



Monthly News

September 2019

Spring has sprung



4th of September Luxury ladies morning tea

Once a month we organise a morning tea with our ladies at a delightful café. Our ladies are always looking forward to this day to enjoy themselves and have a cup of tea or two.

12th of September In Centre Event Spring has Sprung

This will be a fantastic day to welcome Spring. The event will be held in our Social Centre and a delicious lunch will be served to our guests. Special activities for the day include spring chair yoga. Come and join us!



25th of September West Australian Youth Jazz Orchestra

We are pleased to invite you to the West Australian Youth Jazz Orchestra at South Perth Community Hall from 10am – 11:30 am. We have 12 free tickets available, so get in quick.

RSVP by 18 of September.

Southcare Free Seminar Aged care at home and comparing competitors in Perth

Do you want to know:

- How to access aged care services in your own home?
- What subsidies and funding options are available to pay for these services?
- What services and products are available to support you in your own home?
- How to compare aged care providers and fees?

TUESDAY, SEPTEMBER 10, 2019 FROM 10:00 AM TO 11:00 AM

Southcare Central Building
19 Pether Rd , Manning, WA

Free Parking
Call (08) 9450 6233 to register

**Social Centre
bookings and
information**

T (08) 9450 6233

E enquiries@southcare.org.au

www.southcare.org.au

Southcare Social Centre Calendar

September 2019

Day	Date	Social Outing	In Centre Activities <i>(Subject to change)</i>
Monday	2nd	Ravenswood Hotel	
Tuesday	3rd		Group discussion Arts & craft: spring flowers Music therapy
Wednesday	4th	Luxury Ladies	Quiz games Arts & craft: spring flowers
Thursday	5th	Shopping	Fundraising club Outdoor activities Spa pamper time
Friday	6th	Sharky's Dolphin Quay	Fitness Arts & craft: spring flowers
Saturday	7th	Stickybeaks Café	
Monday	9th	RAAFA Bull Creek	
Tuesday	10th		Music therapy Poetry club Arts & craft: spring flowers
Wednesday	11th		Cooking workshop with Hailey Bingo Spa pamper time
Thursday	12th		Chair yoga Spring has sprung lunch and activities
Friday	13th	Brooklands Tavern	Fitness Fundraising club Quiz games
Monday	16th	Byford Tavern & Scenic drive	
Tuesday	17th		Music therapy Board games
Wednesday	18th		Podiatry service Cinema session with popcorn
Thursday	19th	Shopping Intergenerational outing	Fundraising club Poetry club Spa pamper time
Friday	20th	Dome Mundaring	Fitness Cinema session with popcorn
Saturday	21st	John Forrest National Park Dome Mundaring	
Monday	23rd	Rockingham Village Chinese	
Tuesday	24th		Music therapy Fundraising club Spa pamper time
Wednesday	25th	West Australian Youth Jazz Orchestra	Sing a song with Ian
Thursday	26th		Chair yoga Fundraising club Aromatic therapy
Friday	27th	Mystery tour	Fitness Spa pamper time Quiz games
Monday	30th	Public Holiday	

