



Trusted in your Community

JULY 2018

SOCIAL ACTIVITIES

For Bookings please contact the CHC Office
Weekdays 8.30am - 4.30pm

9721 4988



Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 TAI CHI 1.15pm	31 SOYF MOVIE GROUP 9am					1
2 TAI CHI 1.15pm	3 MOVIE GROUP (Lunch Only)	4 MENS GROUP 9am In house	5	6	7	8
9 TAI CHI 1.15pm 	10 CRAFT 1pm	11 MENS GROUP 9am BBQ 	12 Ross and Shirley Mystery Tour	13 Serenading Singers Group Excursion 	14	15
16 TAI CHI 1.15pm	17 SOYF MOVIE GROUP 9am 	18 SOCIAL CLUB 10am	19 SOYF BOOK CLUB 1pm 	20 Ross and Shirley Mystery Tour	21 Lunch - China City	22
23 TAI CHI 1.15pm	24 SOYF CRAFT 1pm	25 MENS GROUP 9am Croquet 	26 SOYF LADIES DAY Croquet	27 Serenading Singers Group 10am 	28	29 Breakfast Café Merchant



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Winter is well and truly here!! Keep dry and stay safe.

Stay on your feet (SOYF) will not be on during the school holidays 2nd of July - 15th of July. SOYF will commence again on Monday the 16th of July.

There will also be no movie in the holidays (3rd of July) The group will still meet and go out for a lunch however we will not be watching a movie on this day.

Unfortunately Zumba will no longer be operating at CHC. If and when chair Zumba starts up at another location we may be able to provide the transport so you can still participate.

I have been asked to see if there is any interest in a regular yoga class. The class would be altered to your fitness level and would be able to incorporate a chair for those who can't get down on to a floor mat. Please contact Jess if you are interested.

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](#)



Thursday 12th & Friday 20th of July - Mystery Tours

A day out on the bus with Ross & Shirley. The destination is a mystery, anything could happen! **Cost on the day - Morning Tea and Lunch.**

Saturday 21st of July - Lunch at China City

Out for lunch at China City - Order from their extensive menu on the day - offering a lunch special for \$11.50 or \$14.50 depending on what you choose.

Cost on the day - Lunch

Thursday 26th of July - Ladies Day Croquet

Ladies day for Croquet - Enjoy a round of Croquet followed by lunch out in Bunbury.

Cost: \$7 to play croquet - Lunch at own cost

Sunday 29th of July - Breakfast

Breakfast at the Café Merchant in Eaton - Then stay undercover and have a browse at the shops. **Cost on the day - Breakfast**

July 2018 SOCIAL ACTIVITIES

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Weekdays 8.30am—4.30pm
97214988**

[Group Activities / Centre based](#)

Tai Chi - 1.15pm Every Monday

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

Craft – 1pm Tuesday 10th & 24th of July

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

Movies – 9 am Tuesday 3rd (lunch only) , 17th & 31st of July

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

Social Club - 10am Wednesday 18th of July

All social support clients - Men and women are invite to come along and play carpet bowls, shuttle board and bingo.

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

Men's Group - Wednesday 4th, 11th & 25th of July

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

4th - In House event, carpet bowls ect. (\$15 includes Morning tea & Lunch)

11th - Picnic in Donnybrook area – weather pending (\$15 includes Morning tea & Lunch)

25th - Croquet followed by a pub lunch in Bunbury. (\$7 to play croquet & \$3 morning tea)

Book Club – 1pm 19th of July

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

Serenading Singers - 13th (Excursion) & 10am 27th of July

Join our singing group. All singers welcome.

13th of July will be an excursion to Tuia Lodge to perform, Followed by lunch at the snack shack in Donnybrook. \$15 for Lunch.

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.

