

NATURALISTE COMMUNITY CENTRE AND DUNSBOROUGH LIBRARY

SENIORS WEEK

Monday 9th - Friday 13th November 2026

Monday 9 Nov

10.00am - 11.30am
Memoir Writing
Workshop: Moments
that Matter

10.30am - 11.30am
Community Exercise
Showcase @Lions Park

11.45am - 12.45pm
Seniors Chair Fitness

12.30pm - 1.30pm
Healthy Eating
Workshop

2.00pm - 3.00pm
Memoirs in Colour
Workshop 1

3.30pm - 4.30pm
Memoirs in Colour
Workshop 2

Tuesday 10 Nov

9.30am - 10.30am
Cyber Security Info
Session

10.45am - 11.45am
Seniors Pilates

2:30pm - 4.00pm
History Uncovered:
Ancestry Workshop

Wednesday 11 Nov

10.00am - 3.00pm
Balance and Beyond
expo and free health
screening

10.30am - 11.30am
Strong Active Seniors
Fitness Class

11.45am - 12.45pm
Senior's Chair Balance

12.00pm - 1.00pm
Free Community Lunch

12.30pm - 1.30pm
Physiotherapist and
GP talk

Thursday 12 Nov

10.00am - 11.00am
Local Storytelling
Session

10.30am - 11.30am
Senior Pilates

11.45am - 12.45pm
Outdoor Chair Yoga

1.30pm - 2.30pm
Author Talk with Joanne
Patmore- author of
Black Wattle

2.30pm - 3.30pm
Taoist Tai Chi

Friday 13 Nov

10.00am - 11.30am
Memoir Writing
Workshop: Moments
that Matter

10.30am - 11.30am
Strong Active Seniors
Fitness Class

12.00pm - 1.00pm
Free Community BBQ
Lunch and closing
celebrations- hosted by
Dunsborough Lions

1.00pm - 3.00pm
Apps That Make Life
Easier



**ALL EVENTS
ARE FREE**

Bookings required. Scan QR code
or visit busseltonlibraries.com.au

