

Neighbourhood Link

Group Social Support Activities Program



Dovenby House, 135 Canning Hwy, East Fremantle
Phone (08) 9339 9381

**** STAYING CONNECTED ****

OUTINGS DAILY EXCEPT ON TUESDAY

neighbourhoodlink@eastfremantle.wa.gov.au

LOCAL OUTING DAYS ON FRIDAYS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Location: Outing	4	Location: Dovenby	5	Location: Outing	6	Location: Outing	7	Location: Dovenby
Sharkey's Fish'n'Chips Dolphin Quay (Mandurah) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct \$15.00)		WU TAO DANCE with Carole, 30 mins 11.30am Life Story Project 1-2pm Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)		Wilkinson Homestead Visit (Gosnells) Gosnells Hotel (Gosnells) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Mundaring Weir Drive & Mundaring Hotel (Mundaring) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Stay on Your Feet 11am Presentation & Trivia Fun with Lisa Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)	
10	Location: Outing	11	Location: Dovenby	12	Location: Outing	13	Location: Outing	14	Location: Outing
Tomato Lake (Kewdale) & High Wycombe Bar & Grill (High Wycombe) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Movement with Music with Alison, 30 mins 11.45am Life Story Project 1-2pm Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)		Canning River Regional Park (Ferndale) & Parkerville Tavern (Parkerville) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Wild Squeeze (South Yunderup) & Ravenswood Hotel Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Bibra Lake & Kardinya Tavern (Kardinya) Centre Fee: \$10.00 Transport: \$5.00 Lunch: \$11.00 (Total direct debit: \$26.00)	

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	Location: Outing	18	Location: Dovenby	19	Location: Outing	20	Location: Outing	21	Location: Outing
Rockingham Foreshore & Golden Ponds (Baldivis) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		WU TAO DANCE with Carole, 30 mins 11.30am Life Story Project 1-2pm Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)		Ascot Riverside Café & Pasta in the Valley Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Maalinup Gallery & Bailey Brewing Co (Henley Brook) Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Fremantle Arts Centre & Albion Hotel Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)	
24	Location: Outing	25	Location: Dovenby	26	Location: Outing	27	Location: Outing	28	Location: Outing
Coastal Drive & Clancy's Fish Bar (City Beach) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Movement with Music with Alison, 30 mins 11.45am Life Story Project 1-2pm Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)		Cinema Outing Day Seniors Movie Screening (\$5 - movie title tba) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Guildford Village Potters & Rose and Crown (Guildford) Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)		Deepwater Point (Mt Pleasant) & Mount Henry Tavern (Como) Centre Fee: \$10.00 Transport: \$5.00 Lunch: \$11.00 (Total direct debit: \$26.00)	
31	Location: Outing								
The Doyle Family's West Australian Reptile Park (\$5, Henley Brook) & The Henley Brook Centre Fee: \$10.00 Transport: \$5.00 Buy own lunch (Total direct debit: \$15.00)									



The team at Neighbourhood Link welcomes you to October activities.

Outing Occasions:

New destinations are included in the month's program for your interest. Come along; enjoy and have fun with us! Do contact us if you would like further information about service eligibility, outings, or assistance to make a booking.

Centre Days:

The fortnightly Tuesday Pilates based movement class with music by Alison, introduced in September, continues in October.

We are happy to also offer you a second form of holistic movement called WU TAO DANCE on the Tuesday when Alison does not attend the Centre. The additional class will comprise a music-dance-stretch and relax format created by Michelle Locke (some may know Michelle through her activities in Fremantle over many years). The instructor for the class is East Fremantle resident, Carole Longden. During the class Qi, life-force, is activated to generate a beautiful harmony of physical and mental energetic balance.

A Stay on Your Feet presentation is scheduled to provide you with the latest useful information and practical tips on how to avoid trip hazards and what to do in a hazard situation.

And finally, you are invited to participate in the 'Life Story Project' at the Centre. This will take place on Tuesdays for an hour with Jessica, who will guide you on how to make a special keepsake document of your treasured memories.

Your feedback and activity program suggestion are always welcome on, 9339 9381. We look forward to seeing you!

Please note the Activity Program is subject to change on occasion