

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

Who is always right, even when she's wrong?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Location: Outing</p> <p>Double A Café (Elizabeth Quay) & Rose & Crown (Guildford)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>2 Location: Outing</p> <p>Café Koorak (Kings Park) & The Duke Bar & Bistro (Carramar)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>
<p>5 Location: Outing</p> <p>Dome (South Perth) & Swan View Tavern (Swan View)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>6 Location: Outing</p> <p>Cycling without Age & Coffee (Point Walter) & Byford Country Club (Byford)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>7 Choose OUTING OR DECK CLUB</p> <p>DECK CLUB MORNING TEA & MUSIC FOR BOTH GROUPS Jono & Paddy duo, and Jake Minear Chair Pilates with Alison</p> <p>Outing continues to The Albion (Cottesloe)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Centre Lunch if applicable: \$11.90 (Total direct debit: \$28.10 or \$16.20)</p>	<p>8 Location: Outing</p> <p>Carnaby's Cafe (East Fremantle) & Beach Combers (North Beach)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>9 Location: Outing</p> <p>La Patisserie (South Perth) & Baskerville Tavern (Baskerville)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>

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<p>12 Location: Outing</p> <p>Little Oak Coffee (Winthrop) & Duckstein Brewery (Swan Valley)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>13 Location: Outing</p> <p>Fremantle Arts Centre & Tassels Place (Innaloo)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>14 Choose OUTING OR DECK CLUB</p> <p>Chair Pilates Movement with Alison Mother's Day Activity OR Manning Seniors Centre Lunch & Entertainment (\$25)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Centre Lunch if applicable: \$11.90 (Total direct debit: \$28.10 or \$16.20)</p>	<p>15 Location: Outing</p> <p>U'N'Me Café (Coogee) & Madora Bay Bistro (Mandurah)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>16 Location: Outing</p> <p>Catalano Coffee (Baldivis) & The Pavilion Rowing Club (Applecross)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>
<p>19 Location: Outing</p> <p>Tony Galati's Spudshed (Jandakot) & Mundijong Hotel (Mundijong)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>20 Location: Outing</p> <p>Maison St. Honore (East Perth) & Sista's Café (Burns Beach)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>21 Choose OUTING OR DECK CLUB</p> <p>Wu Tao with Carole & Centre Activity OR Biggest Morning Devonshire Tea with / Raffles / Stalls (Bayswater) & Café Zamia (Kings Park)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Centre Lunch if applicable: \$11.90 (Total direct debit: \$28.10 or \$16.20)</p>	<p>22 Location: Outing</p> <p>Francesco's (Jandakot) & Wheelchairs for Kids Factory Tour Visit - Wangara & The Bivo (Joondalup)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>23 Location: Outing</p> <p>Buckingham House & Old Wanneroo Schoolhouse & Wanneroo Villa Tavern (Wanneroo)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>
<p>26 Location: Outing</p> <p>Cicerellos (Fremantle) & 300 Acres Restaurant (Wembley)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>27 Location: Outing</p> <p>Morning Melodies (Perth Town Hall) & The Como (South Perth)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own lunch (Total direct debit: \$16.20)</p>	<p>28 Choose OUTING OR DECK CLUB</p> <p>DECK CLUB MORNING TEA & MUSIC FOR BOTH GROUPS Jono & Paddy duo, and Jake Minear Wu Tao with Carole</p> <p>Outing continues to Krankin (Manning)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Centre Lunch if applicable: \$11.90 (Total direct debit: \$28.10 or \$16.20)</p>	<p>29 Location: Outing</p> <p>Bentley TAFE Pines Restaurant Menu Options</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Centre Lunch if applicable: \$11.90 (Total direct debit: \$28.10 or \$16.20)</p>	<p>30 Location: Outing</p> <p>Dolce Lucia's (Canning Vale) & Hao Szechuan (Beckenham)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Centre Lunch if applicable: \$11.90 (Total direct debit: \$28.10 or \$16.20)</p>



Mother's Day falls on the second Sunday of May. To the world, Mums, you may be one person, but to one person, you are the world.

we are born of love;
love is our mother
-Rumi

(Rumi)

This month we have a Cycling Without Age experience for anyone who fancies; would you like to have a ride on a specially built trishaw e-bike along the waters of Point Walter? You'd be one of two passengers seated in the trishaw cabin piloted by a volunteer cyclist. The concept originated in Copenhagen, Denmark, through a man called Ole Kassow. It's about older people having adventure, joy and freedom through cycling. It started in 2012 and has spread to about 42 countries. We plan to show you the documentary of its build, and the reaction of the people participating, which led its worldwide spread.

On Wednesday 7 May Outing & Centre Groups meet for morning tea and music performances with troubadours Jono, on harmonica, & Paddy (this time with microphone to hear her beautiful vocals), and Jake Minear, who invites you to join him and have fun singing some Elvis songs. Jake goes from Marty Robbins' 'A White Sports Coat (and a Pink Carnation)' to white suit with glitter.

We honour mums at Manning Seniors Centre and at the Deck Club on the 14th.

We have a visit planned to Wheelchairs For Kids, a very special place, a factory in Wangara, operated completely by volunteers. Since 1998 the factory designs, builds and distributes 'rough terrain' wheelchairs for children with disability around the world at no cost to them. The factory has often had wait listing for volunteers who wish to donate time and expertise at the workshop.

Our next visit on offer to Buckingham House and the Old Wanneroo Schoolhouse built 1880-1890, is on Friday (23rd)

Plus there is the fabulous Morning Melodies at Perth Town Hall and sumptuous lunch at the Bentley TAFE Pines Training Restaurant, along with much more.



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