

Neighbourhood Link

Group Social Support Activities Program



Dovenby House

135 Canning Highway, East Fremantle

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Location: Outing</p> <p>Franceso's (Jandakot) & Wanneroo Villa Tavern</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>2 Location: Dovenby</p> <p>Tye dye (Socks / Handkerchiefs) & Wu Tao Exercise with Carole</p> <p>Centre Fee: \$10.40 Lunch: \$11.00 Transport: \$5.20 (Total direct debit: \$26.60)</p>	<p>3 Location: Outing</p> <p>The Brio (Booragoon) & The Currambine Tavern</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>4 Location: Outing</p> <p>Tony Galati's Spudshed & The Cut (Wannanup)</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>5 Location: Outing</p> <p>Beach Point (Coogee) & Oyster Bar - Elizabeth Quay</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>
<p>8 Location: Outing</p> <p>NAIDOC WEEK <i>Celebration</i> Community Lunch & Art (City of Cockburn) \$17</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>9 Location: Dovenby</p> <p>NAIDOC WEEK <i>Group Art Activity</i> & Wu Tao Exercise with Carole</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>10 Location: Outing</p> <p>Western Australian State Library (Morning Tea) & The 60/30 (Merriwa)</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>11 Location: Outing</p> <p>Tour & Morning Tea Claremont Museum & The Albion – Cottesloe</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>12 Location: Outing</p> <p>Jamaica Blue - Beeliar & Catalano & Co (Baldivis)</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 Location: Outing</p> <p>Harpers Food Market (O'Connor) & Kingsway Bistro Tavern</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>16 Location: Dovenby</p> <p><i>Make your own Bees Wax Wrap</i> & Movement with Alison</p> <p>Centre Fee: \$10.40 Lunch: \$11.00 Transport: \$5.20 (Total direct debit: \$26.60)</p>	<p>17 Location: Outing</p> <p>Xmas in July \$20 Manning Senior Centre</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>18 Location: Outing</p> <p>Ootong & Lincoln (South Fremantle) & Gracies Café – Forestfield</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>19 Location: Outing</p> <p>Two Dogs Laughing (Beaconsfield) & Wards Dining - Shenton Park</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>
<p>22 Location: Outing</p> <p>DOME - Deep Water Point & Baskerville Bar (Bakersville)</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>23 Location: Outing</p> <p>Perth Morning Melodies (Perth Town Hall) & South Perth Bookshop Cafe</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>24 Location: Outing</p> <p>Coffee Beans - High Wycombe & The Hive (Darlington)</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>25 Location: Outing</p> <p>The Boat Shed – South Perth & The Landing - Alkimos</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>26 Location: Outing</p> <p>Coffee Beans - Mundajong & Serpentine Falls & Local Post Office - Jarrahdale</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>
<p>29 Location: Outing</p> <p>Perth Hindu Temple (Canning Vale) & The Burrendah Tavern - Willetton</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>30 Location: Outing</p> <p>Xmas in July Activities Traditional Lunch & Movement with Alison</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>	<p>31 Location: Outing</p> <p>Crown Casino (Burswood)</p> <p>Centre Fee: \$10.40 Transport: \$5.20 Buy own lunch (Total direct debit: \$15.60)</p>		



The activity program for the second month of Winter arrives to keep us on our toes ...

July highlights:

- ❖ two big events occur this month, Christmas in July with Bingo with money prizes \$\$\$ at Manning Seniors Centre,
- ❖ and NAIDOC Week community lunch at the City of Cockburn (community centre) and community art exhibition celebrating NAIDOC,
- ❖ a visit to Serpentine Falls,
- ❖ gentle exercise sessions with a mindfulness focus to nice music with lovely instructors, **Carole and Alison**, on Tuesdays at Dovenby,
- ❖ an opportunity to visit the Perth Hindu Temple in Canning Vale,
- ❖ morning tea at the Western Australian State Library en-route to a new lunch venue in Merriwa,
- ❖ visit to the Claremont Museum for a tour and morning tea
- ❖ more new venues,
- ❖ new activity in Centre.

A quote from a Neighbourhood Link client sets us off to July adventuring:

'Put a smile on your dial and it will take you a mile'.

Let us know of your suggestions for inclusion in the next program.

We look forward to seeing you soon.