

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



Mon	Tue	Wed	Thu	Fri	Sat	Sun
31 New Years Eve					1	2
3 TAI CHI 12:30pm 	4 SOYF MOVIE GROUP 9am	5 MENS GROUP 9am	6 SOYF	7 Intergenerational Playgroup 9:30-11:30	8	9 Christmas in the City 
10 TAI CHI 12:30pm	11 SOYF CRAFT 1pm	12 SOCIAL CLUB 10am	13 SOYF BOOK CLUB 1pm	14 Serenading Singers Group 10am 	15	16
17	18	19	20  Dinner & Christmas Lights	21	22	23
24	25  Christmas Day Public holiday	26 Boxing Day Public Holiday	27	28	29	30



Trusted in your Community

Hi Everyone,

Its hard to believe its almost December, this year has flown by, it has been a pleasure getting to know all our wonderful social support clients and volunteers.

Our day center will be closing on the 14th of December to allow us some planning time for a fun filled year to come. We will be reopening on the 5th of January 2019.

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 9th of December - Christmas in the City

The City of Bunbury is putting on its Annual Christmas in the City. The event features food and market stalls, entertainment and activities for community members of all ages. Christmas in the City is held at Bunbury's iconic Graham Bricknell Music Shell and Bicentennial Square. We will be at the event from Approximately 3pm - 6pm

Cost on the day - Free entry to event - Bring money for food and stalls

Thursday 20th of December - Dinner followed by the Christmas Lights Tour

Come along for Dinner at the Highway Hotel, followed by a tour down Dunston street and other hot spots to look at the Christmas lights. This will be our last activity for the year. **Cost on the day - order from the menu - Seniors menu \$15.90**



December 2018 SOCIAL ACTIVITIES

For Bookings please contact the CHC Office
Weekdays 8.30am - 4.30pm
9721 4988



[Group Activities / Centre based](#)

Tai Chi- 12:30pm Monday 3rd & 10th of December

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

Craft - 1pm Tuesday 11th of December

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

Movies - 9 am Tuesday 4th of December

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

Social Club - 10am Wednesday 12th of December

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 5th of December

Enjoy a day out and about on the bus. Men's only group.

5th - Yallingup Shearing Shed (\$3 for Morning tea) lunch in Dunsborough area

Book Club - 1pm Thursday 13th of December

Book club will be a week early this month so we can have the session before the CBDC closes. Have a cuppa and discuss the book the group is reading this month.

Serenading Singers - 10am 14th of December

Join our singing group. All singers welcome.

Intergenerational Play Group 9:30-11:30 Friday 7th of December

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

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.

SOYF on the 4th and 6th of December will be a walk / park exercise as the activity room is booked for training.

