



# Monthly News

January 2020

## Australia Day Celebrations



**8th of January**

### Coffee Morning at the Boatshed Cafe

Enjoy a beautiful morning coffee in great company with a spectacular view of our gorgeous city at the Boatshed Cafe South Perth.

**22nd of January**

### Australia Day Celebrations

Come in for a morning of Cricket and 2up and join us for an Australia Day Lunch followed by entertainer Don Douglas in concert in the afternoon.



### Friday Fitness

Feel energised while having fun and sharing laughs in our Friday Fitness group run by Como Fitness.

## Southcare Free Seminar

### ALL YOUR AGED CARE QUESTIONS ANSWERED!

Come along to Southcare's FREE seminar where you will learn what subsidies and funding options are available to pay for aged care services and what services and products are available to support you to live independently in your own home and community.

We will also cover all the tricky business about how to compare aged care providers and fees. Plus, you will get to take home some handy information sheets!

Conveniently located in Manning, the Southcare Central building is just an easy train or bus ride away! FREE parking is also available on site.

To book ring **08 6117 3089** or book on <http://southcare.eventbrite.com>

**TUE, JAN 21, 2020 10:00 AM – 11:00 AM**

Southcare Central Building, 19 Pether Rd , Manning, WA

### Social Centre bookings and information

T (08) 6117 3089

E [enquiries@southcare.org.au](mailto:enquiries@southcare.org.au)

[www.southcare.org.au](http://www.southcare.org.au)

# Southcare Social Centre Calendar

## January 2020

Day	Date	Social Outing	In Centre Activities <i>(Subject to change)</i>
Wednesday	1 <sup>st</sup>	<b>PUBLIC HOLIDAY CLOSED</b>	<b>PUBLIC HOLIDAY CLOSED</b>
Thursday	2 <sup>nd</sup>		Chair Yoga, Whiteboard Games, Bingo
Friday	3 <sup>rd</sup>	Mandurah Dome	Fitness class, Noughts & Crosses Word Builders
Monday	6 <sup>th</sup>	Mystery Outing	
Tuesday	7 <sup>th</sup>		Southcare Singers, Mix and Match Dutch games
Wednesday	8 <sup>th</sup>	Morning tea at Boatshed Café	Morning tea at Boatshed Café Board Games, Bingo
Thursday	9 <sup>th</sup>	Shopping Bus- Waterford	Holey Cow, Mini Golf, Travel Bingo
Friday	1 <sup>0th</sup>	Brooklands Tavern	Fitness class, Price is Right, Word Find
Saturday	11 <sup>th</sup>	Mandurah Dome	
Monday	13 <sup>th</sup>	Bindoon Tavern	
Tuesday	14 <sup>th</sup>		Southcare Singers, Bocce, Reminiscing
Wednesday	15 <sup>th</sup>		Kyms Game, Mini Golf, Floor bobs
Thursday	16 <sup>th</sup>		Chair Yoga, Dominoes, Quiz
Friday	17 <sup>th</sup>	Glen Iris Gold Club	Fitness class, Rummikub, Scattogories
Monday	2 <sup>0th</sup>	Woodbridge Hotel	
Tuesday	21 <sup>st</sup>		Southcare singers, Kyms Game Around the clock
Wednesday	22 <sup>nd</sup>		<b>AUSTRALIA DAY LUNCHEON</b> Cricket and 2up Afternoon with Don Douglas in concert
Thursday	23 <sup>rd</sup>	Shopping Bus- Park Centre	Chair Hockey, Table bobs, Quiz
Friday	24 <sup>th</sup>	Mystery Outing	Fitness class, Price is Right, Word Find
Saturday	25 <sup>th</sup>	Market City Tavern	
Monday	27 <sup>th</sup>	<b>PUBLIC HOLIDAY CLOSED</b>	<b>PUBLIC HOLIDAY CLOSED</b>
Tuesday	28 <sup>th</sup>		Southcare Singers, Ping Pong, Aussie Bingo
Wednesday	29 <sup>th</sup>		Price is Right, Balloon Volleyball, Holley Cow
Thursday	30 <sup>th</sup>		Chair Yoga, Dutch games, Skittles
Friday	31 <sup>st</sup>	Gosnells Hotel	Fitness class, Bocce, Quiz

