



Group Inc.  
Creative And Therapy Activities

# NEWSLETTER

Phone: 9448 8804

April 2008



**CATA will be closed on June 2<sup>nd</sup> – Foundation Day Public Holiday.**

**Physical Activity Program.** The program will include different activities throughout the year and will make us all more active and healthy. Each outing in this program will include a healthy lunch and participants are supported by the CATA Staff.



**Gym** at Arena Joondalup starts again in May. Participants will 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 with disabilities so there's no excuse....everyone can participate. \$7.00 includes Transport, Gym Session and Lunch.



The **Physical Exercise Program** is on Thursdays at CATA and only costs \$3.00 for a session with a qualified instructor.

**Lawn Bowls** has again been very successful and the last session for his season was on April 16<sup>th</sup>. Coach Kevin leads the activity and it is followed by a picnic lunch.



## THURSDAY LUNCHES

We currently don't have Volunteers on Thursday at CATA and cannot serve CATA lunches on those days. Clients need to bring their own lunch or bring money to order one of the take away lunches on offer.

## WINTER MENU FROM 5<sup>TH</sup> MAY 2008.

Toasted Sandwiches .. \$2.00  
Soup .. . . . . \$1.00

## CAMP DUNSBOROUGH

By Esme and Jim Clinton

We thank you for the beautiful holiday in Dunsborough....it just wasn't long enough. The cottages we stay in were named after the American whaling ships that come to Geographe Bay in the 18<sup>th</sup> Century; Lala Rook and Hibernia Superia. We had a lovely time - it was like an eating holiday and the meals were top class. Everyone did their little bit; Paul was our navigator (back seat driver) Ben gave Jim guitar lessons and also entertained us with some lovely guitar music. We had Brian with his staff blessing us and we gave him the title of Ghandi. Katie provided all the videos. Maria was very helpful as well and Esther, Bronwyn and Tanya all mucked in when needed. The only disappointment was that Ben didn't catch any salmon - every time he made the effort he spotted Johyn West leaving the spot! Maybe he will beat him next time. Pam was trying to make Jim a wig out of seaweed. It would have made him look like his passport photo. We went to a gift shop in Bunbury and I spotted a lovely kitchen witch called Smelly Sally. Jim said that it looked like Pam but I disagreed, Pam didn't have a broom. The few days were packed with good humor and plenty of laughs.