



Dovenby House, 135 Canning Highway, East Fremantle.

Deck Club, 2 Jerratt Drive, East Fremantle

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

## KAMBARANG SEASON

| MONDAY                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b> Location: <b>Outing</b><br><br><b>Fremantle Arts Centre &amp; Mullaloo Beach Hotel</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00) | <b>4</b> Location: <b>Outing</b><br><br><b>Melbourne Cup Day</b><br><br>The Last Local (Beeliar)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00)                   | <b>5</b> Choose OUTING OR DECK CLUB<br><br><b>Seated Wu Tao with Carole &amp; All About Guy Fawkes</b><br>OR<br>Kritique Cafe (Fremantle) & <b>Sixty 30 Bar</b> (Merriwa)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br>(Total direct debit: \$17.00) | <b>6</b> Location: <b>Outing</b><br><br><b>Morish Nuts &amp; Nougat (Swan Valley) &amp; Berrigan by the Lake (North Lake)</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00)   | <b>7</b> Location: <b>Outing</b><br><br><b>Picnic at Mrs Herbert's (Cottesloe)</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00)                            |
| <b>10</b> Location: <b>Outing</b><br><br><b>Coffee Beans &amp; The Pinjarra Hotel</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00)           | <b>11</b> Location: <b>Outing</b><br><br><b>Mandurah Foreshore Train Ride (\$10) &amp; Murphy's on the Terrace</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00) | <b>12</b> Choose OUTING OR DECK CLUB<br><br><b>Seated Pilates with Alison Still Life Painting</b><br>OR<br>Carnaby's & <b>Herdsmen Lake Tavern</b> (Wembley)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br>(Total direct debit: \$17.00)              | <b>13</b> Location: <b>Outing</b><br><br><b>Cubby Café (Canning Vale) &amp; The Aquarium Seafood Chinese Restaurant (Ascot)</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00) | <b>14</b> Location: <b>Outing</b><br><br><b>The Koorak (Kings Park) &amp; Amberton on the Ocean (Alkimos)</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br>(Total direct debit: \$17.00) |

# Neighbourhood Link

## Group Social Support Activities Program



| MONDAY                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>17</b> Location: <b>Outing</b><br><br>Banjup Local Farm<br>&<br><b>Shining India</b><br>(Maddington)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>18</b> Location: <b>Outing</b><br><br><b>Morning Melodies</b><br>(Burt Hall)<br>&<br><b>Oyster Bar &amp; Grill</b><br>(Elizabeth Quay)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>19</b> Choose OUTING<br>OR DECK CLUB<br><br><b>Music with Jake Minear</b><br><b>Seated Wu Tao with Carole</b><br>outing continues to<br>Bowl & Fork (Cockburn)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br><b>(Total direct debit: \$17.00)</b>          | <b>20</b> Location: <b>Outing</b><br><br>Churros<br>(Success)<br>&<br><b>The Bellevue</b><br>(Darling Range)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>             | <b>21</b> Location: <b>Outing</b><br><br>Coffee Beans<br>(Mundijong)<br>&<br><b>Local Po</b><br>(Jarrahdale)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                     |
| <b>24</b> Location: <b>Outing</b><br><br>Jamaica Blue<br>&<br><b>Catalano &amp; Co</b><br>(Baldivis)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>    | <b>25</b> Location: <b>Outing</b><br><br>Francesco's<br>Coffee 'n' Shop<br>(Jandakot)<br>&<br><b>Hill View Bar</b><br>(Kalamunda)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>         | <b>26</b> Choose OUTING<br>OR DECK CLUB<br><br><b>Seated Pilates with Alison</b><br><b>Play Your Cards Right!</b><br>OR<br>Francesco's (Jandakot) &<br><b>Carlisle Distillery</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>27</b> Location: <b>Outing</b><br><br><b>Dolphin Canal Cruise</b><br>(\$29)<br>&<br><b>Fish 'n' Chips</b><br>Mandurah<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>28</b> Location: <b>Outing</b><br><br>Starbucks<br>(Beeliar)<br>&<br><b>Rockingham Foreshore</b><br><b>Sailing Yacht Club</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> |
|                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                           |

# Neighbourhood Link

Group Social Support Activities Program



Use this page to record your outing and activity memories and suggestions for future programs

'Season of Birth' characterized by a peak in wildflower and wildlife activity and emergence from hibernation.



#### DAILY BUS OUTINGS HIGHLIGHTS:

- Fremantle Art Centre
- The race that stops the nation – the Melbourne Cup Day
- Christmas shopping perhaps at Morish Nuts & Nougat in the Swan Valley
- Last picnic of the year at the delightful Mrs Herbert's in Cottesloe
- Trip down to Pinjarra
- Fun train ride on the Mandurah Foreshore
- Chinese and Indian Restaurant visits
- Stunning new restaurant (Amberton) with infinity view over cliff in Alkimos!
- The popular Morning Melodies at Burt Hall
- Down to Jarrahdale to the lovely people at the Local Po Café
- And, an outing on water – Canal Cruise in Mandurah with option to purchase fish and chips on board while you enjoy the canal views.

Please remember, you're always welcome to let us know what outings you'd like to do.

#### CENTRE ACTIVITY ON WEDNESDAYS

- The story about Guy Fawkes
- Still Life Painting
- Game Prize – Play Your Cards Right
- Alison and Carole invite you to enjoy exercising with them
- Jake Minear returns for a music session

