



Tuart Place
Growing Strong Together

WHAT'S ON AT TUART PLACE

October 2024

Armchair travel with Jill
1pm Monday 7th October



Travel to a
"Mystery
destination"
in the
lounge

FREE TO ALL
POP-UP CLINIC
AT TUART PLACE

10AM MONDAY 21ST OCTOBER

- BLOOD PRESSURE CHECKS
- BLOOD SUGAR CHECKS
- COVID VACCINATIONS
- FLU VACCINATIONS



WILLETTON
Family Practice

FINANCIAL COUNSELLING

with Karen from Uniting 12.30pm
Wednesday 16th October &
13th November

BINGO

With Mary & Justin

1pm 21st October
& 18th November



*Beauty Treatments
with Ella*



12pm Thursday 17th October
& Wednesday 20th November



1pm 28th
October

LET'S TALK TEA!
Learn interesting facts about tea
with Mal & Rosalie



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WHAT'S ON AT TUART PLACE

November 2024

You are invited to the

END OF YEAR BBQ

12 -2pm, Sunday
3rd November
2024

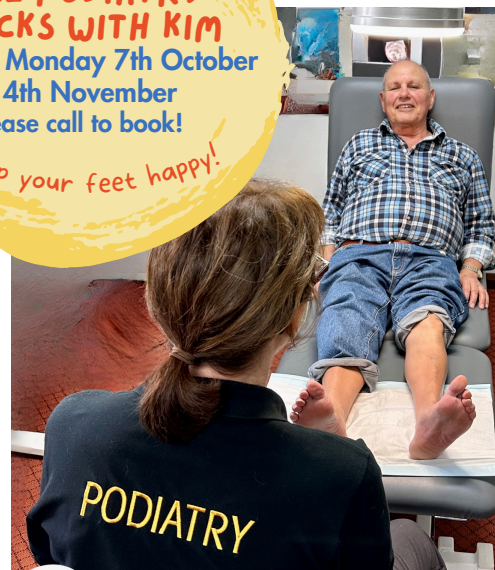
Family & friends welcome



Waterford Playing Fields
Cnr Manning & Elderfield Roads,
Waterford

**FREE PODIATRY
CHECKS WITH KIM**
10.30am Monday 7th October
& 4th November
Please call to book!

Keep your feet happy!



 **WESTERN SONGBIRDS HEADLINE TUART PLACE**
Carmel & Lynda play the lounge



12:45pm Monday
11th November



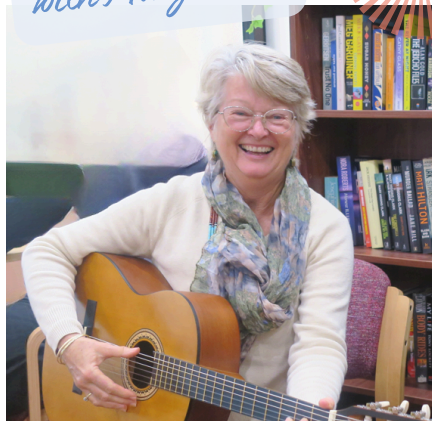
12.30pm 16th October
1pm 28th October
12.30pm 13th November
1pm 25th November

HAIRCUTS!

With Jacqi & Cinzia

SUPPORT GROUP

with Mary-Ann



10.30am Wednesdays

9th October: Breathing to
reduce stress

23rd October: Managing
Strong Emotions

6th November: Thinking
Positively

20th November:
Recognising Triggers

BAKERY BRUNCH

10.30am Wednesday 11th September

Visit High St's
new bakery &
cafe with us

COMMON
BAKERY

Meet at Tuart Place
10.30am Wednesday
27th November,
for a short stroll to
brunch

