road, Roleystone**

For the young at heart for everyone over 50. Indoor Bowls. New members welcome. Includes morning tea.

No booking required, register on the day. Indoor Bowls - \$5, New social membership \$15

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## **Armadale Bridge Club**

**Friday 14 November, 12.15pm- 4.15pm, St Mary's in the Valley Church Hall, River Road Kelmscott**

Friendly game of Bridge and refreshments. New members are very welcome and lessons are available.

Bookings are not required, \$5 per session.

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## **Chair Yoga**

**Friday 14 November, 1.30pm- 2.30pm, Armadale Recreation Centre**

Join us for this FREE 8 week chair yoga program! Facilitated by accredited yoga instructor Diane Jones, chair yoga is a fun and gentle way to achieve great health results including increasing flexibility and reducing stress. Classes are beginner friendly, accessible and suited to adults.

This program is open to City of Armadale residents aged 18 years and older. Places are limited and bookings are essential. For bookings or further information visit: [events.humanitix.com/chair-yoga-Term4](http://events.humanitix.com/chair-yoga-Term4) or email [health@armadale.wa.gov.au](mailto:health@armadale.wa.gov.au)

# Saturday 15 November

## **Kelmscott Crafters**

**Saturday 15 November**

**9:30am- 11.30am, Kelmscott Library**

This friendly community craft group welcomes all craft enthusiasts to come along and socialise at the Kelmscott Library.

Bring along your own projects, materials and tools and be inspired!

This event occurs on the first and third Saturday of every month.

Bookings are not required.

## **Sunset Melodies Singalong**

**Saturday 15 November**

**4.00pm- 6.00pm, The Greendale Centre 12 Coombe Ave, Armadale**

**Entry cost: \$15**

Calling all permanent vacationers! It's time to grab the mic and let your inner rock star shine at Sing It Loud—a fun sing-along event featuring hits from the 1930s–70s. Enjoy Billy T Sing-along, big-screen lyrics, soft drinks, light canapés, and a complimentary glass of bubbles on arrival. Meet new and old friends in a safe, fun environment.

Registrations essential. Call The Greendale Centre on (08) 9399 5393 or visit 12 Coombe Avenue, Armadale to book.



# Sunday 16 November

## **Spring In Bedfordale**

**Sunday 16 November, 8.30am- 2.00pm, Willow Springs Orchard**

Head along to Willow Springs Orchard for farm fresh fruit & veg, coffee & food vans, face painting, a playground for the kids, and animals.

Find out more from [Willow Springs Orchard Facebook page](#)

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## **Armadale Markets**

**Sunday 16 November, 9.00am- 1.00pm, Memorial Park, Armadale**

The Armadale Market is a weekly market run by a volunteer-led not-for-profit, supporting local businesses and community connection.

Enjoy fresh produce, bread, honey, second-hand treasures, and handmade crafts.



Scan here to see more events  
happening in the City of Armadale

