

# Socially Active Seniors Program

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



### **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

\$ Gold coin donation

## Monday

Mental Health, Activities and Events		\$ COST	© LOCATION
Games Café	1:15pm - 3:15pm	\$	Murray House Resource Centre
3	Social group open to all community members. Let us know what games you would like to play!		Sonya Fletcher - 9531 2298 admin@mhr.org.au
Seniors Club	2:00pm	FREE	Various meeting places
Seniors Club  Various group activities. Mee	·	FREE	Various meeting places  Eileen Black - 0428 717 828 geoffandeileen@iinet.net.au
	·	FREE	Eileen Black - 0428 717 828

Arts and Craft		\$ COST	© LOCATION
Craft Day	9:30am - 3:00pm	\$7.50	North Yunderup Hall
North Yunderup Comr embroidery, craft, croo Bring what you would	chet, knitting, etc.		Linda Gregory - 0409 687 926 lgregory@iinet.net.au
		W/N	

Body			
Movement and Fitness	C TIME	\$ COST	© LOCATION
Chair Balance	9:15am - 10.00am	\$10.50	Murray Aquatic and Leisure Centre
By utilising a chair as support, seniors can engage in a safe and comfortable workout that is tailored to their unique needs and abilities.			9531 2000 - info@themalc.com.au 10 pass \$94.50 - 20 pass \$178.50
Pickle Ball	9:00am - 11:00am	\$10	Yunderup Sport & Recreation Club
Light cardio, cross between and tennis.	n badminton, table tennis		Kirsten Blacklock - 9537 6587 kirsten@yunderupsportclub.org.au
Aqua Balance	8:00am - 8:45am	= 0	Murray Aquatic and Leisure Centre
An excellent and safe form	,		9531 2000 - info@themalc.com.au
meople with limited mobility  Monday and Thursday. Please countimetable as days and times countimetable.	heck group fitness		Concession         Standard           Casual class \$11.20         Casual class \$14.00           10 pass \$122.50         10 pass \$153.00           20 pass \$231.00         20 pass \$289.00
Aqua Fit	8:00am - 8:55am	= 0	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.		е	9531 2000 - info@themalc.com.au Casual class \$10.50 10 pass \$94.50 - 20 pass \$178.50
Monday, Wednesday and Friday timetable as days and times cou			
Strength for Life	10:30am - 11:30am	= 0	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 \$66 - Casual class \$10.50 10 pass \$94.50 - 20 pass \$178.50
Monday, Wednesday and Friday timetable as days and times cou			
Pinjarra Walking Group	8:00am	FREE	Dome Cafe Pinjarra
Starting at Dome Cafe. Dura Speed is medium pace and is			Anna - 0423 852 102
Ravenswood Walking Group	8:30am Summer 9:00am Winter	FREE	Ravenswood Community Centre
Supported by The Heart Fou Ravenswood Community Ce minutes. Speed is medium p Start times may vary.	entre. Duration is 30-45		Eileen Black - 0428 717 828 geoffandeileen@iinet.net.au

### **Tuesday**

Mental Health,			
Activities and Events	<b>©</b> ТІМЕ	\$ COST	© LOCATION
Mahjong	9:00am - 12:00pm	\$5	Yunderup Sport & Recreation Club
Mahjong is a fun game that ta tile-matching puzzle before y			Kirsten Blacklock - 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
Scones & Stories	10:00am - 11:00am	\$8	The Village at Fairbridge
Explore the stories of Kingsley a guided tour, then relax with Every Tuesday. Closed during Holidays. Individuals and grou bookings recommended.	a traditional Devonshire tea. Christmas Holidays and Pub		Gayan Hadinnapola - 9531 7967 bookings@fairbridge.asn.au
Slot Car Sessions	4:30pm - 5:30pm	\$5	Pinjarra Bowling & Recreation Club
Slot car racing within the Pinjar A casual event where no experi is provided. No registration requ express interest, or for more inf	ence is needed. All equipmen uired. Contact the club to		Shayne Uren - 0437 168 776 peelscc@yahoo.com www.facebook.com/Peel Slot Car Club

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 & Craft built items. *Participants sup additional to event cost.	s Society create hand oply own clay. Firing charges		Gayle - 0439 903 470 murrayartslink@gmail.com
The Write Stuff	10:00am - 12:00pm	FREE	Murray Library
A creative writing group tha	t meets fortnightly.		9531 7712 - librarys@murray.wa.gov.au

#### Mindful Makers 1:00pm - 3:00pm FREE

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

**Murray Library** 

#### Body Movement and Fitness

( TIME

#### Water Walking

8:00am - 8:45am

#### **Murray Aquatic and Leisure Centre**

9531 2000 - info@themalc.com.au

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.

Concession Casual class \$11.20 Standard Casual class \$14.00 10 pass \$126.00

10 pass \$101.00 20 pass \$190.50

20 pass \$238.00

#### **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

Casual class \$10.50 10 pass \$94.50 - 20 pass \$178.50

#### Improve Mobility

9:00am - 11:00am

#### 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

#### **Indoor Social** Pickleball

8:30am - 10:30am

#### From \$5 Murray Aquatic and Leisure Centre

Pickleball is a paddle sport blending tennis, badminton, and ping-pong, played with a paddle and a perforated plastic ball on a smaller court with a lowered net.

9531 2000 - info@themalc.com.au

MALC Members \$5.00 Casual class \$9.50

### Information / Workshops

( TIME

\$ COST O LOCATION

#### **Probus Club**

9:30am



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
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	> ?		~

Arts and Craft		\$ COST	© LOCATION
Knit 'n' Yarn	1:00pm - 3:00pm	FREE	Murray Library
Knitting, crochet or needlec share ideas or learn somethi 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 First, second and fourth Wed	· ·		Rita - 0431 825 636 murrayartslink@gmail.com
Coolup Craft Social Group	9:30am	\$	CWA Hall Coolup
Solve the worlds problems v Social get-together with lots	9		Maxine - 0488 991 347

Body Movement and Fitness		\$ COST	© LOCATION
Strong on your feet	8:00am	\$5	Uniting Church Hall Pinjarra
Seniors Recreation Council Princlude activities to help mair and balance with emphasis plower limb strength and flexib	ntain or improve mobility laced on conditions and		Jan McGlinn OAM (Peel Branch Coordinator STOYF) - 0427 088 615 or dmc56456@bigpond.net.au
Pickle Ball	2:00pm - 4:00pm	\$10	Yunderup Sport & Recreation Club
Light cardio, cross between b and tennis.	adminton, table tennis		Kirsten Blacklock - 9537 6587 kirsten@yunderupsportclub.org.au
Social Tennis	8:00am - 11:00am	\$4	Furnissdale Tennis Club
The Furnissdale Tennis Club vabilities. Contact the Club to and try session and meet som	arrange a free come		Kerry Waters - 0418 935 544 k.a.waters65@gmail.com
Aqua Fit	8:00am - 8:55am	= 0	Murray Aquatic and Leisure Centre
A water workout designed to encourage flexibility, fitness a the resistance and buoyancy work hard. Aqua Fit is held in	nd well-being. Classes use of water to ensure you		9531 2000 - info@themalc.com.au Casual Class \$10.50 10 pass \$94.50 - 20 pass \$178.50
Monday, Wednesday and Friday. P timetable as days and times could	3 1		
Hot Water Yoga	8:30am - 9:15am	= 0	Murray Aquatic and Leisure Centre
Held in the warmth of our Hy The warm water not only end healing and relaxation, it also taking pressure off your joints stretches and longer lasting re	ourages circulation, supports your weight, and allowing for deeper		9531 2000 - info@themalc.com.au  Concession Standard  Casual class \$11.20 Casual class \$14.00 10 pass \$101.00 10 pass \$126.00 20 pass \$190.50 20 pass \$238.00
Please check group fitness timetal	ble as days and times could vary	<i>/.</i>	
Strength for Life	10:30am - 11:30am	= 0	Murray Aquatic and Leisure Centre
An individualised strength and designed to help people over 5 improve their balance. All SFL of an enrolment form, pre-exercithis to their GP for a GP referra	50 get fit, stay strong and customers must complete se questionnaire and take all into the program.		9531 2000 - info@themalc.com.au Appraisal \$66 - Casual class \$10.50 10 pass \$94.50 - 20 pass \$178.50
Monday, Wednesday and Friday. P timetable as days and times could			

### **Thursday**

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 Bring lunch if staying for the	1		Chris - 0408 924 197 murrayartslink@gmail.com
Knit 'n' Yarn	10:00am - 11:30am	FREE	Murray Library
Knitting, crochet or needlecr share ideas or learn somethin bunch of crafters.			9531 7712 - librarys@murray.wa.gov.au

Body Movement and Fitness	C TIME	\$ COST	© LOCATION	
Aqua Balance	8:00am - 8:45am	= 0	Murray Aquatic and	d Leisure Centre
An excellent and safe form of people with limited mobility a Monday and Thursday. Please cheetimetable as days and times could	nd joint or muscle pain.		9531 2000 - info@the Concession Casual class \$11.20 10 pass \$101.00 20 pass \$190.50	smalc.com.au Standard Casual class \$14.00 10 pass \$126.00 20 pass \$238.00
Indoor Social Pickleball	1:00pm - 3:00pm	From \$5	Murray Aquatic and	d Leisure Centre
Pickleball is a paddle sport ble and ping-pong, played with a plastic ball on a smaller court	paddle and a perforated		9531 2000 - info@the MALC Members \$5.00 Casual class \$9.50	emalc.com.au
Pickleball is a paddle sport ble and ping-pong, played with a	paddle and a perforated	\$5	MALC Members \$5.00	

Information / Workshops	© TIME	\$ COST	© LOCATION
Digital Drop-In	2:00pm - 3:00pm	FREE	Murray Library
Need some help with your ph new digital skills? Get online of This is the group for you!			9531 7712 - librarys@murray.wa.gov.au
Justice of the Peace Signing Service	1:00pm - 3:00pm	FREE	Murray Library
			9531 7712 - librarys@murray.wa.gov.au

### **Friday**



kirsten@yunderupsportclub.org.au

to improve strength, balance, mood and general well-being.

### Saturday and Sunday

Mental Health, **Activities and Events** 

(Ü) TIME

**O LOCATION** 

Coffee, Morning **Tea and Chat** 

Saturday 10.00am - 11.00am

\$5

= 0

\$5

North Yunderup Hall

North Yunderup Community Association - Join us for a cuppa with morning tea and a chat with new friends.

Linda Gregory - 0409 687 926 lgregory@iinet.net.au

**Book Club** 

Saturday 10:00am **Murray Library** 

Second Saturday of each month. Contact the library for more information and availability of places.

9531 7712 - librarys@murray.wa.gov.au

**Pinjarra Markets** 

Sunday 8:00am - 1:00pm

Edenvale Heritage **Precinct Gardens** 

Pinjarra Railway Markets Association - Held in the historic gardens of the Edenvale Heritage Precinct, Henry Street Pinjarra. Second Sunday of the month. Tamara - 0400 310 370 www.facebook.com/PinjarraMarkets

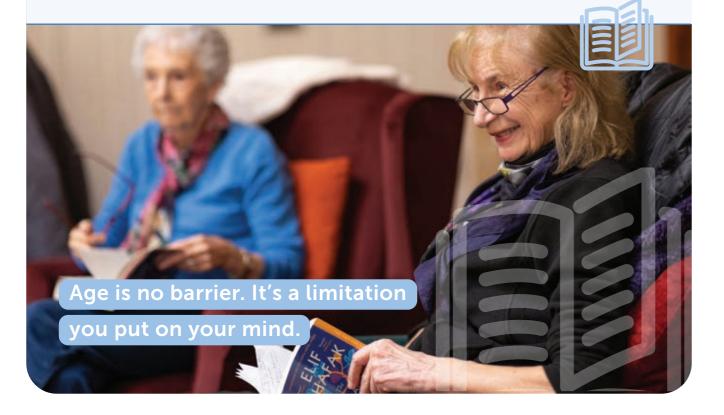
Dwellingup **Country Markets** 

Sunday 8:00am - 1:00pm

CWA Hall Garden -23 Newton Street, Dwellingup

A short walk from the centre of Dwellingup, the CWA Country Markets bring locals and visitors together every third Sunday from March to December.

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

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 ② 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

- Tai-Chi

- Pickleball
- Exercise classes Line dancing

- Dragon boat paddling

§ 9537 6587 ⊠ mail@yunderupsportclub.org.au 
 Onr 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.

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 

Noral hvr@hothamvalleyrailway.com.au 

Marinup Street, Dwellingup

Marinup Street, Dwellingup

Output

Description:

www.hothamvalleyrailway.com.au



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

Piniarra 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/

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

### **Key Events**

#### October

#### Pinjarra Garden Day

9:00am - 3:00pm **S** FREE

© Edenvale Heritage Precinct, 1 Henry Street, Pinjarra

Annual Community Event coordinated by the Friends of Edenvale Inc. featuring guest presenters, free activities, workshops, market stalls, plants and gardening accessory stalls. www.murray.wa.gov.au/events/pinjarra-garden-day-2025/437

### November

#### **Remembrance Day**

(i) From 10:45am

Pinjarra War Memorial, Glebe Land, Pinjarra

Join the Pinjarra RSL Sub-Branch for their Remembrance Day Service at the Pinjarra War Memorial from 10:45am.

pinjarra.secretary@sb.rslwa.org.au



#### **Murray Active Adventures**

(i) Various times



Various Halls and Sporting Venues across the Shire

Event runs 22 - 23 November

Come and discover the Murray Active Adventures weekend. Explore, play and join in the fun at this free, all-ages event showcasing the very best of sport and recreation across the Shire of Murray, with activities suited for seniors, adults, and children of all ages.

www.murray.wa.gov.au/events/

#### **Pinjarra Twilight Markets**

O Edenvale Heritage Precinct, 1 Henry Street, Pinjarra

Come and check out the twilight markets held in the grounds of the historic Edenvale Heritage Precinct and browse through new, used, artisan, homemade, home grown, food trucks and more!

www.facebook.com/PinjarraMarkets

#### **December**

#### **Christmas on the Murray**

**(** 5:00pm - 8:00pm **\$** FREE

Murray Town Square and Foreshore, Pinjarra

Get into the Festive Spirit at Christmas on the Murray along the beautiful banks of the Murray River. Join the Shire of Murray for a magical night of Christmas spirit with live entertainment singing all your favourite Christmas carols, roving entertainment and free kids craft and activities.

www.murray.wa.gov.au/events

#### **Pinjarra Twilight Markets**

© Edenvale Heritage Precinct, 1 Henry Street, Pinjarra

Come and check out the twilight markets held in the grounds of the historic Edenvale Heritage Precinct and browse through new, used, artisan, homemade, home grown, food trucks and more!

www.facebook.com/PinjarraMarkets

### **January**

#### Australia Day 2026

(i; 7:30am - 10:30am \$ FREE

O Edenvale Heritage Precinct, 1 Henry Street, Pinjarra

The 2025 Australia Day Celebration hosted by the Shire of Murray at the Edenvale Heritage Precinct, is back on Sunday, January 26 2026. The Shire President will present the Citizenship Ceremony and Citizen of the Year awards, and there will be live entertainment and free face painting, along with the famous Lions Club breakfast.

www.murray.wa.gov.au/events

#### **Pinjarra Twilight Markets**

(\$\cdot\) 4:00pm - 8:00pm \$ FREE

O Edenvale Heritage Precinct, 1 Henry Street, Pinjarra

Come and check out the twilight markets held in the grounds of the historic Edenvale Heritage Precinct and browse through new, used, artisan, homemade, home grown, food trucks and more! www.facebook.com/PinjarraMarkets

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@murrav.wa.gov.au

murray.wa.gov.au

foin @ShireofMurray

# Shire of Murray

#### To keep up to date

Subscribe to the Shire of Murray newsletter

www.murrav.wa.gov.au/

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@shireofmurray