



Dovenby House, 135 Canning Highway, East Fremantle.

Deck Club, 2 Jerrat Drive, East Fremantle

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DJILBA SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Location: Outing Thomas Road Strawberry Farm & Marri Park Tavern (Anketell) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	2 Location: Outing The Roastery (Canning Vale) & Pinjarra Bake House (Maddington) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	3 Choose OUTING OR DECK CLUB ----- DECK CLUB MORNING TEA (all) Music with Jake Minear Seated Wu Tao with Carole outing continues to Carrington Bar & Grill Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	4 Location: Outing Starbucks (Farrington) & Wedgetail Dining (Falcon) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	5 Location: Outing Banjup Local & Elizabethan Village (Bedfordale) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)
8 Location: Outing The Oarhouse (Bayswater) & Maison Saint Honore (Caversham) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	9 Location: Outing Wireless Hill Park Wildflowers Morning Tea & The Pipers Inn (Currambine) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	10 Choose OUTING OR DECK CLUB Card Making & Seated Pilates with Alison OR Senior Crafts Kitchen & Coffee (Fremantle) & Big T's Italian (Warnbro) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	11 Location: Outing Kilns Coffee Ascot Racecourse & Seven Sins (Perth Hills) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	12 Location: Outing Harry's Diner (Carlisle) 3-course Lunch \$15 Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)

Neighbourhood Link

Group Social Support Activities Program



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Location: Outing 8 Yokes (Belmont) & Old King Road Brewery (Oldbury) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	16 Location: Outing Palm Beach (Rockingham) & The Boathouse (Coogee) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	17 Choose OUTING OR DECK CLUB Seated Wu Tao with Carole Sensory Objects - Lisa & Sue OR Coffee by Coast (Shoalwater) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40 (Total direct debit: \$17.00)	18 Location: Outing Pompeii Expo & Coffee (Wanneroo Regional Gallery) & The Corner Store (Jindalee) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	19 Location: Outing Borello Cheese Shop & Kiln Ale House (Byford) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)
22 Location: Outing Gidgegannup Bakehouse Lunch Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	23 Location: Outing Morning Melodies (Burt Hall) & Lee's Chinese (Melville) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	24 Choose OUTING OR DECK CLUB DECK CLUB MORNING TEA (all) Music with Jake Minear Seated Pilates with Alison outing continues to The Como (South Perth) Centre Fee: \$11.30 Transport: \$5.70 Centre Lunch \$12.40	25 Location: Outing Francesco's (Jandakot) & Old Mates Café (Kalamunda) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)	26 Location: Outing Carnaby's Café (East Fremantle) & Fish n Chips (Mindarie) Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)
29 Location: Outing KING'S BIRTHDAY and JACKY'S BIRTHDAY!! PUBLIC HOLIDAY (no outing today)	30 Location: Outing WILDFLOWERS & PICNIC KINGS PARK Centre Fee: \$11.30 Transport: \$5.70 Buy own lunch (Total direct debit: \$17.00)			Clients are requested to kindly remain seated until the bus stops for your drop-off. We remind everyone that the outings may be subject to change due to Spring weather! Thank you 😊



Spring is in the air ...

SEPTEMBER DAILY OUTINGS:

- For the first day of Spring, we're going to Thomas Road Strawberry Farm for the tastiest strawberries freshly picked!
- Falcon, near Mandurah, nestled between the Peel Inlet and the Indian Ocean is on the itinerary.
- We return to the charm of the Elizabethan Village in Bedfordale
- To enjoy Spring wildflowers, we retreat locally to Wireless Hill Park and will provide you morning tea there.
- A picnic in the abundance of nature at Kings Park.
- Who doesn't like a good deal? Harry's Diner is offering us a 3-course meal for \$15!
- Be entertained with peer groups from around Perth at Morning Melodies in Burt Hall.
- There is a free exhibition at Wanneroo Regional Gallery: ***Inside Pompeii – Origins of a European Way of Life***
- - the exhibition displays visuals which allow you to feel like you're inside Pompeii city, touring the World Heritage site, seeing detail of how life was in 79DC before it was buried by volcanic ash when Mount Vesuvius erupted.
- Everyone loves the Borrello Cheese Shop!
- Back by popular request is Gidgegannup, and this time we'll stay longer and have lunch.
- Plus, more options are available in the program.

SEPTEMBER CENTRE ACTIVITY ON WEDNESDAYS:

Regular weekly sessions in Seated Pilates with Alison, and Wu Tao Movement with Carol continue. Carol returns to an earlier session time.

Activity-wise, there'll be time to craft a special hand-made card, and time to explore sensory objects.

We take special diversion from the everyday in singing with Jake for 2 Wednesdays in September. Everyone's invited to join in good company and humour. For the first session Jake introduces songs new to our song book for you to learn and reconnect with; included is the melodic Edelweiss from the Sound of Music. In the second session, delving a bit deeper, we'll add play with the percussions to coordinate movement and rhythm with our now practised, fabulous, singing!

Let us know of your activity and song suggestions!



Welcome to those who have just joined us, we look forward to your company at the Centre on Wednesdays and/or on the Outing.

It's all about dads on 7th September, **Happy Father's Day all!**

We wish Bill a successful surgery and a speedy recovery; and look forward to your return soon.

Enjoy getting out and about and sharing together September adventures.



Use this space to record your memories and note your suggestion for future programs and let the staff know.
