

# Neighbourhood Link

Group Social Support Activities Program



Dovenby House

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March ... comes to fill us up with colour !!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Location: <b>Outing</b>
									<b>Millpoint Caffe Bookshop (South Perth)</b> & Ascot Riverside Cafe (Garvey Park, Ascot)  Centre Fee: \$10.40 Buy Own Lunch Transport: \$5.20 (Total direct debit: \$15.60)
4	Location: <b>Outing</b>	5	Location: <b>Dovenby</b>	6	Location: <b>Outing</b>	7	Location: <b>Outing</b>	8	Location: <b>Outing</b>
<b>SERVICE FREE DAY</b>  (WA LABOUR DAY)		Conversation, activity and <b>Movement with Alison &amp; Afternoon Tea (South Beach)</b>  Centre Fee: \$10.40 Transport: \$5.20 Lunch: \$11.00 (Total direct debit: \$26.60)		Darrens Café (Burswood Lakeside Plaza) & <b>Mulberry Farm Estate (Caversham)</b>  Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Steel Tree (Baldivis) & <b>Cobblers Tavern (Old Coast Road, Falcon)</b>  Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)		Ruby's Bakehouse (John Connell Reserve, Leeming) & <b>The Burrendah Tavern (Willetton)</b>  Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)	



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>11</b>	Location: Outing	<b>12</b>	Location: Dovenby	<b>13</b>	Location: Outing	<b>14</b>	Location: Outing	<b>15</b>	Location: Outing
Francesco's (Jandakot) & <b>Mullaloo Beach Hotel (Oceanside, Mullaloo)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		Conversation, activity and <b>Wu Tao with Carole</b> for <b>Harmony Week</b> Centre Fee: \$10.40 Transport: \$5.20 Lunch: \$11.00 <b>(Total direct debit: \$26.60)</b>		<b>Walter's River Cafe</b> (Riverside, Bicton) & <b>Lo Quay River Cafe</b> (Wilson) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		<b>Fremantle Port Tour (Fremantle)</b> & Chinese Cuisine in Claremont (Claremont) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		<b>Koorak (Kings Park) &amp;</b> <b>UWA Tavern (Nedlands)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>	
<b>18</b>	Location: Outing	<b>19</b>	Location: Outing	<b>20</b>	Location: Outing	<b>21</b>	Location: Outing	<b>22</b>	Location: Outing
Morning Tea in High Wycombe & <b>Chidlow Tavern (Chidlow)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		<b>Morning Melodies</b> (Perth Town Hall) & <b>Mount Henry Tavern (Como)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		<b>Swing Sing &amp; Mingle Show</b> (Fremantle) & <b>The Albie (Cottesloe)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		Tony Galati's Spud Shed (Jandakot) & <b>The Valley Social (Swan Valley)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		Reilly's Café (Mt. Pleasant) & <b>Picnic (Burswood Park, River Front)</b> Centre Fee: \$10.40 Transport: \$5.20 Lunch: \$14.00 <b>(Total direct debit: \$29.60)</b>	
<b>25</b>	Location: Outing	<b>26</b>	Location: Dovenby	<b>27</b>	Location: Outing	<b>28</b>	Location: Outing	<b>29</b>	
Fremantle Prison Convict Cafe & <b>Golden Ponds</b> (Lakeside garden, Baldivis) Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		Conversation, activity and <b>Wu Tao with Carole</b> & <b>Easter Egg Making</b> Centre Fee: \$10.40 Transport: \$5.20 Lunch: \$11.00 <b>(Total direct debit: \$26.60)</b>		<b>Waldecks Gardening Centre Cafe</b> (Stirling) & <b>The Paddington Ale House (Mt Hawthorn)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		<b>Local Petting House Cafe (Banjup) &amp;</b> <b>Narrogin Inn (Armadale)</b> Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch <b>(Total direct debit: \$15.60)</b>		<b>SERVICE FREE DAY (GOOD FRIDAY)</b>	



March is upon us to signal the Season change to Autumn; and with it an unfolding of nature's beautiful colours ahead.

Western Australia-wide, Harmony Week will be celebrated from 15 to 21 March, and a bit later across other states and territories. Our heritage originates in every part of the world and many benefits flow from our cultural diversity. The theme this year is 'Everyone Belongs'. To celebrate at the Centre, feel free to bring in an item of cultural interest.

The same theme is borne out in Neighbourhood Link daily with everyone coming together in the outings and meetings in the Centre as part of a group to keep the flow of wellness running.

Aspects of Fremantle's history pop into the program this month. And although you may know the locations well, you may find that you have not had opportunity to absorb an experience such as a Tour of Fremantle Port and in getting close to (but not too close) to the Fremantle Prison, by having a view from the comfort of the Convict Café in the grounds!

Reilly's Café in Mount Pleasant offers us a morning tea scone & tea special when we visit on Friday, 22 March.

A couple of shows are available – Swing Sing & Mingle and the Perth Town Hall has a St. Patrick's Day themed show on 19 March.

Please read through and see what suits you!!

Your feedback and activity suggestions are welcome.