

MARCH 2018

SOCIAL ACTIVITIES

For Bookings please contact the CHC Office

Weekdays 8.30am—4.30pm

9721 4988



Mon

Tue






Wed

Thu

Fri

Sat

Sun

| | | | | | | |
|--|--|--|--|--|--|---|
| | | | 1 SOYF | 2 Ross and Shirley Mystery Tour ? | 3 | 4 |
| 5 Public Holiday Labour Day | 6 SOYF FREE Seniors Concert 9:30am CRAFT 1pm | 7 MENS GROUP 9am BBQ Koombana Bay | 8 SOYF | 9 Serenading Singers Group 10am | 10 | 11 Butter Factory Busselton (100 year celebration) |
| 12 TAI CHI 1.15pm  | 13 SOYF MOVIE GROUP 9am | 14 MENS GROUP 9am Simmos & Mini Golf | 15 SOYF BOOK CLUB 1pm | 16 | 17 | 18 Harvey Harvest Festival & Picnic Lunch |
| 19 Zumba in the Chair 10am TAI CHI 1.15pm | 20 SOYF CRAFT 1pm | 21 SOCIAL CLUB 10am In house | 22 SOYF Ross and Shirley Mystery Tour | 23 Serenading Singers Group 10am  | 24 Bunbury Trots 5pm | 25 |
| 26 TAI CHI 1.15pm | 27 SOYF MOVIE GROUP 9am | 28 MENS GROUP 9am Croquet  | 29 SOYF | 30 Public Holiday Easter Friday | 31 Easter Saturday  |  |



Trusted in your Community

Hi Everyone,

We had our first social club on Wednesday the 17th of January—it was a great success, we have received lots of good feedback. Due to numbers The Social Club that was planned for the Friday on the 16th of February has now been moved to the Wednesday 21st of February. I would like to apologize for the confusion or inconvenience this has caused.

As of this month we have added the Bunbury **SOYF** (Stay on your feet) Exercise class to the front of the calendar, hopefully this will make it easier for clients to track when the classes are on or not on due to school holidays.

Numbers are limited on all of our outings. Please be advised that you may not be able to attend all of the outings you put your name down for.

Social Support Excursions

Friday 2nd & Thursday 22nd of March –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.



Tuesday 6th of March – Free Seniors Concert

Seniors Concert held at the Italian Club in Bunbury, Free Entry with refreshments included with the ticket. 9:30am – 1pm. This is a ticket only event. Please secure your ticket via the office. Book transport through social support or meet at the Italian Club.

Sunday 11th of March – Busselton Butter Factory Open Day

This year, Busselton's Old Butter Factory is celebrating its 100th year and the Busselton Historical Society has created a special weekend of activities. On the 11th of March is a Grand event showcasing the factory; museum; entertainment; food; costumed skits, "old skills" demonstrations and much more. **Gold coin entry & Lunch at the Ship Inn (\$15 senior Lunch)**

Sunday 18th of March– Harvey Harvest Festival

Spend the morning at Harvey Harvest Festival followed by a picnic lunch. Free entry to the festival, enjoy a taste of local produce and markets. **Cost of picnic will be \$12.00**

Saturday 24th of March - Bunbury Trots

Battle of Bunbury - Live Harness Racing. Gates open at 5pm, food and refreshments on sale. **Adults \$5 Entry or \$2 for concession or Pension card holders.**

March 2018 SOCIAL ACTIVITIES

**For Bookings please contact the CHC Office
Weekdays 8.30am—4.30pm
97214988**

Group Activities / Center based

Tai Chi - 1.15pm Every Monday (Apart from Public Holiday)

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

Zumba in the chair - 10am 19th of March

Excellent workout to fantastic music, all while seated.

Craft - 1pm 6th & 20th of March

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

Movies - 9 am 13th & 27th of March

On the bus to the movies followed by lunch in town.

Social Club - 10am Wednesday 21st of March

All social support clients - Men and women are invited to come along and play carpet bowls and have lunch.

Cost will be \$15 on the day which will include Morning tea and lunch.

Men's Group - 7th, 14th & 28th of March

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

7th BBQ at the new Koombana Bay park - \$15 includes Morning tea & lunch

14th Simmos & Mini Golf (\$12.50 golf & cone) (10.50 Just Golf) Then lunch

28th Croquet (\$7 to play) followed by a Pub lunch

Book Club - 1pm 15th of March

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

Serenading Singers - 10am 9th & 23rd of March

Join our singing group. All singers welcome.

Stay on Your Feet - Ring office for more details

Bunbury - 8.45am Tuesdays & Thursdays

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.

