

Neighbourhood Link

Group Social Support Activities Program



Dovenby House, 135 Canning Highway, East Fremantle WA 6158

Deck Club, 2 Jerrat Drive, East Fremantle

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Location: Outing</p> <p>Byford District Country Club (Byford)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>4 Location: Outing</p> <p>Fremantle Arts Centre & Springs Chinese Restaurant (Beechboro)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>5 Choose: <u>OUTING</u> or <u>DECK CLUB</u></p> <p>Wu Tao with Carole Variety of Centre Activities or South Beach Café (South Fremantle) & Leisure Inn (Rockingham)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Lunch: \$11.90 (Total direct debit: \$28.10)</p>	<p>6 Location: Outing</p> <p>Francesco's (Jandakot) & Bassendean Hotel (Bassendean)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>7 Location: Outing</p> <p>U'N'ME Coffee (Coogee) & Pipers Inn (Rockingham)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>
<p>10 Location: Outing</p> <p>Darrens (Burswood Lakeside Plaza) & Oceanview Tavern (Neerabup)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>11 Location: Outing</p> <p>Ciocolato Espresso (Applecross) & The Boatshed (South Perth)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>12 Choose: <u>OUTING</u> or <u>DECK CLUB</u></p> <p>Movement with Alison Valentine Activity or Harold Hawthorne Lunch & Show \$20 (Carlisle)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Lunch: \$11.90 (Total direct debit: \$28.10)</p>	<p>13 Location: Outing</p> <p>Coffee at Bunnings (Spearwood) & Port Kennedy Bistro (Port Kennedy)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>14 Location: Outing</p> <p>Clancy's (City Beach) & Sovereign Arms (Joondalup)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>



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<p>17 Location: Outing</p> <p>Coogee Beach Café (Coogee) & George N Dragon Tavern (Shoalwater)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>18 Location: Outing</p> <p>Carnaby's (East Fremantle) & Café Zamia (King's Park)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>19 Choose: <u>OUTING</u> or <u>DECK CLUB</u></p> <p>Wu Tao with Carole Variety of Centre Activities or Miaflora Garden Centre (Inglewood) & Charlies Market Cafe (Morley)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Lunch: \$11.90 (Total direct debit: \$28.10)</p>	<p>20 Location: Outing</p> <p>Flames (Rossmoyne) & Alkimos Café (Alkimos)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>21 Location: Outing</p> <p>Riley's Cafe (Mt Pleasant) & Pasta in The Valley (Swan Valley)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>
<p>24 Location: Outing</p> <p>Floreat Kiosk Coffee (Floreat) & 3 Sheets (Hillarys)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>25 Location: Outing</p> <p>Morning Melodies (Perth Town Hall) & Ciccerellos (Fremantle)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>26 Choose: <u>OUTING</u> or <u>DECK CLUB</u></p> <p>Movement with Alison Variety of Centre Activities or Ottoy Community Centre (Bibra Lake) & Avocados Café (Kelmscott)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Lunch: \$11.90 (Total direct debit: \$28.10)</p>	<p>27 Location: Outing</p> <p>Jamaica Blue (Beeliar) & Golden Ponds (Baldivis)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>	<p>28 Location: Outing</p> <p>Mandurah Chinese Delight & Dolphin Quay (Mandurah)</p> <p>Centre Fee: \$10.80 Transport: \$5.40 Buy own Lunch (Total direct debit: \$16.20)</p>



FEBRUARY adventures are calling

and the Mitsubishi Rosa bus is ready to take you, with staff: Lisa, Jacky, Sue and Stuart at the wheel.

Join us for the simple yet perfect moments of a good beverage, some nice food, a smile, chat and fun.

Regular adventurers might be wondering where volunteers Sue and Mike are – they too are busy adventuring however, a little further afield at this time of the year and will be back on the road with you in April. Meanwhile we have staff, Bec and sometimes Pauline, going out on Monday outings.

New venues to explore are offered in the program with a sprinkling of some of the group's favourites. Check out what suits you!

At the **Deck Club**, the activities are varied on Wednesdays, they include exercise while seated, time to be a little crafty, and some musicality. As we develop our musical activity component, Adam will join us soon to accompany our singing with his guitar playing.

For your convenience feedback forms and envelopes are available for you to let us know what you think. You can also phone the office on 9339 9381.

We look forward to seeing you soon.