

Neighbourhood Link

Group Social Support Activities Program



Dovenby House, 135 Canning Highway, East Fremantle

Phone (08) 9339 9381 or email neighbourhoodlink@eastfremantle.wa.gov.au

February – the short and sweet month

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Location: Outing	2	Location: Outing
						Clancy's Fish Bar (City Beach) & The Sovereign Arms (Joondalup) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Freshwaters Café (Peppermint Grove) & Tompkins on the River (Alfred Cove) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)	
5	Location: Outing	6	Location: Dovenby	7	Location: Outing	8	Location: Outing	9	Location: Outing
Morning Tea @ Spud Shed (Jandakot) & The Hanger (Maylands Golf Course) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Movement with Music with Alison & Beginners Guide to Line Dancing! Centre Fee: \$10.40 Lunch: \$11.00 Transport: \$5.20 (Total direct debit: \$26.60)		Old Court House Law Museum Perth & Hyde Park Hotel (West Perth) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Zephyrs Café (East Fremantle) & The Pipers Inn (Currambine) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Morning Tea at Bibra Lake Reserve & Rockingham Village Chinese (Rockingham) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)	

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12	Location: Outing	13	Location: Dovenby	14	Location: Outing	15	Location: Outing	16	Location: Outing
Morning Tea @ Bunnings (Spearwood) & Marri Park Tavern (Casuarina) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Funday Wu Tao with Carole & DIY Chocolate Valentine Hearts Centre Fee: \$10.40 Lunch: \$11.00 Transport: \$5.20 (Total direct debit: \$26.60)		Bodhi Tree Bookstore Café (Mount Hawthorn) & JB O'Reilly's Irish Pub (West Leederville) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Harpers Food Market (O'Connor) & Swan Valley Station (Henley Brook) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Morning Tea @ The Old Mill South Perth & The Windsor Hotel (South Perth) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)	
19	Location: Outing	20	Location: Outing	21	Location: Outing	22	Location: Outing	23	Location: Outing
Blinc & Co Art Café (White Gum Valley) & Steves Bar & Café (Nedlands) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Morning Melodies Perth Town Hall & UWA Tavern (Crawley) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Ten Pin Bowling & Lunch at Zone Bowling (Admission \$10) (Rockingham) Centre Fee: \$10.40 Transport: \$5.20 Bowling: \$10.00 Buy own lunch (Total direct debit: \$15.60)		Saint Mary's Cathedral Tour (\$8) & Zamia Café (Kings Park) Centre Fee: \$10.40 Transport: \$5.20 Tour: \$8.00 Buy own lunch (Total direct debit: \$23.60)		Little Stove (Bicton) & Nonnu's Cafe & Restaurant (Belmont) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)	
26	Location: Outing	27	Location: Dovenby / Outing	28	Location: Outing	29	Location: Outing		
The Spirit of Mandurah Train Tour (Admission \$7) & Peel Ale House (Halls Head) Centre Fee: \$10.40 Transport: \$5.20 Tour: \$7.00 Buy own lunch (Total direct debit: \$15.60)		Wu Tao with Carole (Dovenby House) & Afternoon Tea @ Cicerellos (Fremantle) Centre Fee: \$10.40 Lunch: \$11.00 Transport: \$5.20 (Total direct debit: \$26.60)		Flames Restaurant (Rossmoyne) & Grove Grill Restaurant & Bar (Wattle Grove) Centre Fee: \$10.40 Transport: \$5.20 Buy Own Lunch (Total direct debit: \$15.60)		Francesco's & Spudshed (Jandakot) & King Road Brewery (Oldbury) Centre Fee: \$10.40 Transport: \$5.20 Buy Own Lunch (Total direct debit: \$15.60)			



Welcome to the short and sweet month of February!

The month's program offers new adventures to venues and places of interest as well as fun activity opportunity such as:

TEN PIN BOWLING

A fascinating tour of St Mary's Cathedral to view very interesting architecture added to the original structure

and

The Spirit of Mandurah Train Tour

You'll see a nice variety of venues included for your outing enjoyment together.

As part of Centre Day Tuesdays, activities include usual segments of delightful exercise sessions presented by the lovely Carole and Alison. And if you feel like tapping your toes, you can get involved in some line dancing!

Being February, we will celebrate Valentine's Day. This originates from the martyrdom of a priest some 1,530 years ago in Rome; initially the day became the Feast of Saint Valentine. Legend has it that Valentine (or Valentino) defied the Emperor's orders and used to secretly marry couples to spare the husbands from war and, in writing to his jailer's daughter whom he had befriended, would sign letters 'from your Valentine'.

Love to you all xxx