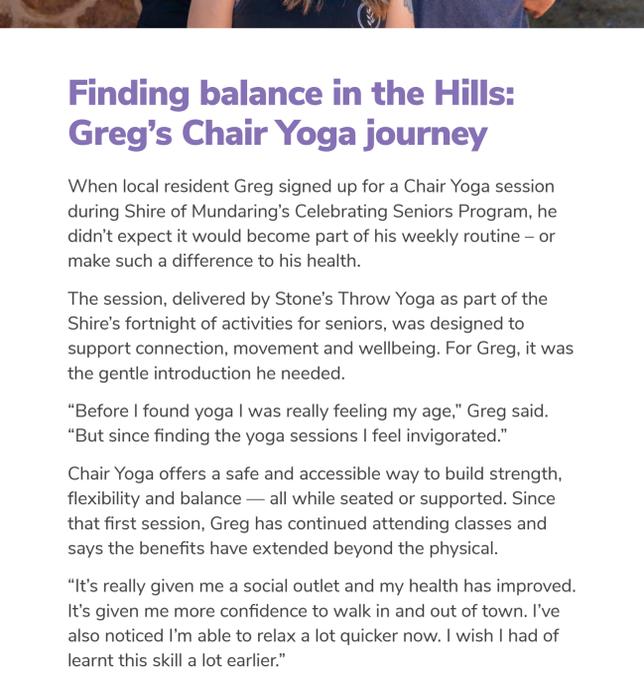


Living Well

Programs and Activities for Older Adults



Finding balance in the Hills: Greg's Chair Yoga journey

When local resident Greg signed up for a Chair Yoga session during Shire of Mundaring's Celebrating Seniors Program, he didn't expect it would become part of his weekly routine – or make such a difference to his health.

The session, delivered by Stone's Throw Yoga as part of the Shire's fortnight of activities for seniors, was designed to support connection, movement and wellbeing. For Greg, it was the gentle introduction he needed.

"Before I found yoga I was really feeling my age," Greg said. "But since finding the yoga sessions I feel invigorated."

Chair Yoga offers a safe and accessible way to build strength, flexibility and balance — all while seated or supported. Since that first session, Greg has continued attending classes and says the benefits have extended beyond the physical.

"It's really given me a social outlet and my health has improved. It's given me more confidence to walk in and out of town. I've also noticed I'm able to relax a lot quicker now. I wish I had learnt this skill a lot earlier."

[Read Greg's story](#)



Celebrating our Seniors Program: A fortnight of connection and wellbeing

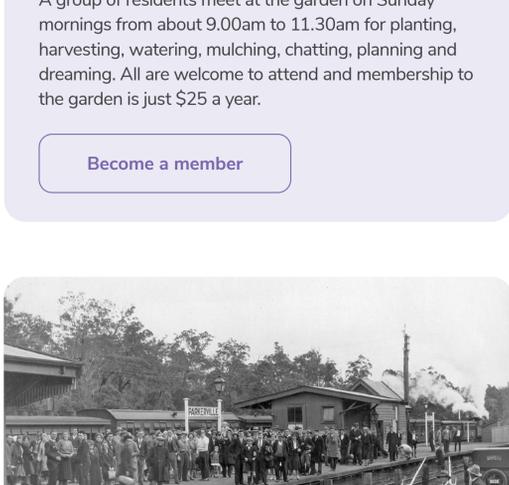
In November 2025, Shire of Mundaring proudly delivered 41 free and accessible activities as part of the Celebrating Seniors Program, recognising the valued contributions of older adults across our community.

Held from 10–21 November, the program brought together more than 400 seniors from across Mundaring and neighbouring local governments, with activities delivered in Mundaring, Swan View, Boya, Mahogany Creek, Mount Helena and Chidlow. Supported by 54 volunteers and 13 local businesses and organisations, the initiative achieved an impressive average rating of 4.5 out of 5 — with 100% of feedback indicating activities supported physical or mental health.

From chair yoga and sound meditation to creative workshops and Men's Shed sessions, many participants have continued engaging in activities beyond the program, strengthening ongoing community connections.

The program was delivered with the support of grant funding from the Department of Communities and Lotterywest via Advocare.

[Read the full impact report](#)

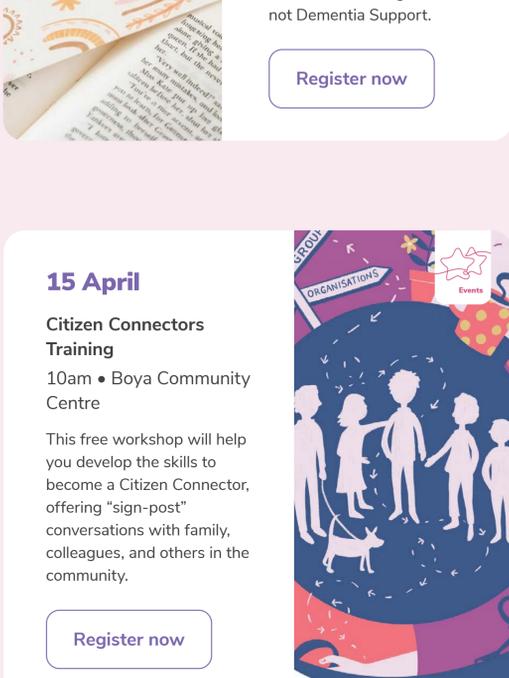


Discover the 2026 Seniors Directory

Looking for services, activities and support in our community? The 2026 Seniors Directory is your go-to guide for navigating everything available to older adults in Shire of Mundaring.

This easy-to-use directory brings together information on local programs, health and wellbeing services, social groups, transport options, volunteer opportunities and much more — all designed to help you stay connected and support local.

[View the 2026 Seniors Directory](#)



Gardening corner: Seasonal tips for gardening in the hills

Autumn in the hills is the perfect time to give your garden some attention. With milder temperatures and (hopefully) a little more rain on the way, plants can establish strong roots before winter sets in.

Now is a great time to plant native species suited to our local conditions, helping to support wildlife while reducing water use. Add a layer of mulch to retain moisture and protect soil health, and consider composting fallen leaves to boost nutrients naturally. Prune summer-flowering shrubs, divide perennials and refresh veggie patches with autumn crops like broccoli, spinach and broad beans.

It's also a good opportunity to check irrigation systems, clear gutters ahead of winter rains, and ensure your property remains bushfire aware as the season transitions.

A little preparation now will set your garden up for a thriving winter and a vibrant spring ahead. Happy gardening!



Community Garden spotlight

As the first community garden to be created in the Shire, the Glen Forrest Community Garden has now been around for almost 20 years. It is very well established with sheds, tools, reticulation, garden beds, a large permanent gazebo, wood fire pizza oven and mature fruit trees.

A group of residents meet at the garden on Sunday mornings from about 9.00am to 11.30am for planting, harvesting, watering, mulching, chatting, planning and dreaming. All are welcome to attend and membership to the garden is just \$25 a year.

[Become a member](#)

Local history spotlight: 130th anniversary for the Mahogany Creek Deviation

Last month marked 130 years since the official opening of the Mahogany Creek Deviation.

The Mahogany Creek Deviation replaced the steep Mundaring route between Bellevue and Mount Helena, improving safety and reducing operating costs under the direction of Chief Engineer CY O'Connor.

At its heart was the 340-metre Swan View Tunnel, Western Australia's first railway tunnel. Constructed by driving shafts from both ends to meet precisely in the middle, it was a remarkable engineering achievement despite unstable rock and clay.

Today, much of the original route forms part of the Railway Reserves Heritage Trail, a lasting reminder of the ambition and challenges of building railways through our hills.

Thanks to Lost Mundaring & Surroundings for the history spotlight.

[Check out the photos](#)

Upcoming events

17 March

Book Café

9.30am • The Hub of the Hills

Join us for a cosy Book Café with free tea and coffee and home-made treats and pre-loved books to purchase. Funds raised will be donated to Forget-me-not Dementia Support.

[Register now](#)

15 April

Citizen Connectors Training

10am • Boya Community Centre

This free workshop will help you develop the skills to become a Citizen Connector, offering "sign-post" conversations with family, colleagues, and others in the community.

[Register now](#)

21 April

Summer Delight light lunch

11am • The Hub of the Hills

The Active Ageing Network will be providing a light lunch directly following the weekly Coffee Morning. For just a gold coin donation, choose between either quiche and salad or sausage roll and salad.

[Register now](#)

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