

# Neighbourhood Link

## Group Social Support Activities Program



Tricolore Community Centre, 5 Wauhop Road, East Fremantle  
Phone (08) 9339 9381

\*\* ACTIVITY HIGHLIGHTS \*\*

*See Page 3 for information about what's happening*

[neighbourhoodlink@eastfremantle.wa.gov.au](mailto:neighbourhoodlink@eastfremantle.wa.gov.au)

**BUS OUTINGS DAILY EXCEPT TUESDAY AND ALTERNATE FRIDAYS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> Location: Outing</p> <p><b>Serpentine Dam &amp; Bistro by the Dam</b> (Jarrahdale)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> (Total direct debit: \$15.00)</p>	<p><b>2</b> Location: Outing</p> <p><b>Food Sensations Hands-on Learning</b> (Fremantle)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> (Total direct debit: \$15.00)</p>
<p><b>5</b> Location: Outing</p> <p><b>Coopers Mill Area Historical Visit &amp; Sandy Cove Tavern</b> (South Yunderup)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> (Total direct debit: \$15.00)</p>	<p><b>6</b> Location: Tricolore</p> <p><b>Games</b></p> <p><b>Poetry   Bingo</b></p> <p>Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)</p>	<p><b>7</b> Location: Outing</p> <p><b>'All Saints' Historical Visit -WA Oldest Church- &amp; Bailey Brewing</b> (Henley Brook)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> (Total direct debit: \$15.00)</p>	<p><b>8</b> Location: Outing</p> <p><b>Railway Reserves Heritage Park &amp; Parkerville Tavern</b> (Parkerville)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> (Total direct debit: \$15.00)</p>	<p><b>9</b> Location: Tricolore</p> <p><b>Mindful Movement</b></p> <p><b>Trivia with Lisa</b></p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Lunch: \$11.00</b> (Total direct debit: \$26.00)</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>12</b> Location: <b>Outing</b></p> <p><b>Local Po Kitchen &amp; Scenic Drive Serpentine Falls</b></p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>13</b> Location: <b>Tricolore</b></p> <p><b>Movement with Music with Alison</b> (30 minutes at 11.45am)</p> <p>Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)</p>	<p><b>14</b> Location: <b>Outing</b></p> <p><b>House of Honey &amp; Sticky Spoon Cafe</b> (Herne Hill)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>15</b> Location: <b>Outing</b></p> <p><b>Tour Optus Stadium \$5 &amp; City View Café</b> (Burswood)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>16</b> Location: <b>Outing</b></p> <p><b>Herdsmen Lake Tavern</b> (Herdsmen)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>
<p><b>19</b> Location: <b>Outing</b></p> <p><b>Tour of WA Parliament &amp; Café Zamia</b> (Kings Park)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>20</b> Location: <b>Tricolore</b></p> <p><b>Games</b> <b>Poetry   Scrabble</b></p> <p>Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)</p>	<p><b>21</b> Location: <b>Outing</b></p> <p><b>Whiteman Park Train Ride \$5 &amp; The Village Cafe</b> (Beechboro)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>22</b> Location: <b>Outing</b></p> <p><b>Mundaring Weir Drive &amp; Mundaring Hotel</b> (Mundaring)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>23</b> Location: <b>Tricolore</b></p> <p><b>Mindfulness Movement</b> <b>Art with Sue</b></p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Lunch: \$11.00</b> Total direct debit: \$26.00</p>
<p><b>26</b> Location: <b>Outing</b></p> <p><b>NO SERVICE</b></p> <p><b><u>PUBLIC HOLIDAY</u></b></p>	<p><b>27</b> Location: <b>Tricolore</b></p> <p><b>Movement with Music with Alison</b> (30 minutes at 11.45am)</p> <p>Centre Fee: \$10.00 Lunch: \$11.00 Transport: \$5.00 (Total direct debit: \$26.00)</p>	<p><b>28</b> Location: <b>Outing</b></p> <p><b>Wildlife Encounters &amp; Pengoes Cafe</b> (Shoalwater)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>29</b> Location: <b>Outing</b></p> <p><b>Core Cider House Courtyard Orchard &amp; Pizza</b> (Pickering Brook)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>	<p><b>30</b> Location: <b>Outing</b></p> <p><b>Swan Yacht Club River View</b> (East Fremantle)</p> <p>Centre Fee: \$10.00 Transport: \$5.00 <b>Buy own lunch</b> Total direct debit: \$15.00</p>

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**Spring - *time of renewal* - is in the air, to bring our clients opportunities to have outings appreciating nature. The Neighbourhood Link team welcomes you to September activities.**

## **Outing Occasions:**

**Following the success of the recent Thursday Tour of Western Australia Parliament, our Monday group will also now have opportunity to visit**

**Faithful favourites and new destinations have been added to our Hills visitations. Also there is a visit to the Serpentine Dam as well as a Serpentine Scenic Drive.**

**We are thrilled to offer you a guided tour of the magnificent Optus Stadium (\$5), and to enjoy lunch with views from the City View Café**

**We take a fun train ride (\$5) through Whiteman Park followed by lunch in the Village Café**

**We are also making a historical visit to WA's oldest church 'All Saints' constructed 1838-40, located in Henley Brook with lunch at the nearby Bailey Brewing.**

## **Centre Days:**

**Starting on Tuesday, 13 September, a 30-minute fortnightly class of Pilates based movement to Music begins with instructor Alison. This will give a gentle full body workout with a focus on core strength, balance, and lots of fun! In the class, participants have support while sitting in the chair and standing beside the chair. Mindful Movement on other days continues, together with creative, quiet, moments of art with Sue, and trivia fun with Lisa**

**Clients are welcome to provide feedback and suggestion on, 9339 9381**