

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	Location: Outing	2	Location: Outing	3	Choose OUTING OR TRICOLORE CLUB	4	Location: Outing	5	Location: Outing
WA DAY PUBLIC HOLIDAY		Starbucks (Piara Waters) & The Rockshore (Rockingham) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Seated Pilates with Alison Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Morning Tea (Woodman Point) & Dolce Lucia's Cafe (Bull Creek) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Coffee Stop (Kalamunda) & Chidlow Tavern Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Darren's Café (Burswood Plaza Peninsula) & The Bentley Hotel Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
		8	Location: Outing	9	Location: Outing	10	Choose OUTING OR TRICOLORE CLUB	11	Location: Outing
Morning Tea (Floreat Beach) & Seven Mile Bar & Bistro (Balcatta) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Stay On Your Feet (Injury Free Matters) Stirling Leisure Centre & The Heights Hotel (Mirrabooka) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Wu Tao Relax with Carole & Floor Ten Pin Bowling OR 8 Yolk Coffee (Success) The Vernon Arms (Baldivis) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Morning Tea (Fremantle Harbour) & Chicken'N'Fish (Joondalup Drive) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Padburys Café (Woodbridge) & The Carrington Bar & Grill Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
15	Location: Outing	16	Location: Outing	17	Choose OUTING OR TRICOLORE CLUB	18	Location: Outing	19	Location: Outing
Coffee Beans of the Day & Cobblers Tavern (Falcon) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Francesco's & Tony Galati Jandakot & The Claisebrook Bar (East Perth) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Music with Jake Minear (Both Groups) & Wu Tao Relax with Carole OR Sommerville Chinese (Winthrop) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Coffee Beans (Mundajong) & Redcliffe on The Murray (Pinjarra) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Beach Street Café (Coogee) & Rockingham Sailing Club Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
22	Location: Outing	23	Location: Outing	24	Choose OUTING OR TRICOLORE CLUB	25	Location: Outing	26	Location: Outing
Cup & Co - Bold Park Aquatic (City Beach) & Varsity Whitfords Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Morning Melodies (Perth Town Hall) & Fibber McGee's (Leederville) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Seated Pilates with Alison & Special Prize Bingo OR Morning Tea @ Rossmoyne High Wycombe Hotel Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Jandakot Airport Coffee & Stop & Viet Town (Girrawheen) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		The Brio Coffee & Kitchen (Booragoon) & The Midland Grill Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
29	Location: Outing	30	Location: Outing						
115 Groundhouse Coffee (Harvest Lakes) & Jarrahdale Local Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Pengo's Café (Shoalwater) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)							



BUS OUTINGS

June brings us into mid-Winter with many new venues to try, so prepare, be warm, and come enjoy some fun outings in good company! The buses journey in every direction except westwards!

To learn about the latest in staying safe or to mindfully refresh on safety strategies offered by experts, we are attending the Stirling Leisure Centre for the **Stay on your Feet** event before continuing to our lunch venue.

As well as including modern Australian food options, by popular request, there are visits to Italian, Vietnamese, and Chinese venues as well as to Fibber McGee's in Leederville – connected to our visit to Morning Melodies.

Have you ever been to Jandakot Airport? There's a good coffee shop there with an aircraft observation nook!

We are happy to include the popular, regular, coffee stop at Francesco's with shopping opportunity next door at Tony Galati's in Jandakot.

There is much more on offer, do have a read of the program.

We look forward to your company and staying connected this month.

WEDNESDAY CENTRE

Each Wednesday is a fun and fulfilling day with tasty, nutritious meals and activities that bring companionship and joy to everyday routine.

Jake is back with music fun on 17 June.

Chair Ballet is on 3 June.

Our lovely instructors, Carole and Alison usually attend alternate Wednesdays and bring with them movement which in Winter is more important than at any other time of the year. We look forward to seeing you soon!

Enjoy June



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