

# AUGUST 2025

## Neighbourhood Link

Group Social Support Activities Program



Dovenby House, 135 Canning Highway, East Fremantle.

Deck Club, 2 Jerrat Drive, East Fremantle

Phone **(08) 9339 9381** or email [neighbourhoodlink@eastfremantle.wa.gov.au](mailto:neighbourhoodlink@eastfremantle.wa.gov.au)

### DJILBA SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Location: <b>Outing</b>  Beach Street Cafe (East Street Jetty) & <b>Canteen</b> (Trigg Beach)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>
<b>4</b> Location: <b>Outing</b>  <b>Betty Turns 100 Today</b> Double A on the River (Elizabeth Quay) & <b>Springs Chinese</b> (Beechboro)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>5</b> Location: <b>Outing</b>  Coffee on the Coast & <b>The Raffa</b> (Bull Creek)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>6</b> Choose <b>OUTING</b> <b>OR DECK CLUB</b>  <b>Book Week</b> (Famous Book Quotes) <b>Wu Tao with Carole</b> OR Francesco's Stop & Shop & The Hive (Darlington)  Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 <b>(Total direct debit: \$17.00)</b>	<b>7</b> Location: <b>Outing</b>  Morning Tea (Mundijong)  <b>The Island</b> (Mandurah)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>8</b> Location: <b>Outing</b>  Bookshop Café (South Perth)  <b>River Hotel</b> (Ascot)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>

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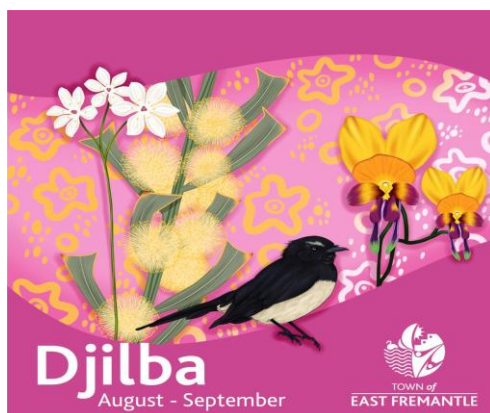


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> Location: <b>Outing</b>  Coffee (Bull Creek) & <b>Lavender Bar &amp; Bistro</b> (West Swan)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>12</b> Location: <b>Outing</b>  Dolce & Salato (Coogee) & <b>Kwinana Beach</b> <b>Cafeteria</b>  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>13</b> Choose <b>OUTING</b> OR <b>DECK CLUB</b>  DECK CLUB MORNING TEA (All) <b>Music with Jake Minear</b> <b>Movement with Alison</b> outing continues to The Local House (Beeliar)  Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 <b>(Total direct debit: \$17.00)</b>	<b>14</b> Location: <b>Outing</b>  Hello Kitty Café (Maylands) & <b>The Vines</b> (Swan Valley)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>15</b> Location: <b>Outing</b>  <b>Bistro by The Dam</b> (Serpentine)   Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>
<b>18</b> Location: <b>Outing</b>  <b>Cafe</b> <b>Lake Leschenaultia</b> (Chidlow)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>19</b> Location: <b>Outing</b>  <b>Morning Melodies</b> (Burt Hall) & Dome (Canning River)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>20</b> Choose <b>OUTING</b> OR <b>DECK CLUB</b>  <b>Wu Tao with Carole</b> <b>Crafting the Black Cockatoo</b> OR Harold Hawthorne Lunch and Show (\$20)  Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 <b>(Total direct debit: \$17.00)</b>	<b>21</b> Location: <b>Outing</b>  <b>The Cruising Yacht</b> <b>Club of WA</b> (Rockingham)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>22</b> Location: <b>Outing</b>  Morning Tea Burswood Park  <b>Rifos</b> (Guildford)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>
<b>25</b> Location: <b>Outing</b>  Ground & Co Coffee (Perth)  <b>The Iluka</b> (Burns Beach)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>26</b> Location: <b>Outing</b>  Leaf Bean (Bibra Lake)  <b>New Park Bar</b> (Girrawheen)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>27</b> Location: <b>Outing</b> OR <b>DECK CLUB</b>  <b>Movement with Alison</b> <b>Flower Arranging</b> OR The 54 Store (Bassendean)  Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 <b>(Total direct debit: \$17.00)</b>	<b>28</b> Location: <b>Outing</b>  Brunch Time Stop Tony Galati's & <b>Araluen Tulip Festival</b> (\$20)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>	<b>29</b> Location: <b>Outing</b>  <b>'Tech/Tea/Treats'</b> (Subiaco Library) & <b>T-Box Golf Course</b> (Claremont)  Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch <b>(Total direct debit: \$17.00)</b>



## DJILBA SEASON

'First Spring'



Mix of cold, clear, warmer, rainy or windy days

August is a special milestone month for Betty. On 4 August, Betty reaches her 100<sup>th</sup> Birthday. We are thrilled Betty will be on the Monday bus outing as usual to celebrate with her companions, the staff, and volunteers. The outing takes Betty to a venue where she enjoys one of her favourite meals. With our admiration and love, we wish you Betty a Happy 100<sup>th</sup> Birthday. *Another year NEWER!!*

OUTING options this month:

- Araluen Tulip Festival 2025,
- lunch at Harry's Diner in the Harold Hawthorne complex with entertainment by Kathy Carver,
- Morning Melodies at Burt Hall while the Perth Town Hall undergoes refurbishment. This show is from the swinging sixties featuring songs of young idols and crooners of the day, compered by Bernard Carney,
- Tech / Tea / & Treats at Subiaco Library,
- Lake Leschenaultia, Serpentine Dam,
- and more .....

DECK CLUB

New art & craft activities at the Centre: Crafting the Black Cockatoo and flower arranging. And be ready for Lisa's testing of our knowledge on famous book quotes to celebrate Book Week!

Instructors Carole and Alison provide excellent, diverse, seated exercise sessions with music. Both movement styles are gentle and done with mindfulness to soothe and support the body. You participate at the level you're comfortable with, appropriate for you.

We look forward to Jake getting everyone together for his live music session and group singing on 13 August. He'll take us through a back catalogue of songs from different decades, some you may know, some may require you to learn with the help of the song book prepared. Together we find our singing voices and have fun while Jake encourages you to get in the rhythm of things with the small percussion instruments and accompany him playing the guitar.

We're happy to let you know of our new team member, Alison, who joined us recently as administrator. Alison looks forward to getting to know you.

Let's enjoy August!

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Use this page to record your memories and note your suggestion for future programs.