

Neighbourhood Link

Group Social Support Activities Program



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

BUNURU SEASON

Wednesday Centre from 18 March: Tricolore Community Centre, 5 Wauhop Road, East Fremantle

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	LABOUR DAY	3	Location: Outing	4	Choose OUTING OR CENTRE	5	Location: Outing	6	Location: Outing
PUBLIC HOLIDAY (NO SERVICE)		Beachpoint Café (North Coogee) & Ginga Café (Mount Hawthorne) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Seated Wu Tao Relax with Carole Centre Activities Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Café Barco (Safety Bay) & Secret Harbour Golf Links Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Coffee Beans & Café Cherie (Pinjarra) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		The Oarhouse (Bayswater) & Gracie's Café (Forrestfield) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
9	Location: Outing	10	Location: Outing	11	Choose OUTING OR CENTRE	12	Location: Outing	13	Location: Outing
Wards Dining (Shenton Park) & The Iluka Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Morning Melodies (Perth Town Hall) & The General Sherman (Murdoch) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Seated Pilates with Alison Centre Activities OR Flames Café (Rossmoyne) & Cubby Kiosk at 11 Acre Farm (Forrestdale) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Spudshed Shop and Francesco's Cafe (Jandakot) & The Shed Café at Raeburn Orchards (Roleystone) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Floreat Kiosk & Rocky Ridge Brewing Co (Duncraig) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	

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16	Location: Outing	17	Location: Outing	18	Choose OUTING OR CENTRE	19	Location: Outing	20	Location: Outing
Dome Café (Deepwater Point, Mt Pleasant) & The Henley Brook (Swan Valley) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Wild Bakery (Inglewood) & French Riviera (Ellenbrook) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Music with Jake Minear (& 100 th Birthday celebration) & Wu Tao Relax with Carole OR North Lake Chinese Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Coffee Beans & Saltbush Training Restaurant (Greenfields) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		The Riverdeck (Ascot) & Pasta in the Valley (Swan Valley) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
23	Location: Outing	24	Location: Outing	25	Choose OUTING OR CENTRE	26	Location: Outing	27	Location: Outing
Dolce Lucia's Cafe & Kalamunda Hotel Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		San Churro (Success) & Coogee Boathouse Eats & Sips Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Seated Pilates with Alison Centre Activites OR The Berwick Bar at Baillie Hill House (East Victoria Park) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Café Bella Rosa (Carlisle) & Woodbridge at Mandoon Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Francesco's Cafe (Jandakot) & Masonmill Restaurant & Beer Garden (Carmel) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
30	Location: Outing	31	Location: Outing						
Coffee (Baldivis) & The Lazy Crab (Bouvard) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Darren's Café (Burswood Peninsula) & Swan Valley Station Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)							



MARCH



Transition to Autumn

Labour Day on 2 March provides a no-work day for everyone to refresh and be ready for an exciting month ahead! As the weather becomes milder, there are new, interesting venues to visit and special places to return to.

OUTINGS, a few program highlights ...

- Cubby Kiosk at 11 Acre Farm, Forrestdale
- Shed Café at Raeburn Orchards in Roleystone
- 'French Riviera' (not the one in France) !!
- **5* service** and **3-course lunch** at Saltbush Training Restaurant in South Metropolitan Tafe at Greenfields
- visit a new community hub at the Baillie Hill House in Victoria Park
- try the Lazy Crab at Cape Bouvard
- practice your Italian and enjoy Italian charm at the Café Bella Rosa in Carlisle
- return to the renovated Perth Town Hall
- and perhaps, try soda bread fresh from the ovens at Wild Bakery in Inglewood for St. Patrick's Day on 17 March

CENTRE on WEDNESDAY NEWS

Everyone gets together with Jake Minear providing fun music for the occasion to celebrate Norma's 100th Birthday on 18 March. Carole will follow providing Wu Tao Relax. We look forward to sharing Norma's achievement, she joins Betty and Marie! Lunch is served at the Centre, and the outing group continues to the restaurant enjoyed by Norma on outings.

The Wednesday Centre Day returns to the renovated Tricolore Community Centre just in time for the celebration. We welcome clients who have been there many times before and those who have never been. Alison will also join us there with Chair Pilates.

We thank you for the feedback received following the first low-impact, graceful, yet powerful, seated ballet session. Aurelien and Sandy return to share the experience on the first Wednesday of the month.

We look forward to seeing you for some fun, social times.



Enjoy March activities

Let us know how it goes for you!

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