

March 2019

SOCIAL ACTIVITIES

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Intergenerational Play group 9:30 	2	3
4 Public Holiday Labour Day	5 SOYF CRAFT 1pm 	6 Men's Group 	7 SOYF Ross & Shirley Dolphin Discovery	8 Serenading Singers Group 10am	9	10 Eaton Foreshore Festival
11 TAI CHI 12:30	12 SOYF MOVIE GROUP 9am	13 Men's Group Dolphin Discovery 	14 SOYF	15 Ross & Shirley Dolphin Discovery 	16	17
18 TAI CHI 12:30 	19 SOYF CRAFT 1pm	20 Social Club 10am	21 SOYF Book Club 1pm 	22 Serenading Singers Group 10am	23 Morning Tea & Musical Performance	24
25 TAI CHI 12:30	26 SOYF MOVIE GROUP 9am 	27 Men's Group Croquet 9am	28 SOYF Games Afternoon 12:30 	29	30	31



Trusted in your Community

Hi Everyone,

Hope you have been enjoying the warmer weather, please remember to stay hydrated when out and about on your social activities.

There will be no mystery tours this month as we are heading to the Dolphin Discovery Centre instead - see information below. If we get overbooked we will look at running an extra day.

There will be no Tai Chi or SOYF Australind on Monday the 4th of March due to the Public Holiday.

As always 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 7th of March & Friday the 15th of March - Dolphin Discovery

Ross & Shirley's day out! Come along on either of the dates to check out the new Interpretive centre that showcases an expanded range of fish and coral aquariums as well as the Digital Dolphinarium. This will then be followed by lunch at the new Café overlooking the waters of Koombana Bay.

Cost on the day - \$12 Entry (Concession rate) **Order Lunch from the menu**

Sunday 10th of March - Eaton Foreshore Festival

Come along for a stroll through the markets at the Eaton foreshore, there will be art and craft stalls as well as bake stalls and entertainment on the stage. All proceeds raised from this event go to the Eaton Primary School.

Cost on the day - Free Entry - Food Vans on site plus bring spending money

Saturday 23rd of March - Morning Tea & Music Performance

Join us for morning tea at Café 205 on the Back Beach and then afterwards to the St Boniface Cathedral to watch the Canto Belles and the Silvertones perform as part of the annual Tree Street Art Safari. The performance will be from 11 - 12:30

Cost on the day - Morning tea from the menu - Free Entry to concert

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[Group Activities / Centre based](#)

Intergenerational Play Group 9:30-11:30 Friday 1st of March

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

Tai Chi- 12:30pm Every Monday

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

Craft - 1pm Tuesday 5th & 19th of March

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

Movies - 9 am Tuesday 12th & 26th of March

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

Social Club - 10am Wednesday 20th of March

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

Cost will be approx \$12 on the day which will include Morning tea and lunch.

Men's Group - Wednesday - 6th, 13th & 27th of March

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

6th - Will be a picnic or BBQ - \$12 will cover Morning Tea & Lunch

13th - Dolphin Discovery center - Followed by Lunch in the new café (\$12 entry)

27th - Croquet followed by lunch in Bunbury. (\$7 to play croquet & \$3 morning tea)

Book Club - 1pm Thursday 21st of March

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

Games Afternoon - 12:30pm Thursday 28th of March

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

Serenading Singers - 10am Friday 8th & 22nd of March

Join our singing group. All singers welcome.



Stay on Your Feet - During the school term

Bunbury - 8.45am Tuesdays & Thursdays

Australind - Mondays 9.30am

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](#)