



Tuart Place  
Growing Strong Together

# OCTOBER 2025



REMINDER

## Kambarang

## EVENTS CALENDAR

### MONDAY

### WEDNESDAY

### THURSDAY

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

**01**

**10.30am - 12.00pm Support Group** with Mary-Ann *Topic: Am I thinking straight?*

12:00pm Light Lunch

**02**

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

**06**

**10.30am - 12.00pm Singing**

**10.30am - 1.30pm Podiatry**

**12:00pm Monday Lunch**

**1:00pm Bingo Game Day!**  
Gotta be in it to win it!

**08**

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

12:00pm Light Lunch

**09**

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

**13**

**10.30am - 12.00pm Singing**

**12:00pm Monday Lunch**

**12:00pm Tuart Place AGM**

**1:00pm Board Meeting**

**15**

**10.30am - 12.00pm Support Group** with Mary-Ann *Topic: Saying "NO" assertively*

12:00pm Light Lunch

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

**16**

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

**11.00am Be Connected**  
Session, learn phone and computer skills

**20**

**10.30am - 12.00pm Singing**

**12.00pm Monday lunch**

**12:30pm Budgeting and Bills** debunked with Leah from Uniting and Jill

**22**

**11.00am - 12.00pm Thread Together, Clothing Van** visits - new outfit incoming!

12:00pm Light Lunch

**12.30pm Haircuts** with Jacqi

**23**

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

**27**

**10.30am - 12.00pm Singing**

**12.00pm Monday lunch**

**12:30pm Be Connected**  
Session, learn new phone and computer skills

**29**

**10.30am - 12.00pm Support Group** with Mary-Ann *Topic: What emotion is that?*

12.00pm Light Lunch

**30**

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

*Turn over for November*

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



# NOVEMBER 2025



Tuart Place  
Growing Strong Together

## Kambarang EVENTS CALENDAR

### MONDAY

### WEDNESDAY

### THURSDAY

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

**SUNDAY**  
**02 NOV 25**

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



**03**

10.30am - 12.00pm **Singing Group**

12:00pm Monday Lunch

**05**

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

12:00pm Light Lunch

12:30pm **Be Connected** Session, learn phone and computer skills

**06**

11.30am **Movie Afternoon**

Watch a movie in the lounge

**10**

10.30am - 12.00pm **Singing Group**

12:00pm Monday Lunch

1:00pm **Bingo Game Day!**  
Gotta be in it to win it!

**12**

10.00am - 12.30pm **Visit Freo Men's Shed** for a tour with us, meet at Tuart Place at 10am

12:00pm Light Lunch

12:00pm **Haircuts** with Jacqi

**13**

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

11.00am **Be Connected** Session, learn new phone and computer skills

**17**

10.30am - 12.00pm **Singing**

12:00pm Monday Lunch

12.30pm **Plant Workshop**, make a succulent bowl with Anna

**19**

10.30am - 12.00pm **Support Group** with Mary-Ann Topic *Part 1: Feeling upset, then calming down*

12:00pm Light Lunch

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

**20**

11.30am **Movie Afternoon**

Watch a movie in the lounge

**24**

10.30am - 12.00pm **Singing**

12:00pm Monday Lunch

12.30pm **Be Connected** Session, learn new phone and computer skills

1.00pm **Haircuts** with Cinzia

**26**

10.30am - 12.00pm **Support Group** with Mary-Ann *Part 2: Feeling upset, then calming down*

12:00pm Light Lunch

**27**

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

*Turn over for October*

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