Seniors Centre Membership Renewals

Membership renewal time is fast approaching for many of our members, but did you know that you can renew early and avoid the January rush?

If you renew before your current membership expires, you will not lose any time. Your renewed membership will apply from the expiry date of your existing membership.

Hold on to your membership card, it is a keeper! With our new system that was implemented this year, your current card stays with you, so there is no need for a new card to be issued each year.

Help Shape an Age-Friendly Mandurah

The City of Mandurah is developing an Age-Friendly Strategy to help create a community where people can age well, stay connected and continue to participate in community life.

We want older residents to be part of shaping what comes next. Your experiences, ideas and priorities can help guide the Strategy and its future direction.

Look out for information about a Speaker Spotlight session next month, or visit Mandurah Matters soon to find out how you can have your say.

November Menu

See what's on the cafe menu this month, plus take-home frozen soups and meals from $6. For weekly menu updates, check the Featured section on the City of Mandurah Seniors Facebook page.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bangers & Mash with Bacon & Onion Gravy $12	3 Melbourne Cup Event	4 Chicken Schnitzel with Ham, Cheese, Tomato & Chips $12	5 Cafe Menu	6 Grilled Fish Gremolata with Chips & Salad $12
9 Spinach & Ricotta Cannelloni with Salad $12	10 Pork Belly with Veg & Gravy. Warm Peach Cobbler $15	11 Roast Beef, Veg,Yorkshires & Dessert $15	12 Cafe Menu	13 Crumbed Fish Goujons with Chips & Salad $12
16 Mediterranean Vegetable Pasta $12	17 Chicken Caesar Salad $12	18 Homemade Cottage Pie with Salad $12	19 Cafe Menu	20 Battered Fish & Chips with Salad $12
23 Roast Pumpkin, Chicken, Spinach & Feta Salad $12	24 Beef Korma Curry with Rice & Veg $12	25 Roast Lamb with Veg & Gravy $14	26 Cafe Menu	27 Crumbed Fish Goujons with Chips & Salad $12
30 Tuna & Vegetable Pasta Bake $12				

CITY OF MANDURAH
SENIORS

Newsletter

November 2026

Welcome to the November Newsletter

Seniors Week is a special celebration of the valued contributions, experiences, and connections of older people in our community.

We invite everyone to join us for a week of activities, entertainment, and opportunities to come together, including Open Week, free introductory exercise classes, café specials, morning tea, a live 80s concert and the Big Grey Matter Quiz. Pick up a Seniors Week program to find out all the details.

In this issue, you will also find an important membership renewal reminder, details of our new Tuesday Coffee Club and information about the upcoming Hearing Australia session. We hope you enjoy everything November has to offer.

Warm Regards, The Seniors Centre Team

The Seniors Centre Team



Volunteer Spotlight

A huge congratulations to our kitchen volunteer Ingrid on her outstanding achievement at the Hockey Australia National Masters Championships in Adelaide.

Representing Western Australia in the Over 65s Women's Team, Ingrid helped lead her team to Gold Medal success.

More than eight Western Australian teams travelled to Adelaide to compete against the nation's best master's hockey players, showcasing the strength of hockey across our state.

We are incredibly proud of Ingrid and love seeing our volunteers continue to pursue their passions, stay active, and achieve amazing things.

Farewell to Delys

After five years at the Seniors Centre, our Activities and Connections Officer, Delys, is moving on to a new chapter. During her time with us, she has brought energy and creativity to countless concerts, themed lunches, celebrations, information sessions, and special events, helping our members connect, try something new and have plenty of fun along the way.

No farewell to Delys would be complete without mentioning the laughs, fun and fabulous dress-ups that made each occasion extra special. Staff, volunteers, and members will certainly miss the energy and fun she brought to the Centre. However, we are sure we will still see her around the Centre through her new role and, of course, as a member herself.

Delys, thank you for all your efforts and everything you have brought to our Centre. We wish you every happiness and success in your next adventure.



Upcoming Events Calendar

Some events may be subject to change or cancellation. Check our Facebook page for updates.

Date and Time	Event Name	Description	Venue	Cost	Bookings
Wednesday 4 November 1pm to 3pm	Hearing Australia Information Session	Book a free 15-minute hearing check and see how your hearing is going.	Seniors Centre Meeting Room	Free	Book at Admin
Monday 9 - Friday 13 November 9am - 4pm	Open Week	Explore more than 40 weekly activities, meet members and volunteers, and enjoy activities without the usual daily fee	Seniors Centre	Free	See program for details
Monday 9 November 9.30am - 11am	Seniors Week Official Opening	Celebrate the opening of WA Seniors Week with Paddi Creevey, Twisted Shuffle Dance tap dancers and morning tea.	Seniors Centre Main Hall	Free	Book at Admin
Monday 9 - Friday 13 November	Free Introductory Exercise Classes	Try Chair Yoga, Jazz Dance, Shine Light Exercise, Zumba Gold, or Chi Ball. Bookings are essential and places are limited	Seniors Centre	Free	Book at Admin
Tuesday 10 November 10am - 11.30am	Friendship Morning Tea	Enjoy a cuppa, conversation, and information about the Purple road Project	Seniors Centre Dining Room	Free	Book at Admin
Tuesday 10 November 1pm - 2pm	Strong & Steady: Staying Confident on Your Feet	Practical tips on balance, strength and fall prevention, with a complimentary balance assessment. Booking is essential.	Seniors Centre Craft Room	Free	Book at Admin
Wednesday 11 November 1.15pm - 3pm	Back to the 80s Live Concert	Enjoy a FREE 80s concert with Elphick Entertainment, featuring iconic hits, dancing and plenty of nostalgia.	Seniors Centre Craft Room	Free	Book at Admin
Friday 13 November 1pm - 3pm	The Big Grey Matter Quiz	Gather a team of up to six for an afternoon of friendly competition and fun. Booking is essential	Seniors Centre Mail Hall	Free	Book at Admin
Wednesday 2 December 1pm - 3pm	Christmas Variety Concert	Celebrate the festive season with a Christmas Variety Concert featuring the local talents of voices in Harmony	Seniors Centre Main Hall	Gold Coin donation	No booking required
Wednesday 16 December 11.30am-2.30pm	Christmas Event Rockin' around the Christmas tree	Celebrate Christmas with a delicious three-course lunch and live music from local duo Just Us, bringing you the much-loved sounds inspired by *Grease*.	Seniors Centre Main Hall	$35 Members $41.30 Nonmembers	Bookings open from 30 November
Friday 18 December 12.00pm	Christmas Lunch	Celebrate the festive season with us in the Dining Room. Enjoy a delicious two-course Christmas lunch, and a cheerful Christmas sing-along	Seniors Centre Dining Room	$25 Members $31.30 Non member	Bookings open from 30 November