



Tanunda
Lutheran Home Inc.

TIT TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St Tanunda SA 5352

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- ★ Fax: (08) 8563 7799
- ★ Email: info@tlhome.com.au
- ★ Website: www.tlhome.com.au
- ★ Facebook: Tanunda Lutheran Home

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

JUNE 2020

*Lutheran
Church
of Australia*



Chaplain's Reflection



WHAT'S NEXT?

The pandemic has made for interesting conversations. We've all gathered dozens of little facts, shared with others to amuse, surprise, empathize and be horrified together. Yes, COVID-19 has given us something to talk about, especially as we can't talk about the footy. We've been given a topic of conversation whose theme is care, compassion, hoping for the best for people, a willingness to share resources and find solutions together, even a search for meaning. A truly humane conversation made possible by a virus. Who would have thought!

What is next? President Bill Clinton's strategist once said: "It's the economy, stupid!". And that's probably the next big conversation. We've survived. Now how do we get back to work? That's a question we ask on behalf of our families and communities who may be really worried. Who will carry us through an economic recovery is an interesting question.

In fact, it's worth reflecting now on how we've been carried through this already. We've been carried by each other. By our families. Our national and state leaders. By our professional carers, neighbours and community. By the wonderful medical people who talk to us every day on TV.

Our faith has carried us too: No matter what we've believed in – the goodness of people, human ingenuity, God, they've all come through. Nature has taken a bit of a battering: after all, nature produces flies and mozzies and viruses as well as cuddly things and beautiful sunsets. Nature hurts us and nature heals us, and so the conversation continues.

Go well,

Chaplain Ian.



HAPPY BIRTHDAY

JUNE



3 Rita Kernick

3 Daphne Nobes

5 Reta Nitschke



6 Beatrice Hueppauff

7 Enid Graetz

9 Dorcas Kernich

11 Ken Fyfe



12 Jennifer Thetford

16 Allen Loffler

17 Wilf Fechner

19 Alex Muir

22 Teresa O'Brien

22 Ruth Rathjen

24 Joan Haese

25 Trevor Frost

25 Gwen Smith

26 Jan Schupelius

27 Thelma Ziersch

27 Ella Larwood

30 Barbara White



welcome

Respite

Maxwell Ham

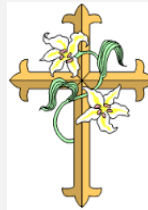
Colin Gramp

Permanent

Dudley Koch

Stephanka (Steph) Athanasov

Dudley Koch



DEATHS

*Our deepest sympathy
to the families of*

Lindsay Anderson 3rd May

Lita Schirmer 3rd May

Robin Lucas 8th May

Wendy Schiller 18th May

May they rest in

peace ...



TLH SHOPPING BUS



Departing approx. 9.30am - Return 11.30am

Wednesday

Temporarily Closed

Wednesday

Temporarily Closed

Wednesday

Temporarily Closed

Wednesday

Temporarily Closed

Please be at Reception by 9.15am For a cost of \$5.00

The **DEADLINE** for all:

News / Information / Stories - JULY 2020 edition is

Monday 22nd June 2020

Email: rachel.strudwick@tlhome.com.au

TIT TAT TEAM consists of many who put in the hard yards to make this amazing edition happen.

Lee Martin & Rachel Strudwick - TLH

Geoff Munzberg - TRL

And all who help deliver the Tit Tat throughout the Home, IRL & beyond.

Alone we can do so little, Together we
can do so much
-Helen Keller

Kim Hahn, People, Culture and Customer
Service Manager



Welcome to June everyone, the month certainly looks to be a more positive month than the last few previous months., due to the success of the COVID-19 restrictions, confirmed cases of COVID-19 have reduced to nil and the roadmap for easing restrictions has commenced allowing South Australians to enjoy things such as restaurants, cafes, pubs and wineries, cinemas, theatres, galleries and museums, beauty salons, nail salons, tattoos, massage, gyms and indoor fitness provided they comply with the requirement of 1 person per four square metres and other COVID-19 requirements.

Please note that whilst restrictions are easing, we maintain a strict visitor policy that includes pre-booking your visit with a Resident and providing evidence that you have received the influenza vaccination prior to entering.

Whilst the previous month was difficult in many ways there were definite positive highlights for us at TLH such as ;

- The special high tea with our wheelie bin friends and residents, hosted by Lee.
- Receiving over 100 letters from community members to our Residents.
- Our staff dress up days that have included themes like Disney, Hawaii, Formal and the 80's.
- The celebration of National Volunteer week during the 18th-24th May 2020 where we sent over 100 thank you cards with gifts of magnets, poppy seeds and a café vouchers to our volunteers.
- Our Nurses received flowers in gratitude for all that they do, on International Nurses Day on the 12th May 2020.
- The social and wellness committee provided the staff with weekly treats of recognition like lollies, donuts, cupcakes, healthy snacks, cookies, lucky dips and party bags.

We would like to express our appreciation of the Federal Governments acknowledgment with the increased expense Residential Care Homes have experienced in meeting the requirements of COVID-19 and their commitment to providing funding relief that will assist in meeting some of our increased COVID-19 expenses.

We all hope that each of our Residents are doing well during the restricted visitor time, our Café is now re-open, we encourage you to pop in for a take away coffee or meal.

Please remember if there is someone in particular you are missing, want to visit you or want to speak with our staff can help arrange this through one of our many ways to help you keep in touch.

Take care, thank you for all of your support

Kim



Tanunda
Lutheran Home Inc.



News from Kim & Steph

(People, Culture & Customer Service Manager
and the Quality & Training Officer)

DEPARTMENT OF HEALTH

As at **3:00pm on 17 May 2020**, a total of 7,045 cases of COVID-19 have been reported in Australia, including 98 deaths and 6,367 have been reported as recovered from COVID-19.

- Over the past week, there has been an average of 15 new cases reported nationally each day. Of the newly reported cases, the majority have been from Victoria.
- Of cases with a reported place of acquisition, 62.1% have recent international travel history, including over 1,300 cases associated with cruise ships.
- The overall proportion of cases under investigation in each state and territory is relatively low, indicating that public health actions, including case identification and contact tracing, is occurring in a timely manner.
- To date, over 1,042,000 tests have been conducted nationally. Of those tests conducted 0.7% have been positive.

CASES IN AGED CARE SERVICES

Confirmed Cases	Australia	ACT	NSW	NT	Qld	SA	Tas	Vic	WA
Residential Care Recipients	64 [22] (26)	0	61 [22] (24)	0	1 (1)	0	1 (1)	1	0
In Home Care Recipients	31 [25] (3)	0	13 [13]	0	8 [7]	1 [1]	5 [1] (2)	3 [3]	1 (1)
Cases in care recipients [recovered] (deaths)									

The 'cases in aged care services' table presents the number of cases that have been reported among care recipients in Australian Government subsidised Residential and In Home Care settings in each state and territory.

Source: health.gov.au ~ 18/05/2020

AGED CARE VISITOR ACCESS CODE

An [Industry Code for Visiting Residential Aged Care Homes during COVID-19](#) has been released by aged care peak bodies and consumer advocacy organisations.

The Code creates a nationally consistent approach that ensures residents can receive visitors while minimising the risk of spreading COVID-19. The Code was finalised after public consultation with consumers and aged care providers.

The Code includes the respective rights and responsibilities of providers, residents and visitors. It also outlines that residential aged care services should allow residents to meet their visitors in a way that minimises the risk of COVID-19 being introduced or spread within a residential facility.

Source: Department of Health Email ~ 12/05/2020

TLH has considered the code, risk to our residents & staff and communicated to all Residents, representatives and Staff our visitor procedure, this includes pre-booking visitors.

NEW Royal Commission: inquiry into impact of COVID-19

The Royal Commission has issued a further statement about the scope of their inquiry into the impact of COVID-19 on the aged care sector.

- They will inquire into the measures put in place to protect older Australians, their families and those employed in aged care.
- They will consider how best to react to such events in the future while balancing the need for safety and wellbeing for all.
- They will look at how residential care facilities which have experienced an outbreak have responded and what more could have been done to support them.
- They will inquire into how home care providers and other facilities avoided an outbreak and seek ideas about how to manage future pandemics.
- They reiterate their focus will be on lessons learnt and not to find fault or apportion blame.

Source: LASA email ~ 18/05/2020

HOME CONTINUOUS IMPROVEMENT UPDATE

- TLH now have a visitor registration station at the reception entrance on Bridge Street, this is to ensure all visitors have had their flu vaccinations for 2020 before entering our home and visiting residents.
- Cleaning shifts increased to ensure we are providing increased reduction of infection risk for residents, staff and visitors who enter TLH.
- Majority of Department Leaders attended a COVID-19 Managing an Outbreak webinar on 8th May 2020.
- All staff are currently undergoing Personal Protective Equipment (PPE) training, for correct donning & doffing procedures. This training also includes a practical hand hygiene test using glow-bug gel.
- A Staff continue to complete COVID19 training as the Department of Health provides new courses.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During April we received complaints about Residents Care (7) Food (5) other (1) Customer Service (2) Wellbeing (1) and have worked with the comment maker in resolving the concern to the comment makers satisfaction.

Also during April we received compliments about Residents Care (8) Food (12) Other (2) Staff (10) Customer Service (7) Maintenance (1) Wellbeing (1) and a total of seven (7) suggestions. We really value this feedback and thank you for taking the time to communicate your thoughts, opinions and experiences with us.

Wishing you a Safe and Happy Month

Kim & Steph
19th May 2020





Do you have a concern?

You can do something about it.
If you have a concern or feedback
about the aged care you or someone
else is receiving, you can talk to us.

1800 951 822
agedcarequality.gov.au

We encourage you to raise concerns with your service provider first. Your local contact within this service is:

Kim Hahn - People, Culture & Customer Service Manager
08 8563 7752 or kim.hahn@tlhome.com.au

Cherie Cheyne - Chief Finance Officer
08 8563 7768 or cherie.cheyne@tlhome.com.au

Lee Martin - Chief Executive Officer
08 8563 7733 or lee.martin@tlhome.com.au

If you can't resolve your concern with your service provider, you can contact the Aged Care Quality and Safety Commission

- Anyone can lodge a concern
- It is free
- You can be anonymous or confidential
- You can also give us feedback about the care you or someone else is receiving to help us when we check a service against quality standards
- Call us on 1800 951 822 or visit agedcarequality.gov.au for more information



Phone
1800 951 822



Web
agedcarequality.gov.au



Write
Aged Care Quality and Safety Commission
GPO Box 9819, In Your Capital City

Tanunda Lutheran Home supports your right to share compliments, suggestions, concerns or make a complaint.

- ◆ We welcome feedback and complaints as part of our commitment to provide a high-quality service.
- ◆ Tell us what we're doing well. We appreciate hearing from you.
- ◆ If you have a concern, we also want to hear from you.
- ◆ We understand the importance of resolving matters promptly within our service and aim to provide a welcoming environment for you to raise a concern or a complaint.
- ◆ We value open and timely communication. It benefits our ongoing relationship with you. We will work with you to address concerns and resolve issues.



Share Your Experience

Share Your Experience



You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged care Advocacy line on 1800 700 600. If you are deaf or have a hearing or speech impairment: call 1800 555 677 (National Relay Service) and ask for 1800 951 822.

If you need an interpreter: call 131450 (Translation and interpreting service) and ask for 1800 951 822 if you don't want to raise your concern with management.

For any Feedback – Comment / Complaint or Compliment complete the Share your Experience form located all around the facility, or alternatively direct your feedback to one of the key personnel:

Customer Service - Kim Hahn

Executive People, Culture & Customer Service Manager

(Including Catering, kim.hahn@tlhome.com.au or Ph: 8563 7752

Food Service

WHS, Maintenance)

Clinical and Care - Lee Martin

Chief Executive Officer

(including Allied Health lee.martin@tlhome.com.au or Ph: 8563 7733

& Lifestyle)

Financial - Cherie Cheyne

Executive Chief Finance Officer

(Accommodation & cherie.cheyne@tlhome.com.au or Ph: 8563 7768

Fees/Bonds)

Staff News

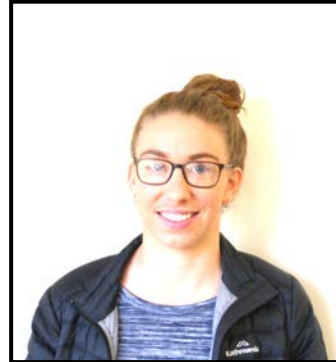
Please give a warm welcome to our new staff members



Anish Appukuttan
Carer



Moses Kogei
Carer



Amy Fisher
Enrolled Nurse



Adel Brewer
Hospitality



Emma-Rose Strudwick
Administration



Shaedell Cowley
Administration

Congratulations

Employee of the Month

April

Lynda Szymczak
Carer



**OFFICE USE ONLY**Date Received by Dept Manager / Delegate: _____ Verbal Feedback? ☐

Initial action by Department Manager: _____ Date: _____

Staff Name: _____ Sign: _____

(Return to Quality & Training Coordinator for further action)

Action taken by Manager / Delegate: _____

Follow up action if any: _____

All parties involved informed of results? YES / NO

☐ Phone call☐ letter☐ In Person

Manager / Delegate Sign: _____ Date: _____

Added to Trends Data? ☐**Tanunda**
Lutheran Home Inc.27 Bridge Street
TANUNDA SA 5352

Share Your Experience



Resident **Relative** **Staff** **Other** *(Please circle one)*

Other *(Please circle one)*

JUNE 2020



TLH are very aware that some of the residents and staff have been feeling rather isolated during the COVID-19 pandemic and thought that we would participate in the “Bin Isolation Challenge’ ; but in a very different way. Instead of dressing up to take the bins out we thought we would dress up and invite the bins in for a lovely afternoon tea. Invitations went out to a very small select group of residents across the home to join in the festivities. Lee Martin gave a “Wheelie” good speech and the residents enjoyed some beautiful food, a drink and a laugh.

Mr Lee Martin’s Speech ;

Welcome to the Tanunda Lutheran Home wheelie bin challenge. I would like to welcome you Ladies and Gentlemen and our Wheelie Bin Friends.



Welcome to our Wheelie Bin High Tea

prepared by our wheelie great Hotel Services Staff from Tanunda Lutheran Home.

Over the past weeks its bin a wheelie testing time dealing with the COVID-19 Pandemic. Tanunda Lutheran Home has bin wheelie lucky to have had no positive cases and we have bin able to maintain our wheelie good sense of humour.

It is great to have our wheelie bins as our wheelie special guests today. You have bin wheelie well prepared by Belinda who is unable to wheelie be here.

We recognise that we all produce a lot of rubbish and our wheelie bins sometimes overflow and then have to stand on the side of the road once a week waiting for the wheelie big truck to empty the rubbish bin before being wheeled back in. To the guys who take out the bins and bring them back in, we wheelie thank you.

Please enjoy the wheelie nice food wheelie well presented by the catering team.

To all our special guests, thanks for taking a wheelie great effort to get wheelie dressed up and enjoy this wheelie special occasion.



QUESTION ?

How many times did Lee say
Wheelie in his speech?



MEET *Graham and Kathy Maas*



Graham and Kathy Maas are no strangers to the Tanunda Lutheran Home community. Graham was Chaplain at TLH for 14 years - from 1997 until 2011, and Kathy was actively involved as a volunteer during that time.

Graham and Kathy have been TRL residents since January 2019. Graham's life began in Brisbane and Kathy's in Hungary -a world apart!

Graham was born in Brisbane in 1946, the second of five children to Herb and Elsie Maas. His Dad was a trucking contractor working on the southern side of Brisbane in the area that is now Logan City. Graham and his siblings attended the Kingston and Waterford Primary Schools. He then attended St. Peter's Lutheran College, Brisbane, as a weekly boarder. He studied languages - English, Latin,

Greek and German - along with Mathematics and History in a special course for young men interested in studying for the Lutheran ministry in Adelaide. One of the hardest challenges for him was learning slabs of vocabulary for each of the languages.

Graham then moved to Adelaide in 1967 to attend Immanuel Seminary, and then Luther Seminary in 1968, following the amalgamation of the two Lutheran Churches in Australia in 1966. This was an exciting time, despite the fact that his Seminary course was for 6 years. He did his year of vicarage in 1971 at St. Michael's, Hahndorf, with Pastor Gordon Mibus. During that time he was used as a pastor in that busy parish which at that time consisted of congregations in Hahndorf, Mt. Barker and Bridgewater. Graham graduated in 1972 in a class of 9 graduates, and was ordained in his home congregation at Bethania, Queensland on 14th January 1973.

In 1970 Graham took a classmate to the The Queen Elizabeth Hospital Renal Unit, and it was there that he met Kathy Glatz, one of the Dialysis Team - and Graham says that the rest is history! Graham and Kathy married in 1972. Kathy was the bread-winner for Graham's final year at Seminary - they enjoyed their first year of marriage living in a tiny Seminary flat in North Adelaide.

Graham's first parish was Mackay, North Queensland, where he and Kathy spent 5 wonderful years. Then in 1978 they moved to the South Ipswich Parish in Queensland, where again they were very busy, and saw the commencement of a Lutheran primary school. From 1984 until 1993 they served in the Bordertown Parish in S.A. Graham and Kathy moved to the Angaston Parish in 1994.

Graham says that nothing prepared him for his next call - as Chaplain at Tanunda Lutheran Home - where he served from 1997 until 2011. These years went quickly and were the most challenging and rewarding of his life. Highlights for him during that time were going through the first aged care accreditation for TLH, building ABG in 2001, the visit of HRH Queen Elizabeth in 2002, planning for the new Chapel during 2008, the growth of the independent living units around the Barossa - and above all the opportunity to provide spiritual care for staff and residents. In 2011 it was time to retire, finding time for gardening, travel, keeping active and now volunteering at TLH.



Kathy was born in Hungary in 1946, the daughter of Nandor and Marta Glatz. Her early childhood years were in very troubled times in Hungary, which caused her father to migrate to South Australia in 1948 because of the political situation in post-war Hungary.

Kathy and her mother left Hungary during the 1956 uprising. They spent several months in a refugee camp near Linz in Austria, before boarding the migrant ship "Fairsea" in Italy, bound for Australia. Her first sight of Australia, as a 10 year-old child was in February 1957 in Melbourne. They were re-united with Nandor - a very happy reunion after so many years!

Kathy's family lived in rented rooms while she attended Black Forest and Parkside Primary Schools. Her parents were finally able to build a house in Mitchell Park. She attended Marion High School gaining Leaving Honours.

Kathy spent 2 years at Flinders University doing science - but she decided that was not for her. Following that she became a Haemodialysis Technician at The Queen Elizabeth Hospital - this was one of the first to treat renal patients and perform kidney transplants in Australia. Exciting times, but exhausting as well with many long shift work hours - but of course, enough time to meet Graham!

Some of Kathy's growing-up years in Adelaide were spent at the Hungarian Club, learning needlework and Hungarian dances. She was involved with the Hungarian choir which performed at the Club and in venues in Adelaide. She remembers dancing at many Festival of Arts events and at the old Sound Shell in Elder Park, and at Rymill Park on a specially constructed stage on the lake—those were the days! Her sporting activities included high school hockey and basketball out of school hours.

Kathy worked until the end of 1972 - Graham's final year at Seminary. Then next stage of her life began in 1973 as a very new Pastor's wife in their first parish. This was a steep learning curve with challenging times, but with many wonderful experiences for both of them.

Kathy says that their last "parish" at Tanunda Lutheran Home has been a very rewarding time. It has been a privilege and joy for her to be able to help Graham and serve as a volunteer for 15 years. She says that it would be interesting to know how many kilometres she has travelled pushing wheel chairs during all those years! Kathy is still volunteering in the TLH Library and Chapel.

Graham and Kathy moved to TRL in Bridge Street in 2019 from the home in Second Avenue in which they lived for 21 years. Graham dedicated the two units in Bridge Street in 2011 - he says that he already then liked the design, style and location of those units. They are looking forward to the next stages in their lives as TRL residents, knowing that their time there will be a joy and blessing.



Kathy and her mother, just before leaving to come to Australia. The only possessions that they brought with them were in the bags they are carrying. Kathy's mother told her to wear all of the clothes possible because that was all that they could take with them.

Compiled from notes supplied by Graham and Kathy - Thank you

ISOLATION FRIENDS

How have you managed to not go crazy in isolation? I think I did OK - but looking back - I wonder?

One can go crazy just looking at four walls with no one to talk to for a long time, so we have to appreciate what we have.

I've actually been talking to the microwave and the toaster who were having a heated discussion with the oven who agreed things were getting hot.

Did I mention the washing machine? She puts a different spin on things, but not to the 'fridge, as he is acting cold and distant.

The vacuum cleaner believes we should just suck it all up - but the lamp had some enlightening views - unlike the toilet who thinks it's all just gone down the drain.

But in the end it was the iron that straightened me out and said everything was smooth, as no situation was that pressing!

A good thing the car was in the garage, because she would have driven me round the bend! So now I'm back to normal - whatever normal is! Glad to hear you all made it OK!



Submitted by Betty Kohlhagen - adapted from an article from the "Jamestown Journal"



Courtyard Cafe is back

Drop in and say *hello* to Shu & the café team

Say *Thank you* by showing your support and remember to follow the strict COVID-19 guidelines..

Wash your hands before & after ...

Outside dining only ...

Social distancing at all times ...

Choc chip cookie





**Tanunda
Lutheran Home Inc.**

Enriching the lives of our older people



TLH would like to
say



“Thank You”

to all the amazing
volunteers.

NATIONAL 18-24 MAY 2020 VOLUNTEER WEEK

CHANGING COMMUNITIES.
CHANGING LIVES.





"Enjoying life with fun & friends"

What is the Barossa Club?



- ♦ Barossa Club is a social support group funded by the Commonwealth Home Support Program (CHSP).
- ♦ Barossa Club is available for people from 65 years, living in the local community, who live independently in their home within the Barossa Valley region, including Independent Retirement Living.
- ♦ A referral (individuals meeting the criteria) from My Aged Care is required to attend Barossa Club.
- ♦ All that is needed is a simple telephone call to My Aged Care on 1800 200 422 or alternatively visit the My Aged Care website.
- ♦ The very helpful My Aged Care staff will explain all that is required and are happy to answer any questions that you may have.
- ♦ The opening times for Barossa Club are Monday to Friday 9.00am to 3.00pm and closed on weekends and public holidays.
- ♦ A delicious two course lunch meal prepared by the wonderful TLH Catering Team is available to enjoy in Barossa Club and the cost is \$7.00.
- ♦ A bus service for pick up and drop off to your door if you live in Tanunda, Angaston or Nuriootpa is available for \$5.80 (Concession Rate).
- ♦ A variety of activities are offered in the morning and afternoon, including social time during morning and afternoon tea.



Wheel of Fortune



Connect Four



Playing Cards



Tai Chi



**Please feel free to contact
Tania Miller on 8563 7729 if you would
like to know more or would like to make
a time to have a chat.**

*Barossa Club - Fun, Games,
Food, Friends & Memories....*





Throw back to the 70's

A little hairier than the norm ..



COVID-19 ISO where anything can happen



BAROSSA CLUB

"Enjoying life with fun & friends"



Ever wondered
what the staff get
up too when no-
ones around ..?
Hahahaaa





*Colour in your master piece ..
Be creative and colourful*

Residential Aged Care Residents

Happy Mother's Day



May 2020



We are looking for.....

The lifestyle department are looking for donations of large glass jars or bowls to make some terrariums with the residents. The jars need to be big enough to be able to put your hand in and hold several small plants. We are also happy to accept any plants and soil etc. that are suitable for terrariums. - Thank you!



To the winners of the someone Special pen pal initiative.



**Kallen & Kienan Hore
Adel Hampel
Stepping Stone Childcare**



Thank you to everyone who sent in letters. We received over 100 letter from the community. This well exceeded our expectations.



STAYING CONNECTED USING TECHNOLOGY

Did you know there are many ways you can stay connected to your family at this time?

Writing a letter or making a phone call are both fantastic options. We also have Facetime, Skype and Zoom available. (these are programs that can be used to see the person you are talking to.) If you would like to utilize these technologies we ask that you arrange an appointment time with the staff. By contacting reception or lifestyle.

We would like to **thank you** for their patience and kind thoughts during these trying times.



VOLUNTEER NEWS

Volunteers Morning Tea

Please note that the appreciation Morning Teas have been postponed until further notice.

TLH would like to thank all of our hard working volunteers and understand this may be a difficult time for your all.



Hopefully we will see you all again in the very near future.

Influenza Vaccination



From 1 May, you must have your influenza vaccination in order to visit an aged care facility.



Police Clearances

Letters have now gone out to volunteers that are due to have their police clearance renewed.

If you need help with this process please contact Belinda on 8563 7775 - email: Belinda.treloar@tlhome.com.au

Happy Birthday

To all of our wonderful Volunteers
for the month of

JUNE

Monday 1st

11.00 Worship Service	Acacia Lounge
11.00 Sing along	TLH
1.30 Social Bingo	Protea / Trinity
2.00 Bingo	Grevillea Lounge
3.30 Individual Walks	Leaving from Acacia

Tuesday 2nd

10.30 Moovers & Groovers	Chapel
Protea / TC1	
10.30 Knit & Natter	ABG
1.30 Water Ping Pong	Protea Lounge
1.30 Trivia	Waratah
1.30 Men's Group	Men's Shed
3.30 Fact's on the Queen	Acacia

Wednesday 3rd

9.00 - 12noon TLH Library Open	Trinity
10.30 Art Therapy	ABG
11.00 Church Service	Waratah lounge
Waratah Only	
1.30 Balloon Tennis	Trinity /Protea / Waratah
1.30 Arm Chair Exercises	Acacia Lounge
2.00 1st Blessing of the Month	ABG
3.30 Current Affairs	ABG

Thursday 4th

10.30 Wonders of Nature	Grevillea
10.30 Moovers & Groovers	Chapel
Waratah / TC2&3	
1.30 Basketball	Grevillea
2.00 High Tea	Waratah
3.30 Individual Walks	Leaving from Acacia

Friday 5th

9.00 - 12noon TLH Library Open	Trinity
10.00 Memory game	Acacia Lounge
11.00 Church Service	Chapel
Protea & Trinity Only	
1.15 Social Bingo	Waratah / Trinity
1.30 Parachute Bowls	ABG
2.00 Happy Hour	Grevillea

Saturday 6th

There are a variety of different activities available, please ask a staff member for assistance.

Sunday 7th

Services are available to view on your TV - Please check your TV guide for details

Monday 8th

PUBLIC HOLIDAY
QUEEN'S BIRTHDAY

**Tuesday 9th**

10.30 Moovers & Groovers Protea / TC1	Chapel
10.30 Knit & Natter	ABG
1.30 Hoy	Waratah/ Trinity/ Protea
1.30 Men's Group	Men's Shed
3.30 Quiz Game	Acacia

Wednesday 10th

9.00 - 12noon TLH Library Open	Trinity
10.30 Art and Craft	ABG
11.00 Church Service	Waratah lounge
Waratah Only	
1.30 Wheel of Fortune	Protea / Trinity
1.30 Arm Chair Exercises	Acacia Lounge
3.30 Current Affairs	ABG

Thursday 11th

10.30 Wonders of Nature - UK	Grevillea
10.30 Moovers & Groovers Waratah / TC2&3	Chapel
1.15 Colour, Craft & Puzzles	Waratah
1.30 Bean Bag Toss	Grevillea
3.30 Individual Walks	Leaving from Acacia

Friday 12th

9.00 - 12noon TLH Library Open	Trinity
10.00 Memory game	Acacia Lounge
11.00 Church Service	Chapel
Protea & Trinity Only	
1.15 Social Bingo	Waratah / Trinity
1.30 Balloon Tennis	ABG
2.00 Happy Hour	Grevillea

Saturday 13th

There are a variety of different activities available, please ask a staff member for assistance.

Sunday 14th

Services are available to view on your TV - Please check your TV guide for details

PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE.

Monday 15th - World Elder Abuse Awareness Day

11.00 Worship Service	Acacia Lounge
11.00 Sing along	TLH
1.30 Social Bingo	Protea / Trinity
2.00 Bingo	Grevillea Lounge
3.30 Walking group	Leaving from Acacia

**Tuesday 16th**

10.30 Moovers & Groovers Protea / TC1	Chapel
10.30 Knit & Natter	ABG
1.30 Water Ping Pong	Protea / Trinity
1.30 Trivia	Waratah
1.30 Men's Group	Men's Shed
3.30 UK Quiz	Acacia

Wednesday 17th

9.00 - 12noon TLH Library Open	Trinity
10.30 Art Therapy	ABG
11.00 Church Service	Waratah lounge
Waratah Only	
1.30 Balloon Tennis	TLH
1.30 Armchair exercises	Acacia Lounge
3.30 Current Affairs	ABG

Thursday 18th

10.30 Wonders of Nature	Grevillea
10.30 Moovers & Groovers Waratah / TC2&3	Chapel
1.30 Soccer	ABG
2.00 High Tea	Protea
3.30 Individual Walks	Leaving from Acacia

Friday 19th

9.00 - 12noon TLH Library Open	Trinity
10.00 Memory game	Acacia Lounge
11.00 Church Service	Chapel
Protea & Trinity Only	
1.15 Social Bingo	Waratah / Trinity
1.30 Cricket	ABG
2.00 Happy Hour	Grevillea

Saturday 20th

There are a variety of different activities available, please ask a staff member for assistance.

Sunday 21st

Services are available to view on your TV—Please check your TV guide for details



Monday 22nd

11.00 Worship Service	Acacia Lounge
11.00 Sing along	TLH
1.30 Social Bingo	Protea / Trinity
1.30 Bingo	Grevillea
3.30 Individual Walks	Leaving from Acacia

Tuesday 23rd

10.30 Moovers & Groovers Protea / TC1	Chapel
10.30 Knit & Natter	ABG
1.30 Hoy	Waratah / Trinity / Protea
1.30 Men's Group	Men's Shed
3.30 Quiz Game	Acacia

Wednesday 24th

9.00 - 12noon TLH Library Open Deliveries Only	Trinity
10.30 Art and Craft	ABG
11.00 Church Service	Waratah lounge
Waratah Only	
1.30 Wheel Of Fortune	TLH
1.30 Armchair exercise	Acacia Lounge
3.30 Current Affairs	ABG



Thursday 25th

10.30 Wonders of Nature	Grevillea
10.30 Moovers & Groovers Waratah / TC2&3	Chapel
1.30 Men's Group	Trinity
1.30 Colour, Craft & Puzzles	Protea
1.30 Balloon Tennis	ABG
3.30 Individual Walks	Leaving from Acacia

Friday 26th

9.00 - 12noon TLH Library Open	Trinity
11.00 Church Service	Chapel
Protea & Trinity Only	
10.00 Memory Game	Acacia Lounge
1.30 Social Bingo	Waratah / Trinity
1.30 Basket Ball	ABG
2.00 Happy Hour	Grevillea

Saturday 27th

There are a variety of different activities available, please ask a staff member for assistance.

Sunday 28th

Services are available to view on your TV - Please check your TV guide for details

Monday 29th

11.00 Worship Service	Acacia Lounge
11.00 Sing along	TLH
1.30 Social Bingo	Protea / Trinity
1.30 Bingo	Grevillea
3.30 Individual Walks	Leaving from Acacia

Tuesday 30th

10.30 Moovers & Groovers Protea / TC1	Chapel
10.30 Knit & Natter	ABG
1.30 Water Ping Pong	Protea / Trinity
1.30 Trivia	Waratah
1.30 Men's Group	Men's Shed
3.30 Quiz / Reminiscing	Acacia



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Enriching the lives of our older people



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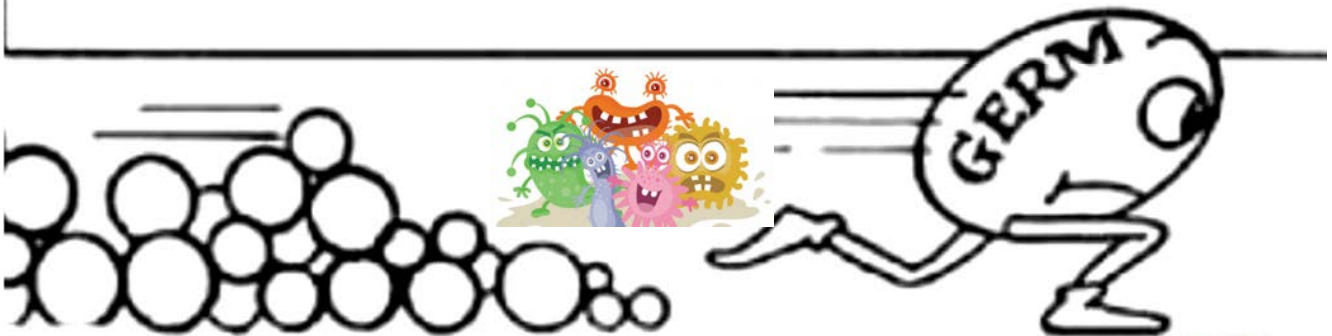




Hand Hygiene



O	Z	S	E	I	M	J	K	I
R	T	O	N	C	P	A	O	S
E	U	M	E	T	X	B	D	T
T	V	E	I	G	Q	N	I	V
A	E	S	G	O	A	F	C	H
W	C	A	Y	H	B	P	X	R
M	L	E	H	E	A	L	T	H
R	E	S	E	B	U	R	K	O
A	A	I	S	F	F	B	L	M
W	N	D	S	M	R	E	G	N



GERMS

WASH HANDS

WARM WATER

DISEASE

SOAP

CLEAN

HEALTH

HYGIENE

