

<b>Date &amp; Time</b>	<b>Event</b>	<b>Contact &amp; Bookings</b>	<b>Cost</b>
Mondays 9.30am	Cambridge Lakers Pole Walking Group BYO poles for the walk Cambridge Scout Hall carpark, Perry Lakes	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	From \$5 Order & paid by members
Mondays 10am	Cambridge Chess Club All abilities welcome Wembley Community Centre	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	Free Bring your own chess set
Tuesdays 9.30am	Cambridge Coasters Walking group Entrance at City of Perth Surf Life Saving Club City Beach	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	From \$5 Order & paid by members
Tuesdays 10am	Coffee by the Lake Lake Monger Recreation Club, 144 Gregory Street, Wembley	Chris - Lake Monger Recreation Club T: 9387 2636 E: <a href="mailto:info@lmrc.com.au">info@lmrc.com.au</a>	Free walk Order & pay food/drinks
Tuesdays 10.30am	Zumba Gold Dance Class for 55+ Wembley Community Centre	Deb Ruggiero M: 0405 615 966 E: <a href="mailto:mos@inet.net.au">mos@inet.net.au</a>	\$10 per casual class
Fridays 6am	The Man Walk Tuart Car Park Bold Park, Floreat	The Man Walk E: <a href="mailto:info@themanwalk.com.au">info@themanwalk.com.au</a> W: <a href="https://themanwalk.com.au/">https://themanwalk.com.au/</a>	Free
Fridays 9.30am	Cambridge Lakers Pole Walking Group BYO poles for the walk Lake Monger – entrance of Bendat Community Centre	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	From \$4 order & paid by members
Fridays 10am	Mature Movers Strength Training Exercises Wembley Community Centre	Mikaila M: 0437 766 250 E: <a href="mailto:mikaila_rowe@hotmail.com">mikaila_rowe@hotmail.com</a>	\$10 per class
Fridays 11.30am (during school terms)	Lifespan Seated Dance Classes for everybody led by professional dancers Wembley Community Centre	Lifespan Team M: 0411 243 317 E: <a href="mailto:lifespan.dance@gmail.com">lifespan.dance@gmail.com</a>	\$10 per class
Fridays 2pm	U3A Canasta Group Wembley Community Centre	Judith Amey, President, U3A (UWA) M: 0414 767 877 E: <a href="mailto:judithamey@ozemail.com.au">judithamey@ozemail.com.au</a> Registration essential & places are limited	Gold coin donation

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Thursday 1 - Sunday 4 2pm	RAC Intellibus Experience Come & Try: Driverless Vehicle Technology South Perth	RAC WA <a href="https://www.eventbrite.com.au/e/rac-intellibus-experience-south-perth-tickets-152634954257">https://www.eventbrite.com.au/e/rac-intellibus-experience-south-perth-tickets-152634954257</a>	Free
Saturday 3 9am	Free e-waste drop off day Town of Cambridge Administration Carpark	Town of Cambridge T: 9347 6000 E: <a href="mailto:mail@cambridge.wa.gov.au">mail@cambridge.wa.gov.au</a>	Free
Tuesday 6 5pm	Frog Stalk Bring the Grandkids WA Ecology Centre Perry Lakes	Town of Cambridge T: 9347 6000 E: <a href="mailto:mail@cambridge.wa.gov.au">mail@cambridge.wa.gov.au</a> Bookings essential	Free
Wednesday 7 10am	Cambridge Coffee Club Hamptons City Beach	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	From \$5 order & paid by members
Wednesday 7 11am	Morning Melodies 2021 - West Australian Opera in Concert His Majesty's Theatre	Perth Theatre Trust T: 6212 9292 W: <a href="https://tickets.ptt.wa.gov.au/">https://tickets.ptt.wa.gov.au/</a> Bookings essential	From \$20
Thursday 8 1pm	Watercolour Group Cambridge Library Social Space Floreat	Cambridge Library T: 9383 8999 E: <a href="mailto:library@cambridge.wa.gov.au">library@cambridge.wa.gov.au</a>	Free
Tuesday 13 10.45am	Fifty Five Plus Salvos Christmas in July Lunch Floreat	Malcolm M: 0418 906 478 E: <a href="mailto:nolagoff@hotmail.com">nolagoff@hotmail.com</a> Bookings essential	\$30 Payable at the door
Friday 16 11am	Transperth Champions Public Transport Trip to Fremantle Wembley Community Centre	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Bring mobile phone and smart rider Bookings essential	Free travel & Lunch from \$15
Saturday 17 10.30am	Cambridge Repair Lab Town of Cambridge Administration Centre	Town of Cambridge T: 9347 6000 E: <a href="mailto:waste@cambridge.wa.gov.au">waste@cambridge.wa.gov.au</a>	Free
Monday 19 2pm	Be Connected Introduction to Android, Taking/Sending Photos Wembley Community Centre	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	Free
Tuesday 20 2.30pm	Cambridge Memory Café The Coffee Club Floreat Forum	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	From \$5 order & paid by members

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Date & Time	Event	Contact & Bookings	Cost
Wednesday 21 10am	Cambridge Coffee Club 300 Acres Wembley Downs	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	From \$5 order & paid by members
Monday 26 2pm	Be Connected Introduction to Android, Taking/Sending Photos Wembley Community Centre	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	Free
Tuesday 27 10am	Sustaining Wellness Mental Health for Seniors Clinical Psychologist Presentation	Salvation Army Floreat – Fifty Five Plus M: 0418 906 478 E: <a href="mailto:nolagoff@hotmail.com">nolagoff@hotmail.com</a> Bookings essential	\$5 Includes morning tea
Friday 30 10.30am	Cambridge Outing Swan Valley Tastings & Guildford Hotel Wembley Community Centre	Cambridge Senior Services T: 9285 3136 E: <a href="mailto:seniorservices@cambridge.wa.gov.au">seniorservices@cambridge.wa.gov.au</a> Registration essential	Transport \$10 Seniors lunch from \$20

## A Community Connect Program from Injury Matters

The simple act of having someone to talk to can have a positive and meaningful impact on your life. Staying connected to our community is becoming more difficult during these challenging times, however, we need to keep socially and emotionally connected and engaged. The Community Connect program links you with like-minded members of the community for a free chat.

An important reminder, please do not provide your personal details such as your date of birth, address or bank details during these friendly community connect conversations.

### If you would like to get connected, follow these steps:

**Step 1:** Register - Community Connect is free, safe and easy to join

**Step 2:** Match - each month you'll be matched with a new friend

**Step 3:** Connect - through phone, email or video call

**Register at:** [injurymatters.org.au/community-connect/](https://injurymatters.org.au/community-connect/)

**The Cambridge Hub** (one-stop-shop for seniors) is open from **Monday to Friday, 9am to 3pm** (except on public holidays or lockdowns) at the Wembley Community Centre, 40 Alexander Street, Wembley.

For more information, please contact Cambridge Senior Services.

**For general enquiries or registration:** T: 9285 3136 or E: [seniorservices@cambridge.wa.gov.au](mailto:seniorservices@cambridge.wa.gov.au)

We thank you for your call. If you are unable to get through while staff members are responding to many enquiries or attending to out of office tasks, please try again later. Alternatively, please send us an email and we'll respond as soon as possible.

**What's on for Seniors information is available at:** <https://www.cambridge.wa.gov.au/Community/People-in-our-community/Seniors>

**For general services information, visit the Town's website at:** [www.cambridge.wa.gov.au](http://www.cambridge.wa.gov.au)

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