




JANUARY 2018

SOCIAL ACTIVITIES

For Bookings please contact the CHC Office

Weekdays 8.30am—4.30pm

97214988

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 	2	3	4	5 Ross and Shirley Mystery Tour	6	7 Busselton Foreshore Markets and Picnic lunch
8 Zumba in the Chair 10am TAI CHI 1.15pm	9 CRAFT 1pm	10 MENS GROUP 9am	11	12	13 Brunch at Henry's Bunbury Art Gallery	14
15 TAI CHI 1.15pm	16 MOVIE GROUP 9am	17 SOCIAL CLUB 10am In house	18 BOOK CLUB 1pm	19	20	21
22 Zumba in the Chair 10am TAI CHI 1.15pm	23 CRAFT 1pm	24 MENS GROUP 9am Croquet	25	26 Fireworks and Fish and Chips 	27 	28
29 TAI CHI 1.15pm	30 MOVIE GROUP 9am	31				



Trusted in your Community

Hi Everyone,

Almost all of our 2017 social support programs have finished for the year. I would like to say a sincere thank you for your continued support and feedback throughout 2017.

*Have a happy and safe break.
Amanda xx*

Thank you

Finishing touches

Bunbury Christmas Light –Thursday 21st December 7pm –Late.

There is a bus going out to see the Christmas Light displays around Bunbury. If you want to book please call Amanda.



Mandurah Christmas Lights Cruise.

We will be leaving Bunbury at approximately 12pm Friday 22nd. I will be sending you the itinerary in the next couple of days.

Group activities for 2018 will recommence after the 8th of January. Details for SOYF, TAI CHI and ZUMBA are available by calling the office.

SOCIAL SUPPORT 2018

Friday 5th –Ross and Shirley Mystery Tour

Out and about on the bus with Ross and Shirley. Anything could happen!
Cost on the day - Morning Tea and Lunch.



Sunday 7th –Busselton Foreshore Markets and Picnic

Trip down to Busselton to have a look at the markets followed by a relaxed picnic by the beach.
\$15.00 for lunch

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Saturday 13th –Brunch at Henry’s Café and Bunbury Art Gallery

Enjoy a light brunch at Henry’s before having a look at the new exhibitions at the Art Gallery.

Australia Day Sky Show 26th 5pm –Late

The council has again provided a seniors space where we can enjoy live entertainment, fish and chips and the Fireworks. **Cost of night will be \$20** including food, tea and coffee.
To be paid on the day.

Group Activites

Tai Chi—1.15pm Starts 8th January

Slow paced exercise and movement. Focus is on breathing and balance.

Zumba in the chair—10am Starts 8th January

Excellent workout to fantastic music, all while seated.

Craft – Starts 9th January

Bring your own crafts and meet some wonderful people. Have a chat and a cuppa.

Movies –9 am Starts 16th January

On the bus to the movies followed by lunch in town. **(Numbers limited)**

Men’s Group—10am Wednesday restarts 10th January (details to come)

Enjoy a day out and about on the bus. Mens only group.

Book Club – Starts 18th January

Have a cuppa and discuss the book the group is reading this month.

Serenading Singers - 10am Starts 9th February

Join our singing group. All singers welcome.

Stay on Your Feet—8.45am ring office for details

Australind—Monday 9.00am

Exercise class run by a qualified instructor to build strength.

Community Home Care Bunbury is on Facebook. Please like and share our page so others can see what is available in our community.

