



Tuart Place  
Growing Strong Together

# WHAT'S ON AT TUART PLACE

## EVENTS APRIL 2024

**THURSDAY MOVIE MATINEE  
IN THE LOUNGE**  
12.00pm Thursday 11th  
April, 9th & 23rd May



National Aged &  
Community Care  
Roundtable for Forgotten  
Australians



Care Experienced History Virtual Forum  
12.00pm - 2.30pm Wednesday 3rd April

*Lunch provided*

Forging Better Options: An Exploration of  
Aged and Community Care Considerations



### SUPPORT GROUP

*with Mary-Ann*

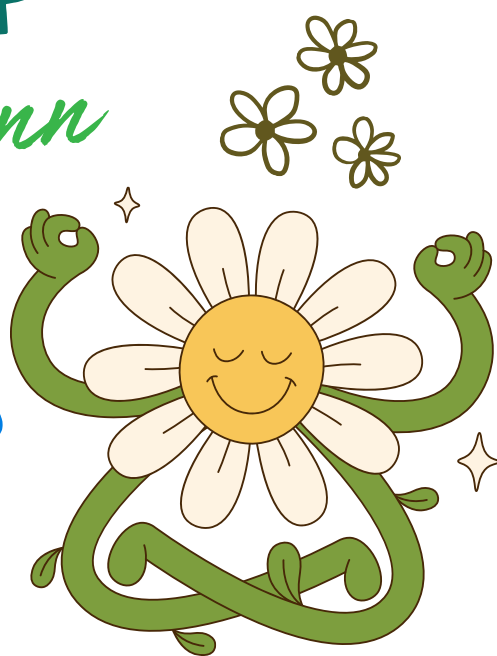
**MORE TIPS FOR  
MANAGING STRESS  
& ANXIETY**

*10.30am Wednesdays*

10th & 17th April: Exploring Strengths

1st May: Kindness Towards Myself

15th May: Healthy Boundaries



*Elaine & Kirsty  
Notre Dame Law students present*

**INTRO TO WILLS**  
12.30PM MONDAY  
15TH APRIL



*Let us know if you can make it!*



**BOOK IN FOR A MONDAY MANI WITH NAT!**

12.30pm 29th April & 27th May  
Call to book a manicure!

### BINGO



**FREE**

with Justin & Mary  
1pm Monday 22nd April  
& 13th May





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## EVENTS MAY 2024

### FINANCIAL COUNSELLING



with Karen from Uniting WA  
12.30pm Wednesday  
8th May

### MOVE YOUR BODY

*Presentation by  
Injury Matters*



1pm Monday 6th May

Learn how to prevent falls by strengthening your legs  
Please bring friends or family for support & assistance.



### HAIRCUTS BY CINZIA

1pm Monday  
29th April &  
29th May



### VISIT THE FREMANTLE ARTS CENTRE TO VIEW THE REVEALED EXHIBITION

Featuring new and emerging Aboriginal Artists  
10.30am Wednesday 22nd May, please call to book



### NATIONAL VOLUNTEER WEEK LUNCH

IT & PHONE HELP 12.45pm Monday 20th May

#### LUNCH LEGENDS



#### IT & PHONE HELP



#### JUST SOME OF OUR TUART PLACE VOLUNTEERS

#### BEAUTY EXPERTS



#### SINGING SUPERSTARS



#### CRAFTY & AMAZING ALL ROUNDERS



To celebrate our amazing and diverse group of volunteers here at Tuart Place, we are going to Share volunteer Stories after lunch in the lounge.

The 2024 Volunteer week theme is "Something for everyone"

Please let Tash know if you have a story to share with us.