

High Street Happenings

January, February, March 2024
Issue 32

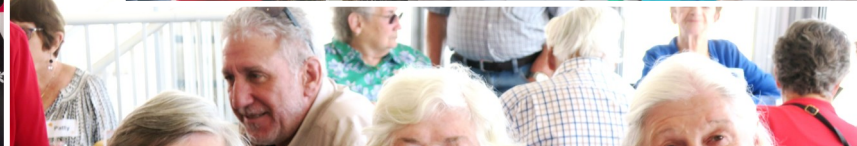


Tuart Place

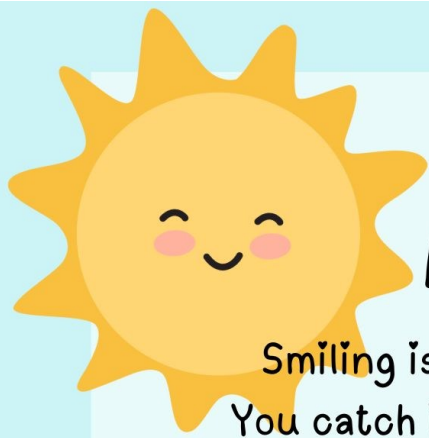
T Together...we build
U Understanding
A Acceptance
R Respect ...and
T Trust



Christmas Party 2024



High Steet Happenings is a three monthly newsletter produced with participants



A SMILE FOR YOU...

Smiling is infectious,
You catch it like the flu.
When someone smiled at me today,
I started smiling too.

I passed around the corner,
And someone saw my grin.
When he smiled, I realized,
I'd passed it onto him.

I thought about that smile,
Then I realized its worth.
A single smile, just like mine,
Could travel round the Earth.

So if you feel a smile begin,
Don't leave it undetected -
Let's start an epidemic quick,
And get the world infected!!

Poem shared by Rose :)

Georgia on My Mind

with Fran and Mary

Matt (from Songfest) leads our Monday singing group every week, and we were so chuffed when he also treated us all to a special presentation on Georgia. Some of us weren't even sure where it was before the presentation! LOL! Matt even wore a Georgian national dress outfit. A great outfit which even had pockets to store bullets, which is a long tradition in Georgia. And then there was the other national pastime-eating! Georgians have their own way of doing that too. It is usually an exceedingly long affair with tables seating about 50 or more people. On top of that, people get up throughout the feast and propose toasts to anything that comes into their heads. The result of this is that every person is completely legless by the end of lunch!

But the real show was about singing and Matt showed us wonderful videos of people from Georgia singing. Some were in groups and some duets-it was all wonderful.

And when you listen to this music you are listening to music that could be more than a thousand years old.

All in all a fantastic presentation.
Thanks Matt!





Thanks to the Clontarf Boys for cooking up another feast for us at our 19th Annual End of Year BBQ!



Coffee and treats at the Common Bakery!

With James, Maria and Mary

We had a lovely trip to the Common Bakery. The place had a lovely atmosphere, the eats were good, and the company was good! James was impressed with how fancy the new café is, as he hadn't been to the Common Bakery before, but had heard how good it was from Cinzia (our Tuart Place hairdresser).

Maria had a magic coffee where the pattern stayed on the top until she reached the bottom of the cup!!!



Q. What do you call two coffee mugs sitting next to each other?
A. A happy cup-ple!



We all learned a thing or two at the Energy Ahead and Uniting 'cost of living' workshop. Dorothy said she learned that her fridge might be using a lot of energy because it is old. Thanks for the tips and tricks to make our dollars go further.



Doctor in the House

With Ann and Mary

Well things are certainly happening at Tuart Place! How about the visit from the Nurses from Willeton Family Practice in October!

This is what they did: blood pressure, sugar check, flu vaccine, and covid vaccine. We all took advantage of this with 26 people using the service on the day. In fact, it was so successful we had a second visit in December with doctors coming along too!



Tuart Place is a one-stop-shop for so many healthy and useful services. Lets see now... we have regular podiatry, facials, financial counselling, haircuts, hand massages, computer and mobile support, counselling and now we are working out regular medical support!

This is why TP is a second home for so many of us.

Well done TP staff, volunteers, and partners who provide these services to us for FREE!!



**Thanks to everyone who voted, and especially to Mary who was our chief cheerleader!
We won the \$5000 Commbank Community Donations Program prize!
Thank you to Commbank for their wonderful support of important community services.**