NOVEMBER 2026

TOWN of EAST FREMANTLE

Neighbourhood Link

Group Social Support Activities Program

Admin: Dovenby House, 135 Canning Highway, East Fremantle.
Wednesday Centre: Tricololore Community Centre, 5 Wauhop Road, East Fremantle
Phone **(08) 9339 9381** or email neighbourhoodlink@eastfremantle.wa.gov.au

KAMBARANG SEASON .

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Location: **Outing**	**3** Location: **Outing**	**4** Choose OUTING **OR** CENTRE	**5** Location: **Outing**	**6** Location: **Outing**
Coffee Beanz (Mundijong) & Sharkey's Fish & Chips (Mandurah) Centre Fee: $15.00 Transport: $7.00 Buy own lunch	**Melbourne Cup Day** *'Wear your Best Hat'* Bet & Lunch The Local House, Beeliar Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	Wu Tao Relax with Carole Prize Bingo Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR The Arc & The Berrigan Bar Centre Fee: $15.00 Transport: $7.00 Centre Lunch $14.00 (Total direct debit: $22.00)	Swan Valley Station Gardens & Café/Animals at Kaysila Dining (Hazelmere) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	Fika on Brix (Beckenham) & Gosnells' Market & Lunch Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)
9 Location: **Outing**	**10** Location: **Outing**	**11** Choose OUTING **OR** CENTRE	**12** Location: **Outing**	**13** Location: **Outing**
Boatshed Coffee (South Perth) & The Russell Inn (Morley) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	Miss Mauds (Success) & Golden Ponds - The Oasis (Baldivis) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	Seated Pilates with Alison Art Project No 4 OR Have a Go Day Burswood Park ***(Free tea/coffee/activities/Channel 7)*** & Darren's Cafe (Burswood Lakeside Plaza) Centre Fee: $15.00 Transport: $7.00 Centre Lunch $14.00 (Total direct debit: $22.00)	Dunes Resort Sandara (Mindarie) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	Gidgegannup Bakery & Café Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)

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16 Location: **Outing** Mason's Family Farm & The Queens Arms (Perth) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	**17** Location: **Outing** Jacaranda Festival & Coffee & Greenbunch Garden Cafe (Victoria Park) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	**18** Choose OUTING **OR CENTRE** **Music with Jake Minear** (both groups) & Wu Tao Relax with Carole & The Mayflower (Bullcreek) Centre Fee: $15.00 Transport: $7.00 Centre Lunch $14.00 (Total direct debit: $22.00)	**19** Location: **Outing** Whiteman Park Train Ride & Village Café Lunch Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	**20** Location: **Outing** Jamaica Blue (Beeliar) & Hanks Bar (Cooloongup) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)
23 Location: **Outing** Surfing Lizard (Coogee) & Limestone Coast Brewery (Singleton) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	**24** Location: **Outing** Banjup Local & Pink Café (Kelmscott) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	**25** Choose OUTING **OR** CENTRE Wu Tao Relax with Carole Secret Hands-On Activity OR Coffee & Flames (Rossmoyne) & 7th Avenue Bar (Midland) Centre Fee: $15.00 Transport: $7.00 Centre Lunch $14.00 (Total direct debit: $22.00)	**26** Location: **Outing** Swan Café (Ascot) & & Springs Bistro (Bennett Springs) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)	**27** Location: **Outing** Francesco's Coffee & Tony Galati Shop & Plum Valley Chinese (Guildford) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)
30 Location: **Outing** Tavolo (Mt Pleasant) & Milky Lane (Joondalup) Centre Fee: $15.00 Transport: $7.00 Buy own lunch (Total direct debit: $22.00)				

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NOVEMBER

Season of Birth & Renewal



DAILY BUS OUTINGS:

The program this month offers you thirteen new, exciting venues to try! Along with this, we hope you enjoy the trips planned to:

- the newly reopened and renovated, Gosnells' Market
- Whiteman Park
- Kaysila Café, with its resident animals
- And the lovely oasis that is Golden Ponds

For the notable event of the month, Melbourne Cup Day, don't forget to wear your best hat!

The two groups get together for a catch-up with music from Jake Minear, and for Ballet4Wellbeing.

* Details about the Christmas Party on Thursday, 10 December will soon be available *

EVERY WEDNESDAY AT THE TRICOLORE COMMUNITY CENTRE

Help your body … with weekly, gentle movements instructed by Carole and Alison.

Ballet4wellbeing joins us on 4 November, and Jake Minear will join us on 18 November.

We have a new, secret, hands-on activity, commencing on 25 November! In this mystery session, you'll use your hands to sharpen your mind. It's a rhythmic, tactile, stimulating craft that boosts hand-eye coordination. The first person to phone the office on, 9339 9381, to guess and name the activity will win a prize!



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