






NOVEMBER 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 FREE SEMINAR ADVOCARE 12:30 -2pm	2 Intergeneration Playgroup 9:30- 11:30	3 The Cidery Bridgetown 	4
5 TAI CHI 12:30pm 	6 SOYF Melbourne Cup Luncheon	7 MENS GROUP Port Tour	8 SOYF	09 Serenading Singers Group 10am 	10	11 
12 TAI CHI 12:30pm	13 SOYF CRAFT 1pm	14 MENS GROUP 9am Simmo's mini golf	15 SOYF BOOK CLUB 1pm 	16 Ross & Shirley Mystery Tour	17	18 Alice in Wonder Down Under
19 TAI CHI 12:30pm 	20 SOYF MOVIE GROUP 9am 	21 SOCIAL CLUB 10am	22 SOYF Roelands Mission Morning Tea	23 Serenading Singers Group 10am 	24	25
26 TAI CHI 12:30pm 	27 SOYF CRAFT 1pm	28 MENS GROUP 9am Croquet	29 CHC Christmas Party 	30 Ross & Shirley Mystery Tour		



Trusted in your Community

Hi Everyone, I hope this calendar finds you well, the weather is starting to clear so we plan on adding in some picnics in the coming months.

I would like to welcome on board our new Social Support Activity Assistant Nicole, Nicole will be working with us across the 5 days so I'm sure you will all get to know her well.

ADVOCARE are putting on a free seminar in our Day Centre - All Clients and volunteers are welcome to join us for this information session. Please give us a call if you would like to book in / require transport.

We have an exciting month ahead with a Melbourne Cup Luncheon & our Christmas party sneaking in early this year. Unfortunately we've had to cancel some of the regular clubs on these days but we hope you will join us for the fun. (Please book ASAP)

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](#)

Saturday 3rd of November

Come get lost in Bridgetown at the Cidery. We have booked in for lunch and a tasting if you would like to participate and try the Cider from "the best apples in the world".

Cost on the day - order lunch from the menu - Free tea and coffee

Friday 16th & 30th of November - Mystery Tour

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

Cost on the day - Morning Tea and Lunch.

Thursday 22nd of November - Roeland's Mission

Roelands Mission was home to over 500 stolen generation children. Today it is about creating an area where culture can be rediscovered and opportunities can begin to grow. Come along for a talk by ex Roelands kids and some morning tea.

Cost on the day - \$20 includes entry to the mission and morning tea

Sunday 18th of November - Alice in Wonder Down Under

Put on by the Australind Senior Citizens club "Alice in Wonder Down Under"

Full of fun and laughter. Come along and sing to your old favourites.

Cost on the day - \$15 Entry to the Matinee show which includes afternoon tea

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Tuesday 6th of November - Melbourne Cup Luncheon

The race that stops the nation! Come along for a bucket of fun, the race, sweeps, door prizes and lunch. \$10 will cover the lunch, please bring extra money for the sweeps.

Thursday 29th of November - Client Christmas Party 1-3pm

We would like to invite you all along to our Social Support Client Christmas party. This is a free event however if you would like to purchase raffle tickets please bring some money along. Please also bring a small gift up to the value of \$5 for Secret Santa.

[Group Activities / Centre based](#)

Tai Chi- 12:30pm Every Monday

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

Craft - 1pm Tuesday 13th & 27th of November

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

Movies - 9 am Tuesday 20th of November

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

Social Club - 10am Wednesday 21st of November

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 - 7th, 14th & 28th of November

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

7th - Bunbury Port Tour followed by lunch out (Lunch & \$3 morning tea)

14th - Simmo's Mini Golf (\$8.50 to play or \$12.50 with a single cone ice-cream)

28th - Croquet followed by a pub lunch in Bunbury. (\$7 to play croquet & \$3 morning tea)

Book Club - 1pm Thursday 15th of November

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

Intergenerational Play Group 9:30-11:30 Friday 2nd of November

Come for morning tea and enjoy a sense of fun and excitement that children bring to the table with our new intergenerational playgroup.

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

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