



Events Calendar

For bookings, please call us on
6140 2380



October 2022		
Monday	Wednesday	Thursday
03 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 - 1.00pm Monday Lunch	05 10am Gentle Chair Stretching exercises in the lounge, all welcome (20 mins) From 10.30am Computer & Phone Help 10.30 - 12.00 noon Support Group Topic 12 noon Group Lunch	06 From 10.30am Computer & Phone Help 11.00am Art & Craft Come and join the "Craft Ladies"
10 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 - 1.00pm Monday Lunch 12.00 - 2.00pm AGM & Board Meeting 1.00pm Hearing Australia, FREE Hearing checks with Tory Taylor	12 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Support Group Topic "Why Worry?" with Susy 12 noon Group Lunch 1.00 - 3.00pm Beauty Treatments with Ella Book in for a pedicure, manicure or facial!	13 From 10.30am Computer & Phone Help
17 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 - 1.00pm Monday Lunch 12.45pm Diabetes WA Presents the 'Feltman' informative talk on Diabetes	19 From 10.30am IT Help & Financial Counsellor assistance with Karen 10.30 - 12.00 noon Support Group 12 noon Group Lunch 12 - 2pm Mini Golf at FOMO in Fremantle! Places limited, call to book! Play 9 holes of mini golf and share some snacks at Holey Moley	20 From 10.30am Computer & Phone Help 11.00am Art & Craft Come and join the "Craft Ladies" 1.30pm Relaxation with Heather
24 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 - 1.00pm Monday Lunch	26 From 10.30am Computer & Phone Help 11am Walk to the Shipwrecks Museum for Watercolour Art Exhibition 12 noon Group Lunch	27 From 10.30am Computer & Phone Help
31 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 - 1.00pm Monday Lunch 1.00pm Haircuts with Cinzia		Please turn over for November

November 2022		
Monday	Wednesday	Thursday
	02 10am Gentle Chair Stretching exercises in the lounge, all welcome (20 mins) 10.30 – 12.00 noon Support Group 12 noon Group Lunch	03 From 10.30am Computer & Phone Help 11.00am Art & Craft Come and join the “Craft Ladies”
07 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 -1.00pm Monday Lunch 12 - 2pm Meg Schwarz (Helping Hand) visit, includes the ABOUT ME presentation at 1pm	09 From 10.30am Computer & Phone Help 10.30 – 12.00 noon Support Group <i>Following on from Meg's presentation Susy holds an ABOUT ME Workshop to assist you in developing a 1-page profile</i> 12 noon Group Lunch	10 From 10.30am Computer & Phone Help ** Friendly Reminder** End of Year BBQ - Waterford SUNDAY 13th NOVEMBER 12 -2pm
14 From 10.30am IT Help & Financial Counsellor assistance with Alex 10.30 - 12.00 noon Singing Group 12.00 -1.00pm Monday Lunch <i>1pm Following on from Meg's presentation Margo holds an ABOUT ME Workshop to assist developing a 1-page profile</i>	16 From 10.30am Computer & Phone Help 10.30 – 12.00 noon Support Group 12 noon Group Lunch 12.30pm Indigenous Art workshop with Fran Kickett , based on the six Noongar seasons and Fremantle's heritage - call to book!	17 From 10.30am Computer & Phone Help 11.00am Art & Craft Come and join the “Craft Ladies” 1.30pm Relaxation with Heather
21 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 -1.00pm Monday Lunch 1pm Be entertained by the Irish singing star Outback Paddy	23 From 10.30am Computer & Phone Help 10.30 – 12.00 noon Support Group 12 noon Group Lunch	24 From 10.30am Computer & Phone Help
28 From 10.30am Computer & Phone Help 10.30 - 12.00 noon Singing Group 12.00 -1.00pm Monday Lunch 1.00pm Haircuts with Cinzia	30 From 10.30am Computer & Phone Help 10.30 – 12.00 noon Support Group Topic "Saying No" with Susy 12 noon Group Lunch 1pm Tuart Place Documentary day, Popcorn Provided! Settle in, get comfy and watch a doco on our big screen	Please turn over for October