

OCTOBER 2026 *Kambarang* EVENTS CALENDAR

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

MONDAY

WEDNESDAY

THURSDAY



05

10:30am - 12:00pm **Singing**

12:00pm Monday Lunch

12:30pm **Board Games**

07

10:30am - 12:00pm
Support Group with
Mary-Ann ***Caring for Me***

12:00pm Lunch

08

10:00am **Movie
Afternoon**

12:00pm **Toastie
Thursday**

12

10:30am - 12:00pm **Singing**

12:00pm Monday lunch

12:30pm **Let's talk about
diabetes** Practical ways to
regulate blood sugar with
Tash

14

10:30am - 12:00pm
Support Group with
Mary-Ann ***Basket
Weaving with Sandra***

12:00pm Lunch

12:30pm **Haircuts** by Jacqi

15

10:00am **Art and
Craft**

12:00pm **Toastie
Thursday**

19

10:30am - 12:00pm **Singing**

12:00pm Monday lunch

12:00pm **FACT AGM**

1:00pm **Board Meeting**

21

10:30am - 12:00pm
Support Group with Mary-
Ann ***Reducing Anxiety***
12:00pm Lunch

12:30pm **Bingo** with Mary

22

10:00am **Movie
Afternoon**

12:00pm **Toastie
Thursday**

26

10:30am - 12:00pm **Singing**

10:30am - 1:30pm **Podiatry**

12:00pm Monday lunch

1:00pm **Haircuts** by Cinzia

28

10:30am - 12:00pm
**Coffee Club Support
Group** with Mary-Ann,
walk to a local cafe

12:00pm Lunch

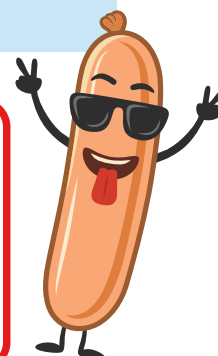
29

10:00am **Art and
Craft**

12:00pm **Toastie
Thursday**

Sunday 1st November

11:00am **Annual End
of Year BBQ** at
Waterford Playing
Fields - see invite



Turn over for November

NOVEMBER 2026

EVENTS CALENDAR

REMINDER
Kambarang

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

MONDAY

02

10:30am - 12:00pm **Singing**

12:00pm Monday Lunch

1:00pm **Board Games**

09

10:30am - 12:00pm **Singing**

12:00pm Monday Lunch

12:30pm **Greek cuisine**
tasting session!

16

10:30am - 12:00pm **Singing**

12:00pm Monday Lunch

1:00pm **Board Games**

23

10:30am - 12:00pm **Singing**

12:00pm Monday Lunch

1:00pm **Bingo** with Mary

30

10:00am - 11:00am **Singing**

12:00pm **Tuart Place**
Christmas Lunch
bookings required

WEDNESDAY

04

10:30am - 12:00pm **Support Group** with Mary-Ann
Create a toolbox of positive thoughts

12:00pm Light Lunch

12:30pm - 2:00pm **Fremantle Prison tour**, call to book

11

10:30am - 12:00pm **Drawing & Watercolour workshop** with Elayne in the Support Group

12:00pm Light Lunch

12:30pm **Haircuts** by Jacqi

18

10:30am - 12:00pm **Support Group** with Mary-Ann
Practical ways to Boost your Wellbeing

10:30am - 1:30pm **Podiatry**

12:00pm Light Lunch

25

10:30am - 11:30pm **Breathwork with Paula** in the Support Group, *learn techniques to support calm and focussed mindset*

12:00pm Light Lunch

THURSDAY

05

10:00am **Movie Afternoon**

12:00pm **Toastie Thursday**

12

10:00am **Art and Craft** with the Krafties

12:00pm **Toastie Thursday**

19

10:00am **Movie Afternoon**
Watch a movie in the lounge

12:00pm **Toastie Thursday**

26

10:00am **Art and Craft** with the Krafties

12:00pm **Toastie Thursday**

Turn over for October

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