

Neighbourhood Link

Group Social Support Activities Program



Admin: Dovenby House, 135 Canning Highway, East Fremantle.

DJILBA SEASON .

Wednesday Centre: Tricololore Community Centre, 5 Wauhop Road, East Fremantle

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Location: Outing	4	Location: Outing	5	Choose OUTING OR CENTRE	6	Location: Outing	7	Location: Outing
Beach Street & Co & Café 28 (Joondalup Resort) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wild Art Coffee Shop (South Perth) & Catalano & Co (Baldivis) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Seated Wu Tao Relax with Carole Centre Activities Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Starbucks (Murdoch) & The Carlisle Inn (Carlisle) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		High Wycombe Coffee & Glamorous Chinese Restaurant (Bullsbrook) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Lo Quay Coffee (Wilson) & The Attfield Bar & Bistro (Maddington) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
10	Location: Outing	11	Location: Outing	12	Choose OUTING OR CENTRE	13	Location: Outing	14	Location: Outing
Coffee Beans Quickstop (Mundijong) & Friar Tucks (Wannanup) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Harold Hawthorne Lunch & Show (\$25) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Seated Wu Tao Relax with Carole Still Life Paint Project OR Morning Tea Lucia's (Bull Creek) & A Patch of Country (Mundaring) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		The Exchange (Pinjarra) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		San Churro (Success) & Found Lab (Byford) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	Location: Outing	18	Location: Outing	19	Choose OUTING OR CENTRE	20	Location: Outing	21	Location: Outing
Teddy & Co Coffee (Como) & Jackadders (Herdsmen Lake) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Morning Melodies (Perth Town Hall) & The Gate Bar & Bistro (Success) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Seated Pilates with Alison and NEW Prize Bingo OR Floreat Kiosk & The Corner Stone (Butler) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Francesco's Mini Shop & Coffee (Jandakot) & Mahogany Inn & Distillery Creek (Eastern Hills) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Hinata Cafe (Fremantle) & Café Zamia (Kings Park) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
24	Location: Outing	25	Location: Outing	26	Choose OUTING OR CENTRE	27	Location: Outing	28	Location: Outing
Bliss Momo (Wellard) & Long Point Brewing Co (Kennedy Bay) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Apron Aviation (Jandakot) & Red Gum Cafe (Kalamunda) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Music with Jake Minear (both groups) & Seated Pilates with Alison OR Bowl & Fork (Beeliar) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Bellevue Cottage (Hazelmere) & The House of Honey (Upper Swan) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Home Coffee (Myaree) & The Cozi Corner Book Cafe (Roleystone) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
31	Location: Outing								
Café Bello & Rocky Ridge Tap House (Bassendean) & Rocky Ridge Tap House (Bassendean) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)									



AUGUST



Opening to Spring

OUTINGS

There are 14 new venues for your selection in this month's Activity Program! We list just a few:

17 August – visit to a café with a cute display of teddy bears, followed by lunch later at the lovely Jackadders in Herdsman

18 August – the Perth Town Hall show is with Wayne Pride (a little Country, Rock n Roll, and a yarn)

20 August – visit the Mahogany Inn; its cellar preserved with links to the past and previously a convict depot to infamous figures including Moondyne Joe who attempted to escape police by jumping out of a window!

27 August – Bellevue Cottage, restored, 120-year-old building

28 August – a lovely community café set in the beautiful hills area of Roleystone - that aside from the views also offer a reading nook containing pre-loved books

Short and long trips are available with a couple of longer trips scheduled going to Wannanup, Joondalup, Bullsbrook and Kennedy Bay Your suggestions are always welcome!

TRICOLORE COMMUNITY CENTRE on WEDNESDAYS

5 and 12 August – Wu Tao Relax with Carole doing 2-weeks straight while Alison is away

5 August – Seated Ballet4Wellbeing with Sandy

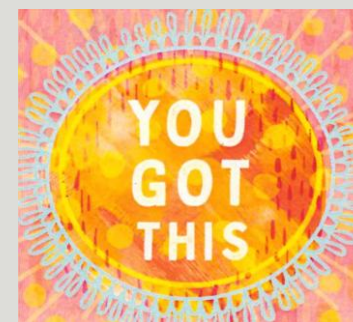
12 August – we are pleased to introduce a regular art session once per month where you can create and file your own portfolio of works, all material will be supplied by us.

19 and 26 August – Seated or Standing Pilates with Alison

19 August - We are also pleased to inform you that a new and exciting format of Prize Bingo will take place once monthly

26 August – Jake Minear's fun music comes to you a week later than usual this month

We are very grateful to Carole, Alison and Jake, and Sandy and Aurelien for being with our Neighbourhood Link family and for their flexibility and generosity in sharing their art through the program.



Enjoy August

Let us know how it goes for you!

Neighbourhood Link

Group Social Support Activities Program



Use this page to take notes and record your memories and suggestions for future programs.