

Neighbourhood Link

Group Social Support Activities Program



Admin: Dovenby House, 135 Canning Highway, East Fremantle.

DJERA SEASON

Wednesday Centre: Tricolore Community Centre, 5 Wauhop Road, East Fremantle

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Location: Outing
								Flames (Rossmoyne) & Tang Palace Chinese Restaurant (Maddington) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
4	Location: Outing	5	Location: Outing	6	Choose OUTING OR CENTRE	7	Location: Outing	8	Location: Outing
Morning Tea (Kings Park) & Live Lounge (Wanneroo) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Dome (South Perth) & The Principal Bar & Restaurant (Midland) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Seated Pilates with Alison & Centre Activities Seated Ballet4Wellbeing (both groups 1.30pm-2.00pm) OR Jamaica Blue (Beeliar) & Red Rooster (Bull Creek) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Coffee Beans (Baldivis) & The Exchange Hotel (Pinjarra) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Raeburn Orchards (Roleystone) & Apron Aviation Café (Jandakot) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
11	Location: Outing	12	Location: Outing	13	Choose OUTING OR CENTRE	14	Location: Outing	15	Location: Outing
San Churros (Success) & Cheeky Monkey Brewing Co. (Rockingham) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Lucia's Lunch Bar & VietTown (Girrawheen) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Wu Tao Relax with Carole & Floral Room Spray Making & Double A (Elizabeth Quay) & The Diner (Carlisle) 2-Course \$12 Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Coffee Beans (En-route) & Friar Tuck's House (Mandurah) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Italian Riley's Cafe (Brentwood) & The Elizabethan Village (Armadale Hills) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch	
18	Location: Outing	19	Location: Outing	20	Choose OUTING OR CENTRE	21	Location: Outing	22	Location: Outing
Clancy's (City Beach) & The Boat (Mindarie) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Morning Melodies (Perth Town Hall) & The Berrigan (Bibra Lake) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Music with Jake Minear (Both Groups) & Seated Pilates with Alison OR The Neighbourhood Kitchen (Attadale) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Biggest Morning Tea & Lunch (\$27.00) Harold Hawthorne Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Coffee Beans (Scarborough) & Roma Republic Cafe (Kinross) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	
25	Location: Outing	26	Location: Outing	27	Choose OUTING OR CENTRE	28	Location: Outing	29	Location: Outing
Francesco's Café & Bar (Jandakot) & The Mundaring Hotel Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Dolce & Salato (South Fremantle) & Limestone Coast Tavern (Singleton) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		Wu Tao Relax with Carole & Floor Pool Bowls OR Fremantle Art Centre & The Daily Pour Kitchen (Carlisle) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)		Brunch at Zephyrs (East Fremantle) & Subiaco Museum 'Over The Years' Exhibition Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)		U N ME (Coogee) & Secret Harbour Golf Course Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	



May Time



Time of cooler weather,
greening landscape and red flowers

BUS OUTINGS with drivers, Jacky, Lisa, Stuart, Dave, Sue and Bec

Thank you for the many suggestions received for the May program.

At the end of the month, there's an annual national event (organized in WA by the Cancer Council) that raises funds to support people affected by cancer. We're participating in the event by going to the Biggest Morning Tea (followed by lunch and show) at the Harold Hawthorne Centre – a venue which is always welcoming to our visiting groups.

Mother's Day falls on 10 May, and National Volunteer Week 2026 runs from 18 – 24 May.

To our volunteers: Keith, Hazel, Stuart, Janice, Neil, Pam, Bill, Joan, Jake, Sue and Mike – we thank you for the support you each bring in your own way. We are also grateful to Jane, Norma and Teresa who until recently contributed much of their time, over many years.

Back to the beginning of the month, there are new venue options such as Friar Tuck's House in Mandurah; diverse cuisines to try out and of course, a return to a few favourites including Dolce & Salato in South Fremantle for the delicious beverages and the tasty sweet and savoury treats.

A great show comes from the Perth Town Hall with Morning Melodies, and there is a trip to the sweet, Subiaco Museum.

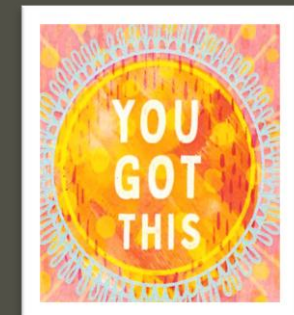
WEDNESDAY CENTRE

It's been nice to have new people join Wednesday's regular attendees now that we've settled back at our Tricolore Community Centre homebase. Lisa has been busy bringing out of storage activity equipment suited to the Tricolore flooring.

If anyone who hasn't been yet would like to try Wednesday at the Tricolore where morning tea and a light 2-course lunch are served, you're welcome to get in touch to arrange a pick-up.

The exercise movements with Alison (Seated Pilates) and Carole (Wu Tao Relax) are so enjoyable and helpful. Thank you both!

The big, monthly music events for all continue with Jake Minear and Chair Ballet. Jake has invited Naseem, our student-on-placement and his friend, to join him on 20 May for a jam. Naseem will softly play a djembe, that is, a traditional drum from Africa. You will have the opportunity to get in the rhythm of things by having a go at playing the djembe as Naseem is bringing along a few extra kits. We look forward to fun, fellowship, singing, playing the drums and the percussion eggs and dancing! Some of you have met Naseem and chatted with him on the bus outings. Thank you, Jake!



Your suggestions are welcome

TOWN of EAST FREMANTLE

Neighbourhood Link

Group Social Support Activities Program

