



# TIT TAT

MONTHLY  
NEWSLETTER  
TANUNDA

LUTHERAN HOME INC  
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5352

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*The Home is a Christian  
Community where, in a family  
environment, Residents and  
Staff provide mutual care.  
Jesus Christ said: "Love one  
another as I have loved you."  
John 13:34*

## APRIL 2018

Lutheran  
Church  
of Australia



### EASTER IS TOUGHER THAN YOU THINK

OK. So what can be so hard about Easter? For many Christians it means the end of the long and sombre season of Lent, where a suffering and dying and challenging Jesus was the focus for more than a month. Easter by contrast is about rejoicing, bringing back the chocolates, and yeast, and wine, celebrating that He is Risen indeed, that death has been defeated.

But the thing is, it hasn't has it? The ravages of an ageing process ending in death requires simply a peek in the mirror from time to time. Challenging ourselves to hold Jesus' hand while he tentatively stepped toward that Cross is the kind of thing we do with people every day. It comes naturally.

But resurrection, the defeat of death you need a seriously good imagination to grasp that one. Which I guess is why Easter, in my experience as a preacher, tends to run out of puff fairly quickly. We sing all the best Easter hymns once or twice, and then sit on our hands and ask each other, "Now what do we do?" Life goes back to normal. Death is the norm again all too quickly.

And yet, we still dare to make a claim, even if we can't imagine it, that the world has changed, for all time. A pendulum has swung somewhere. A scale has tipped the other way. Somebody is grinning when they should be crying. And somebody puts up their hand and makes a claim: "Jesus is risen. I will rise too!" And another, and another, and another put up their hands till we've got a great community saying, "Me too. I will also rise with him."

And perhaps that's the challenge of a preacher in Easter to stay out of the way and let the good news do its work. May your hearts brim with the best news this Easter season. And if you haven't caught that spirit before, feel free to make a claim that this message is for you too: Christ has risen! Stick with him, and you too will rise.

And let your heart and your imagination do the rest after that.

Chaplain Ian



## RAINFALL REPORT

MARCH 2018

*Thank you Ralph Kernich*

MARCH is normally a very dry month. This March is no exception (to 21st) with only 5mm recorded to date. The March average is about 24mm, with the highest March recording being 138.9mm in 1877.

Several years no rain was recorded in March. The total rain for the year to date is only 30.4mm which is well below the average, though there has been less recorded for the first three months (several years).

## CALLING ALL VOLUNTEERS Register of Birthdays

If you would like your birthday date acknowledged in *Tit Tat* please let Tania know the date asap



- ♦ The trouble with being a good sport is you have to lose to prove it.
- ♦ Blessed is the man who is too busy to worry in the day time and too sleepy to worry at night.

**The deadline for news/information for MAY edition is**  
**Thursday 26th April**  
**TIT TAT TEAM**  
Dorcas Kernich (Editor), Joan Minge

### Deliveries

Glenys Greig, Glenis Kupke, Raelene Rosenzweig

**REMEMBER  
TO SET YOUR  
CLOCKS BACK ?**



**DID YOU REMEMBER TO  
PUT YOUR CLOCKS BACK  
ONE HOUR AT END OF MARCH ?**

## STUDENT SEEKING WORK



### COMPUTER ISSUES?

I can come  
to your home!  
Phone  
**Ezra Radke**  
**8563 3996**

## TLH SHOPPING BUS



*Departing approx. 9.30a.m*  
*Return 11.30am*

Wednesday	4th April	Nuriootpa
Wednesday	11th April	Tanunda
Wednesday	18th April	Nuriootpa
Wednesday	25th April	Tanunda

*Please be at Reception by 9.15am*



# From the CEO

**Lee Martin**



Autumn is all but here, the leaves are starting to change colour. I hear the harvest is going well and that there will be another good vintage of Barossa wines. Living in the Barossa is great. With Easter happening please enjoy the spiritual celebrations and for those who travel please do so safely and enjoy the break.

We have been notified by the Aged Care Quality Agency that Tanunda Lutheran Home will undergo the three-year accreditation survey at the end of May 2018. The three appointed surveyors will be here for two or three days. Over the coming weeks staff will be engaged to ensure all policies and processes are up to date. We look forward to the survey to highlight what we do well here at the facility. Residents, families and staff are encouraged to speak to the surveyor when on site.

Welcome to our current and new staff who are joining us to bring in the Person-Centred Care roster, we look forward to the feedback as to how things go – please fill in a Feedback form.

It is with pride that I announce that the Tanunda Lutheran Home Video is now ready for release. All church congregations will receive a copy to view – a staff member will be on hand to answer any queries. No actors were used in the filming of the video; all participants spoke freely of the services provided by Tanunda Lutheran Home. The video has a real loving feeling about it.

As mentioned in previous Tit Tats the requirement to meet the new Retirement Villages Act has required us to produce a new Contract document that has four options contained in it. This new document will only affect new residents coming into the village. There will be meetings to discuss new policy soon, watch out for the meeting notifications. I strongly suggest everyone attend to participate in the discussions.

To assist with the future sales of units in both Tanunda and Nuriootpa signage is being developed at local fixtures. I encourage everyone to pass on the word that we will have new modern units available by the end of the year. First in best dressed. Please contact Carolyn Redden for details.

There were lessons learnt from the visit by the Electoral Office for voting in the State Election. Thanks go to the electoral staff who attended and our own staff for providing the opportunity for residents to vote. We will ensure an improved service is provided next time voting is necessary. For those residents who were unable to vote or were kept waiting I extend an apology.

The civil works have begun on the Nuriootpa Retirement Living site, stormwater drainage has been constructed to ensure the construction site remains dry during the building phase which will begin very soon. Planning for the Langmeil site here in Tanunda continues, it just takes time – it will be worth the wait.

“Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.”

~ Unknown

# happiness

Welcome to all new residents and their families in the facility and the independent living units. If there is anything we can do to make things better please let us know by completing a Feedback form readily available.

*Lee Martin-21st March 2018*



## April

- 02 Gary Lungwitz
- 02 Victor Kroemer
- 03 Daphne Mott
- 07 Rodney Lomman
- 08 Margaret Spike
- 10 Colin Ladd
- 10 Roma Murrin
- 10 Esther Flinn
- 14 Glenys Greig
- 22 Vera Mader
- 22 Jenny Schubert
- 23 June Hansen
- 23 Holly O'Callaghan
- 27 Edna Kohlhagen
- 27 Olive Andriske
- 29 Stella Krieg
- 30 David Pfeiffer
- 30 Marjorie Abbott



# welcome

## INDEPENDENT RETIREMENT LIVING

### RESPITE

Lorna Noll  
Betty Holness

### PERMANENT

Christel Makai  
Irene Radlett  
Nancy Rodgers



### DEATHS

*Our deepest sympathy & thoughts  
Are with the families of*

Mr Eric Koch - 10th March  
Mr Raymond Mayberry - 11<sup>th</sup> March  
Mrs Phyllis Boehm - 11<sup>th</sup> March

*May they rest in peace....*



## INDEPENDENT RETIREMENT LIVING

**IRL Ladies' Get Together**  
**First Saturday 7th April**  
**1.30pm in the Cafe**

**Please bring small plate of food - afternoon tea**

**Enq: Margaret Spike 0481 255 041**

**Sunday, 22 April 2.00pm**

**"Reflections on the Easter Journey"**

**Soldiers Memorial Hall**

The locally based Barossa Valley Voices Choir presents a musical journey through the Easter season, featuring the Hill & Son Grand Organ

**Tickets: \$10**, available at the door from

The Good Seed Book Shop, [Tanunda](#) or

The Cottage, [47 Murray Street, Nuriootpa](#).



# PROFILE

## **BRIAN and INA HOLTHOUSE Independent Retirement Living**



**Ina and Brian moved to their comfortable unit in the  
35 Langmeil Road group in 2017, having happily settled after many years of travelling around Australia.  
Ina's name has been shortened from Wilhelmina, given at her birth in Holland.**

**Thank you, Brian and Ina for telling us your story.**

Ina was born in Holland in 1943. At that time Holland was a war torn country, suffering food shortages and other hardships. As a baby, Ina stayed for a while with friends in their country home where she enjoyed a much better and healthier lifestyle. But when it was time for Ina to return to her family, her adopted family didn't want to let her go, such was the lovely relationship that had developed.

Because she was only seven years old when migrating to Australia with her family, Ina has little memory of her homeland. On arrival at the Bathurst Migration Camp in NSW, Ina's father, like many others, tried to find employment, leaving her mother to cope with new surroundings. One incident Ina remembers is the time her mother encountered her first Huntsman spider, and with great trepidation she grabbed it with a tea towel! Eventually her father ended up working for Mrs Angas on Hill River Station outside Clare in South Australia, so Ina attended school at Clare Primary, cycling the two miles there and back, uphill and downhill, in all weather, with her elder brother.

Later, her father found work as a gardener at Norton Summit and the family lived at Hectorville. Whilst there Ina went to Wellington Road Primary and Norwood High schools. On leaving school she obtained work at Saverys in Rundle Street as a typist.

Brian was born in the Queen Victoria Hospital, Rose Park 78 years ago, five days before World War II was declared. His mother lost her first husband in a bicycle accident in Angaston. She had six children from this marriage. After marrying Brian's father she had two boys, Harold and Brian, Brian being the younger when he was born all the older children were already married.

Brian's father, Ernest worked for Colonial Mutual Life while his mother kept the home fires burning and cared for their two boys. Brian was educated at primary and secondary level at LeFevre School and whilst there took on a variety of after school jobs. When Ernest suffered a stroke and was unemployed, he took up sign writing, doing water colour signs for fruit shops and the like. Sadly, Ernest died when Brian was only 16. Brian and his mother then moved to Magill where they shared a house with his half-sister and her family.

Brian's first real job was as an apprentice Aircraft Sheet Metal Worker. He became competent in welding aluminium and stainless steel. Brian loved playing drums, and yearned for his own set. His father had forbidden any drums in the household, so now Brian was free to secure a cheap set of drums and took lessons. He heard of a new band locally and attended practice sessions at Hectorville Primary School, being picked up by the band's piano player, who then picked up the sax player from her home and her name was Ina! They played together in the band at Montacute Hall and at dances but never got to dance together due to their mutual love of and talent for music. Brian was a drummer for 50 years. During his apprenticeship, one of his teachers was Jimmy Reid who was one of Adelaide's top entertainers. He organised a job for Brian in the band on the opening night at the Finsbury Hotel where he gained experience in backing local and interstate artists for floor shows. Brian played at Hotel Finsbury for six years before joining a pool of the top musicians in Adelaide playing for balls and dances, then joining The Big Sound, a 14 piece Glen Miller style band, playing at various venues across Adelaide.



# PROFILE

*Continued*

Ina and Brian were married on Remembrance Day 11th November 1961 that's nearly 57 years ago! Their home for 28 years was at Parafield Gardens before building and moving on to Kapunda. But after ten years, Brian and Ina decided to sell up and tour around Australia in their caravan. They had many wonderful experiences travelling up the east coast as far as Cape Tribulation before settling down in Hervey Bay and back to playing in a Band there. Then after seven years, and with itchy feet, it was back on the road again! They spent three years travelling Australia from east to west and as far north as Tennant Creek. Each year in March they would return south to catch up with their family, staying seven to eight weeks at a time before returning in the winter months to idyllic Hervey Bay.



This roving, adventurous couple finally ended up at Nuriootpa. With increasing age it was time to think about their future and settling down. They chose Tanunda Lutheran Home for their retirement and are very happy with their unit, friendships made, the care and security provided in the way of maintenance and many other services, yet retaining their independence.



They have a son living at Nuriootpa, a daughter at Enfield and have been blessed with two grandchildren.

Ed.



**Brian and Ina (front) with family:**  
L-R: granddaughter Catherine; daughter-in-law Davina; son Grant; son-in-law Jason; daughter Karen; grandson Michael



## Easter Symbols

*What do they mean?*

**Easter Lily:** A bulb lies in the ground until it is time for it to shoot and grow into a beautiful flower. Easter lilies are a symbol of Jesus being dead and then rising again.



**Butterflies:** Butterflies are a symbol of new life because they come out of a dead looking shell, changed and beautiful.

## OPPORTUNITY SHOP

**ZION CHURCH HALL**  
85 Murray Street, Angaston

**Saturday 21st April 9.00am-4.00pm**  
**Sunday 22nd April 1.30pm-4.30pm**  
**Mon 23rd & Tues 24th: 9.00am-4.30pm**  
**Wednesday 25th: 1.00pm-4.30pm**



*Proceeds to*  
**Barossa**  
**Lutheran**  
**Community Care**

## EMPLOYEE OF THE MONTH AWARD

**Nominate one of our Dedicated Staff!!**

**OPEN TO EVERYBODY TO NOMINATE**

*(Volunteers, Residents, IRLs, Staff, Everybody!)*

**Please take time to nominate a Staff Member who deserves to be celebrated.**

### HOW?

- \* **Grab a 'Share your experience' form-** available in every area
- \* **Nominate the staff member and explain the reasons for the nomination**
- \* **Hand in form to Quality & Training Coordinator or place in the Feedback box or at Reception**

***It is that Simple !!***



**This award is designed to recognise outstanding Achievements of our staff who make this place a HOME and I urge you to take advantage of this opportunity to nominate someone Great today**

**Rachana Patel**  
Quality & Training Coordinator

### EASTER RAFFLE

*To support Residents of TLH*

**TICKETS: 3 for \$2.00 or \$1.00 each**

**Free: guess number of eggs in jar.**

Available at Reception during office hours

**Drawn : Thursday 29th March**



**A big thank you for donations from Haigs Chocolates, Staff, Family and Friends of TLH**

## Attention Volunteers

**ONE-OFF**

### Special Morning Tea

**ADVANCE NOTICE**

**MONDAY 14th MAY**

**10.00am in Social Centre**

***Volunteers are invited to this special morning tea with guest speakers***

**Come along for the fun time and catch up!**

## INDEPENDENT RETIREMENT LIVING SOCIAL AFTERNOON

Held in the Chapel Thursday 15th March 1.00pm

**Kym Huxtable, a member of the IRL at TLH, a ready volunteer, and secretary of the IRL Committee, and ex Firee of the Adelaide Metropolitan Fire Service for 28 years, was the guest speaker at the regular meeting. He was accompanied by Adrian Puust of the local CFS who brought a Fire Truck for all to inspect after the factual and informative talk.**



*Kym Huxtable, Adrian Puust*



**Bowie loved the fire truck**



Kym's father also worked for the MFS and Kym from the age of six was fascinated with fire trucks and all that went with them, and decided then and there to become a "Firie" when he grew up. They need lots of training and teams rely heavily on each other. Fireies are also called to road and industrial accidents. They give talks to schools on safe driving as they get tired of attending road crashes. They are involved in advising on safety, especially fire, on building designs and projects.

Fireies work long hours, wearing heavy and cumbersome protective clothing, often in extreme heat, in addition to the heat created by fires. Safety of crew members is number one priority, followed by people and buildings. Post Traumatic Stress Disorder can result from having witnessed and being involved in dealing with accidents, fatalities, destruction of homes, buildings etc. Adrian added to Kym's talk and included many additional aspects of life as Fireies today.

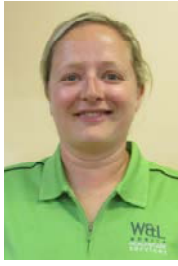
Kym retired soon after Adrian began as a Firie. There are 20 Metropolitan Fire Stations in the city and 16 Regional Fire Stations in the country. Kapunda has been operating for 25 years and Murray Bridge for 100 years. A new MFS truck costs nearly half a million dollars.

Oscar Joppich thanked Kym and Adrian. We then proceeded to have a look over the fire truck and were shown equipment and its uses in the event of a fire. Every Firie has to know where each item is kept on the truck and its use. Further experiences were offered by Kym and Adrian over a cuppa and biscuits.



*Irene Joppich*

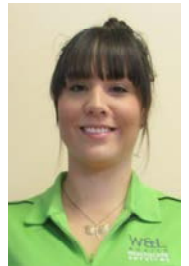




**W&L**  
WELLNESS & LIFESTYLES  
**AGED CARE**  
services

Allied Health Department  
Tanunda Lutheran Home  
27 Bridge St  
Tanunda SA 5352  
Ph: 8563 7739  
Fax: 0885633744

# Wellness & Lifestyles



Emily

Jo

## INTRODUCTION TO PILATES

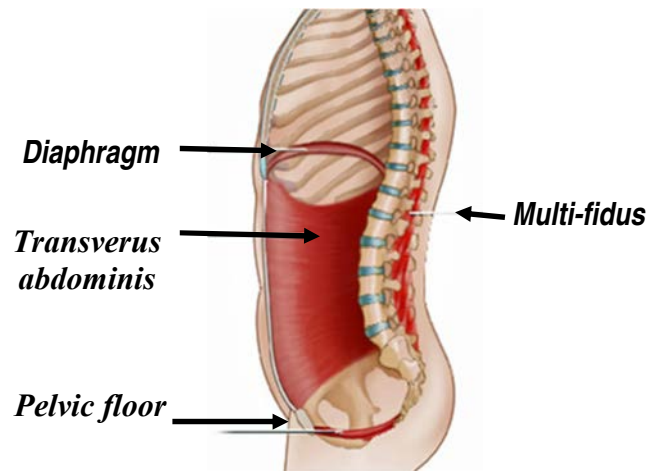
Our physiotherapists, Emily and Jo, have had further training post-University in Clinical Pilates. If you are interested in learning some Pilates-based exercises, the girls are more than happy to see you in the Private Clinic to guide you through and ensure you are performing them correctly.

We have a Beginner's Pilates Exercise Booklet available too.

Pilates evolves around the transversus abdominus (TA), which is one of our deepest abdominal/inner stomach muscles and is the key to just about every movement we make. These muscles corset the waist and support the hips, pelvis and spine, which play a powerful role in stabilising and supporting our bodies.

The aim of Pilates is to develop strong core postural muscles as well as offer you the opportunity to achieve:

- ◆ Improved deep abdominal and pelvic floor tone
- ◆ Improved posture and core stability
- ◆ Less back pain/neck pain/pelvic pain
- ◆ Injury prevention (safe and efficient movement)
- ◆ Easier, more efficient movement
- ◆ Improved flexibility
- ◆ Balance
- ◆ Improved sense of wellbeing
- ◆ Reduced stress



**All exercises are low impact and performed mainly on a floor mat or even on your mattress/bed.**

**WARNING:** If you have a medical condition, please check with your physiotherapist or doctor before commencing any of the exercises in the program.

Should you find any discomfort or pain with any of the exercises during the program please stop and consult your physiotherapist before continuing.

### Finding Neutral Spine

Start by lying on your back with knees bent, arms by your sides. To find neutral spine, arch and flatten your back (see below) beginning with a big range of movement and then gradually decrease the range until you feel the low back is in a mid-position. Your lumbar spine should be neither arched up, nor flattened against the floor, but aligned normally with a small gap between the floor and your back. This is the 'neutral' lumbar spine position.



*Neutral*

## Abdominal Exercise

Once in the neutral position, try to draw the belly button into your spine, towards the floor. This means you are gently squeezing the air out of your lungs and contracting your TA at the same time (if you think about a full squeeze being level 10; level 3 is all you need to achieve a good TA muscle contraction). Aim to hold this position for 8-10 seconds and then relax.



*Joseph Hubertus Pilates was the man who originally created Pilates through publishing his book in 1945. He was an avid sportsman, into body-building, wrestling, yoga, gymnastics, martial arts, boxing, skiing, and diving.*

### Abdominal Bracing



*From Emily and Jo 😊*



**Tanunda Lutheran Home Inc.**  
Enriching the lives of our older people

## PODIATRY SERVICES

Did you know.....

Podiatry Services are available at  
Tanunda Lutheran Home with Government Funding.

Initial appointment \$20  
Subsequent appointments \$15

Contact My Aged Care for a referral for this service on

**1800 200 422**

Or go to [www.myagedcare.gov.au](http://www.myagedcare.gov.au)





**Lee Martin**



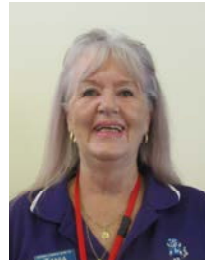
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# Volunteers' Morning Tea

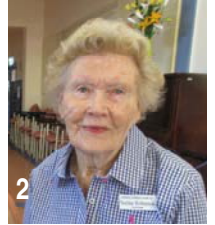
Very many thanks to newly appointed Lifestyle & Volunteer Coordinator Tania Miller for the monthly Morning Tea on 6th March.

The friendly gathering of TLH Volunteers enjoyed catching up with one other, meeting new volunteers and demolishing the delicious sandwiches, savouries and sweets supplied by Kitchen staff. Eunice Schuster celebrated her birthday and all joined in singing Happy Birthday. Thank you one and all for a pleasant get together.

Hoping to see you all once again and some new faces as well on Tuesday 3rd April in the Social Centre.



**Tania Miller**



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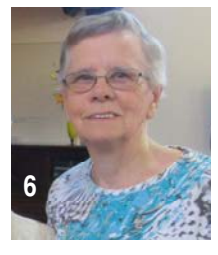
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4



5



6



7



8



9



10

1. Joan Minge 2. Norma Robinson 3. Ivy Parr, Tennille Doecke, Jan Schupelius 4. Trevor & Melva Ratsch, Len Gerschwitz 5. Ken & Eunice Schuster 6. Janice Fechner 7. Rhonda Klemm, Dorcas Kernich 8. Anne Tschärke, Jan Preuss 9. Irene & Oscar Joppich 10. Ira Zeunert, Margaret Seeliger

## Welcome New Staff



**Erin Bussenschutt**  
Carer



**Pauline Andala**  
Carer



**Rachana Patel**  
Quality & Training  
Coordinator



**Thomas Kamau**  
EN

# ANZAC DAY



*Wednesday 25th April 2018*

*Lest We Forget*



Keep saving those used postage stamps.  
Simply cut used stamps from envelopes,  
allowing a one cm border

***There are receptacles for used  
stamps at  
Protea desk and Reception***

**MANY THANKS TO THOSE WHO  
HAVE HANDED IN STAMPS**

## TRAVEL TALK

***No Travel Partner? No worries!***

### **New Zealand Coach Touring**

Experience the best of New Zealand on coach tours designed for those who travel solo, but want the convenience, company and value of travelling in a group.

#### **NO SINGLE SUPPLEMENT**

#### **GUARANTEED SINGLE ROOM**

#### **16 DAYS HIGHLIGHTS TOUR COVERING THE NORTH AND SOUTH ISLAND OF NEW ZEALAND**

*Departures in 2018 and 2019*

#### **11 DAYS ULTIMATE SOLO TRAVELLERS TOUR OF THE SOUTH ISLAND**

*Departures in 2018 and 2019*

Travel in style with a small group aboard the Ultimate Coach featuring 20 luxury leather seats, panoramic viewing and a level of comfort unparalleled by any other vehicle. Introductory dinner and welcome drink on the first night. Daily seat rotation meaning you get to know everyone on the tour. Reserved seating at restaurants so you never have to dine by yourself. The convenience, company and value of group travel + much more!

#### **Make new friends:**

Experience the best of NZ on fun filled tours specifically designed for those who find themselves travelling solo for whatever reason, but want the comfort, ease and companionship of group travel. Experience the Otago Peninsula to Larnach Castle where you hear of the tragic and scandalous history on a guided tour. Enjoy time to wander around this Garden of International Significance followed by a delicious Devonshire Tea.

Ride on the famous TranzAlpine, renowned as one of the great train journeys of the world. View rivers and valleys as you travel through the Waimakariri Basin, over massive viaducts and through the patchwork farmlands of the Canterbury Plains to the elegant city of Christchurch.

#### **Would you like to know more details?**

Please call Carolyn at  
**Clarke & Turner Travel Associates,**  
Tanunda for dates and prices  
Phone: 8563 0988

**Our Experience Counts**

CLARKE & TURNER  
**TRAVEL**  
ASSOCIATES

Ph 08 8563 0988  
39 Murray Street, Tanunda  
[travel-associates.com.au/clarke](http://travel-associates.com.au/clarke)

## THE TLH SINGERS

Ruth Rathjen



We, the TLH Singers have been singing together for some months now. We have sung at some gatherings in the Social Centre, Strawberry Fete, and at a Chapel service. But this time we sang three songs during the lunch meal time in Protea and Waratah. This we called our first "Pop-up" adventure. We enjoyed singing and it was a pleasure to see that some of the Residents joined in too.

*So you never know where we might "Pop-up" next time!*

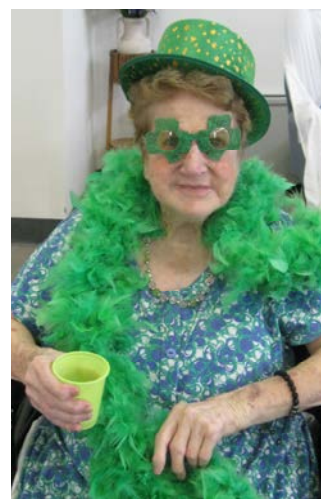


Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. That's HOPE.

Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella. That's FAITH.



## St Patrick's Day

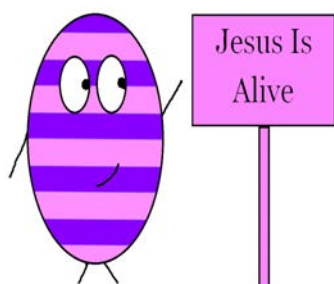


Lots of fun and lots of green was seen around the Home on St Patrick's Day  
Sharing in the fun were (clockwise)  
Esther, Leprechaun, Lorraine, Myra, Mavis, Robin, Margaret and Judy

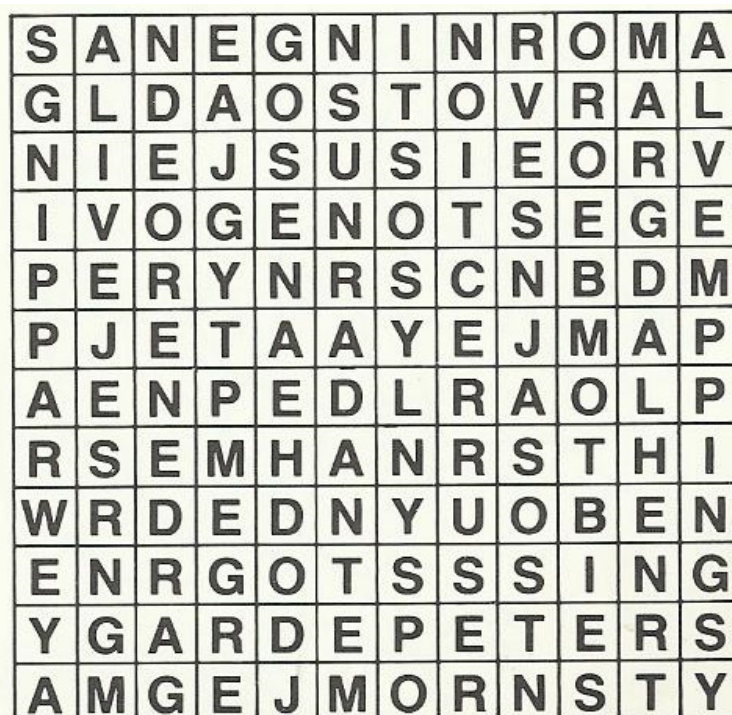
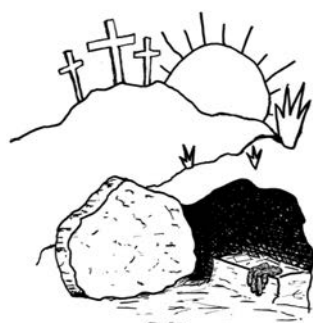


## Palm Sunday

**DISCIPLES**  
**YOUNG**  
**STREET**  
**LED**  
**BEHIND**  
**OLIVES**  
**DONKEY**  
**PEOPLE**  
**CLOTHES**  
**SHOUTING**  
**JERUSALEM**  
**WHY**  
**ASKED**  
**SPREAD**  
**NAME**  
**AHEAD**  
**LORD**  
**JESUS**  
**BRANCHES**  
**GOD**  
**VILLAGE**  
**FOUND**



**ALIVE**  
**ANGELS**  
**EASTER**  
**EMPTY**  
**GARDENER**  
**JESUS**  
**JOHN**  
**MAGDALENE**  
**MARY**  
**MORNING**  
**PETER**  
**RESURRECTION**  
**STONE**  
**SUNDAY**  
**TOMB**



# Volunteer News

**Hi everyone !**

Thank you to everyone who has been signing in and out when volunteering here at TLH. We like to make sure that you are all looked after and signing in & out means we can make sure you are safe in the event of an emergency.

**WE NEED YOU !**

Volunteers are needed for the café on  
Mondays & Fridays

Also we are looking for volunteers for  
Acacia ,with activities and individual visits.

If you can help out please  
come and see me any time.

*Tania ( Lifestyle )*

Volunteering is  
a work of heart



**HAVE YOU REMEMBERED TO  
SIGN IN & OUT?**

Please come along and join us for  
**Morning Tea**

on Tuesday 3rd April  
10.30am in the  
Social Centre.

*We hope to see you there!!*



**Happy Birthday**

**To all of our wonderful  
Volunteers**

**for the month of April!**





??? MYSTERY ???

**BUS TRIP**

**Thursday  
19th April**



### Sunday 1st — Easter Sunday

10.30 Worship Service

Chapel

### Monday 2nd — Easter Monday —

**Public Holiday**

1.15 Bingo

Waratah

### Tuesday 3rd

10.00 Individual Visits

TLH

10.00 Knitting Group \ Craft

Protea

10.45 Physical activity

ABG

11.00 Exercises with the Physio

Chapel

1.15 Men's Group

The Shed

1.15 Bingo

Waratah

2.00 Exercises and Walking Group

ABG

### Wednesday 4th

10.00 Individual Visits

TLH

10.30 Bible Insights

Chapel

10.45 Individual Visits

ABG

1.15 Rap Ball

Chapel

1.45 Exercises with the physio

ABG

3.30 Walking Group

ABG

### Thursday 5th

10.00 Individual Visits

TLH

10.45 Physical activity

ABG

11.00 Exercises with the Physio

Chapel

1.15 Arm Chair Travel

Chapel

1.15 Memory Game

ABG

2.00 Exercises

ABG

3.30 Walking Group

ABG

### Friday 6th

10.00 Individual Visits

TLH

10.00 Exercises with the Physio

ABG

10.30 Wisdom of The Elders

Chapel

1.15 Bowls with Happy Hour

Chapel

1.15 Social time and Happy Hour

ABG

2.30 Art and Craft with Karen

ABG

3.00 Exercises and Walking Group

ABG

**PLEASE NOTE  
ALL LIFESTYLE PROGRAMS  
MAY BE SUBJECT TO CHANGE**

**Saturday 7th**

2.00 Movie — Resident's Choice

**Sunday 8th**

10.30 Worship service **Chapel**

**Monday 9th**

10.00 Individual Visits **TLH**  
 10.15 Hymn Singing **Chapel**  
 11.00 Individual Visits **ABG**  
 11.00 Worship service **Acacia Lounge**  
 1.15 Social Bingo **Waratah**  
 2.00 Bingo and Picture Bingo **ABG**  
 3.00 Exercises and Walking Group **ABG**

**Tuesday 10th**

10.00 Individual Visits **TLH**  
 10.00 Knitting Group \ Craft **Protea**  
 10.45 Physical activity **ABG**  
 11.00 Exercises with the Physio **Chapel**  
 1.15 Men's Group **The Shed**  
 1.15 Bingo **Waratah**  
 3.00 Exercises and Walking Group **ABG**

**Wednesday 11th**

10.00 Individual Visits **TLH**  
 10.30 Bible Insights **Chapel**  
 10.30 Physical activity **ABG**  
 1.15 Sing Along with Garry **Chapel**  
 1.30 Exercises with the physio **ABG**  
 3.00 Walking Group **ABG**

**Thursday 12th**

10.00 Individual Visits **TLH**  
 10.45 Physical activity **ABG**  
 11.00 Exercises with the physio **Chapel**  
 1.15 Volley Ball **Chapel**  
 2.30 Sing along with Doug **ABG**  
 3.30 Exercises and walking group **ABG**

**Friday 13th**

10.00 Individual Visits **TLH**  
 10.00 Exercises with Physio **ABG**  
 10.30 Wisdom of The Elders **Chapel**  
 1.15 Bowls with Happy Hour **Chapel**  
 1.30 Social time and Happy Hour **ABG**  
 2.30 Art and Craft with Karen **ABG**  
 3.00 Exercises and Walking Group **ABG**

**Saturday 14th**

2.00 Movie

**Sunday 15th**

10.30 Worship Service **Chapel**

**Monday 16th**

10.00 Individual Visits **TLH**  
 10.15 Hymn Singing **Chapel**  
 11.00 Individual Visits **ABG**  
 11.00 Worship service **Acacia Lounge**  
 1.15 Social Bingo **Waratah**  
 2.00 Bingo and Picture Bingo **ABG**  
 3.00 Exercises and Walking Group **ABG**

**Tuesday 17th**

10.00 Individual Visits **TLH**  
 10.00 Knitting Group \ Craft **Protea**  
 10.45 Physical activity **ABG**  
 11.00 Exercises with the Physio **Chapel**  
 1.15 Men's Group **The Shed**  
 1.15 Bingo **Waratah**  
 3.00 Exercises and Walking Group **ABG**

**Wednesday 18th**

10.00 Individual Visits **TLH**  
 10.30 Bible Insights **Chapel**  
 10.30 Physical activity **ABG**  
 1.15 Valley Voices Choir with Lorraine Gregory **Chapel**  
 1.30 Exercises with physio **ABG**  
 3.00 Exercises and walking group **ABG**

**Thursday 19th**

10.00 Individual Visits **TLH**  
 10.45 Physical activity **ABG**  
 11.00 Exercises with the physio **Chapel**  
 1.00 Mystery Bus Trip **Waratah**  
 1.15 Arm Chair Travel  
 1.15 Memory Game  
 3.30 Exercises and Walking Group **ABG**

**REMEMBER** Afternoon Lifestyle  
 Programs may now commence at 1.15pm  
 Instead of 1.30pm unless stated.  
 Kind Regards, The Lifestyle Team.

**Friday 20th**

10.00 Individual Visits	TLH
10.30 Exercises with Physio	ABG
10.30 Wisdom of The Elders	Chapel
1.15 Bowls with Happy Hour	Chapel
1.15 Social time / Happy Hour	ABG
2.30 Art and craft with Karen	ABG
3.00 Exercises and Walking Group	ABG

**Saturday 21st**

2.00 Movie — Resident's Choice

**Sunday 22nd**

10.30 Worship Service with Holy Communion Chapel

**Monday 23rd**

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Individual Visits	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Waratah
2.00 Bingo and Picture Bingo	ABG
3.00 Exercises and Walking Group	ABG

**Tuesday 24th**

10.00 Individual Visits	TLH
10.00 Knitting Group \ Craft	Protea
11.00am ANZAC Day Service	Chapel
10.45 Physical activity	ABG
11.00 Exercises with the Physio	Physio Gym
1.15 Men's Group	The Shed
1.15 Bingo	Waratah
3.00 Exercises and Walking Group	ABG

**Wednesday 25th - Anzac Day - Public Holiday****Thursday 26th**

10.00 Individual Visits	TLH
10.45 Physical activity	ABG
11.00 Exercises with the physio	Chapel
1.15 George Davies and Piano Accordion	Chapel
1.15 Sing along with Doug	ABG
3.30 Exercises and walking group	ABG

**Friday 27th**

10.00 Individual Visits	TLH
10.30 Wisdom of the Elders	Chapel
1.15 High Tea Birthday Celebrations	Chapel
1.30 Social time and Happy Hour	ABG
2.30 Art and Craft with Karen	ABG
3.00 Exercises and walking group	ABG

**Saturday 28th**

2.00 Movie — Resident's Choice

**Sunday 29th**

10.30 Worship service with Holy Communion Chapel

**Monday 30th**

10.00 Individual Visits	TLH
10.15 Hymn Singing	Chapel
11.00 Individual Visits	ABG
11.00 Worship service	Acacia Lounge
1.15 Social Bingo	Waratah
2.00 Bingo and Picture Bingo	ABG
3.00 Exercises and Walking Group	ABG

## LEXOPHILIA

### WHO ON EARTH DREAMS THESE UP?

#### A lexophile of course!

- \* How does Moses make tea? Hebrews it.
- \* Venison for dinner again? Oh deer!
- \* A cartoonist was found dead in his home. Details are sketchy.
- \* I used to be a banker, but then I lost interest.
- \* Haunted French pancakes give me the crepes.
- \* England has no kidney bank, but it does have a Liverpool.
- \* I tried to catch some fog, but I mist.
- \* They told me I had type-A blood, but it was a Typo.