

Handy Reminders for your Fridge!

Events Calendar

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



April 2024

Monday	Wednesday	Thursday
01 PUBLIC HOLIDAY Tuart Place is closed	03 From 10.30am Computer & Phone Help 10.30am – 12.00pm Support Group with Mary-Ann 12:00pm Light lunch after Support Group 12.00pm - 2.30pm Care Experienced History Month Virtual Forum - All welcome!	04 From 10.30am Computer & Phone Help 11.00am Art & Craft Come and join the 'Craft Ladies'
08 From 10.30am Computer & Phone Help 10.30am - 12.00pm Singing Group 12.00pm - 1.00pm Monday Lunch 1.00pm FACT Board Meeting	10 From 10.30am Computer & Phone Help 10.30am – 12.00pm Support Group with Mary-Ann <i>More tips for Managing Stress: Exploring My Strengths - Part 1</i> 12:00pm Light lunch after Support Group	11 From 10.30am Computer & Phone Help 11.30am Movie Afternoon in the lounge
15 From 10.30am Computer & Phone Help 10.30am - 12.00pm Singing Group 12.00pm - 1.00pm Monday Lunch 12.30pm - 2.30pm Intro to Wills with Notre Dame University students - all welcome, to this general information session	17 From 10.30am Computer & Phone Help 10.30am – 12.00pm Support Group with Mary-Ann <i>More tips for Managing Stress: Exploring My Strengths - Part 2</i> 12:00pm Light lunch after Support Group 12:30pm Beauty treatments with Ella	18 From 10.30am Computer & Phone Help 11.00am Art & Craft Come and join the 'Craft Ladies'
22 From 10.30am Computer & Phone Help 10.30am - 12.00pm Singing Group 12.00pm - 1.00pm Monday Lunch 1.00pm Bingo Game Day - win some prizes and have some fun!	24 From 10.30am Computer & Phone Help 10.30am – 12.00pm Support Group with Mary-Ann 12:00pm Light lunch after Support Group	25 PUBLIC HOLIDAY Tuart Place is closed
29 From 10.30am Computer & Phone Help 10.30am - 12.00pm Singing Group 10.30am - 2.30pm Podiatry Clinic with Kim from UWA Podiatry School 12.00pm - 1.00pm Monday Lunch 12.30pm Monday Manicures with Nat 1:00pm Haircuts with Cinzia		

Please turn over for May 2024

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Monday	Wednesday	Thursday
	<p>01 From 10.30am Computer & Phone Help</p> <p>10.30am – 12.00pm Support Group with Mary-Ann <i>More tips for Managing Stress: Kindness towards Myself</i></p> <p>12:00pm Light lunch after Support Group</p>	<p>02 From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft Come and join the 'Craft Ladies'</p>
<p>06 From 10.30am Computer & Phone Help</p> <p>10.30am - 12.00pm Singing Group</p> <p>12.00pm -1.00pm Monday Lunch</p> <p>1.00pm Move Your Body presentation by Injury Matters. Tips to prevent falls, please bring friends or family members to support you during this session.</p>	<p>08 From 10.30am Computer & Phone Help</p> <p>10.30am – 12.00pm Support Group with Mary-Ann</p> <p>12:00pm Light lunch after Support Group</p> <p>12.30pm Financial Counselling with Karen from Uniting WA</p>	<p>09 From 10.30am Computer & Phone Help</p> <p>11.30am Movie Afternoon in the lounge</p>
<p>13 From 10.30am Computer & Phone Help</p> <p>10.30am - 12.00pm Singing Group</p> <p>12.00pm - 1.00pm Monday Lunch</p> <p>1.00pm Bingo Game Day - win some prizes and have some fun!</p>	<p>15 From 10.30am Computer & Phone Help</p> <p>10.30am – 12.00pm Support Group with Mary-Ann <i>More tips for Managing Stress: Healthy Boundaries</i></p> <p>12:00pm Light lunch after Support Group</p> <p>12:30pm Beauty treatments with Ella</p>	<p>16 From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft Come and join the 'Craft Ladies'</p>
<p>20 From 10.30am Computer & Phone Help</p> <p>10.30am - 12.00pm Singing Group</p> <p>12.00pm - 1.00pm National Volunteer Week Lunch, followed by a story sharing session based on 2024's theme 'Something for Everyone'</p>	<p>22 From 10.30am Computer & Phone Help</p> <p>10.30am Trip to Fremantle Arts Centre to see the REVEALED Exhibition featuring new and emerging Aboriginal Artists. Meet at Tuart Place, picnic lunch and transport provided - please book at reception.</p>	<p>23 From 10.30am Computer & Phone Help</p> <p>11.30am Movie Afternoon in the lounge</p>
<p>27 From 10.30am Computer & Phone Help</p> <p>10.30am - 12.00pm Singing Group</p> <p>12.00pm - 1.00pm Monday Lunch</p> <p>12.30pm Monday Manicures with Nat</p> <p>1:00pm Haircuts with Cinzia</p>	<p>29 From 10.30am Computer & Phone Help</p> <p>10.30am – 12.00pm Support Group with Mary-Ann</p>	<p>30 From 10.30am Computer & Phone Help</p> <p>11.00am Art & Craft Come and join the 'Craft Ladies'</p>

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