



Monthly News

October 2019

*Melbourne Cup
is coming!*



18th of October

In centre event Oktoberfest

Southcare's Oktoberfest is an exciting all-day event for everyone to enjoy. We will be celebrating the iconic German festival with a hearty lunch and fun activities. Prost!



24th of October Art exhibition

Join us as we visit the Emerging Artists Award Exhibition at South Perth Community Hall. This will be a wonderful opportunity to view the spectacular work of Perth's upcoming artists.



Southcare Free Seminar

Are you confused about estate planning and how to effectively set up an enduring power of attorney and enduring power of guardianship? Southcare's estate planning seminar will guide you through preparing your will and dividing your estate. The seminar will feature guest speakers Ross Mendonca and Dr Nicky Howe.

Free tickets available at: www.eventbrite.com/e/free-aged-care-estate-planning-advise-tickets-72033631531

TUESDAY, 8 OCTOBER, 2019

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

October 2019

Day	Date	Social Outing	In Centre Activities <i>(Subject to change)</i>
Tuesday	1 st		Music therapy, Fundraising club Outdoor activities
Wednesday	2 nd	Luxury ladies morning tea	Snakes, ladders and beanbags
Thursday	3 rd	Park Centre shopping	Shuffleboard and table bobs Fundraising club
Friday	4 th	Currambine Tavern	Fitness, Minute to win it Poetry club
Saturday	5 th	Pinjarra Bakery	
Monday	7 th	Yanchep National Park	
Tuesday	8 th		Music therapy, Cooking with Hailey Quiz games
Wednesday	9 th		Fundraising club, Group discussion Poetry club
Thursday	10 th		Chair yoga, Kim's game Outdoor activities
Friday	11 th	Oasis Swan Valley	Fitness Fundraising club
Monday	14 th	Parkerville Tavern	
Tuesday	15 th		Music therapy, Fundraising club Quiz games
Wednesday	16 th		Bocce, Podiatry 10 – 11:30 AM Sing a song with Ian
Thursday	17 th	Waterford Shopping Centre	Gowrie morning tea Fundraising club
Friday	18 th	Swinging Pig Rockingham	Fitness Oktoberfest
Saturday	19 th	Gosnells Golf Club	
Monday	21 st	Avocado's Kelmscott	
Tuesday	22 nd		Music therapy Movie session with popcorn
Wednesday	23 rd		Morning tea in the park Whiteboard challenges Fascinating craft
Thursday	24 th	Art exhibition 10:15 – 11:15 AM	Chair Yoga, Mini gold and floor bobs Word games
Friday	25 th	Mystery tour	Fitness Fascinating craft
Monday	28 th	Kingsway Tavern	
Tuesday	29 th		Music therapy Fundraising club
Wednesday	30 th		Mini golf Noughts and crosses
Thursday	31 st	Park Centre shopping	Fundraising club, Active games Board games





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November 2019

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5th of November In centre event Melbourne Cup

Giddy up and come along to our Melbourne Cup event at the Social Centre! There will be a delicious lunch on offer prepared by our talented chef, as well as a comfy spot for you to relax and watch the race.



11th to 15th of November Seniors Week

During Seniors Week, we will be having a picnic and visiting some lush parks in Perth. We will also be attending the Harold Hawthorne Community Centre to play some games and enjoy a special Seniors Week lunch.



Southcare Free Seminar

The home modification seminar, presented by Southcare and Technology for Ageing and Disability WA, looks at the different ways to adapt your home as you grow older and require different needs. You will learn simple home safety tips to help you stay living independently in your own home.

Free tickets available at: www.eventbrite.com/e/free-aged-care-seminar-how-to-get-help-to-modify-your-home-tickets-74375090899

TUESDAY, 12 NOVEMBER, 2019

Southcare Central Building
19 Pether Rd, Manning, WA

Free Parking
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Southcare Social Centre Calendar

November 2019

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Friday	1 st	Gosnells Golf Club	Fitness, Board games Mini golf
Saturday	2 nd	Market Tavern Canning Vale	
Monday	4 th	Lemas Byford	
Tuesday	5 th		Melbourne Cup
Wednesday	6 th		Fundraising club, Group discussion Poetry club
Thursday	7 th		Chair yoga, Kim's game Outdoor activities
Friday	8 th	Oasis Swan Valley	Fitness Fundraising club
Monday	11 th	Seafood Nation Mandurah	
Tuesday	12 th	Harold Hawthorne Community Centre 11:00 – 13:00	Seniors week outdoor activities
Wednesday	13 th		Seniors week outdoor activities
Thursday	14 th	Shopping centre	Seniors week outdoor activities
Friday	15 th	Swinging Pig Rockingham	Fitness Movie session with popcorn
Saturday	16 th	Wing Bo Chinese Rockingham	
Monday	18 th	Greenwood Tavern	
Tuesday	19 th		Music therapy, Cooking workshop Quiz games
Wednesday	20 th		Morning tea in the park Whiteboard challenges Fascinating craft
Thursday	21 st		Chair yoga, Mini gold and floor bobs Word games, Movie session with popcorn
Friday	22 nd	Mystery tour	Fitness
Monday	25 th	Ogden's Bar and Grill Gosnells	
Tuesday	26 th		Music therapy, Fundraising club Poetry club
Wednesday	27 th		Fundraising club, Group discussion Poetry club
Thursday	28 th	Park Centre shopping	Chair yoga, Fundraising club Active games, Board games
Friday	29 th	Mystery tour	Fundraising club, Group discussion Poetry club
Saturday	30 th	Whistler's Swan Valley	

