

# Seniors Week

10 – 14 NOVEMBER 2025



MONDAY  
10

## FREE Seniors Week Morning Tea

10am–12pm | Mosman Park Bowling Club

RSVP 9383 6600 by 31 October

## Movie Screening Grand Budapest Hotel

1.30pm afternoon tea & 2pm screening  
Curtin Heritage Theatre

Book \$5 tickets

[elizabethc@curtinheritage.com.au](mailto:elizabethc@curtinheritage.com.au)

TUESDAY  
11

## FREE Lions Hearing Bus

9am–5pm | 17 Napier St, Cottesloe  
(outside Cottesloe Civic Centre)

RSVP [town@cottesloe.wa.gov.au](mailto:town@cottesloe.wa.gov.au) or 9285 5000  
[lionshf@gmail.com](mailto:lionshf@gmail.com)

## Armchair Yoga (gold coin donation)

9–10am | Curtin Heritage Club Lounge

2x 30 minute sessions

Book [elizabethc@curtinheritage.com.au](mailto:elizabethc@curtinheritage.com.au)

## FREE Prime Movers Morning Tea

9.30–10.30am | Alf Adams Pavillion

RSVP 0444 560 037

## FREE Guided Art Walk with Linton & Kay

10–10.40am | Curtin Heritage Building

RSVP [elizabethc@curtinheritage.com.au](mailto:elizabethc@curtinheritage.com.au)

WEDNESDAY  
12

## FREE Foot Assessments

9am–5pm | The Foot Clinic, Level 1  
Cottesloe Central Book 9384 3545

THURSDAY  
13

## Paint and Sip with Kate Allen Art

10.30am–1.30pm | Lesser Hall, next to  
Cottesloe Civic Centre

Book \$20 tickets

[town@cottesloe.wa.gov.au](mailto:town@cottesloe.wa.gov.au) or 9285 5000

## FREE Foot Assessments

9am–5pm | The Foot Clinic, Level 1  
Cottesloe Central

## FREE Prime Movies with coffee

9.30–10.30am

Cottesloe War Memorial Hall,  
Cottesloe Civic Centre

RSVP [admin@mosmanpark.wa.gov.au](mailto:admin@mosmanpark.wa.gov.au)  
9383 6600

## Movie Screening – The Best Exotic Marigold Hotel

1.30pm afternoon tea & 2pm screening  
Curtin Heritage Theatre

Book \$5 tickets

[elizabethc@curtinheritage.com.au](mailto:elizabethc@curtinheritage.com.au)

FRIDAY  
14

## Beeswax Wrap Workshop with WMRC

10–11am | Curtin Heritage Makerspace

Book \$5 ticket s

[rosie.bruce@wmrc.wa.gov.au](mailto:rosie.bruce@wmrc.wa.gov.au) or 9384 6711

## FREE Australian Baroque Performance

3–6pm | Curtin Heritage Club Lounge

RSVP [admin@mosmanpark.wa.gov.au](mailto:admin@mosmanpark.wa.gov.au) or  
9383 6600

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