

What's on at Rise East Social Group's

### **Social Centres for Seniors**

Monday to Friday  
10am to 2.30pm

### **Shopping Bus Service**

**Wednesday:** Midland Gate

**Thursday:** Mundaring Hub

**4<sup>th</sup> Friday of the month:** Bunnings Midland

### **Thursday Exercise Class**

Seniors exercise class, with trained instructor, for one hour.

Followed by light refreshments in a relaxed and sociable atmosphere.

Transport included.

### **Wednesday Swimming Club**

(pool entry & refreshments extra)

Indoor Pools-Swan Active Beechboro

Rise Wairoonga Social Centre

Address: 2 Craig St, Mundaring

Phone: 6274 3748

Jackie: 0428 856 155 (inquiries)

Email: [jackie.quinn@risenetwork.com.au](mailto:jackie.quinn@risenetwork.com.au)

**Rise**  
it's a good day for it

## **Tuesday Opals Outings**

January-March 2026



**Fortnightly  
Outing Group  
For Bookings  
Call 6274 3748**

**RISE  
EAST SOCIAL  
GROUPS**

# TUESDAY OPALS GROUP 2026

Please phone **6274 3748** if unable to attend.



6 <sup>th</sup> January	20 <sup>th</sup> January	3 <sup>rd</sup> February	17 <sup>th</sup> February	3 <sup>rd</sup> March	17 <sup>th</sup> March	31 <sup>st</sup> March
<p>Morning Tea at Gracie's café</p>  <p>Forget me not Op Shop – Kelmscott</p>	<p>Morning tea at Penninsula Café-Maylands</p>  <p>WAPOL Historical Society</p>	<p>Morning Tea at Movie time at Hoyts Cinema- Midland Gate</p> <p>Movie TBC Tickets from \$10</p> 	<p>Morning tea at</p>  <p>Parliament House of Western Australia *Free Tour</p>	<p>Morning Tea at Zamia Café- Kings Park</p>  <p>Enjoy a walk In the gardens</p>	<p>Morning tea at Café Chidlow</p>  <p>Misty Ridge Plant Farm- Wundowie (MR)</p>	<p>Morning Tea at Mc Café- High Wycombe WA Maritime Museum- Fremantle</p> <p>\$10 entry</p>
<p><b>LUNCH at</b> Gosnells Tavern  Seniors Menu \$20</p>	<p><b>LUNCH at</b> High Wycombe Tavern</p>	<p><b>LUNCH at</b> Food Court Midland Gate</p>	<p><b>LUNCH at</b> Bassendean Hotel</p>	<p><b>LUNCH at</b> Jack Caddys Bar and Bistro- Canningvale</p>	<p><b>LUNCH at</b> Chidlow Tavern</p>	<p><b>Lunch at</b> Kailis Fish Market- Fremantle</p>
Rosina	Rosina	Rosina	Rosina	Rosina	Rosina	Rosina

**MR-Members Request**