

PHYSICAL ACTIVITY PROGRAM



Gym at Arena Joondalup continues and the Group who go are now having lunch at the Coffee Shop following their session. Participants work out at the Arena Gym with one-on-one support for a one hour session every second Tuesday.

The equipment is designed for people of all abilities and the CATA Staff also support anyone who is attending. The price has increased to \$8.00 but now includes Gym Session, Transport, Lunch and a drink at the Coffee Shop.



The **Physical Exercise Program** has been so popular that we have extended it to 3 days per week at CATA. This allows more Clients access to the program and the opportunity to enjoy the benefits.

Faith Stewart will be instructing the Class from the 1st of August and she has plans for some new activities. Some of you have all ready met Faith, she works in the Games Room on Tuesdays, attends the Arena Gym outings and is an experienced Physio Therapy Assistant.

These 1 hour sessions
will be FREE
and will be held at CATA
Monday, Thursday and Friday
from 1pm to 2pm



Seimak at CATA's Birthday

SOCIAL SUPPORT

Uniting Community Care Services sent information to CATA about some vacancies they have in their services which may interest some of the CATA Clients in the Northern Region.

All Enquiries to UCH on
6363 6324 or 6363 6428.

Volunteer Visitor: this services operates by 'matching' a volunteer to a client to provide social support.

Telelink: this service enables groups of up to 10 people to talk together each week by phone from the comfort of their own homes.

Bus Outings: this service takes groups of up to 10 clients to different locations within the community to do things such as at lunch together or enjoy a day of shopping.

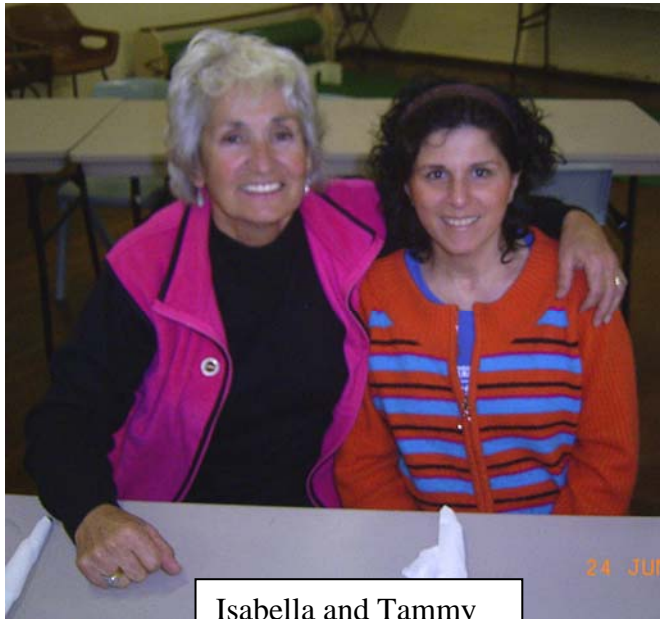
OLYMPIC GAMES @ CATA

China has
the worlds longest and oldest wall
the largest population of any
country
the worlds largest airport – in
Beijing
the worlds fastest railway –
Pudong, Shanghai
and this year.....

The Olympics will be held in
Beijing, China starting on 080808
(8th August 2008).

Want to be part of the Olympics?

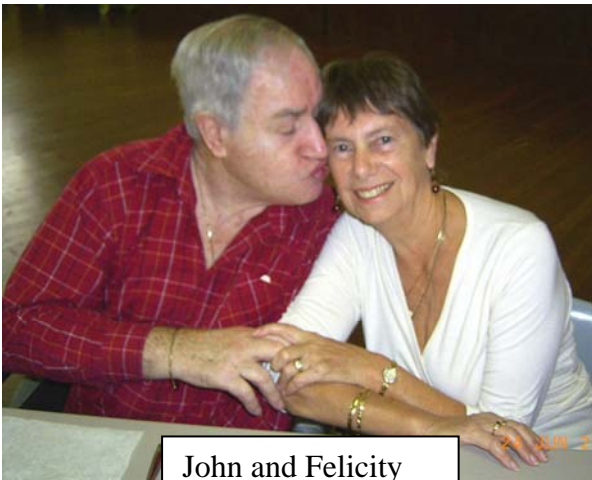
The CATA Olympics will be held
here in the games room during the
Olympic fortnight. And of course
the other Olympics will be on
television at CATA for us all to
watch and be inspired by.



Isabella and Tammy

CATA BIRTHDAY PARTY

We celebrated CATA's
Birthday on the 25th of June
and everyone who came said
they had a great day. Thank
you to the volunteers who
prepared the morning teas and
lunches then cleaned all the
mess; Peg, Graham, Iris, Pam,
Lyn and Soon - you are all
terrific.



John and Felicity



"Good Party" Sure is John!



Brendan