

Socially Active Seniors Program

Have fun with friends, meet new residents and learn something new by participating in the plethora of planned activities.



April - September 2025

Socially Active Seniors Program

One of our key aspirations at the Shire of Murray is that our community enjoys excellent health, wellbeing, and quality of life.

Along with the Murray Library and the Murray Aquatic and Leisure Centre (MALC), we support a range of activities and programs for seniors throughout the year delivered by the vast array of local community groups, organisations and sporting clubs.

This guide showcases a stack of great activities held in the Murray area for our senior residents to participate in. Have fun with friends, meet new residents and learn something new by participating in the plethora of planned activities.

For more information on the activities, contact the Shire of Murray on 9531 7777 or by emailing mailbag@murray.wa.gov.au. You can also follow the Shire of Murray on Facebook and Instagram to stay up-to-date with what's on in Murray – @shireofmurray.




Regular Activities

Enjoy a wide range of daily activities that you can fit in to your regular weekly routine.

- Body Movement and Fitness
- Information/Workshops
- Membership or Pass Required
- Mental Health, Activities and Events
- Arts and Craft

Monday

Mental Health, Activities and Events			
	⌚ TIME	\$ COST	📍 LOCATION
Games Café	1:15pm - 3:15pm	FREE	Murray House Resource Centre
Social group open to all community members. Let us know what games you would like to play!			
Seniors Club	2:00pm - 4:00pm	FREE	Ravenswood Community Centre
Various group activities. Meet every 2nd and 4th Monday.			



Arts and Craft			
	⌚ TIME	\$ COST	📍 LOCATION
Craft Day	9:30am - 3:00pm	\$7.50	North Yunderup Hall
North Yunderup Community Association - Embroidery, Craft, Crochet, knitting, etc. Bring what you would like to do.			

Body Movement and Fitness

	⌚ TIME	\$ COST	📍 LOCATION
Keep Fit	8:00am - 9:00am	\$15	Yunderup Sport & Recreation Club
Cardio, with some yoga and balancing techniques.			
Pickle Ball	8:00am - 10:00am	\$10	Yunderup Sport & Recreation Club
Light cardio, cross between badminton, table tennis and tennis.			
Aqua Balance	8:00am - 8:45am	<div></div>	Murray Aquatic and Leisure Centre
An excellent and safe form of exercise for seniors, people with limited mobility and joint or muscle pain.			
Aqua Fit	8:00am - 8:55am	<div></div>	Murray Aquatic and Leisure Centre
A water workout designed to tone your entire body, encourage flexibility, fitness and well-being. Classes use the resistance and buoyancy of water to ensure you work hard. Aqua Fit is held in warm chest deep water.			
Strength for Life	10:30am - 11:30am	<div></div>	Murray Aquatic and Leisure Centre
An individualised strength and balance exercise program designed to help people over 50 get fit, stay strong and improve their balance. All SFL customers must complete an enrolment form, pre-exercise questionnaire and take this to their GP for a GP referral into the program.			
Pinjarra Walking Group	8:00am	FREE	Dome Cafe Pinjarra
Starting at Dome Cafe. Duration is 45-60 minutes. Speed is medium pace and is dog friendly.			
Ravenswood Walking Group	5:30pm Summer 4:00pm Winter	FREE	Ravenswood Community Centre
Supported by The Heart Foundation. Starting at Ravenswood Community Centre. Duration is 30-45 minutes. Speed is medium pace and is dog friendly.			

Tuesday

Mental Health, Activities and Events			
	🕒 TIME	\$ COST	📍 LOCATION
Mahjong	9:00am - 11:00am	\$5	Yunderup Sport & Recreation Club
Mahjong is a fun game that tasks you with solving a tile-matching puzzle before you run out of moves.			Kirsten Kleiber - 9537 6587 kirsten@yunderupsportclub.org.au
Social Chess Group	10:00am - 12:00pm	FREE	Murray House Resource Centre
All ages and abilities welcome.			Sonya Fletcher - 9531 2298 admin@mhr.org.au

Arts and Craft			
	🕒 TIME	\$ COST	📍 LOCATION
Pottery & Mosaics Self Help Group	10:00am - 3:00pm	\$5.00*	The Barn - Edenvale Heritage Precinct
Murray Districts Arts & Crafts Society create hand built items. *Participants supply own clay. Firing charges additional to event cost.			Gayle - 0439 903 470 murrayartslink@gmail.com
The Write Stuff	10:00am - 12:00pm	FREE	Murray Library
A creative writing group that meets fortnightly.			9531 7712 librarys@murray.wa.gov.au
Mindful Makers	1:00pm - 3:00pm	FREE	Murray Library
For mindfulness, relaxation, building friendships and making connections in a warm and welcoming environment. Bring your own library friendly craft or use provided supplies.			9531 7712 librarys@murray.wa.gov.au
Pottery	1:00pm - 3:00pm	\$5	North Yunderup Hall
North Yunderup Community Association pottery for seniors.			Linda Gregory - 0409 687 926 lgregory@iinet.net.au

Body Movement and Fitness			
	🕒 TIME	\$ COST	📍 LOCATION
Water Walking	8:00am - 8:45am		Murray Aquatic and Leisure Centre
Water walking is easy on the joints and is more effective than walking on land. The sessions are safe for seniors and are an excellent cardio and resistance training exercise option.			9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170
Stay Active Low Impact	8:00am - 9:00am		Murray Aquatic and Leisure Centre
A fun class that is designed to improve the coordination and flexibility of our senior population.			9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170
Improve Mobility	9:00am - 11:00am	\$5	North Yunderup Hall
North Yunderup Community Association - Various forms of mobility instruction. Cho Gong, Yoga etc.			Linda Gregory - 0409 687 926 lgregory@iinet.net.au



Information / Workshops			
	🕒 TIME	\$ COST	📍 LOCATION
Probus Club	9:30am	\$10	Pinjarra Bowling & Recreation Club
Combined Probus of Murray Districts - Club and outings for seniors. Second Tuesday of each month.			Judy Bardon - 0408 934 200 bardon@bigpond.net.au

Wednesday

Mental Health, Activities and Events			
	⌚ TIME	\$ COST	📍 LOCATION
Bingo	6:00pm - 9:00pm	\$2	Pinjarra Bowling & Recreation Club
Eyes down at 7.00pm. Books for \$2 each.		Doreen - 9531 1840 pinjbowls@bigpond.com	

Arts and Craft			
	⌚ TIME	\$ COST	📍 LOCATION
Knit 'n' Yarn	1:00pm - 3:00pm	FREE	Murray Library
Knitting, crochet or needlecraft - bring your project, share ideas or learn something new with the friendly bunch of crafters.		9531 7712 librarys@murray.wa.gov.au	
Painting & Drawing Self Help Group	10:00am - 2:00pm	\$5	Terry's Room - Edenvale Heritage Precinct
Bring your own project. Tea and Coffee provided. 1st, 2nd and 4th Wednesday of the month.		Rita - 0431 825 636 murrayartslink@gmail.com	
Coolup Craft Social Group	9:30am	\$1	CWA Hall Coolup
Solve the worlds problems whilst doing some craft... Social get-together with lots of laughs. Everyone is welcome!		Maxine - 0488 991 347	



Body Movement and Fitness			
	⌚ TIME	\$ COST	📍 LOCATION
Strong on your feet	8:00am	\$5	Uniting Church Hall Pinjarra
Seniors Recreation Council - Classes include activities to help maintain or improve mobility and balance with emphasis placed on conditions and lower limb strength and flexibility.		Jan McGlinn OAM (Peel Branch President) - 0427 088 615 dmc56456@bigpond.net.au	
Pickle Ball	4:00pm - 6:00pm	\$10	Yunderup Sport & Recreation Club
Light cardio, cross between badminton, table tennis and tennis.		Kirsten Kleiber - 9537 6587 kirsten@yunderupsportclub.org.au	
Social Tennis	8:00am - 11:00am	\$4	Furnissdale Tennis Club
The Furnissdale Tennis Club welcome all ages and abilities. Contact the Club to arrange a free come and try session and meet some friendly locals.		Kerry Waters - 0418 935 544 k.a.waters65@gmail.com	
Aqua Fit	8:00am - 8:55am		Murray Aquatic and Leisure Centre
A water workout designed to tone your entire body, encourage flexibility, fitness and well-being. Classes use the resistance and buoyancy of water to ensure you work hard. Aqua Fit is held in warm chest deep water.		9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170	
Hot Water Yoga	8:30am - 9:15am		Murray Aquatic and Leisure Centre
Held in the warmth of our Hydrotherapy Pool. The warm water not only encourages circulation, healing and relaxation, it also supports your weight, taking pressure off your joints and allowing for deeper stretches and longer lasting releases of tension.		9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170	
Strength for Life	10:30am - 11:30am		Murray Aquatic and Leisure Centre
An individualised strength and balance exercise program designed to help people over 50 get fit, stay strong and improve their balance. All SFL customers must complete an enrolment form, pre-exercise questionnaire and take this to their GP for a GP referral into the program.		9531 2000 - info@themalc.com.au Appraisal \$60 - 10 passes \$90 20 passes \$170 - Casual class entry \$10	

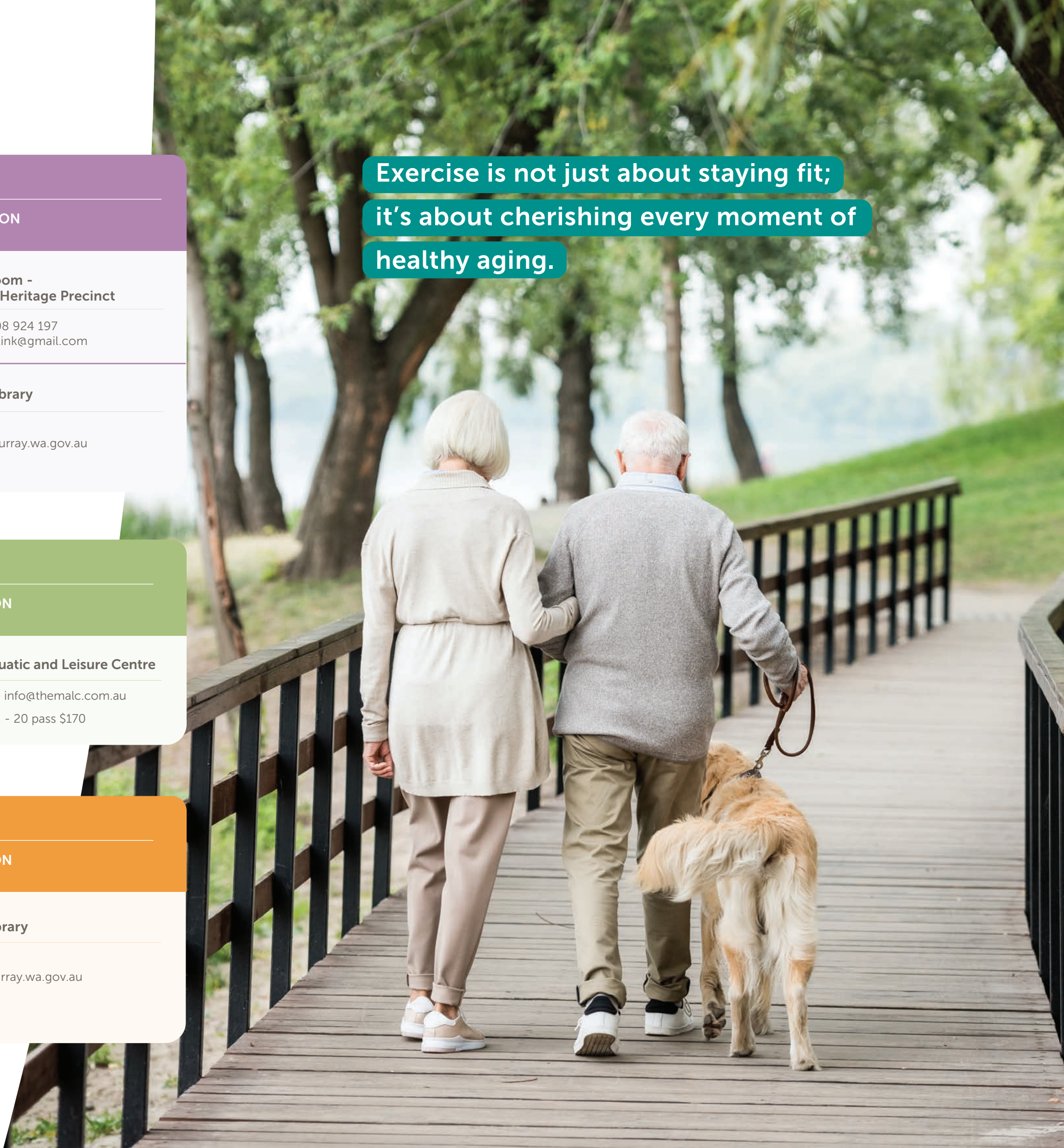
Thursday

Exercise is not just about staying fit;
it's about cherishing every moment of
healthy aging.

Arts and Craft	⌚ TIME	\$ COST	📍 LOCATION
Social Craft Day	9:30am - 2:30pm	FREE	Terry's Room - Edenvale Heritage Precinct
Bring your own craft. Tea and coffee provided. Bring lunch if staying for the day.		Chris - 0408 924 197 murrayartslink@gmail.com	
Knit 'n' Yarn	10:00am - 11:30am	FREE	Murray Library
Knitting, crochet or needlecraft - bring your project, share ideas or learn something new with the friendly bunch of crafters.		9531 7712 librarys@murray.wa.gov.au	

Body Movement and Fitness	⌚ TIME	\$ COST	📍 LOCATION
Aqua Balance	8:00am - 8:45am	📄	Murray Aquatic and Leisure Centre
An excellent and safe form of exercise for seniors, people with limited mobility and joint or muscle pain.		9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170	

Information / Workshops	⌚ TIME	\$ COST	📍 LOCATION
Digital Drop-In	2:00pm - 3:00pm	FREE	Murray Library
Need some help with your phone or tablet? Want to learn new digital skills? Get online or master your smartphone? This is the group for you!		9531 7712 librarys@murray.wa.gov.au	



Friday



Body Movement and Fitness	TIME	COST	LOCATION
Aqua Fit A water workout designed to tone your entire body, encourage flexibility, fitness and well-being. Classes use the resistance and buoyancy of water to ensure you work hard. Aqua Fit is held in warm chest deep water.	8:00am - 8:55am		Murray Aquatic and Leisure Centre 9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170
Stay Active Gym A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All fitness levels welcome.	8:00am - 9:00am		Murray Aquatic and Leisure Centre 9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170
Strength for Life An individualised strength and balance exercise program designed to help people over 50 get fit, stay strong and improve their balance. All SFL customers must complete an enrolment form, pre-exercise questionnaire and take this to their GP for a GP referral into the program.	10:30am - 11:30am		Murray Aquatic and Leisure Centre 9531 2000 - info@themalc.com.au Appraisal \$60 - 10 passes \$90 20 passes \$170 - Casual class entry \$10
Chair Balance By utilising a chair as support, seniors can engage in a safe and comfortable workout that is tailored to their unique needs and abilities.	11:30am - 12:15pm	FREE	Murray Aquatic and Leisure Centre 9531 2000 - info@themalc.com.au 10 pass \$90 - 20 pass \$170
Social Tennis The Furnissdale Tennis Club welcome all ages and abilities. Contact the Club to arrange a free come and try session and meet some friendly locals.	8:00am - 11:00am	\$4	Furnissdale Tennis Club Kerry Waters - 0418 935 544 k.a.waters65@gmail.com
Tai Chi The ancient practice of Tai Chi has been scientifically proven to improve strength, balance, mood and general well-being.	9:30am - 10:30am	\$15	Yunderup Sport & Recreation Club Kirsten Kleiber - 9537 6587 kirsten@yunderupsportclub.org.au

Information / Workshops

TIME	COST	LOCATION
U3A University of the Third Age - Outreach programs for Pinjarra are updated on the U3A website. Every third Friday of the month.	10:00am - 11:00am FREE	Murray House Resource Centre Christine (Secretary) - 9537 6543 www.u3amandurah.org.au/program/

Saturday and Sunday

Mental Health, Activities and Events

TIME	COST	LOCATION
Coffee, Morning Tea and Chat North Yunderup Community Association - Join us for a cuppa with morning tea and a chat with new friends.	Saturday 10.00am - 11.00am \$5	North Yunderup Hall Linda Gregory - 0409 687 926 lgregory@inet.net.au
Pinjarra Markets Pinjarra Railway Markets Association - Held in the historic gardens of the Edenvale Heritage Precinct, Henry Street Pinjarra. Second Sunday of the month.	Sunday 7:00am - 12:00pm \$5	Edenvale Heritage Precinct Gardens Tamara - 0400 310 370 www.facebook.com/PinjarraMarkets
Dwellingup Country Markets A short walk from the centre of Dwellingup, the CWA Country Markets bring locals and visitors together every third Sunday from March to December.	Sunday 9:00am - 1:00pm \$5	CWA Hall Garden - 23 Newton Street, Dwellingup Colleen Pascoe - 0438 916 719 aussiesewingsews@gmail.com



Additional Activities



Pinjarra Bowling Club

The Pinjarra Bowling & Recreation Club promotes and encourages the sport of lawn bowls and other recreational activities throughout the year for all ages and abilities.

Before you make any decisions about joining our club, why not have a go? We invite you to a free one hour bowling experience on our greens; Basic tuition by one of our experienced bowlers - Use our club bowls - A tour of our club - Access information about our memberships.

NOTE: Please wear comfortable casual clothes. Smooth, soft-soled shoes OR bare feet can only be used on our synthetic bowling greens.

📞 9531 1840 ✉️ pinjbowls@bigpond.com 📍 Lot 3001 Dixon Avenue, Pinjarra
www.pinjarra.bowls.com.au/new-bowlers-and-memberships/



Yunderup Sport & Recreation Club

The Yunderup Sport & Recreation Club is made up of a number of sporting and social divisions whose activities are centered in and around the main clubhouse including lawn bowls and tennis.

Additional social activities include;

- Mahjong
- Thai-Chi
- Pickleball
- Exercise classes
- Line dancing
- Dragon boat paddling

📞 9537 6587 ✉️ mail@yunderupsportclub.org.au 📍 Cnr Delta Drive & South Yunderup Road, South Yunderup
www.yunderupsportclub.org.au



Visit the Forest Discovery Centre

Enjoy the gallery, meet the artists, tour the interpretive centre, shop the arts and crafts, and walk the trails and tree top walk \$5 donation - Visit out of hours and have Megan's history talk, guided tour of the centre, cup of coffee or tea, watch Dwellingup bushfire movie, or wildflower walk. Monday to Sunday 10:00am - 4:00pm. Free or gold coin donation. Contact Megan Warren on the details below.

📞 0491 263 460 ✉️ admin@forestdiscoverycentre.com.au 📍 1 Acacia Rd, Dwellingup
www.dwellingup.destinationmurray.com.au/venues/forest-discovery-centre/



Hotham Valley Railway

The Hotham Valley Tourist Railway (commonly Hotham Valley Railway) is a tourist and heritage railway in the Peel region of Western Australia.

Explore the Forest Train, Hotham Valley Steam Ranger Train and the Etmilyn Restaurant Train.

📞 6278 1111 ✉️ hvr@hothamvalleyrailway.com.au 📍 Marinup Street, Dwellingup
www.hothamvalleyrailway.com.au



Trails

Take a day out exploring one of the following local trails.

Pinjarra Heritage Walk Trail
www.pinjarra.destinationmurray.com.au/culture-history/pinjarra-heritage-walk-trail/

Murray River Pub Trail
www.pinjarra.destinationmurray.com.au/things-to-do/murray-river-pub-trail/

Binjareb-Peel Geopark Geodrive Trail
www.pinjarra.destinationmurray.com.au/things-to-do/binjareb-peel-geopark-geodrive-trail/

Pinjarra Art Trail
www.pinjarra.destinationmurray.com.au/culture-history/pinjarra-art-trail/

Key Events

April

05
APRIL

Dwellingup Log Chop & Community Fair

🕒 9:00am - 4:30pm 💰 FREE 📍 Dwellingup Town Oval

All day log chopping, giant pumpkin weigh-in, local market stalls and kids entertainment.
www.murray.wa.gov.au/events/2025-dwellingup-log-chop-and-community-fair/269

25
APRIL

Anzac Day Service 2025

🕒 6:00am - 8:00am 💰 FREE 📍 Pinjarra War Memorial, Glebe Land, Henry Street

Annual Dawn Service 6:00am at Pinjarra War Memorial followed by Gunfire breakfast at RSL Hall 6:30am - 8:00am.

www.murray.wa.gov.au/events/anzac-day-service-2025/615

May

20
MAY

Volunteer Recognition Evening 2025

RSVPs are essential

🕒 6:00pm - 8:00pm 💰 FREE 📍 Exchange Hotel | The Fell Bar

The event will acknowledge and celebrate the vital contribution volunteers provide to the community. Visit the website below to enter submissions for longstanding volunteers and also register your attendance.

www.murray.wa.gov.au/events/volunteer-recognition-evening/380

31
MAY

Pinjarra Festival

WA Day Long Weekend - 31 May - 1 June

🕒 10:00am - 4:00pm 💰 FREE 📍 Edenvale Heritage Precinct

Enjoy a stellar line-up of live music, 100-plus market stalls, free kids' activities, displays, workshops, amusements and more at the Shire of Murray's biggest public event of the year.

www.murray.wa.gov.au/events/pinjarra-festival-2025/601

September

07
SEPT

Hotham Valley Railway Anniversary Festival

🕒 9:00am - 4:00pm 💰 FREE 📍 Hotham Valley Railway, 1 Marinup Street, Dwellingup

A family friendly event for train lovers of all ages with railway displays, market stalls and food trucks.

www.dwellingup.destinationmurray.com.au/events/hotham-valley-railway-anniversary-festival/

22
SEPT

Plein Air Down Under Outdoor Painting Festival

🕒 Various times 💰 FREE 📍 Various locations www.pleinairdownunder.com

This festival celebrates everything to do with outdoor painting. Visit the website below for more information can be found at or by contacting pleinairdownunder@gmail.com or 0414 441 761.

www.murray.wa.gov.au/events/plein-air-down-under-outdoor-painting-festival/195

For further information on any of the listed activities, events and workshops please contact the host direct or call the Shire on 9531 7777.



Administration Office

1915 Pinjarra Road,
Pinjarra WA 6208
PO Box 21, Pinjarra WA 6208

T: 08 9531 7777
E: mailbag@murray.wa.gov.au
murray.wa.gov.au

   @ShireofMurray

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