

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

BUNURU SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Location: Outing Timber Café (Harrisdale) & Nags Head Inn (Cooloongup) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	3 Location: Outing Krispy Kreme (Booragoon) & Browns British Bakehouse (Merriwa) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	4 Choose OUTING OR DECK CLUB Seated Wu Tao Relax with Carole & Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Boat Shed (South Perth) & Swan Yacht Club (East Fremantle) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	5 Location: Outing Coffee Beans (Mundijong) & Silver Sands (Mandurah) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	6 Location: Outing Roastery Coffee (Canning Vale) & The Roleystone Club Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)
9 Location: Outing The Brio Coffee & Kitchen & King's Inn Chinese (Cloverdale) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	10 Location: Outing Glen Forrest Gourmet Brunch & Ice cream Coastal Drive Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	11 Choose OUTING OR DECK CLUB Seated Pilates with Alison & Valentine Card Making OR Starbucks (Murdoch) & Catalano & Co (Baldivis) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	12 Location: Outing Coffee & Pippa Drysdale Ceramic Retrospective Exhibition WA Art Gallery & Cabin 401 – Ice Arena (Bibra Lake) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	13 Location: Outing Clancy's Coffee (City Beach) & Chapters Bistro (Currambine) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)

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16 Location: Outing Fremantle Art Centre & Greenwood Hotel Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	17 Location: Outing The Oar House (Bayswater) & Café Bella Rosa (Victoria Park) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	Choose OUTING OR DECK CLUB Music with Jake Minear (both groups) & Wu Tao Relax with Carole OR The Albion (Cottesloe) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	19 Location: Outing Aqua Park Café (Baldivis) & Shoalwater Tavern Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	20 Location: Outing Epoch Café Perth Library & The Jarra (Sorrento Beach) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)
23 Location: Outing Gidgegannup Bakery & Cafe Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	24 Location: Outing Morning Melodies (Perth Town Hall) & Tompkins Club (Alfred Cove) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	Choose OUTING OR DECK CLUB Seated Pilates with Alison & Charades with Daniel OR Spudshe (Jandakot) & Avocado's (Roleystone) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	26 Location: Outing Baha'i Learning Centre (Myaree) & The Hangar (Maylands) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	27 Location: Outing Dome Café (Port Coogee) & Golden Ponds (Baldivis) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)



< First Month of Second Summer >



Hotter and drier ! Remember to bring a hat
and water bottle on outings.

FEBRUARY OUTINGS

Thank you for suggestions received!

This month it will be lovely to return to Golden Ponds, Avocados and the Gidgegannup Bakery & Café.

Visit new venues and locations: for example, Currumbine and Coo loongup, and The Aqua Park in Baldivis

Have coffee in the Art Gallery of Western Australia and, if you wish, peek at Fremantle artist, Pippin Drysdale's ceramic retrospective exhibition 'Infinite Terrain'. Plus, we haven't been to the Fremantle Arts Centre for a while due to building upgrade work.

We'll drop by for a morning tea at the friendly Baha'i Centre in Myaree.

On the first Wednesday afternoon of the month, after lunch at the Swan Yacht Club, both outing and centre groups get together for a session of seated ballet with accompanying music for wellbeing before heading home. The members of the facilitating organisation were until recently the Artistic Director and Artistic Associate & Principal Rehearsal Director of the Western Australian Ballet – husband/wife team Aurelien Scanella and Sandy Delasalle.

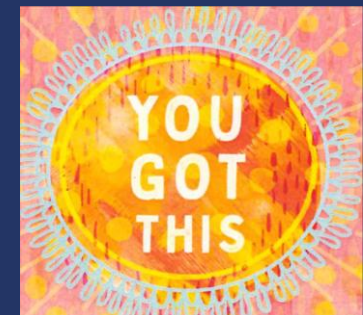
FEBRUARY CENTRE (morning tea and 2-course lunch served)

Carole has slightly adjusted the format of her Wu Tao session, now **Wu Tao Relax**, to focus on pressure point massage either self-performed with her guidance or assisted directly by Carole herself. There will be the usual gentle mindful movement and occasional guided visualisations.

Going forward Carole and Alison providing Seated Pilates, will also wear a headset microphone for your comfortable access to their instructions. We are grateful for the friendly, caring, presence of both instructors in supporting the body's movement, suppleness, and happiness!

Our volunteer, Jake Minear, gives his time and brings us great music, fun and fellowship every time! Getting everyone together every month. His music and presence inspire the expansion of the musical element of the program everyone is enjoying, with the introduction of the seated ballet for wellbeing through classical music. We are all very grateful for his work and contribution to the program.

Please do keep the suggestions coming. Enjoy February!



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