



# WHAT'S ON AT TUART PLACE

## EVENTS IN AUGUST & SEPTEMBER 2022

SHAWNEE FROM ADVOCARE PRESENTS  
A TALK ON ADVOCACY & AGED CARE

*1pm Monday  
15 August*



- How Advocare can help you
- How to recognise, respond to and prevent Elder Abuse
- Rights and Respect
- Enduring Power of Attorney & Guardianship

**Advocare**

Empowering Older  
People in WA

**CHAIR STRETCHING!**  
*All welcome!*



- LOW IMPACT CHAIR EXERCISES
- GOOD FOR YOUR BODY & MIND
- SUITED TO ALL LEVELS OF FITNESS
- 20 MINUTE CLASSES

10AM WEDS 10TH AUGUST  
& 14TH SEPTEMBER



**HAIRCUTS  
BY CINZIA**

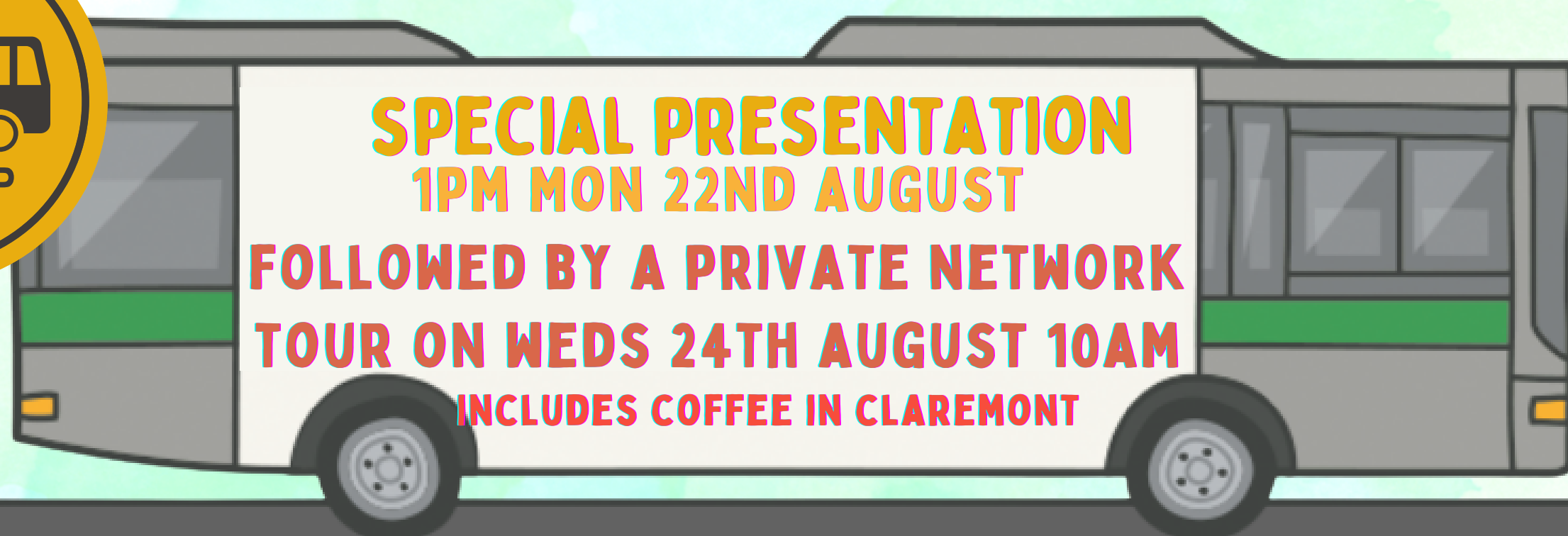
1PM MONDAY  
15 AUG &  
5 SEP



*Beauty Treatments  
with Ella*

1-3pm Weds 31st Aug  
& 28 Sep

**GET ON BOARD & STAY CONNECTED**



**SPECIAL PRESENTATION**

1PM MON 22ND AUGUST

**FOLLOWED BY A PRIVATE NETWORK**

**TOUR ON WEDS 24TH AUGUST 10AM**

INCLUDES COFFEE IN CLAREMONT





Tuart Place  
Growing Strong Together

# WHAT'S ON AT TUART PLACE

## EVENTS IN AUGUST & SEPTEMBER 2022



ONE - ON - ONE  
FINANCIAL  
COUNSELLING  
WITH ALEX  
FROM UNITING WA  
Monday 5th Sep  
12.30pm

*Support Group Topics  
with Mary-Ann*

Weds 10.30 - 12 noon

3RD AUGUST  
BEING KIND TO  
ONESELF

17TH AUGUST  
BREATHING TO  
REDUCE STRESS



*Call to book!*

### HIGH TEA WITH US AT THE ESPLANADE HOTEL

*Harbour Master Restaurant  
12 noon Weds 7th Sep*



## STAY ON YOUR FEET

Move

Improve

Remove

*"Stay On Your Feet"  
presents...*

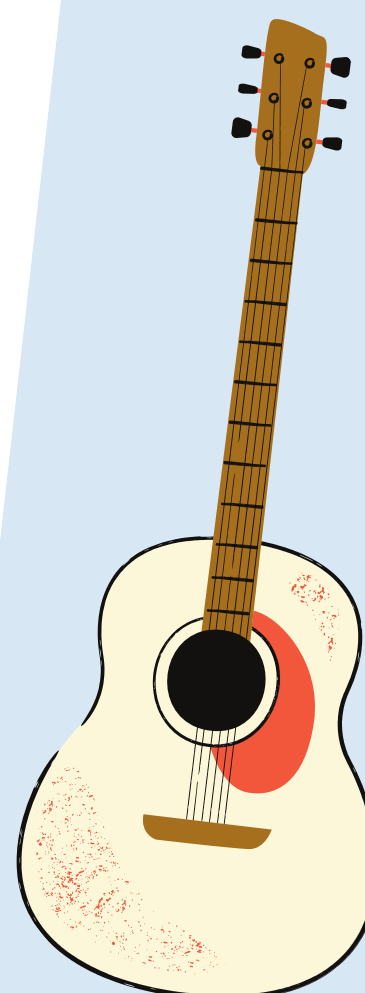
STEPS TO HELP PREVENT FALLS

IMPROVE YOUR HEALTH    MOVE YOUR BODY  
REMOVE HAZARDS

1PM MON 19TH SEP

LIVE SINGALONG

FRED  
PENNY



*1pm Monday  
12 Sep*