



Supporting seniors in the Joondalup community

North Metropolitan TAFE's (NMTAFE) Wellness Centre is taking bookings for seniors to be part of our new wellbeing program.

NMTAFE's Wellness Centre, located at our Joondalup (McLarty) campus, invites seniors in the local community to attend the centre where they can take part in innovative wellbeing programs; chat with friendly health lecturers and students; and stay connected and engaged with others in the community.

This initiative aims to give seniors the opportunity to regularly socialise, while promoting independence, physical health and wellbeing in a safe and friendly environment. NMTAFE students also gain invaluable experience supporting the local community, while they complete their training to become effective health workers.

Clients can enjoy learning new skills and participate in a variety of activities including games and quizzes, exercises, music, gardening, bingo, crafts and more.

Days and time

Mondays, Wednesdays and Thursdays
10am–2.30pm during school term

Location

North Metropolitan TAFE, McLarty campus
63 McLarty Ave, Joondalup WA 6027
(Opposite Lakeside Shopping Centre)

No cost

Light lunch supplied (sandwiches), tea & coffee

Bookings and further information

Please call 9427 3839 or
email wellness@nmtafe.wa.edu.au