

Handy  
Reminders for  
your Fridge!

## Events Calendar

For bookings call us on 6140 2380 or the Freecall  
number 1800 619 795



### February 2024

Monday	Wednesday	Thursday
		<b>01</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers
<b>05</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>07</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>08</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers
10.30am - 12.00pm <b>Singing Group</b>	10.30am – 12.00pm <b>Support Group</b> with Mary-Ann. <i>Four Tips for Managing Stress &amp; Anxiety. Tip 1: Being Calm</i>	11.00am <b>Art &amp; Craft</b>
12.00pm - 1.00pm <b>Monday Lunch</b>	12:00pm <b>Light lunch</b>	
	12.00pm <b>Beauty Treatments</b> with Ella	
<b>12</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>14</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>15</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers
10.30am - 12.00pm <b>Singing Group</b>	10.30am – 12.00pm <b>Support Group</b> with Mary-Ann	
10.30am - 2.30pm <b>Podiatry Clinic</b> with Kim from UWA Podiatry School	12:00pm Light lunch	
12.00pm - 1.00pm <b>Monday Lunch</b>	12.30pm <b>Financial Counselling</b> with Karen from Uniting WA	
1.00pm <b>FACT Board Meeting</b>		
<b>19</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>21</b> From 10.30am <b>Computer &amp; Phone</b>	<b>22</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers
10.30am - 12.00pm <b>Singing Group</b>	10.30am – 12.00pm <b>Support Group</b> with Mary-Ann. <i>Four Tips for Managing Stress &amp; Anxiety. Tip 2: Being Creative</i>	11.00am <b>Art &amp; Craft</b> Come and join the 'Craft Ladies'
12.00pm - 1.00pm <b>Monday Lunch</b>	12:00pm Light lunch	
1.00pm Meet Sagal, Freo's Community Engagement Officer. <b>Tips on how to access Centrelink and Medicare</b>		
<b>26</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>28</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers	<b>29</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers
10.30am - 12.00pm <b>Singing Group</b>	10.30am – 12.00pm <b>Support Group</b> with Mary-Ann	
12.00pm - 1.00pm <b>Monday Lunch</b>	12:00pm <b>Light lunch</b>	
1:00pm <b>Haircuts</b> with Cinzia		<b>Please turn over for March 2024</b>

## Events Calendar

For bookings call us on 6140 2380 or the Freecall number 1800 619 795

Handy  
Reminders for  
your Fridge!

March 2024		
Monday	Wednesday	Thursday
<b>04</b>  <b>Public Holiday</b>  <b>Tuart Place is closed</b>	<b>06</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am – 12.00pm <b>Support Group</b> with Mary-Ann. <i>Four Tips for Managing Stress &amp; Anxiety. Tip 3: Thinking Positively</i> 12:00pm <b>Light lunch</b>	<b>07</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 11.00am <b>Art &amp; Craft</b> Come and join the 'Craft Ladies'
<b>11</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am - 12.00pm <b>Singing Group</b> 12.00pm - 1.00pm <b>Monday Lunch</b> 1.00pm Lounge chair travel to <b>The Netherlands</b> with Jill	<b>13</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am – 12.00pm <b>Support Group</b> with Mary-Ann 12:00pm <b>Light lunch</b> 12.30pm <b>Financial Counselling</b> with Karen from Uniting WA	<b>14</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers
<b>18</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am - 12.00pm <b>Singing Group</b> 10.30am - 2.30pm <b>Podiatry Clinic</b> with Kim from UWA 12.00pm - 1.00pm <b>Monday Lunch</b> 1.00pm <b>Bingo Game Day</b> - win some prizes and have some fun!	<b>20</b> 10:00am - 12:00pm <b>Hearing Clinic</b> with Joanna, Hearing Australia From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am – 12.00pm <b>Support Group</b> with Mary-Ann <i>Four Tips for Managing Stress &amp; Anxiety. Tip 4: Healthy Lifestyle</i> 12:00pm <b>Light lunch</b> 12.00pm <b>Beauty Treatments</b> with Ella	<b>21</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 11.00am <b>Art &amp; Craft</b> Come and join the 'Craft Ladies'
<b>25</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am - 12.00pm <b>Singing Group</b> 12.00pm - 1.00pm <b>Monday Lunch</b> 1:00pm <b>Haircuts</b> with Cinzia	<b>27</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 10.30am – 12.00pm <b>Support Group</b> with Mary-Ann 12:00pm <b>Light lunch</b>	<b>28</b> From 10.30am <b>Computer &amp; Phone</b> Sessions with Volunteers 12.00pm <b>Mini Golf at Holey Moley</b> in Fremantle, includes light lunch - please call to book  <b>Please turn over for February 2024</b>