

Date & Time	Activity/Event	Contact & Bookings	Cost
Monday 9.30am	Cambridge pole walking group at Perry Lakes. Meet at the car park entrance nearest Cup & Co (behind the playground). 1 Finishline View, Floreat. BYO poles	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential	Members order & pay for food/drinks
Tuesday 9.30am	Cambridge Coasters walking group. Meet at the entrance of City of Perth Surf Life Saving Club, 181-183 Challenger Parade, City Beach. Bring a friend.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential	Members order & pay for food/drinks
Tuesday 11.00am	Zumba Gold Dance Class for 55+ Wembley Community Centre at 40 Alexander Street, Wembley. Bring a friend.	Deb Ruggiero M: 0405 615 966 E: mos@inet.net.au	\$10 per casual class
Tuesday 1.00pm	Line Dancing Floreat Salvos downstairs at: 121 Brookdale Street & corner Salvado Road, Floreat. Bring a friend.	Floreat Salvos 55+ & Cambridge Seniors Malcolm Goff M: 0418906478 E: nolagoff@hotmail.com or E: gary.armstrong2@salationarmy.org.au Registration essential	\$6 per session
Wednesday 8.30am	Lake Monger Community Shed at 144 Gregory Street, Wembley.	Max Puddey, Project Chairman E: chairman@LMCS.org.au For more information visit the website at: Opening Times - LAKE MONGER COMMUNITY SHED (lakemongershed.org.au)	Annual Membership \$150
Thursday 1.00pm	Friends in Harmony choir supporting people living with dementia & their carers. Floreat Salvation Army, 121 Brookdale Street & cnr Salvado Road, Floreat.	Floreat Salvos 55+, Cambridge Seniors and Songfest (Matt) Malcolm Goff M: 0418906478 E: nolagoff@hotmail.com or E: gary.armstrong2@salationarmy.org.au Registration essential	\$5 per session. Afternoon tea provided.
Friday 9.30am	Cambridge pole walking group at Perry Lakes. Meet at the car park entrance nearest Cup & Co (behind the playground). 1 Finishline View, Floreat. BYO poles	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential	Members order & pay for food/drinks

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Friday 10.00am	Mature Movers exercise class for over 60's. Physio designed class for cardio, balance, strength & coordination at the Wembley Community Centre. Bring a friend.	Mikaila Walsh M: 0437 766 250 E: mikaila_roe@hotmail.com	\$10 per person
Sunday 3.00 – 6.00pm	Live Music @ The Lake. A fun relaxing way to spend a Sunday afternoon. Enjoy live music, great food, and social bowls at: LMRC. 144 Gregory Street, Wembley.	Lake Monger Recreation Club (LMRC) T: 9387 2636 E: info@lmrc.com.au W: Home - Lake Monger Recreation Club (lmrc.com.au)	Free Order & pay for food/drinks
Wednesday 3rd 10.00am	Cambridge Coffee Club. Wembley Hotel 344 Cambridge Street, Wembley. Bring a friend.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential.	Members order & pay for food/drinks
Friday 5th 9.30am	Cycling Without Age at Lake Monger. First Friday of the month. Meet at the car park, 144 Gregory Street, Wembley	Cycling Without Age E: admin@cyclingswithoutage.org.au Website: https://cyclingswithoutage.org.au/ Bookings essential on the hour or half hour.	Free
Thursday 11th 10.00am	National Seniors Australia Monthly meeting held at: Mt Claremont Community Centre, Mt Claremont.	National Seniors Australia (NSA). (Perth Western Suburbs Branch) Sue: M: 0487 288 787 David: M: 0418 448 933 E: membership@nsaperthws.org.au W: https://nationalseniors.com.au/ Registration is essential.	\$5 for members & \$10 for visitors Morning tea included.
Sunday 14th 2.00pm	Sunday Melodies Concert: performed by A Cappella - a community-based choir in Floreat. Proudly supported by the Town of Cambridge. All Saints Uniting Church. 48-50 Berkeley Cr, Floreat.	Maria Le Page M:0406 437 263 E: mlepage12@gmail.com For bookings visit: https://www.trybooking.com/events/landing/1207257 For more information visit: https://www.cambridge.wa.gov.au/Discover/Whats-On/Sunday-Melodies-Concert	Adults: \$25 Children: \$15
Tuesday 16th 2.30pm	Cambridge Memory Café supporting people living with dementia and their families. Wembley Community Centre, 40 Alexander Street, Wembley.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential	Free

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Wednesday 17th 10.00am	Cambridge Coffee Club Hamptons 179 Challenger Parade City Beach. Bring a friend.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential.	Members order & pay for food/drinks
Wednesday 17th 10.00 – 1.00pm	Healthy Lifestyles & Tech Savvy Seniors Event at The Boulevard Centre, Floreat. This event is in partnership with the Seniors Recreation Council (WA) & key stakeholders. Bring a friend.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential.	Free Morning tea and a light lunch provided.
Friday 19th 10.00am	Classical Music Club Concert series brought to you by WA Classical Music Connect & Hermit Art at the Leederville Town Hall.	Rebecca Guy WA Classical Music Connect M: 0410 638 734 E: rebecca@wacmconnect.org.au Tickets: HTTPS://EVENTS.HUMANITIX.COM/CLASSICAL-MUSIC-CLUB-CONCERT-SERIES	\$20 per person or \$15 Concession
Friday 19th 10.00am	Australian Independent Retirees – Perth Branch Monthly meeting held at the Cambridge Bowling Club. Chandler Ave, Floreat. Guest speaker: Guide Dogs WA. Bring a friend.	Australian Independent Retirees Margaret Walsh M: 0487 290 097 E: marghw@outlook.com Visit: www.independentretirees.com.au	Members: \$2 Visitors: \$5
Monday 22nd 11.00am	Celebrate Christmas in July and support the Salvation Army Emergency Services Fund. Enjoy a delicious three-course meal and entertainment included.	Floreat Salvos and 55+ Program Malcolm Goff M: 0418906478 E: nolagoff@hotmail.com or E: gary.armstrong2@salvationarmy.org.au Registration essential	\$35.00 per person
Wednesday 24th 9.30am	Community Outing: The Aquarium of WA (AQUA) followed by lunch at Mia Cucina Italian Restaurant.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential.	Entry: Seniors: \$26.00 Adults: \$34 Lunch from \$20 per person
Wednesday 24th 1.30pm	Community Concert: Brass with a Beat! Presented by Silver Threads and Bret Baker. The concert is in partnership with the Floreat Salvation Army (55+ program). Bring a friend.	Floreat Salvos and 55+ Program Malcolm Goff M: 0418906478 E: nolagoff@hotmail.com or E: gary.armstrong2@salvationarmy.org.au Registration essential	\$5 Light afternoon tea provided

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Wednesday 31st 10.00am	Cambridge Coffee Club. Wembley Hotel 344 Cambridge Street, Wembley. Bring a friend.	Cambridge Senior Services T: 9285 3136 E: seniorservices@cambridge.wa.gov.au Registration essential.	Members order & pay for food/drinks

The Cambridge Hub (one-stop-shop for seniors) is open from **Monday to Friday, 9am to 4pm** (except on public holidays) at the Wembley Community Centre (WCC), 40 Alexander Street, Wembley. We can assist you with your enquiries about housing, transport, smart devices, social gatherings, recreation, daily living, My Aged Care etc. We look forward to seeing you in the Cambridge Hub.

Please contact Cambridge Senior Services for general enquiries and/or registration:

T: 9285 3136 or E: seniorservices@cambridge.wa.gov.au

Cambridge Senior Services monthly newsletter is available online at:

<https://www.cambridge.wa.gov.au/Community/People-in-our-community/Seniors/Whats-on-for-Seniors>

For general services information, visit the Town's website at: www.cambridge.wa.gov.au or Contact Customer Services on T: 9347 6000

School holidays from: Saturday 29 June - Sunday 14 July 2024.

Celebrate National NAIDOC Week from Sunday 7 to 14 July 2024.

2024 theme is "Keep the Flame Burning: Blak, Loud and Proud!"

NAIDOC Week celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

For more information, check out the NAIDOC website at: <https://www.naidoc.org.au/>

Town of Cambridge website: [NAIDOC Week Events 2024 \(cambridge.wa.gov.au\)](https://www.cambridge.wa.gov.au/NAIDOC-Week-Events-2024)

WA Seniors Card 2024 – 2025. To order your copy, please contact the WA Seniors Card Centre at 1800 671 233 or info@seniorscard.wa.gov.au Alternatively, copies will be available from Cambridge Senior Services at the Wembley Community Centre from late July 2024.

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