



EVENTS CALENDAR

MONDAY

WEDNESDAY

THURSDAY

From 10.30am Computer & Phone Help every Monday, Wednesday & Thursday

Turn over for November

07
10.30am - 12.00pm **Singing Group**
10.30am - 1.30pm **Podiatry Clinic**
12:00pm - 1.00pm **Monday Lunch**
1.00pm **Armchair travel to a Mystery Location with Jill**

14
10.30am - 12.00pm **Singing Group**
12:00pm - 1.00pm **Monday Lunch**
12:00pm **Tuart Place AGM**
1:00pm **Board Meeting**

21
10:00am **Pop-up clinic at Tuart Place OPEN TO ALL. Covid & Flu shots and health checks**
10.30am - 12.00pm **Singing Group**
12:00pm - 1.00pm **Monday Lunch**
1.00pm **Bingo Game Day**

28
10.30am - 12.00pm **Singing Group**
12:00pm - 1.00pm **Monday Lunch**
1.00pm **Tea talk, learn about tea and its many benefits with Mal and Rosalie!**
1.00pm **Haircuts with Cinzia**

02
10.30am - 12.00pm **Support Group with Mary-Ann**
12:00pm **Light Lunch**

09
10.30am - 12.00pm **Support Group with Mary-Ann TOPIC: Breathing to reduce stress**
12:00pm **Light Lunch**

16
10.30am - 12.00pm **Support Group**
12.00pm **Light Lunch**
12.30pm **Haircuts with Jacqi**
12:30pm **Financial Counselling with Karen from Uniting WA**

23
10.30am - 12.00pm **Support Group with Mary-Ann TOPIC: Managing strong emotions**
12:00pm **Light Lunch**

30
10.30am - 12.00pm **Support Group with Mary-Ann**

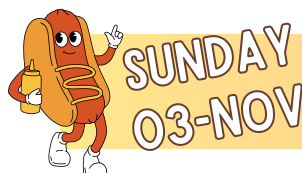
03
11.00am **Art & Craft**
Get creative with the Krafties!

10
11.30am **Movie Afternoon**
Watch a movie in the lounge

17
11.00am **Art & Craft**
Get creative with the Krafties!
12.00pm **Beauty Treatments with Ella**

24
11.30am **Movie Afternoon**
Watch a movie in the lounge

31
11.00am **Art & Craft**
Get creative with the Krafties!



End of Year BBQ - see invite for details! Hope to see you there





NOVEMBER 2024 EVENTS CALENDAR



Tuart Place
Growing Strong Together

MONDAY

WEDNESDAY

THURSDAY

From 10.30am Computer & Phone Help every Monday, Wednesday & Thursday

04

10.30am - 12.00pm **Singing Group**

10.30am - 1.30pm **Podiatry Clinic**

12:00pm - 1.00pm **Monday Lunch**

06

10.30am - 12.00pm **Support Group** with
Mary-Ann Topic: Thinking Positively

12:00pm **Light Lunch**

07

11.30am **Movie Afternoon**
Watch a movie in the lounge

11

10.30am - 12.00pm **Singing Group**

12:00pm - 1.00pm **Monday Lunch**

2:45pm **Carmel & Lynda the
Western Songbirds** liven up the
lounge with some sweet
sounds

13

10.30am - 12.00pm **Support Group**
with Mary-Ann

12:00pm **Light Lunch**

12.30pm **Haircuts** with Jacqi

12:30pm **Financial counselling** with
Karen

14

11.00am **Art & Craft**
Get creative with the
Krafties!

18

10.30am - 12.00pm **Singing Group**

12:00pm - 1.00pm **Monday Lunch**

1.00pm **Bingo Game Day**

20

10.30am - 12.00pm **Support Group**
with Mary-Ann Topic: Recognising
Triggers

12.00pm **Beauty Treatments** with
Ella

21

11.30am **Movie Afternoon**
Watch a movie in the
lounge

25

10.30am - 12.00pm **Singing Group**

12:00pm - 1.00pm **Monday Lunch**

1.00pm **Haircuts** with Cinzia

27

10:30am **Meet** at Tuart Place for a
stroll to High Street's newest cafe
and bakery. Call to book in for
brunch at **Common Bakery**

28

11.00am **Art & Craft**
Get creative with the
Krafties!

Turn over for October