



Dovenby House, 135 Canning Highway, East Fremantle.

Deck Club, 2 Jerrat Drive, East Fremantle

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### KAMBARANG SEASON

| MONDAY                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                           | THURSDAY                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                            | <b>1</b> Choose OUTING OR DECK CLUB<br><br><b>Seated Wu Tao with Carole &amp; Prize 'The Price Is Right'</b><br>OR<br><b>The Brio (Booragoon) &amp; Dawson's Garden World</b><br>(Wattle Grove)<br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br><b>(Total direct debit: \$17.00)</b>         | <b>2</b> Location: <b>Outing</b><br><br><b>Flames Café</b><br>(Rossmoyne)<br>&<br><b>Maison St Honore</b><br>(Caversham)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>            | <b>3</b> Location: <b>Outing</b><br><br><b>Kiosk Café</b><br>(on the coast)<br>&<br><b>3 Sheets on the Lake</b><br>(Woodlands)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                  |
| <b>6</b> Location: <b>Outing</b><br><br><b>Dolce Lucia's Café</b><br>(Canning Vale)<br>&<br><b>Picnic at The Orr House</b><br>(Wembley)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>7</b> Location: <b>Outing</b><br><br><b>Cuppa Shack</b><br>(Hilton)<br>&<br><b>'Hello Kitty'</b><br>(Maylands)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>8</b> Choose OUTING OR DECK CLUB<br><br><b>Potting Cactus Plants &amp; Seated Pilates with Alison</b><br>OR<br><b>Double AA Espresso</b><br>(Elizabeth Quay) &<br><b>Ice cream Coastal Drive</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br><b>(Total direct debit: \$17.00)</b> | <b>9</b> Location: <b>Outing</b><br><br><b>Harpers Food Market</b><br>(O'Connor)<br>&<br><b>Ceasun Modern Thai</b><br>(Scarborough)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>10</b> Location: <b>Outing</b><br><br><b>'SPRING SOCIAL' at Avocado's Café</b><br>(Kelmscott)<br>&<br><b>Francesco's Café Lunch 'n' Shop</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



| MONDAY                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                        |
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| <b>13</b> Location: <b>Outing</b><br><br>San Churro's (Beeliar) &<br><b>The Balmoral Hotel</b> (Carlisle)<br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                      | <b>14</b> Location: <b>Outing</b><br><br><b>Eastern Hills Bakery Cafe</b> (Mundaring)<br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                                | <b>15</b> Choose OUTING OR DECK CLUB<br><br><b>Music with Jake Minear</b> (all)<br><b>Seated Wu Tao with Carole</b><br>outing continues to<br>Tomkinsons (Alfred Cove)<br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br><b>(Total direct debit: \$17.00)</b>                     | <b>16</b> Location: <b>Outing</b><br><br><b>City of Mandurah Spot Cafe</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                                                                   | <b>17</b> Location: <b>Outing</b><br><br><b>Sawyers Valley Coffee &amp; Lake Leschenaultia</b> (Chidlow)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                             |
| <b>20</b> Location: <b>Outing</b><br><br><b>Amberton Beach Bar</b> (Eglinton)<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><b>Morning Melodies</b> (Burt Hall)<br>& 300 Acres Restaurant (Wembley)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> | <b>22</b> Choose OUTING OR DECK CLUB<br><br><b>Seated Pilates with Alison</b><br><b>Ginger Bread Deco</b><br>OR<br>Little Sweet Oak Café (Winthrop) &<br><b>Glen Forrest Gourmet</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br><b>(Total direct debit: \$17.00)</b>   | <b>23</b> Location: <b>Outing</b><br><br><b>Dolce &amp; Salato</b> (South Fremantle) &<br><b>The Diner</b><br>3-course lunch \$15 (Carlisle)<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><b>Coffee Beans &amp; South Yunderup Jetty</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>Minnawarra History House (Armadale)</b> &<br>Haynes Bar & Grill (Forrestfield)<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>Coffee in Coogee &<br><b>Lo Quay River Café</b> (Wilson)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                | <b>29</b> Location: <b>Outing</b> OR DECK CLUB<br><br><b>Seated Wu Tao with Carole &amp; Halloween Activities</b><br>OR<br>Morning Tea by the Sea &<br><b>Settlers Cafe</b> (Baldivis)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Centre Lunch \$12.40<br><b>(Total direct debit: \$17.00)</b> | <b>30</b> Location: <b>Outing</b><br><br><b>Yanchep National Park Inn</b><br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b>                                                                    | <b>31</b> Location: <b>Outing</b><br><br><b>The Apron Café</b> (Jandakot) &<br><b>Margaret River Chocolate Factory</b> (Swan Valley)<br><br>Centre Fee: \$11.30<br>Transport: \$5.60<br>Buy own lunch<br><b>(Total direct debit: \$17.00)</b> |



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



We hope you enjoy the program offerings for October. Weather is lovely to get out and about. We look forward to your company.

## DAILY BUS OUTINGS

- Some of the outings this month:
- Pick up some gardening items if you wish when we visit Dawson's Garden World for lunch at the café
- Return to a favourite – Maison St Honore in Caversham
- Picnic at 'The Orr' heritage house in Wembley
- Visit a café exhibiting many items of the trending **Hello Kitty** brand
- Fancy some modern Thai cuisine?
- There's a popular social event in Avocado's Cafe celebrating Spring which we managed to reserve
- Minnawarra History House in Armadale
- And a little more journeying will take us to Lake Leschenaultia, South Yunderup Jetty, Yanchep National Park and Swan Valley.

You're always welcome to contribute your outing feedback and suggestions for future programs.

## CENTRE ACTIVITY ON WEDNESDAYS

Use and learn new skills:

- The Cactus Plant Project – we'll pot some cuttings given to the group by Barbara from her garden
- Have some fun guessing 'The Price is Right' with a prize for the winner
- Decorate gingerbread
- Get into the ancient traditions of Halloween
- Participate in singing and enjoy good musical vibes and entertainment brought to you by Jake Minear
- Keep moving and stay healthy, support your mind body harmony, with Alison and Carole.



# Neighbourhood Link

Group Social Support Activities Program



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