



Tuart Place
Growing Strong Together



REMINDER

Djilba **AUGUST 2025** **EVENTS CALENDAR**

MONDAY

WEDNESDAY

THURSDAY

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

04

10.30am - 12.00pm **Singing Group**

12:00pm Monday Lunch

1:00pm **Bingo** Game Day

11

10.30am - 12.00pm **Singing**

12:00pm Monday Lunch

1:00pm **Board Meeting**

18

10.30am - 12.00pm **Singing**

10.30am - 1.30pm **Podiatry**

12:00pm Monday Lunch

1:00pm **Poetry Month Workshop**: Bring in a poem to share and have some fun with Per!

25

10.30am - 12.00pm **Singing**

12:00pm Monday lunch

1:00pm **Haircuts** with Cinzia

06

10.30am - 12.00pm **Support Group** with Mary-Ann *Topic - Brightening Winter Blues*

11.30am - 1.30pm **Cold and Flu Vaccines** with Willetton Family Practice

12:00pm Light Lunch

13

10.30am - 11.30pm **Support Group** with Mary-Ann *Nature Appreciation Walk, morning tea provided*

12:00pm Light Lunch

20

10.30am - 12.00pm **Support Group** with Mary-Ann *Topic - What is a Wise Mind?*

12:00pm Light Lunch

12.30pm **Haircuts** with Jacqi

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

27

10.30am - 12.00pm **Support Group** with Mary-Ann *Topic - Living My Best Life*

12:00pm Light Lunch

07

10:30am **Art & Craft**
Get creative with the Krafties

14

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

21

10:30 **Art & Craft**
Get creative with the Krafties

29

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

Turn over for September

Tuart Place 6140 2380 or 1800 619 795
24 High St Fremantle Walyalup WA 6160



Djilba

SEPTEMBER 2025 EVENTS CALENDAR



Tuart Place
Growing Strong Together

MONDAY

WEDNESDAY

THURSDAY

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

01

03

04

TUART PLACE CELEBRATES WOMENS HEALTH WEEK

10.30am - 12.00pm **Singing Group**

12:00pm Monday Lunch

12:30pm Nurse Dawn from Freo Women's Health Clinic

10.30am - 12.00pm **Support Group** with Mary-Ann Topic: building on Inner Strengths

12:00pm Light Lunch

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

10:30 **Art & Craft** with the Krafties

11.30 -12.30 **Women's Health** talk with Physiotherapist Amber from Mint Wellbeing

08

10.30am - 12.00pm **Singing Group**

12:00pm Monday Lunch

1:00pm **Social Group's BIG Bingo** Game Day! Gotta be in it to win it!

10

10.30am **Kings Park Outing!** Meet at Tuart Place at 10.30am for transport to and from Freo. Or meet at Kings Park at 11.30am outside the Koorak cafe, 37 Kings Park Road. Bookings essential!

12:00pm Light Lunch

11

10:00am **R U OK Day?** Come in for cupcake, & a conversation! Followed by a feel-good movie

15

10.30am - 12.00pm **Singing**

12:00pm Monday Lunch

12.30pm **Compare Mobile Phone Plans** with Leah from Uniting to save money!

17

10.30am - 12.00pm **Support Group** with Mary-Ann Topic - *Managing Angry Feelings*

12:00pm Light Lunch

18

10:30 **Art & Craft** Get creative with the Krafties

22

10.30am-12.00pm **Singing Group**

12:00pm Monday Lunch

12.30pm **Nom! Healthy Cooking presentation.** Learn a new recipe and taste it too!

23

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

12:00pm Light Lunch

12.00pm **Haircuts** with Jacqi

24

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

29

PUBLIC HOLIDAY

Tuart Place is closed

Turn over for August

**Tuart Place 6140 2380 or 1800 619 795
24 High St Fremantle Walyalup WA 6160**