



Beginners Yoga

8 Wednesday sessions • starts 21 Oct
11am–12pm

Lesser Hall, Cottesloe Civic Centre

Improve your functional fitness and flexibility. Learn yoga with our incredibly fun and enthusiastic trainer Bela Andrade.

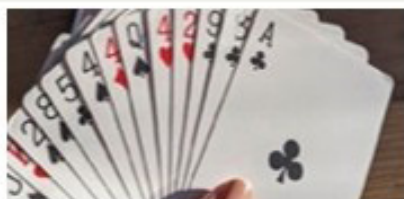


Beginners Dance

8 Wednesday sessions • starts 21 Oct 1–2pm

Lesser Hall, Cottesloe Civic Centre

Ballroom Fit teaches ballroom steps in a fun, sociable series — no partner required, and a great way to exercise.



Beginners Bridge

Thu 22 Oct–26 Nov + 10 Dec
2.30pm–4.30pm

Lesser Hall, Cottesloe Civic Centre

Mark Goddard guides complete beginners with fun, social learning — cheat sheets & laughter allowed!



Mindful Art Studio

Tuesday 10 Nov
9am–12.00pm

Westcoast Community Centre

Join us for a free, fun-filled art event! Try your hand at drawing, painting or paint-by-numbers—all materials are supplied, and no experience is needed.



Bingo Bubbles

Monday 16 Nov 2pm–4.30pm

Mosman Park Bowling Club

A friendly Seniors Week afternoon of bingo with plenty of prizes, laughs and good company.



Beauty Workshop

Thursday 26 Nov
9am–12.00pm

Westcoast Community Centre

A Beauty Unbound Makeup Masterclass to refresh your look and feel beautiful in your own skin. Join us to feel uplifted and inspired

Westcoast Community Centre Inc

Community Room, Grove Library

Off Leake St • Stirling Hwy Peppermint Grove

TERM 4 • 2026

Learn something new, stay active
and connect locally.



About the Centre

Westcoast Community Centre is your friendly local hub for staying active, getting creative and connecting with others. Designed for our 55+ community, our Term 4 program offers welcoming activities and great company in supportive spaces across Mosman Park, Cottesloe and Peppermint Grove. Come along, meet new people and discover something you'll enjoy.

An exciting 4th term Programme

- Mahjong, Pony Canasta, Rummikub
- Theatre, Concerts and Music outings
- Nature walks and Bus trip outings
- Walking groups & coffees, Hiking, Kayaking
- Lessons in Bridge, Yoga, Dancing
- Inspiring talks and learning
- Lunches, Dinners & foodie experiences

The Grove Library 9286 8676
1 Leake Street, Peppermint Grove
www.westcoastcommunity.com.au

GAMES & MIND CHALLENGES

WEEKLY:

Mahjong	Tues & Friday
Bridge Lessons	Thursday
Pony Canasta	Thursday
Rummikub / board games	Friday
Quiz nights	See programme
Bookclub, Prose & Poetry	See programme

GET MOVING & PHYSICAL

Walking Groups & Coffee	Mon & Friday
Beginners Dancing	Thursday
Beginners Yoga	Wednesday
Chair Pilates	Friday
Hiking & Kayaking events	
Mini Golf - Wembley Golf course	
Lawn bowls (with a sausage sizzle)	

SPECIAL EVENTS

Mindful Art Studio classes
Bingo Bubbles
Beautify make-up workshop

TALKS

Bob Maumill: The Radio Jock
Catalpa Prison Escape – Mike & Joy Lefroy
Karin Ulrich: Dying to Know
Alexey Muraviev: Star Wars / Space Odyssey
Colin Barnett: Our West, Big State, Small town
Dawn Mauldon: Unheard Voices
Terry Houston – Native Bees of WA

NEW MEMBERS WELCOME
Meet new friends in your community

NATURE & OUTDOORS

Bold Park Meditation at sunset
John Forrest National Park - Hike
Brunch with the Birds – Mosman Park
UWA : Heritage Garden Walk
UWA : Special Trees Walk
Kayaking Swan Canoe Club Mosman Park

Where to find us?

The Grove Library
CALL 9286 8676

www.westcoastcommunity.com.au

DINING & SOCIAL

Sweetwater Chefs "Feed Me" Dinner
Christmas Lunch at UWA
Christmas Morning tea – open event

THEATRE & MUSIC

Morning Melodies	His Majesty's
Pick Your Poison	Old Mill Theatre
ABBA Tribute	Regal Theatre
The Nutcracker	His Majesty's
Dolly & Kenny Forever tribute	Regal Theatre

TOURS & LOCAL EXPERIENCES

Tree Tops & Timber town : full day bus trip
Virtual Reality viewing : Great Barrier Reef
Channel Nine Studios Tour _ Monkia Kos

FOOD & DINING

Sweetwater Roof Top Bar Chefs feed me menu
Christmas lunches @ UWA Club – 2 sessions
Christmas morning tea @ The Grove