



## July 2018 – September 2018

### Activity Program

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\*\*\*\*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](http://www.shinecs.com.au)

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

## **Christmas in July- Luncheon**

**Date:** Thursday 19<sup>th</sup> April

**Time:** 12.00pm – 2:00pm

**Cost:** \$25, transport available for an additional \$5

**RSVP:** Book by Friday 13<sup>th</sup> July for catering purposes

**Details:** Enjoy a delicious mid-year Christmas lunch! Join SHINE for a traditional Christmas lunch with all the trimmings, followed by a choral performance by PLC students to entertain you in the afternoon.

## **Mystery Outing!**

**Date:** Saturday 21<sup>st</sup> July

**Time:** Pickups from 9.30am

**Cost:** \$15, lunch additional

**Details:** Add some excitement to your weekends with a SHINE surprise! Join Jamie and Sheila, for a beautiful lunch at a mystery location.

## **Tony Allan 'Beyond Blue' presentation- Luncheon**

**Date:** Tuesday 21<sup>st</sup> August

**Time:** 12.00pm – 2:00pm

**Cost:** \$25, transport available for an additional \$5

**RSVP:** Book by Friday 10<sup>th</sup> August

**Details:** Join us for the very first luncheon on its brand new day-Tuesday's. After a delicious two-course meal, SHINE volunteer Tony Allan will do a presentation on mental wellbeing, which is valuable for everyone to know.

### **Mystery Outing!**

**Date:** Saturday 25<sup>th</sup> August

**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 15<sup>th</sup> September

**Time:** Pickups from 9.30am

**Cost:** \$15, lunch additional

**Details:** Add some excitement to your weekend 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!

### **Independent Living Centre presentation- Luncheon**

**Date:** Tuesday 18<sup>th</sup> September

**Time:** 12.00pm – 2:00pm

**Cost:** \$25, transport available for an additional \$5

**RSVP:** Book by Friday 7<sup>th</sup> September

**Details:** Independent Living Centre provides information and support for community members on a wide range of topics. Join them to find out more information on their available services and available assistive equipment. This will be a valuable and informative session to discover ways to make life more convenient around the home.

“Ageing is not lost youth, but a new stage of opportunity and strength.”

**Betty Friedan**

## Reablement Centre Outings

The SHINE Reablement 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

### **Hunter & Barrel, Whitfords**

**Date:** Monday 9<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$15, plus lunch

**Details:** Hunter & Barrel is a sophisticated dining experience, with coal fires warming the restaurant and the smell of roasting meat. Enjoy a unique dining experience with a delicious selection of meals to choose from, while staying warm and cosy.

### **Masonmill Restaurant, Carmel**

**Date:** Wednesday 11<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$43, three course lunch included

**Details:** A long-time favourite of SHINE, join the Reablement Centre as they partake in a delicious three-course Christmas in July feast at Masonmill. Join us for a festive afternoon overlooking the beautiful terraced rose gardens of the restaurant.

### **Greenwood Tavern, Greenwood**

**Date:** Friday 20<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** Enjoy a delicious meal at one of the northern suburb's favourite taverns! The Greenwood offers a menu with classic favourites, such as chicken parmigiana, steak and an excellent selection of senior's lunch specials. Have a leisurely Friday lunch with friends- the perfect way to wrap up your week!

### **Harold Hawthorne, Carlisle**

**Date:** Thursday 26<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$30, includes lunch

**Details:** Join Wayne Pride from some good ol' country music as you enjoy a three-course lunch at Harry's Diner!

### **Aged Care Games, Belmont**

**Date:** Thursday 2<sup>nd</sup> August

**Time:** Pickups to be advised

**Cost:** \$28, lunch included

**Details:** The Reablement Centre is joining other social groups to compete for the SRCWA trophy! A series of fun activities will see SHINE and others play for the title. Lunch is provided on the day.

### **Wireless Hill and Terrazza, Applecross (with Leisure Bus)**

**Date:** Monday 6<sup>th</sup> August

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** Morning tea will be held at the beautiful Wireless Hill Park in Ardross. Take in the beautiful views of this 40 acre suburban park. After morning tea, lunch will be at Terrazza, offering delicious modern Italian cuisine.

### **Lo Zucchero, City Beach (with Leisure Bus)**

**Date:** Friday 17<sup>th</sup> August

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** A delicious menu with a selection of Italian staples, fresh roasted coffee and an extensive selection of wines awaits at Lo Zucchero.

### **Avocados Café, Kelmscott**

- Date:** Thursday 30<sup>th</sup> August  
**Time:** Pickups to be advised  
**Cost:** \$15, lunch additional  
**Details:** Avocados are dedicated to producing fresh meals all hand crafted by their award winning team. With comfortable indoor, outdoor and riverside dining, Avocados is perfect for a relaxed lunch with friends.

### **Araluen Botanical Gardens, Roleystone (with Leisure Bus)**

- Date:** Monday 3<sup>rd</sup> September  
**Time:** Pickups to be advised  
**Cost:** \$27, includes entry, lunch additional  
**Details:** It's that time of year again- spring! And once again SHINE will be heading to Araluen for a magical display of colour while the tulips are in bloom. Join us for a fun day out and delicious picnic lunch in the beautiful surrounds of Araluen Botanical Park. We will be running two trips with each bus this year to make sure everyone has an opportunity to see the amazing display. Morning tea included.

### **Golden Ponds, Baldivis**

- Date:** Wednesday 12<sup>th</sup> September  
**Time:** Pickups to be advised  
**Cost:** \$15, plus lunch  
**Details:** Golden Ponds is set on 100-acres of picturesque lakes and landscaped gardens. The restaurant is situated alongside one of the beautiful ponds, and offers a large variety of meals, including a mouth-watering selection of seafood dishes.

### **Steel Tree, Baldavis**

**Date:** Thursday 20<sup>th</sup> September

**Time:** Pickups to be advised

**Cost:** \$15, plus lunch

**Details:** Take a leisurely drive to Baldavis, and dine at a long-time favourite restaurant of the local community. With a wide variety of delicious meals and desserts on offer, there is something to suit every taste!

### **Araluen Botanical Gardens, Roleystone (with Leisure Bus)**

**Date:** Friday 28<sup>th</sup> September

**Time:** Pickups to be advised

**Cost:** \$27, includes entry, lunch additional

**Details:** It's that time of year again- spring! And once again SHINE will be heading to Araluen for a magical display of colour while the tulips are in bloom. Join us for a second fun day out and delicious picnic lunch in the beautiful surrounds of Araluen Botanical Park. We will be running two trips with each bus this year to make sure everyone has an opportunity to see the amazing display. Morning tea included.

Riddle: What is always coming but never arrives?

(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.

### **Gosnells Hotel, Gosnells**

**Date:** Friday 6<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** A long-time favourite of SHINE, today will see the Leisure Bus going back to the Gosnells Hotel. Enjoy lunch in a cosy and inviting atmosphere with classic 'pub grub' meals on offer.

### **Parkerville Tavern, Parkerville**

**Date:** Monday 9<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** The perfect place for lunch surrounded by fire places in an authentic old fashioned pub! Have a leisurely drive up to the hills today and relax over a delicious lunch with friends.

### **Heathcote Museum and Bluewater Grill, Applecross**

**Date:** Friday 20<sup>th</sup> July

**Time:** Pickups to be advised

**Cost:** \$15, lunch and bowling additional

**Details:** Visit Heathcote Museum for a fascinating insight in to the role played by the facility when it was operational. After a browse of the exhibition, lunch will be in the converted hospital at Bluewater Grill. With spectacular vistas over the river, it is a wonderful place to unwind on a Friday.

## **Waldeck's & Blue Lotus Café, Stirling**

**Date:** Monday 23<sup>rd</sup> July

**Time:** Pickups to be advised

**Cost:** \$15, plus lunch

**Details:** A favourite nursery of SHINE, Waldeck's Stirling offers an excellent range of plants to choose from. Lunch will be at the onsite Blue Lotus Café.

## **Cape Lavender, Swan Valley**

**Date:** Friday 3<sup>rd</sup> August

**Time:** 12.00pm – 2:00pm

**Cost:** \$15, plus lunch

**Details:** Today the Leisure Bus will be visiting Cape Lavender, to browse the beautiful lavender products on offer. After a shopping spree, lunch will be at a Swan Valley restaurant.

## **Wireless Hill and Terrazza, Applecross (with Reablement Centre)**

**Date:** Monday 6<sup>th</sup> August

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** Morning tea will be held at the beautiful Wireless Hill Park in Ardross. Take in the beautiful views of this 40 acre suburban park. After morning tea, lunch will be at Terrazza, offering delicious modern Italian cuisine.

## **Lo Zuccherò, City Beach (with Reablement Centre)**

**Date:** Friday 17<sup>th</sup> August

**Time:** Pickups to be advised

**Cost:** \$15, lunch additional

**Details:** A delicious menu with a selection of Italian staples, fresh roasted coffee and an extensive selection of wines awaits at Lo Zuccherò.

### **John Cole's Nursery, Banjup & The Quarie Brasserie, Success**

**Date:** Monday 20<sup>th</sup> August  
**Time:** Pickups to be advised  
**Cost:** \$15, lunch additional  
**Details:** John Cole- the Azalea and Camellia specialists of Perth!  
Have a browse of this renowned nursery, with an extensive range of plants and pots and ornaments. After shopping, lunch will be at The Quarie, a modern eatery with an extensive and delicious menu selection.

### **UWA Lunchtime Concert & Zamia Café, Kings Park**

**Date:** Friday 31<sup>st</sup> August  
**Time:** Pickups to be advised  
**Cost:** \$15, lunch additional  
**Details:** Enjoy a lunchtime concert at UWA performed by UWA music students. After the midday concert, lunch will be at Zamia Café, overlooking the beautiful synergy Parklands.

### **Araluen Botanical Gardens (with Reablement Centre)**

**Date:** Monday 3<sup>rd</sup> September  
**Time:** Pickups to be advised  
**Cost:** \$27, includes entry, lunch additional  
**Details:** It's that time of year again- spring! And once again SHINE will be heading to Araluen for a magical display of colour while the tulips are in bloom. Join us for a fun day out and delicious picnic lunch in the beautiful surrounds of Araluen Botanical Park. We will be running two trips with each bus this year to make sure everyone has an opportunity to see the amazing display. Morning tea included.

### **Pinjarra Hotel, Pinjarra**

**Date:** Friday 14<sup>th</sup> September  
**Time:** Pickups to be advised  
**Cost:** \$15, lunch additional  
**Details:** This was a very popular outing last time, so it make sure you book in early! A historic pub in Pinjarra, the Premier Hotel offers a very hospitable dining experience. Enjoy the leisurely drive to and from Pinjarra amongst friends.

## **Peninsula Tearooms, Maylands**

**Date:** Monday 17<sup>th</sup> September

**Time:** Pickups to be advised

**Cost:** \$15, plus lunch

**Details:** Partake in a sumptuous lunch by the river in Maylands at the delightful Peninsula Tearooms. With an extensive selection of light lunches, teas and desserts, there is something for everyone!

## **Araluen Botanical Gardens, (with Reablement Centre)**

**Date:** Friday 28<sup>th</sup> September

**Time:** Pickups to be advised

**Cost:** \$27, includes entry, lunch additional

**Details:** It's that time of year again- spring! And once again SHINE will be heading to Araluen for a magical display of colour while the tulips are in bloom. Join us for a second fun day out and delicious picnic lunch in the beautiful surrounds of Araluen Botanical Park. We will be running two trips with each bus this year to make sure everyone has an opportunity to see the amazing display. Morning tea included.

## **Café Connoisseurs**

Café Connoisseurs runs every Wednesday at a cost of \$8, plus food and drinks, and any ticket prices. It is ideal for our more active consumers, who would like to go out regularly with a smaller group. We go out for shorter trips locally to enjoy a cuppa, and a catch up with our SHINE friends. Please call SHINE today to register for the next outing!

**Answer: Tomorrow**

## 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, and was one of the first female yoga instructors in England. The 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

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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](mailto:reception@shinecs.com.au)

Book online: [www.shinecs.com.au](http://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.

