














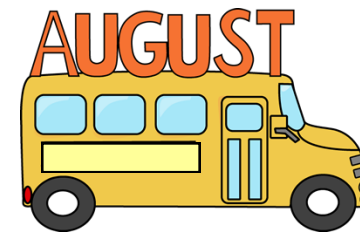


Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6 TAI CHI 1.15pm 	7 SOYF CRAFT 1pm 	8 MENS GROUP 9am Kings Cottage	9 SOYF	10 Serenading Singers 10am 	11	12 Sunday Roast Shamrock Hotel
13 TAI CHI 1.15pm 	14 SOYF MOVIE GROUP 9am 	15 SOCIAL CLUB 10am	16 SOYF BOOK CLUB 1pm 	17 Ross and Shirley Mystery Tour	18 Vasse Markets 	19
20 TAI CHI 1.15pm 	21 SOYF CRAFT 1pm	22 MENS GROUP 9am Picnic 	23 SOYF Ross and Shirley Mystery Tour	24 Serenading Singers Group 10am 	25	26
27 TAI CHI 1.15pm 	28 SOYF MOVIE GROUP 9am 	29 MENS GROUP 9am Croquet 	30 SOYF BINGO, BOWLS & BISCUITS 1pm	31		



Trusted in your Community

AUGUST 2018
SOCIAL ACTIVITIES
For Bookings please contact the CHC Office
Weekdays 8.30am - 4.30pm
9721 4988



Hi Everyone,

I hope this calendar finds you well.

BINGO, BOWLS & BISCUITS!

I have added a games afternoon to the calendar on Thursday the 30th of August. Come along for afternoon tea and a games session. Games will include Bingo, Board games & Bowls. Depending on client interest we could also include more active games like Skittles and Shuttle board. Please let me know your thoughts and we can tailor the event to suit your interests.

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](#)



Sunday 12th of August - Sunday Roast - Greenbushes

Come and join us for a cozy Sunday roast at the Shamrock Hotel in Greenbushes. The dining room is fit out with old furnishings and an open fire place. The Sunday roast offers a choice of 2 meats Yorkshire puds, vegetables and gravy.

Cost on the day - \$18.50 for the lunch

Friday 17th of August - Mystery Tour

Out and about on the bus with Ross and Shirley. Anything could happen!

Cost on the day - Morning Tea and Lunch.



Saturday 18th of August - Vasse Markets

The Vasse Markets are held under cover at the Vasse Hall. Local and seasonal produce will be available to purchase as well as craft items, bric a brac and baked goods.

Followed by lunch at The Ship Inn Busselton.

Cost on the day - \$15 Seniors Lunch Menu - Free Entry to Markets + Spending money

Thursday 23rd of August - Mystery Tour

Out and about on the bus with Ross and Shirley. Anything could happen!

Cost on the day - Morning Tea and Lunch.

[Group Activities / Centre based](#)

Tai Chi- 1.15pm Every Monday

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

Craft - 1pm Tuesday 7th & 21st of August

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

Movies - 9 am Tuesday 14th & 28th of August

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

Social Club - 10am Wednesday 15th of August

All social support clients - Men and women are invited 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 - 8th 22nd & 29th of August

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

8th - Kings Cottage Museum followed by lunch out (\$7 entry to Museum & \$3 morning tea)

22nd - Picnic in the park, weather pending (\$15 includes Morning tea & Lunch)

29th - Croquet followed by a pub lunch in Bunbury. (\$7 to play croquet & \$3 morning tea)

Book Club - 1pm Thursday 16th of August

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

Games Afternoon - 1pm Thursday 30th of August

Bingo, Bowls & Biscuits - Come along for afternoon tea and laugh with your friends on this new games afternoon.



Serenading Singers - 10am 10th & 24th of August

Join our singing group. All singers welcome.

Stay on Your Feet - During the school term only

Bunbury - 8.45am Tuesdays & Thursdays

Australind - Mondays 9.00am

Exercise class run by a qualified instructor to build strength and mobility.

Community Home Care Bunbury is on Facebook.

Please like and share our page

