

Neighbourhood Link

Group Social Support Activities Program



Dovenby House, 135 Canning Highway, East Fremantle.

MAKURU

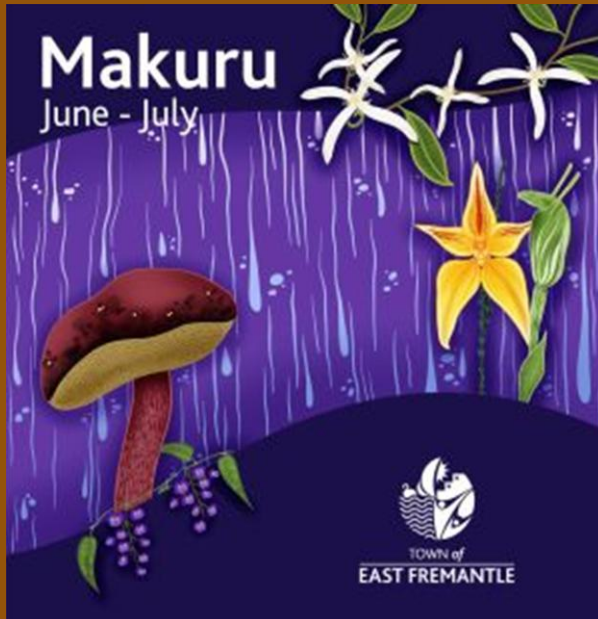
Tricolore Community Centre, 5 Wauhop Drive, East Fremantle

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Choose OUTING OR TRICOLORE CLUB	2	Location: Outing	3	Location: Outing
					Wu Tao Relax with Carole Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Darren's Café (Peninsula Plaza) & Como Hotel (South Perth) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Support to Stay at Home (Fremantle Library - Talk) & 3 Sheets on the Lake (Woodlands) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Tony Galati's (Jandakot) & The Mahogany Inn (Mahogany Creek) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)
6	Location: Outing	7	Location: Outing	8	Choose OUTING OR TRICOLORE CLUB	9	Location: Outing	10	Location: Outing
	Coffee Beans (Mundijong) & The Oceanic (Mandurah) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Starbucks (Piara Waters) & Christmas in July The Woody (Guildford) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Seated Pilates with Alison & Indoor Centre Activities OR Dolce & Salato (South Fremantle) & The Cornerstone (Butler) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Belmont Museum & Coffee & The Mirrabooka Inn Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		The Boat Shed (South Perth) & Bellevue Cottage Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
13	Location: Outing	14	Location: Outing	15	Choose OUTING OR TRICOLORE CLUB	16	Location: Outing	17	Location: Outing
Yahava Koffee Works (Swan Valley) & Victoria Park Bar & Bistro Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Morning Tea at Kings Park & The Dome (Banksia Grove) 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 Francesco's Café (Jandakot) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00		Harold Hawthorne (Christmas Concert & Raffles) ((\$35.00 3 course meal) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wards Dining (Shenton Park) & East Fremantle Yacht Club Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
20	Location: Outing	21	Location: Outing	22	Choose OUTING OR TRICOLORE CLUB	23	Location: Outing	24	Location: Outing
Aurora & Dusk (Manning) & The Mighty Quinn (Yokine) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Morning Melodies (Perth Town Hall) & The Charles Hotel (North Perth) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Seated Pilates with Alison & Centre Xmas in July Activities OR Coffee Beans & Baskerville Tavern (Millendon) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		At Home Coffee (Myaree) & Eastern Hills Bakery (Midland) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Il Lido (Cottesloe) & Swell (Mullaloo Beach) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
27	Location: Outing	28	Location: Outing	29	Choose OUTING OR TRICOLORE CLUB	30	Location: Outing	31	Location: Outing
Mid Century Coffee & Collectables (Yokine) & Xmas in July (The Seven Mile Bar & Bistro) Balcatta Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Jamaica Blue (Beeliar) & Rockingham Naval Club Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wu Tao Relax with Carole & Museum in a Box OR Flames (Rossmoyne) Bassendeen Hotel (Xmas in July) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		The Brio Café (Booragoon) & Naked Apple Cider House (Karragullen) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Lucia's Coffee Bar (Canning Vale) & Embers (Gooseberry Hill) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	



DAILY BUS OUTINGS

There are options for you this month to celebrate **Christmas in July** with companions and friends. A range of nice venues to visit are offered locally, in the Swan Valley and Perth Hills, and to venues we haven't visited before.

Useful information about **independence at home** takes place at the City of Fremantle Library on Thursday, 2 July.

We have a visit scheduled to the **Belmont Museum**, a small museum with both revolving and permanent exhibits. You can have both a wander and/or just a coffee. The museum entry is complimentary.

At our Tricolore Centre on Wednesday 29 July we bring you an experience of up-close treasures from the past - courtesy of a loan from the City of Subiaco – of their **Museum in a Box** exhibit.

If you'd like to suggest and share an outing with the group, let us know for the programs ahead.

We look forward to your company and staying connected, warm and dry this month!

WEDNESDAY CENTRE DAY AT THE TRICOLORE

We are happy to inform you Carole is back sharing **Wu Tao Relax**. And are grateful to Alison - **Seated Pilates** - for coming to cover Carole's June sessions while she recovered from a minor accident.

Compliments to everyone attending monthly **Music with Jake Minear** on their singing across many song types, and on the happy dance moves some of you like to make. It's wonderful to see the event develop and grow confidence through learning new, and reconnecting to old, songs. Volunteered by Jake, this is available to outing and Centre attendees.

Seated Ballet flourishes with delicate movements and powerful music scores on the first Wednesday monthly for all.

Morning tea and a **light 2-course lunch** are served at the Centre.

Enjoy July



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