



Events Calendar

For bookings, please call us on
6140 2380



August 2022

August 2022		
Monday	Wednesday	Thursday
<p>01</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p>	<p>03</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group Topic</p> <p><i>Being Kind to Oneself:</i> Learning to be kind and supportive of ourselves when we're stressed and</p> <p>12 noon Group Lunch</p>	<p>04</p> <p>From 10.30am Computer & Phone Help</p>
<p>08</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p> <p>1pm Board Meeting</p>	<p>10</p> <p>10am Gentle Chair Stretching exercises in the lounge, all welcome (20 mins)</p> <p>10.30 – 12.00 noon Support Group</p> <p>12 noon Group Lunch</p>	<p>11</p> <p>From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft Come and join the "Craft Ladies"</p> <p>1.30pm Relaxation with Heather</p>
<p>15</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p> <p>1:00pm Advocare Presentation</p> <p>1:00pm Haircuts with Cinzia</p>	<p>17</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group Topic</p> <p><i>Breathing to Reduce Stress:</i> Keeping calm after we've become upset helps us to manage our reactions to other people and communicate better.</p> <p>12 noon Group Lunch</p>	<p>18</p> <p>From 10.30am Computer & Phone Help</p>
<p>22</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00 Monday Lunch</p> <p>1:00pm Transperth Bus Presentation "Get On Board & Stay Connected"</p>	<p>24</p> <p>10am TRANSPERTH NETWORK TOUR</p> <p>GET ON BOARD with Transperth and have a coffee in Claremont</p>	<p>25</p> <p>From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft Come and join the "Craft Ladies"</p>
<p>29</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p>	<p>31</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group</p> <p>1.00 - 3.00pm Beauty Treatments with Ella Book in for a pedicure, manicure or a facial!</p>	<p>From 10.30am Computer & Phone Help</p>

September 2022

Monday	Wednesday	Thursday
	<p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group</p> <p>12 noon Group Lunch</p>	<p>01</p> <p>From 10.30am Computer & Phone Help</p>
<p>05</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p> <p>12.30 Session on Finances with Alex</p> <p>1:00pm Haircuts with Cinzia</p>	<p>07</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group</p> <p>12.00 noon High Tea at the Esplanade Hotel</p>	<p>08</p> <p>From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft</p> <p>Come and join the “Craft Ladies”</p>
<p>12</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p> <p>1:00pm Fred Penny sing-along</p>	<p>14</p> <p>10am Gentle Chair Stretching exercises in the lounge, all welcome (20 mins)</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group</p> <p>12 noon Group Lunch</p>	<p>15</p> <p>From 10.30am Computer & Phone Help</p> <p>1.30pm Relaxation with Heather</p>
<p>19</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 - 12.00 noon Singing Group</p> <p>12.00 -1.00pm Monday Lunch</p> <p>1pm Stay On Your Feet presentation <i>Move, Improve & Remove</i></p>	<p>21</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group</p> <p>12 noon Group Lunch</p>	<p>22</p> <p>From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft</p> <p><i>Come and join the “Craft Ladies”</i></p>
<p>26</p> <p>Public Holiday</p> <p>Tuart Place is closed today</p>	<p>28</p> <p>From 10.30am Computer & Phone Help</p> <p>10.30 – 12.00 noon Support Group</p> <p>1.00 - 3.00pm Beauty Treatments with Ella Book in for a pedicure, manicure or a facial!</p>	<p>29</p> <p>From 10.30am Computer & Phone Help</p>