

Neighbourhood Link

Group Social Support Activities Program



Dovenby House, 135 Canning Highway, East Fremantle

Tricolore Community Centre, 5 Wauhop Road, East Fremantle

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

KAMBARANG SEASON

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Location: Outing	2	Location: Outing
						Morning Tea Scarborough Beach Kopi-Kopi Café (Crawley) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Coffee & Mini Shop (Jandakot) The Brook Bar & Bistro Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
5	Location: Outing	6	Location: Outing	7	Choose OUTING OR DECK CLUB	8	Location: Outing	9	Location: Outing
Francesco's & Tony Galati Coffee & Shop (Jandakot) & Mason Mill Gardens Café & Bar (Carmel) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Guildford Milk Bar & Lo Quay River Café (Wilson) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Chair Pilates with Alison Seated Ballet4Wellbeing (both Groups 1.30pm-2.00pm) OR Morning Tea (Port Coogee) & Brooklands Bistro (Caning Vale) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Coffee (Ascot) & Red Roof Bar (Bullsbrook) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		City of Rockingham Annual Seniors & Carers Expo * Support Information * * Activities * * Performances * * Food & Drink * Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	

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12	Location: Outing	13	Location: Outing	14	Choose OUTING OR DECK CLUB	15	Location: Outing	16	Location: Outing
Viet Town (Girrawheen) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Araluen Botanical Gardens Tulip Festival (\$20 entry + \$5 train ride) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wu Tao with Carole Still Life Paint Project #3 OR Lucia's Coffee Bar (Bull Creek) & Lucky Chinese (Midvale) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		The Byford Country Club Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Clancy's Coffee (City Beach) & Milky Lane (Currumbine) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
19	Location: Outing	20	Location: Outing	21	Choose OUTING OR DECK CLUB	22	Location: Outing	23	Location: Outing
Floreat Kiosk & Coffee & Indian Ocean Brewery (Mindarie) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Morning Melodies (Perth Town Hall) & The Vale (Beeliar) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Music with Jake Minear (Both Groups) & Chair Pilates with Alison OR East Fremantle Yacht Club Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Russell Road Strawberry Farm & Coffee & Bistro 129 (Baldivis) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Amanda's Gardens (Southern River) & Avocados (Roleystone) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	
26	Location: Outing	27	Location: Outing	28	Choose OUTING OR DECK CLUB	29	Location: Outing	30	Location: Outing
Coffee Beans (Mundijong) & Sandy Cove (Yunderup) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		WA Police Historical Museum & Oyster Bay (Elizabeth Quay) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Wu Tao Relax with Carole & Trick or Treat Halloween Activities OR Krispy Crème Coffee (Booragoon) & Harold Hawthorn 3-course meal (\$15) Centre Fee: \$15.00 Transport: \$7.00 Centre Lunch \$14.00 (Total direct debit: \$22.00)		Mandurah Canal Cruise (\$35) (choose on-board lunch \$15-\$20) Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)		Pinjarra Bakehouse Centre Fee: \$15.00 Transport: \$7.00 Buy own lunch (Total direct debit: \$22.00)	



OCTOBER

Noongar

Season of Birth & Renewal Wear your Noongar



The season of renewal brings adventure to the **BUS OUTINGS:**

FAVOURITE VENUE RETURN VISITS / ANNUAL VISITS

- Araluen Botanical Gardens – Tulip Festival *
- Mandurah Canal Cruise & on-board lunch *
- Trips to the beautiful Swan Valley
- Coffee, riverside at Ascot and oceanside at City Beach
- Annual Seniors & Carers Expo (City of Rockingham)
- Harold Hawthorne Lunch (no show)
- Stop n Shop at Jandakot

FIRST TIME VISIT: go to the WA Police Museum

* Pre-booking is required for these outings. Admission tickets cannot be cancelled.

EVERY WEDNESDAY AT THE TRICOLORE COMMUNITY CENTRE

Sweet & Savoury Morning Tea on arrival

Time to move with instructors - Alison, Seated Pilates or with Carole for Wu Tao Relax

Activities of the Day – they vary and this month includes Art Project #3 & Halloween

A tasty nutritious light 2-course lunch is served

Joining us monthly is Jake Minear bringing fun, live music & group singing, and Chair Ballet



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