



Dovenby House, 135 Canning Highway, East Fremantle.

DJILBA

Tricolore Community Centre, 5 Wauhop Drive, East Fremantle

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Location: Outing	2	Choose OUTING OR TRICOLORE CLUB	3	Location: Outing	4	Location: Outing
		Cup & Co (Floreat) & The Hanger at Berringa Park (Maylands) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wu Tao Relax with Carole Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Brio Cafe (Booragoon) & The Vale (Beeliar) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Kalamunda History Village & Art Gallery & Kalamunda Hotel Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Cicerellos (Mandurah) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
7	Location: Outing	8	Location: Outing	9	Choose OUTING OR TRICOLORE CLUB	10	Location: Outing	11	Location: Outing
Coffee Beans (Mundijong) & Popo Chinese Restaurant (Bellevue) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Coffee (High Wycombe) & King & Spoon (Lesmurdie) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Chair Pilates with Alison & Still Life Paint Project #2 OR Coffee & The Brabham Hotel (Ellenbrook) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Coffee Beans (Mundijong) & South Yunderup Jetty Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Dolce & Solato (Bayswater) & Como Gardens Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	

Neighbourhood Link

Group Social Support Activities Program



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
14	Location: Outing	15	Location: Outing	16	Choose OUTING OR TRICOLORE CLUB	17	Location: Outing	18	Location: Outing
Café Cherie (Pinjarra) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Morning Tea at Wireless Hill (wildflowers) & 88 Noodle Bar (Crown Casino) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Music with Jake Minear (Both Groups) & Wu Tao Relax with Carole OR Flames (Rossmoyne) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Tony Galati's (Jandakot) & Café Mojo (Mundaring) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Dome (Mount Pleasant) & The Henley Brook (Swan Valley) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
21	Location: Outing	22	Location: Outing	23	Choose OUTING OR TRICOLORE CLUB	24	Location: Outing	25	Location: Outing
Coffee Beans Stop & Boundary Island Brewery (Erskine) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Jimjam Vocal Harmony (Morning Melodies at Perth Town Hall) & Secret Garden Cafe (South Perth) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Chair Pilates with Alison & PRIZE BINGO OR Silver Linings Variety Show (Beechboro) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Picnic at Serpentine Falls Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Morning Tea (Hillary's Boat Harbour) & Double Tree (Hilton) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
28	Location: Outing	29	Location: Outing	30	Choose OUTING OR TRICOLORE CLUB				
PUBLIC HOLIDAY King's Birthday		Willow Springs Orchards (Byford) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wu Tao Relax with Carole & Meet Molly and Richard OR Wanneroo Botanical Gardens Leap Frogs Café Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)					



Noongar First Spring

SEPTEMBER DAILY BUS OUTINGS

With Spring's arrival, we are making return trips to:

Cicerellos – Mandurah

The South Yunderup Jetty

Pinjarra

Picnic time at the lovely Serpentine Falls

Wanneroo Botanical Gardens to see sub-tropical plants

And enjoy the wildflowers locally at Wireless Hill Park

We will have first trips to:

Kalamunda History Village - lifestyle of yesteryear

Boundary Island Brewery in Erskine

Willow Springs Orchard, Bedfordale, fruit & veg & goats!

Café Mojo in Mundaring

Silver Linings, Beechboro, for a new show venue with tribute songs from the 50s and 60s and, a touch of Country.

Please see the program for all activity details.

Thank you for the outing suggestions received. We welcome your feedback.

WEDNESDAYS at the Tricolore Community Centre

Morning Tea & light, 2-course lunch are served

Art Project activity continues with session No. 2 on 9 September.

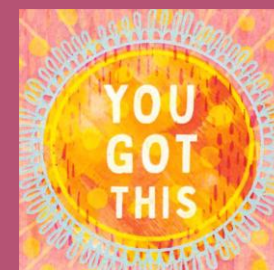
We have a canine visitor, Molly, eager to meet you with her owner Richard on 30 September

Weekly movement sessions with either Carole or Alison:

- Seated or Standing Wu Tao Relax
- Seated Pilates with Alison

Monthly (for all) music and singing with Jake Minear on 16 September

Monthly (for all) Chair Ballet with Ballet4Wellbeing with Sandy on 2 September



Neighbourhood Link

Group Social Support Activities Program



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