



October 2018 – December 2018

Activity Program

Email: reception@shinecs.com.au

Book online: www.shinecs.com.au



'Follow us' on Facebook

81 Forrest Street, Cnr Railway Street

Cottesloe WA 6011

Ph: (08) 9253 5555 (Reception) / (08) 9253 5544 (Social Centre)

****LARGE PRINT****

ACTIVITY PROGRAM AND NEWSLETTER

SHINE can offer the option to have a large print version of our Activity Program.

Please request from reception.

Don't forget to book for the events you would like to attend!

You can do so by booking on our website or by calling the office on 9253 5555

Or, why not try SHINE's online booking facility on our website to reserve your space. www.shinecs.com.au

Luncheons, Morning/Afternoon Teas and Special Centre-Based Events

Mosman Park Historian- Luncheon

- Date:** Tuesday 16th October
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Wednesday 10th October for catering purposes
Details: Cate Pattison will be joining SHINE to share some of the fascinating history of Mosman Park. This interesting session will follow a three course lunch prepared by Katie.

Mystery Outing!

- Date:** Saturday 27th October
Time: Pickups from 9.30am
Cost: \$15, lunch additional
Details: Add some excitement to your weekends with a SHINE surprise! Join Lola and Sheila, for a beautiful lunch at a mystery location.

Melbourne Cup- Luncheon

- Date:** Tuesday 6th November
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Wednesday 31st October
Details: SHINE is pleased to be hosting a luncheon for the race that stops the nation! After watching the big event, there will be a three-course lunch, followed by a movie about Australia's greatest racehorse- Pharlap.

Mystery Outing!

- Date:** Saturday 24th November
Time: Pickups from 9.30am
Cost: \$15, lunch additional
Details: Add some excitement to your weekends with a SHINE surprise! Join Lola and Sheila, for a beautiful lunch at a mystery location. A good view, great food and even better people – exactly how weekends are meant to be spent!!

Mystery Outing!

- Date:** Saturday 8th December
Time: Pickups from 9.30am
Cost: \$15, lunch additional
Details: Add some excitement to your weekends with a SHINE surprise! Join Lola and Sheila, for a beautiful lunch at a mystery location.

Christmas Function- Luncheon

- Date:** Tuesday 11th December
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Friday 30th November
Details: The event of the year on the SHINE calendar- our Christmas Luncheon! Come to SHINE for a sumptuous traditional Christmas dinner with all the trimmings. There will be plenty of good food, good friends, good music and laughs. We look forward to seeing you all to celebrate the festive season!

“The longer I live, the more beautiful life becomes.”

- Frank Lloyd Wright

Social Centre Outings

The SHINE Social Centre offers up to 4 outings per month. Destinations include shopping centres, restaurants, museums, galleries, exhibitions and more. Costs vary depending on the outing, and these are open to all SHINE members

Bluewater Grill, Applecross (with Leisure Bus)

Date: Monday 9th October
Time: Pickups to be advised
Cost: \$15, plus lunch
Details: Enjoy a leisurely lunch overlooking the banks of the Swan River at Heathcote. Bluewater Grill offers a delicious midweek lunch special with a wide range of meals on offer.

Camfield Bar, Burswood

Date: Wednesday 3rd October
Time: Pickups to be advised
Cost: \$15, plus lunch
Details: The Camfield is located on the picturesque banks of the Swan River on Burswood Peninsula. Take in the breathtaking views across to Claisebrook while enjoying your lunch, and check out the brand new Optus Stadium which is next door!

3 Sheets, Hillarys

Date: Thursday 4th October
Time: Pickups to be advised
Cost: \$15, plus lunch
Details: The Social Centre is off to Hillarys today! 3 Sheets is a new restaurant at Hillarys Boat Harbour, offering a \$20 lunch special. Choose from classics such as fish and chips, sticky ribs, a steak sandwich and more!

Zamia Café, Kings Park (with Leisure Bus)

Date: Friday 12th October
Time: Pickups to be advised
Cost: \$15, lunch additional
Details: Morning tea will be in the picturesque surrounds of Kings Park, followed by lunch at Zamia Café, with a delicious selection of lunches available, and long-time favourite of SHINE!

Cygnet Cinema, Como

Date: Monday 29th October
Time: Pickups to be advised
Cost: \$27, includes ticket
Details: The Cygnet is showing Blues Brothers, a classic comedy from the 1980's! After the movie, lunch will be at the Como Hotel.

Sweet Teas Seniors Concert

Date: Wednesday 31st October
Time: Pickups to be advised
Cost: \$15, lunch additional
Details: The Sweet Teas Duo will be bringing their soulful jazz, sweet ballads and stunning harmonies to the South Perth Community Hall! After a musical trip down memory lane, lunch will be at the Boatshed in South Perth.

Crown Casino, Burswood (with Leisure Bus)

Date: Friday 9th November
Time: Pickups to be advised
Cost: \$25, lunch included
Details: Time to have a flutter! The Social Centre and Leisure Bus are going to the Casino today. Included is lunch at Carvers, and a voucher for some extra fun!

Ramon's, Canning Vale

Date: Wednesday 14th November

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Today you'll be indulging in a delicious two course lunch in this relaxed restaurant in beautiful surrounds. Sit back, relax and enjoy a peaceful day and delicious lunch with friends on this outing.

Harold Hawthorne, Carlisle

Date: Thursday 22nd November

Time: Pickups to be advised

Cost: \$30, lunch included

Details: Don Douglas will be entertaining today, playing Hawaiian sounds and favourites from the 50's, 60's and 70's. With a three course lunch also included, this will be a great day out!

The Herdsman Tavern, Wembley (with Leisure Bus)

Date: Monday 26th November

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: After morning tea at Floreat Beach, lunch will be at "The Herdy". SHINE loves going to The Herdy! They have an excellent menu on offer, particularly the senior's specials. Choose from classic pub meals and comfort food, everyone will love the choices on offer.

Harold Hawthorne, Carlisle

Date: Wednesday 5th December

Time: Pickups to be advised

Cost: \$40, lunch included

Details: Harold Hawthorne will be hosting their Christmas function with a three course Christmas lunch and live music entertainment. Booking are strictly limited, please book in advance!

Left Bank, East Fremantle

Date: Thursday 20th December

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: The final Social Centre outing of the year, why not see in the festive season with a long and leisurely lunch by the river? Have a delicious lunch, surrounded by friends, and farewell 2018.



Riddle: I fly without wings, I cry without eyes.
What am I?

(Answer on page 12)

Leisure Outings

Our leisure outings occur once a week, on alternating Mondays and Fridays. Outings do not run on public holidays. They typically run for 5 hours depending on the location, with pickups usually starting from 9:30am. Costs vary depending on the outing. Please note, there is a minimum number of attendees required for Leisure Bus outings, and they can be cancelled with a minimum of 48 hours' notice.

Bluewater Grill, Applecross (with Social Centre)

Date: Monday 9th October
Time: Pickups to be advised
Cost: \$15, plus lunch
Details: Enjoy a leisurely lunch overlooking the banks of the Swan River at Heathcote. Bluewater Grill offers a delicious midweek lunch special with a wide range of meals on offer.

Zamia Café, Kings Park (with Social Centre)

Date: Friday 12th October
Time: Pickups to be advised
Cost: \$15, lunch additional
Details: Morning tea will be in the picturesque surrounds of Kings Park, followed by lunch at Zamia Café, with a delicious selection of lunches available, and long-time favourite of SHINE!

Vic Park Hotel, Victoria Park

Date: Monday 15th October
Time: Pickups to be advised
Cost: \$15, lunch additional
Details: The Vic Park Hotel is one of Perth's best kept secrets, and has stood in Vic Park since 1927. They offer a well-priced menu with plenty of great meals on offer.

Ciccerello's, Fremantle

Date: Friday 26th October

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: A well-loved favourite of SHINE clients, volunteers and staff, it's time to visit Ciccerello's once again. Enjoy the picturesque Fremantle Harbour, and delightful spring weather with a fish and chip lunch. It's the perfect way to wrap up the week!

Zanthorrea Nursery & Boab Tavern, High Wycombe

Date: Monday 29th October

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: Visit one of the most amazing nurseries in Perth. Zanthorrea has spectacular grounds to wander around, and an amazing array of plants for sale. Lunch will be at the Boab Tavern, which boasts an extensive menu, including a great value seniors menu.

Crown Casino, Burswood (with Social Centre)

Date: Friday 9th November

Time: Pickups to be advised

Cost: \$25, lunch included

Details: Time to have a flutter! The Social Centre and Leisure Bus are going to the Casino today. Included is lunch at Carvers, and a voucher for some extra fun!

Bayswater Hotel, Bayswater

Date: Monday 12th November

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: By popular demand, the Leisure Bus is heading back to the Bayswater Hotel for a buffet lunch. Choose from soups, salads, mains and desserts. There is something for all tastes at a great price!

Mia Cucina, Hillarys

Date: Friday 23rd November

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Mia Cucina's beautiful rustic Italian cuisine is prepared with the best local produce available. Choose from an extensive menu, including excellent lunch specials with Italian fare and classic lunch favourites.

The Herdsman Tavern, Wembley (with Social Centre)

Date: Monday 26th November

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: After morning tea at Floreat Beach, lunch will be at "The Herdy". SHINE loves going to The Herdy! They have an excellent menu on offer, particularly the senior's specials. Choose from classic pub meals and comfort food, everyone will love the choices on offer.

Whistler Chocolate & Nougat Factory, Swan Valley

Date: Friday 7th December

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Do you have some last minute Christmas gifts to buy? The Leisure Bus will be going to Whistler Chocolate and the Nougat Factory in the Swan Valley. After a shopping spree, a relaxing lunch in the Swan Valley will be on the agenda.

High Wycombe Tavern, High Wycombe

Date: Monday 10th December

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: High Wycombe Tavern offers one of the best seniors lunch menu's in Perth with a great selection of meals for only \$10! If you haven't been before, why not come and see what's on offer?



Answer: Clouds

Weekly Centre Based Activities

Register your interest for any of our weekly activities at reception.

Art Classes

Day: Every Monday

Time: 1:30pm – 3.30pm

Cost: \$5, including some materials and light refreshments

Details: Chris Spaven is a local artist and SHINE volunteer who has kindly offered to host art classes for those interested in either learning how to sketch or paint or those who might have projects they would like help with. Contact reception for more details.

Exercise Classes

Day: Every Tuesday

Time: 9:30am – 10:30am

Cost: \$10

Details: Get up and moving! Every week the Tuesday exercise group comes together and enjoys an hour of early morning fitness. Anthony, a physiotherapist from Life Care Physio, runs through a range of exercises to keep clients active and improve their fitness, balance and overall wellbeing.

Canasta

Day: Every Tuesday

Time: 1:00pm – 3:30pm

Cost: \$5, including afternoon tea

Details: Come and play Canasta in our dining room. For those that haven't played, the game is easily mastered with some practice. Our clients and volunteers are more than happy to teach you and we always welcome newcomers!

Chess & Scrabble

- Day:** Every Wednesday
Time: 1:00pm – 3:30pm
Cost: \$5, including afternoon tea
Details: Join in a games afternoon in our dining room. Chess and Scrabble boards will be set up for your game of choice.

Functional Exercise Classes

- Day:** Every Thursday
Time: 9:45am – 10:30am
Cost: \$10
Details: Esther Lane, a qualified personal trainer, runs a functional training class on Thursday mornings. These exercises will help to increase strength and stability to keep you active and able.

Book Club

- Day:** Fortnightly Thursday
Time: 1:00pm – 3:30pm
Cost: \$5, including afternoon tea
Details: Love a good read? Become a member of the SHINE book club! Catch up with your fellow members twice a month to discuss the book of the month in the SHINE dining room.

Seated Exercise Classes

- Day:** Every Friday
Time: 9:30am – 10:15am
Cost: \$5, plus a gold coin donation for morning tea
Details: Sheila has been a yoga instructor for many years, first in England and now in Australia. Her classes are suited to all levels of fitness and ranges of motion, with the option to increase or decrease the difficulty of movements to suit your comfort level.

Shopper Bus Schedule

The Shopper Bus service picks you up from your home, provides transport to the designated shopping centre, drops you home and assists with carrying shopping bags into the house.

The cost of this service starts at \$8.00.

The Shopper Bus schedule is as follows:

Tuesday morning

Cottesloe Central Shopping Centre

Pick up between 9:30 and 10:00

Drop off between 11:30 and 12:00

Tuesday afternoon

Claremont Shopping Centre

Pick up between 12:45 and 1:15

Drop off between 2:30 and 3:00

Thursday morning

Mosman Park Shopping Centre

Pick up between 9:30 and 10:00

Drop off between 11:30 and 12:00

Fortnightly Friday morning

Floreath Shopping Centre

Pick up between 10:00 and 11:15

Drop off between 1:30 and 2:15

We have wonderful drivers and assistants who can help you shop and carry your bags inside your home.

It is also a great opportunity to make new friends.

SHINE Services

At SHINE we offer a range of services to assist our clients both in the home and the community. These include:

- Art Class
- Canasta Group
- Domestic Assistance
- Exercise Classes
- Garden Maintenance
- Handyman Help
- Monthly Luncheons
- Leisure Outings
- Meal Preparation
- Personal Care
- Podiatry
- Respite Care
- Shopping Bus
- Social Club
- Social Support
- Transport

To register your interest in any of the activities offered by SHINE Community Services, to book please call 9253 5555 or

Email: reception@shinecs.com.au

Book online: www.shinecs.com.au

Please note: Fees indicated are based on clients who are classed as having level one income. A higher rate applies to clients with level two income, fee for service and brokerage. If you require additional information regarding income levels, please do not hesitate to contact the staff at SHINE.

