



April 2018 – June 2018

Activity Program

Email: reception@shinecs.com.au

Book online: www.shinecs.com.au



'Follow us' on Facebook

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****LARGE PRINT****

ACTIVITY PROGRAM AND NEWSLETTER

A few of our visually impaired clients have asked for a large version of our Activity Program.

To meet this need SHINE can now offer Clients the option to have a large print version of our Activity Program and Newsletter.

Copies are available at 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

SHINE Aged Care Packages presentation- Luncheon

- Date:** Thursday 12th April
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Friday 6th April for catering purposes
Details: Join SHINE for an informative afternoon discussion regarding the introduction of SHINE Aged Care Packages by. A question and answer session will follow, as well as the launch of SHINE's brand new website!

Mystery Outing!

- Date:** Saturday 21st April
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.

WA Police presentation- Luncheon

- Date:** Thursday 3rd May
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Friday 27th April for catering purposes
Details: Personal safety is important for everyone. SHINE will be hosting WA Police for an information session with some tips to ensure your personal safety and some general policing advice.

Mother's Day High Tea

- Date:** Friday 11th May
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Friday 27th April for catering purposes
Details: We will be hosting a high tea with refreshments to celebrate Mother's Day! Enjoy a delicious selection of petit fours, and an array of savoury treats.

Mystery Outing!

- Date:** Saturday 19th May
Time: Pickups from 9.30am
Cost: \$15, lunch additional
Details: Add some excitement to your weekends with a SHINE surprise! Join Karen 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!!

Advocare presentation- Luncheon

- Date:** Thursday 14th June
Time: 12.00pm – 2:00pm
Cost: \$25, transport available for an additional \$5
RSVP: Book by Friday 1st June for catering purposes
Details: Advocare is an independent, community based, not for profit organisation that supports and protects the rights of older people and people with disabilities. Come along for an information session on how you can be supported by the organisation.

Mystery Outing!

- Date:** Saturday 16th June
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!

Reablement Centre Outings

The SHINE Reablement Centre offers up to 4 outings per month. Although these outings were designed for Social Club clients, they are now open to all. Destinations include shopping centres, restaurants, museums, galleries, exhibitions and more. Costs vary depending on the outing.

Wembley Hotel, Wembley

Date: Wednesday 4th April

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: Enjoy a relaxing lunch at the newly renovated Wembley Hotel! With an excellent selection of daily specials to choose from, and an extensive food and drink menu, the Wembley is a firm favourite with locals.

Independent Living Centre, Cockburn

Date: Monday 16th April

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: Explore the Independent Living Centre's Smart Home display. This clever set-up is designed to show you technology that can make life easier for you living in your own home. After your visit, lunch will be at The Gate Bar & Bistro.

Eat Greek, East Fremantle

Date: Thursday 19th April

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Join the Reablement Centre for a delicious lunch on the banks of the Swan River in East Fremantle. Eat Greek offers a selection of traditional Greek meals, as well as your favourite Australian classic meals.

Nino's, Hillarys (with Leisure Bus)

Date: Friday 27th April

Time: Pickups to be advised

Cost: \$15, lunch and bowling additional

Details: With a spectacular view over Sorrento Quay, lunch at Nino's is the perfect way to wrap up your week! Enjoy a selection of seafood delights, from classic fish and chips to a grand seafood platter!

Herdsmen Lake Wildlife Centre & lunch Hyde Park Hotel

Date: Wednesday 2nd May

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Come and discover the beautiful wetland at Herdsmen Lake and the wildlife that call it home. After you explore the wetlands, enjoy a relaxing lunch at the Hyde Park Hotel.

John Forrest Tavern, Glen Forrest (with Leisure Bus)

Date: Monday 14th May

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: A long-time favourite of SHINE, it's time to head to the John Forrest Tavern again. Set in the magnificent John Forrest, the tavern offers tasty pub meals, and the opportunity to interact with very friendly kangaroo's and native birds.

The Bayswater Tavern, Bayswater

Date: Thursday 17th May

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: The Bayswater Hotel has a wide selection of meals to choose from on their a la carte menu. So, relax and enjoy while you are safely transported to and from home to enjoy a casual lunch with friends.

The Woody, Guildford

Date: Friday 25th May
Time: Pickups to be advised
Cost: \$15, lunch additional
Details: A long-time favourite with all at SHINE, it's time to head to the Woody again! Housed inside a gorgeous federation style building, the Woody's menu caters for all tastes, and always delivers delicious meals.

Harold Hawthorne, Carlisle

Date: Thursday 7th June
Time: Pickups to be advised
Cost: \$30, includes lunch
Details: David Grace, a multi-talented singer and guitarist will entertain you while you dine on a tasty three course lunch at Harold Hawthorne Centre.

Movie: Seven Brides for Seven Brothers and lunch at the Como, Como

Date: Wednesday 14th March
Time: Pickups to be advised
Cost: \$23, includes ticket, lunch additional
Details: Enjoy a classic movie from 1954 today at the Cygnet Cinema in Como. After watching a movie from the golden age of cinema, lunch will be at The Como Hotel.

The Vic, Subiaco

Date: Wednesday 20th June
Time: Pickups to be advised
Cost: \$15, plus lunch
Details: Relax in an inviting atmosphere at The Vic for a midweek lunch! The menu offers a wide selection of meals to suit all tastes.

The Last Drop Inn, Beeliar (with Leisure Bus)

Date: Friday 22nd June

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: The Last Drop Inn offers mouth-watering food and a fine selection of their craft beers, brewed on premises. Enjoy an array of tasty meals, from traditional pub fare, through to a selection of international meals. Why not wrap up your week in a warm and cosy restaurant with friends!



Riddle: What has a head and a tail, but no body?

(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.

The Rose & Crown, Guildford

Date: Friday 13th April

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: The Rose & Crown is the oldest operating hotel in Western Australia, and has serviced travellers and tourists for more than 150 years. Enjoy a long lunch inside this beautifully restored building. The menu offers something for all tastes, as well as delicious desserts.

Leapfrogs, Wanneroo Botanical Park

Date: Monday 16th April

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Relax as you enjoy lunch at Leapfrogs, nestled in the spectacular Wanneroo Botanical Park. After lunch, you will be taken on a leisurely drive through the magnificent botanical park.

Nino's, Hillarys (with Reablement Centre)

Date: Friday 27th April

Time: Pickups to be advised

Cost: \$15, lunch and bowling additional

Details: With a spectacular view over Sorrento Quay, lunch at Nino's is the perfect way to wrap up your week! Enjoy a selection of seafood delights, from classic fish and chips to a grand seafood platter!

Innaloo Shopping Centre, Innaloo

Date: Monday 30th April

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: Westfield Innaloo has all of your shopping needs under one roof! With all of your favourite retailers such as Kmart, Target and many specialty stores, you can shop to your heart's content.

Mother's Day High Tea

Date: Friday 11th May

Time: 12.00pm – 2:00pm

Cost: \$25, lunch included

Details: Today the Leisure Bus will partake a high tea with refreshments to celebrate Mother's Day at SHINE! Enjoy a delicious selection of petit fours, and an array of savoury treats.

John Forrest Tavern, Glen Forrest (with Reablement Centre)

Date: Monday 14th May

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: A long-time favourite of SHINE, it's time to head to the John Forrest Tavern again. Set in the magnificent John Forrest, the tavern offers tasty pub meals, and the opportunity to interact with very friendly kangaroo's and native birds.

House of Honey and Swan Valley Oasis, Swan Valley

Date: Friday 25th May

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: The House of Honey specialises in raw, pure and unpasteurised honey from their own bees! After morning tea and a browse of their store, lunch will be at Swan Valley Oasis with a sumptuous menu to choose a meal from.

Zanthorrea Nursery, Maida Vale

Date: Monday 28th May

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: A firm favourite with SHINE, it's time to visit Zanthorrea again. With a beautiful selection of natives, and beautiful gift shop to peruse, there is plenty to see! After you finish shopping, lunch will be at the High Wycombe Tavern.

Movie: The Bookshop, and lunch at Captain Stirling, Nedlands

Date: Friday 8th June

Time: Pickups to be advised

Cost: \$15, \$14 movie ticket, lunch additional

Details: Set in 1959 England, The Bookshop is a lively period drama about a woman who decides to open her small village's first bookshop, to mixed responses from the community. Lunch will be at Captain Stirling.

The Boat, Mindarie

Date: Monday 11th June

Time: Pickups to be advised

Cost: \$15, lunch additional

Details: Take in the views over Mindarie Marina as you have a delicious lunch. The Boat offers an extensive menu, with an excellent selection of seafood, steak and burgers.

The Last Drop Inn, Beeliar (with Reablement Centre)

Date: Friday 22nd June

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: The Last Drop Inn offers mouth-watering food and a fine selection of their craft beers, brewed on premises. Enjoy an array of tasty meals, from traditional pub fare, through to a selection of international meals. Why not wrap up your week in a warm and cosy restaurant with friends!

The Mundaring Hotel, Mundaring

Date: Monday 25th June

Time: Pickups to be advised

Cost: \$15, plus lunch

Details: Sit back and relax, as you are taken for a tour of the Perth hills to your lunch destination at the Mundaring Hotel. Nestled in the town of Mundaring, the hotel menu offers classic 'pub grub', as well as meals with a modern twist.

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: A coin!

Weekly Centre Based Activities

Tai Chi

Day: Every Monday

Time: 9:30am – 10:30am

Cost: \$10

Details: Join Esther Iane on a Monday for a Tai Chi for Arthritis session. The exercise class involves 12 movements that are designed to be safe and beneficial for people with arthritis. All fitness levels are welcome, even if you don't have arthritis.

Art Classes

Day: Every Monday

Time: 1:30pm – 3.30pm

Cost: \$6, 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: \$3, including afternoon tea prepared by Sarah

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!

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.

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 decades and has taught clients well into their 80s. 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 is \$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 11:30 and 12:00

Drop off between 1:30 and 2:00

Fortnightly Friday morning

Floreat Shopping Centre

Pick up between 10:00 and 11:15

Drop off between 1:30 and 2:15

We have wonderful drivers and assistants to 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, however fee reductions can be given if required. If you require additional information regarding income levels, please do not hesitate to contact the staff at SHINE.

