



CITY OF MANDURAH

SENIORS



Seniors Week

9 - 13 November

Welcome to Seniors Week 2026

There is something very special about celebrating the people who have helped shape the community we are today.

For some, Mandurah has been home for most of your life. You have watched our little coastal community grow and change over the years, raised your families here, built businesses, made lifelong friendships and been part of so many local stories.

For others, Mandurah may be a more recent chapter. Perhaps you moved here to retire, to be closer to family, to enjoy the lifestyle, or simply because this is the place you wanted to call home.

Whatever brought you here, you are part of the story of Mandurah.

Our seniors bring so much to our community. It can be through volunteering, clubs and community groups, sharing a lifetime of knowledge, supporting family and friends, creating art, caring for our environment or simply being a familiar face who is there when someone needs them.

Seniors Week is a chance to celebrate all of that. To share a story, catch up with an old

friend, make a new connection, try something different, or simply enjoy being part of our community.

Most of all, I hope it is a week where you feel seen, valued and appreciated for the important place you hold in Mandurah.

Thank you for the part you have played in our story, and for everything you continue to bring to our city.

Happy Seniors Week.

Mayor Amber Kearns

Official Opening

Join us as we officially open WA Seniors Week 2026 at the Mandurah Seniors Centre. Hear from former Mayor of Mandurah and President of the Zonta Club of Peel, Paddi Creevey, as she shares her insights on positive ageing, wellbeing and community connection. Enjoy a lively tap-dancing performance by Twisted Shuffle Dance, followed by morning tea with friends.

Date: Monday 9 November

Time: 9.30 – 11am

Location: Seniors Centre,
Main Hall

Bookings: Booking is essential
for catering purposes.
Call 9550 3799.



Back to the 80s – Live Concert

Relive the soundtrack of the 80s with a spectacular live band performance featuring the decade's biggest hits. Sing along to classic favourites, dance to iconic tunes and enjoy an afternoon filled with fun, nostalgia and friendship. Presented by Elphick Entertainment, this energetic concert promises great music, wonderful company and plenty of memories along the way.

Date: Wednesday 11 November

Time: 1.15 – 3pm

Location: Mandurah Seniors Centre, Main Hall

Cost: Free to attend

Bookings: Bookings encouraged, however walk-ins are welcome.
Call 9550 3799.

Events Calendar

Open Week

Mon - Fri 9 - 13 Nov 9am - 4pm	Come and experience Mandurah Seniors Centre during WA Seniors Week Open Week. Learn more about our 40+ weekly activities, meet friendly members and volunteers, and discover everything the Centre has to offer, all without paying the usual \$6.30 daily fee. Visitors can also enjoy delicious meals and refreshments in the Dining Room at member prices throughout Open Week. Our Seniors Week Ambassadors will be on hand to welcome visitors, answer questions and help you explore the Centre.	Seniors Centre	No need to book.
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Seniors Week Menu Specials

Mon - Fri 9 - 13 Nov	Visit the Coffee Spot Café for tasty made-to-order meals, light snacks and barista-made coffee. Whether you're relaxing between activities, catching up with friends or meeting new people, it's the perfect place to enjoy the warm and welcoming atmosphere of the Centre. Don't miss our Seniors Week Roast Special in the Dining Room on Tuesday 10 November and Wednesday 11 November. Enjoy a delicious roast lunch, with dessert, for just \$15, and take the opportunity to relax, connect with friends and fellow members, and share in the warmth of the Seniors Week celebrations.	Seniors Centre	Bookings essential for Tues & Wed, Roast only. Call 9550 3799.
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Free introductory exercise class passes

Mon - Fri 9 - 13 Nov Selected class times	Try something new during Seniors Week with a free introductory pass to one of our participating exercise classes. Choose from Chair Yoga, Jazz Dance, Shine Light Exercise, Zumba Gold or Chi Ball and enjoy a gentle, social way to stay active. These sessions are a great opportunity to meet the instructors, experience the class style and find an activity that suits your interests and fitness level.	Seniors Centre	Booking essential and places are limited. Call 9550 3799.
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Friendship Morning Tea

**Tues
10 Nov
10 -
11.30am**

Enjoy a relaxed morning tea celebrating friendship, connection and community. Catch up with familiar faces, meet new people and share good conversation in a warm and welcoming setting. Learn about the Purple Road Project and its contribution towards raising awareness of elder abuse and supporting the rights, dignity and wellbeing of older people. Come along for a cuppa, conversation and community connection.

Seniors
Centre,
Dining
Room

Booking
essential
for catering
purposes. Call
9550 3799.

Cook Nourish and Connect – Seniors' Hands on cooking workshop

**Tues
10 Nov
10.30am
- 12.30pm**

Discover easy meal ideas for one or two people, learn practical cooking skills, and pick up tips for healthy ageing through nutrition while reducing food waste. You'll also enjoy a hands-on cooking session and share a delicious long table lunch featuring simple, healthy recipes.

Dawesville
Community
Centre,
Dawesville

Booking
essential. Email
healthy
communities@
mandurah.
wa.gov.au

Strong & Steady: Staying Confident on Your Feet

**Tues
10 Nov
1 - 2pm**

Feel more confident on your feet and stay active and independent. Join Concentric Healthcare Services for a practical session on balance, strength and fall prevention. Learn simple tips to stay safe at home and in the community, plus access to a complimentary 15-minute balance assessment with personalised feedback.

Seniors
Centre,
Craft Room

Booking
essential
for catering
purposes. Call
9550 3799.

Back to the 80s - Live Concert

**Wed
11 Nov
1.15 -
3pm**

Relive the soundtrack of the 80s with a spectacular live band performance featuring the decade's biggest hits. Sing along to classic favourites, dance to iconic tunes and enjoy an afternoon filled with fun, nostalgia and friendship. Presented by Elphick Entertainment, this energetic concert promises great music, wonderful company and plenty of memories along the way.

Seniors
Centre,
Main Hall

Booking
encouraged,
however
walk-ins are
welcome. Call
9550 3799.

The Big Grey Matter Quiz

**Fri
13 Nov
1 - 3pm**

Gather a team of up to six and put your knowledge to the test at The Big Grey Matter Quiz in the Main Hall. Enjoy friendly competition, plenty of laughs and a great social afternoon as you tackle a variety of questions designed to challenge and entertain. Bring your team spirit, snacks and soft drinks, and sharpen your thinking caps. You might even walk away with a prize!

Seniors
Centre,
Main Hall

Booking
essential. Call
9550 3799.



Open Week

Come in and experience Mandurah Seniors Centre during WA Seniors Week. Visitors are invited to drop in, explore more than 40 weekly activities, meet friendly members and volunteers, and see the welcoming spaces available throughout the Centre.

Seniors Week member pricing will be available, and a Seniors Week Ambassador will be on hand to greet visitors, answer questions and show people around.

Date: Monday 9 – Friday 13 November

Time: 9am – 4pm

Location: Mandurah Seniors Centre

Cost: Free to attend

Bookings: No need to book.

Seniors Week Menu Specials

Visit the Coffee Spot Café for tasty made-to-order meals, light snacks and barista-made coffee. Whether you're relaxing between activities, catching up with friends or meeting new people, it's the perfect place to enjoy the warm and welcoming atmosphere of the Centre.

Don't miss our Seniors Week Roast Special in the Dining Room on Tuesday, 10 November and Wednesday, 11 November. Enjoy a delicious roast lunch, with dessert, for just \$15, and take the opportunity to relax, connect with friends and fellow members, and share in the warmth of the Seniors Week celebrations.

Bookings: Required for Tuesday & Wednesday Roast only.



Friendship Morning Tea

Enjoy a relaxed morning tea celebrating friendship, connection and community. Catch up with familiar faces, meet new people and share good conversation in a warm and welcoming setting. Learn about the Purple Road Project and its contribution towards raising awareness of elder abuse and supporting the rights, dignity and wellbeing of older people. Come along for a cuppa, conversation and community connection.

Date: Tuesday 10 November

Time: 10 – 11.30am

Location: Seniors Centre, Dining Room

Cost: Free to attend

Bookings: Booking essential, for catering purposes. Call 9550 3799.

The Big Grey Matter Quiz

Gather a team of up to six and put your knowledge to the test at The Big Grey Matter Quiz in the Main Hall. Enjoy friendly competition, plenty of laughs and a great social afternoon as you tackle a variety of questions designed to challenge and entertain.

Bring your team spirit, snacks and soft drinks, and sharpen your thinking caps. You might even walk away with a prize!

Date: Friday 13 November

Time: 1 – 3pm

Location: Seniors Centre, Main Hall

Cost: Free to attend

Bookings: Booking essential, call 9550 3799.



Seniors Centre
Dandjoo Kaadadjan Mia



**Bookings
and enquiries**

Mandurah Seniors Centre
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seniors@mandurah.wa.gov.au
Phone: 9550 3799