



Seniors Centre closure

Alternate activities timetable



Activity	Time	Location	Details	Cost	How to book?
Flex and Flow: Chair Fitness Fusion	Mon 14 July, 11:30am	MARC	Using resistance bands, pilates balls, or light hand weights, all exercises are performed with the support of a chair for added stability and confidence.	Free	Call MARC team 9550 3613
Boomers	Tue 15 July, 11:30am Thu 10 & 17 July, 11:30am	MARC	A moderate pace cardio and weights exercise class set to music improving cardiovascular health, strengthening joints and muscles. This class is great for beginners and seniors.	Free	Call MARC team 9550 3613
Tai Chi	Wed 9 & 16 July, 11:30am	MARC	Mindful movement that helps to increase stamina and energy levels, improve mobility, mental concentration, balance and memory skills.	Free	Call MARC team 9550 3613
Swimming	All days, All times	MARC	Swimming and water walking are gentle on the joints but powerful for your health. It's a fun, low-impact way to stay active, improve balance, and boost wellbeing.	Free	N/A
Group Fitness	All days, All times	MARC	The City of Mandurah's MARC offers a wide variety of group fitness classes to suit all ages and fitness levels. Whether you're looking for high-energy cardio, strength training, mind-body balance, or low-impact options, there's something for everyone to enjoy in a fun, welcoming environment.	Free	Call MARC team 9550 3613
Café specials	All days, All times	MARC	Scone Jam and Cream and Coffee \$7.90 Quiche and salad \$9 Soup and Roll \$8.50	Various	N/A
New Art Exhibition guided walk	Wed 16 July, 10am	CASM	Binjareb Sisters Dreaming Strength, Hope and Freedom - Guided tour and morning tea	Free	Call Mandurah Seniors Centre 9550 3799
Writers in the Library Jay Martin	Tue 15 Jul, 10:30 - 11:30am	Mandurah Library	Join us for our next Writers in the Library session, featuring Jay Martin discussing her novel Boom Town Snap.	Free	
Activities in the library	9 – 18 July	Mandurah, Falcon and Lakelands Libraries	Scan the QR code to see all available activities in our Mandurah, Falcon and Lakelands Libraries.	Free	

Please show your Seniors Centre membership card when booking.

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Alternate activities locations



Locations:

- 1. Contemporary Art Spaces Mandurah (CASM)**
63 Ormsby Tce, Mandurah
- 2. Mandurah Aquatic And Recreation Centre (MARC)**
303 Pinjarra Road, Mandurah
- 3. Mandurah Library**
331 Pinjarra Road, Mandurah