

Monday	Tuesday	Wednesday	Thursday	Friday
1 Falls Prevention class 11:00am – 12:30pm	2	3	4 Lunch at Peninsula Farm Cafe 11:00am - 12:30pm	5
8 Falls Prevention class 11:00am – 12:30pm	9	10	11	12 Bingo and lunch at Harold Hawthorn Community Centre 1:00pm – 3:00pm
15 Falls Prevention class 11:00am – 12:30pm	16	17	18 Christmas in July at Cura 11:00am – 1:00pm	19
22 Falls Prevention class 11:00am – 12:30pm	23	24 Bunnings Canvas Painting and Morning Tea 11:00am – 12:30pm	25	26 Coffee Catch-up at Blue Lotus (Waldecks Stirling) 11:00am – 12:15pm
29 Falls Prevention class 11:00am – 12:30pm	30	31		

Bookings / confirmations are essential.

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

Please note, as of August, a \$20 cancellation fee will incur if attendance is cancelled within 24 hours

Event description



Falls Prevention Class & week program
Weekly on a Monday
Next 10-week program commences 1st July

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 \$105pp for 10 sessions.



Lunch at Peninsula Farm Café
Thursday 4th of July

If you love your morning coffee with a river view, join us for an inviting morning at Peninsula Farm Café, (formally known as the Old Tranby Tea House) for some lunch and a friendly cuppa!



Bingo and Lunch at Harold Hawthorn Community Centre
Friday 12th of July

Eyes down, it's the best Friday fun in town! With loads of chances to win, BINGO hits the spot! Held at Harold Hawthorn Community Centre. \$18 entry for bingo, and if you're up for it, \$12 for a 2 course Fish and Chips lunch. (lunch confirmation required).
Bring your A-game and show us how to bWINGo.



Christmas in July at Cura
Thursday 18th of July

Join us at Cura for a delightful celebration that brings the festive spirit of Christmas to the middle of the year. Wear your best Christmas colours and embrace the joy, warmth and togetherness of that Christmas brings.



Bunnings Canvas Painting and Morning Tea
Wednesday 24th of July

Unleash your artistic creativity with a guided painting class. Hosted by the delightful Caroline from the Bunnings team. Everything you need to make and take your masterpiece home.



Coffee Catch-up at Blue Lotus (Waldecks Stirling)
Friday 26th of July

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, and a good cuppa with Chantelle at the Blue Lotus Cafe.