

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 The Lighthouse Girl Saga Show 11:00am- 12:30pm
6 Falls Prevention class 11:45am – 1:30pm	7	8	9 Mother’s Day High Tea at Cura 10:00am -12:00pm	10
13 Falls Prevention class 11:45am – 1:30pm	14	15	16 Laughter Yoga 10:00am –12:00pm	17 Cooking Class and Long Table Lunch 11:00am – 1:00pm
20 Falls Prevention class 11:45am – 1:30pm	21	22 Craft with Jen 10:00am – 12:00pm	23	24
27 Falls Prevention class 11:45am – 1:30pm	28 Coffee and Chat 10:00am – 12:00pm	29	30	31 Men’s Big Breakfast Café Elixir 9:30am – 11:30am

Please contact Kylie if interested in attending any events on 0498 032 464 or kylie@cura-inhomecare.org.au

Event description



Falls Prevention Class & week program
Mondays 10-week Program
(commenced)

Jess's Falls Prevention Class is a step toward a safer and more balanced tomorrow. By combining tailored exercises, we aim to empower individuals to take charge of their health and reduce the risk of falls. Join us in this journey toward greater well-being, confidence, and independence. Please contact the office for the next program. Cost of \$105 pp for 10 sessions.



The Lighthouse Girl Saga show
Friday 3rd of May

In the shadow of war, courage and compassion illuminate the path home in the "The Lighthouse Girl Saga", a gripping narrative by acclaimed author Dianne Wolfer, portraying ordinary lives amid extraordinary times filled with resilience, hope, and love.



Mother's Day High Tea at Cura
Thursday 9th of May

Indulge in a delightful morning High Tea at Cura this Mother's Day, where every bite is crafted with love. Bring along a cherished guest to share in the warmth and sweetness of the occasion.



Laughter Yoga
Thursday 16th of May

Seated Laughter Yoga, ignite your joyous spirit and laugh away your worries in this fun, interactive workshop. Laughter Yoga is a gentle movement program which combines playful laughter activities with deep breathing exercises from yoga. Followed by light refreshments, tea, and coffee, all at Cura Connective.



Cooking class
Friday 17th of May

Join our interactive cooking class to hone your culinary skills, followed by a leisurely long table lunch, where we savor the delightful dishes, we've masterfully prepared together.



Craft with Jen
Wednesday 22nd of May

Come to unleash your creativity, join us at Cura for a crafting session filled with joy and creativity alongside the delightful Jen!



Coffee & Chat Dome
East Victoria Park
Tuesday 28th of May

Looking for a break from the routine, a chance to unwind, and some genuine laughter, look no further, join us for an inviting morning filled with warmth, delightful conversation, a good dose of laughter, and a good cuppa with Kylie.



Men's Big Breakfast
Café Elixir
Friday 31st of May

Join us for a hearty Men's Big Breakfast, exclusively for the gentlemen only, featuring a mouthwatering spread of delicious morning delights.