November 2026 — Centenary House Social Centre – 6274 3777

Rise — it's a good day for it

Monday	Tuesday	Outing Group's Information	Thursday	Friday
02 **Spend the day at Wahroonga Centre** Morning Drive through the hills Lunch In Conversation Ball in the Garden	03 ***Melbourne Cup Day*** ***Prizes for Best Hat/Best Dressed & Sweepstakes from $1***  *Wahroonga Centre to spend the day with us for all the fun!*	**Brunch Club** **1st Thursday of the Month (Half Day)** Pick-ups from home (not all areas, check with Centre) Do you like coffee? Join us to visit cafes around Perth.	05 Morning Tea In Painted Bird Craft  Lunch In Chair Yoga MR	06 Morning Tea in Show & Tell MR Bring in your favourite photograph to share  **Lunch Out** Village Café Whiteman Park
09 Picnic Morning Tea Train Park Glen Forrest with Wahroonga  **Lunch Out** Po Pos Chinese Restaurant Midvale $16 Lunch Special Seniors Week	10 ***SENIORS WEEKS EVENT JOIN ALL RISE CENTRES AT SCULPTURE PARK MUNDARING FOR A PICNIC BBQ LUNCH AND A VISIT FROM MR WHIPPY JOIN US TO CELEBRATE!!*** Seniors Week	**Getaway City** **2nd Wednesday of the month** Out & about around Perth for special interest & fun! 	12 Morning Tea In Morning Drive to Tomato Lake Lunch In Picture  Seniors Week	13 **Morning Tea at** Peter Anderton Centre A visit from Greyhounds as Pets Late Lunch In  9 Letter word Quiz MR Seniors Week
16 **Morning Tea At** Wahroonga Social Centre Bocce in the Garden **Lunch at** Centenary Bean Bag Toss 	17 **Morning Tea At** Blue Lotus Cafe Waldecks Stirling Late Lunch In HOY! MR 	**Casino Bus** **2nd Thursday of the Month** Pick-ups from home (not all areas, check with Centre) Unaccompanied by staff, approx. 3 hours at Casino.	19 Picnic Morning Tea at Lake Leschenaultia Late Lunch In X Box Games MR 	20 **Morning Tea Out** Swan Valley Station Lunch in **Wahroonga to join us for lunch** Centre Family Feud Competition
23 **SPEND THE DAY AT WAHROONGA DAY CENTRE JOIN IN THE FUN AND GAMES!!**	24 Morning Tea In Rummi & Games Morning **Lunch Out At** High Wycombe Bar & Grill MR Senior's meals $20.50	**Getaway Country** **3rd Thursday of the Month** Must have own transport Pickups from Mundaring & Boya (8-9am) Get out & about for the day.	26  Morning Tea In Music and Motion Ribbons Activity **Lunch Out** Kewdale Tavern Seniors' menu from $20 	27 Morning Tea On Route To Ellenbrook for Op-Shopping MR **Lunch at** The Brook Bar & Bistro Seniors menu from $18
30 **Morning Tea Out** Lavender Bistro Swan Valley Lunch In **Wahroonga to join us at the centre for lunch** 	Rise — it's a good day for it	**Lunch Club** **4th Wednesday of the Month (Half Day)** Pick-ups from home (not all areas, check with Centre) Come & treat yourself to a nice lunch out.	Celebrating Seniors Seniors Week 8th -15th November	**JUST JOKING……** **Did you hear about the restaurant on the moon?** **Great food, no atmosphere….**

Please call us on: 6274 3777 — **MR** Signifies Members Request — **Activities are subject to change**