

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

TUESDAY
11

FREE Lions Hearing Bus

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

RSVP town@cottesloe.wa.gov.au or 9285 5000
lionshf@gmail.com

Armchair Yoga (gold coin donation)

9–10am | Curtin Heritage Club Lounge

2x 30 minute sessions

Book 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

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

9285 5000

FREE Foot Assessments

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

FREE Prime Movers with coffee

9.30–10.30am

Cottesloe War Memorial Hall,
Cottesloe Civic Centre

RSVP 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

FRIDAY
14

Beeswax Wrap Workshop with WMRC

10–11am | Curtin Heritage Makerspace

Book \$5 ticket s

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 or
9383 6600

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