



Tuart Place
Growing Strong Together

DECEMBER 2024 EVENTS CALENDAR



MONDAY

WEDNESDAY

THURSDAY

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

02

10.30am - 12.00pm **Singing** Group

12:00pm **Christmas lunch**
Please call for details

04

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

11:00pm **Facial massage** with Nell
12:00pm Light Lunch

05

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

09

10.30am - 12.00pm Christmas **Singing** featuring the **Wassailers**

10:00am - 1:00pm **Health Clinic**
with a GP, free doctor consults, flu and covid shots, blood tests available. Call to book

10.30am - 1.30pm **Podiatry Clinic**
12:00pm - 1.00pm Monday Lunch
1:00pm **Board Meeting**

11

10.30am - 12.00pm **Support Group**
with Mary-Ann TOPIC: Benefits of being in nature

12:00pm Light Lunch
12.30pm **Haircuts** with Jacqi

12

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

16

10.30am - 12.00pm **Singing** Group
12:00pm - 1.00pm Monday Lunch
1:00pm **Cost of Living Workshop**
with Uniting & Energy ahead Tips for saving & reducing energy costs

18

10.45am **Walk to the Esplanade**
Park with the Support Group, Nature appreciation walk
11:00pm **Facial massage** with Nell
12.00pm Light Lunch

19

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

23

10.30am - 12.00pm **Singing** Group
12:00pm - 1.00pm Monday Lunch
1.00pm **Bingo** Game Day

25

PUBLIC HOLIDAY
Tuart Place Closed

26

PUBLIC HOLIDAY
Tuart Place Closed

30

Tuart Place Closed

Turn over for January

SAVE THE DATE 

For our annual Cicerello's lunch on Monday 3rd February
Please call to book!



JANUARY 2025 EVENTS CALENDAR



MONDAY

WEDNESDAY

THURSDAY

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

06

10.30am - 12.00pm **Singing Group**

12:00pm - 1.00pm Monday Lunch

13

10.30am - 12.00pm **Singing Group**

10.30am - 1.30pm **Podiatry Clinic**

12:00pm - 1.00pm Monday Lunch

1:00pm **Bingo Game Day**

20

10.30am - 12.00pm **Singing Group**

12:00pm - 1.00pm Monday Lunch

1:00 pm **Critters Up Close. Join us for a fun presentation**

27

PUBLIC HOLIDAY
Tuart Place Closed

01

PUBLIC HOLIDAY
Tuart Place Closed

08

10.30am - 12.00pm **Support Group** with Mary-Ann Topic: 10 tips to stay mentally healthy in 2025

11:00pm **Facial massage** with Nell

12:00pm Light Lunch

15

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

12:00pm Light Lunch

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

22

10.30am - 12.00pm **Support Group** with Mary-Ann Topic: How to spread good feelings

11:00pm **Facial massage** with Nell

12:00pm Light Lunch

12.30pm - 1.30pm **Drawing workshop. Part 1:** Draw a charcoal portrait with Gary

29

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

12:00pm Light Lunch

12.30pm - 1.30pm **Drawing workshop. Part 2:** Discuss and develop drawing style.

02

Tuart Place Closed

09

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

16

10:30 **Coffee and cake** at a local cafe, call to book

23

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

30

10.30am **Walk to the Maritime Museum** to view the Print West photography exhibiton
Please call to book

Turn over for December

SAVE THE DATE

For our annual Cicerello's lunch on
Monday 3rd February
Please call to book!