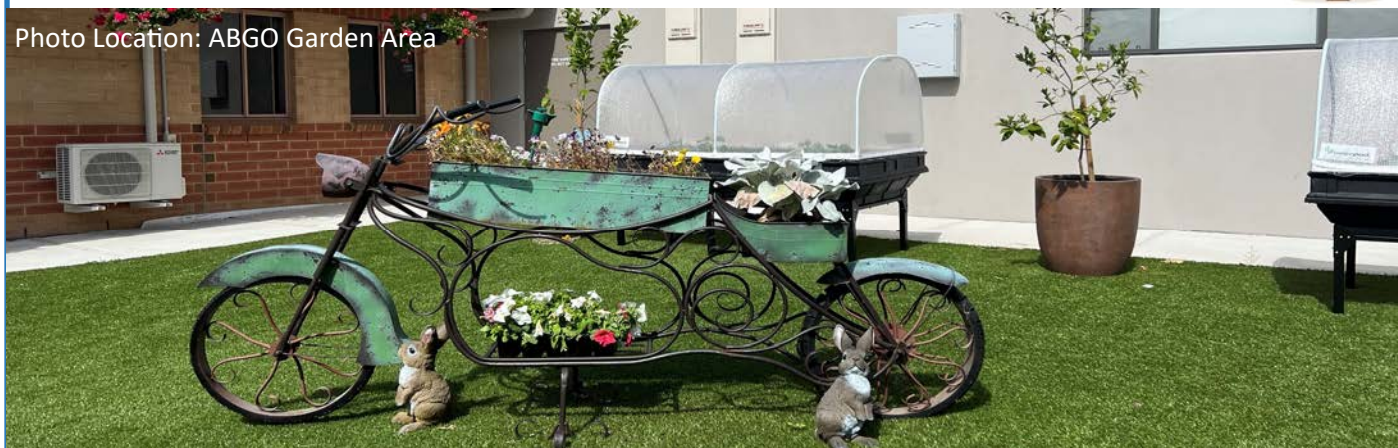




Photo Location: ABGO Garden Area



Message from the Chaplain — Ian Lutze

Limitations



Life is mainly about limitations. They're everywhere! From the gravity that keeps us from floating off into space, to the limit on the number of years we live. Our brains may be amazing, but sometimes we struggle to remember things. Farmers know all about the limitations involved in growing food in a dry country with limited inputs. On an emotional level we only have so much love to give. And if we're pushed too far ...

There are glimmers of no limits: like the electric lawnmower I bought 12 years ago for not much. They said I should bring it back if it broke down. It's never broken down! Or my purchase of supermarket milk which can sometimes go 2 weeks after the use-by date. Facts teasing us into believing in some cases there are no limits.

Christmas in a religious sense is about a God who knows no limits deciding to join the limited world, live within limits, die within limits, to then rise and take us with him to a totally limitless eternity. The message is God didn't have to do it. And we probably don't deserve it, but love makes you do crazy things sometimes, and in this case, perhaps the most sensible thing ever done if you really believe in people and indeed in the wonder of creation, and find it painful that we have to suffer and die.

So when you see the baby in the manger, who isn't going to make it unless his mother feeds him, think God entering our world of limits – God loving his creation so much that he wants to become it. Everything about Christmas is about the finite meeting the infinite. It's OK to be finite. That's what we know and what we can usually handle. A tilt at infinity is God's big surprise at Christmas.

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



27 Bridge Street, Tanunda SA 5352

★ Phone : (08) 8563 7777

★ Fax : (08) 8563 7799

★ Email : info@tlhome.com.au

★ Website : www.tlhome.com.au

★ Facebook : Tanunda Lutheran Home



**Lutheran Church
of Australia**

Welcome NEW RESIDENTS

Permanent

Zazilia May

Betty Tisher



DECEMBER BIRTHDAY CELEBRATIONS

2nd Audrey Leske

13th Brenda Button

16th Keith Kuchel

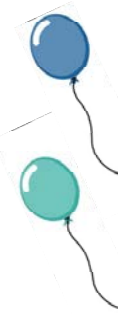
17th Graham Bruhn

18th Eileen Ingham

20th Lola Miles

25th Patricia Rohrlach

31st Venus Bessell



DEATHS

Our deepest sympathy to the families of

Jeff Turner 11th November

Lorraine Russack 23rd November

May they rest in peace ..



JANUARY TIT TAT

The deadline for all : News/Information/
Stories is **Friday 22nd December 2023**. The
TitTat will be released on the 5th of January.
We apologise for any inconvenience.

Email: kasey.welch@tlhome.com.au

COUNT DOWN

31 days until 2024...

As of the 1st of December

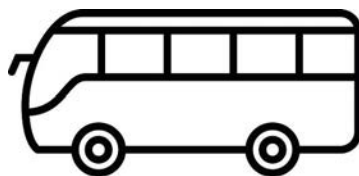


SHOPPING BUS

Wednesday 6th December

Wednesday 13th December

Wednesday 20th December



The Bus will pick **IL Residents**
up from their home

- ONLY if you have booked -

TLH (in home) residents must be at
reception by 9am and must book.

**How do the elves
clean Santa's sleigh
on the day after
Christmas?**

They use
Santa-tizer.



**Why did the red-nosed reindeer
help the old lady cross the road?**



It would have been Rudolph
him not to.

**What do you call
Santa Claus with
unfolded clothes?**

Kris Wrinkle.



FROM THE CEO



Lee Martin

With less than 30 days to Christmas, it's official you can put up the decorations, get dressed up for all the functions / parties about to occur and prepare for the end of the year as it is closing in fast. The silly season has officially begun.

Are you as confused about the weather as I am? 40 degrees one day and cold the next. How do you keep up with the changes? One night we had the air conditioner on cool then the next night on heat again.

It is so nice to be able to report that our Home is free of all major types of infections – no COVID or Flu. We are very mindful that there are still issues out in the community with many still suffering from COVID or Flu viruses. Please remember – if unwell, stay at home. Please ensure families are well before visiting the Home – if in doubt it's better to stay home. We can arrange various ways for residents to stay in contact with the family.

Christmas is all about spending time with families. As best we can over the Christmas period, we will ensure staff are available for their rostered shifts. It is very encouraging to hear that 24 families are attending the Christmas function in the Chapel on the 21st December 2023. I'm aware this luncheon will be support by staff to ensure everyone attending can enjoy themselves.

As of the 1st of December 2023, more changes to way we are regulated in the aged care sector will occur. Very soon a draft Aged Care Act will be released for all to comment on. It is expected that the government will attempt to have this new Act enforced by the 1st July 2024. The new Act covers all areas of the aged care sector and is very client/resident centered. The boards of aged care services will be expected to provide the government with more information to confirm services are provided to meet the needs of those receiving care.

Over the past months, the establishment of further committees has occurred within the Home which involve residents to advise staff of things that can be improved or to pass on the wants of residents / families. Over the coming weeks this type of communication will be improved to ensure all residents and their families are keep informed in involved in happenings around the Home. There are opportunities for volunteers to assist in small tasks that will ensure residents are assisted to where they want to go or spend quality time with residents to keep them occupied and informed of what's happening out in the community.



QUALITY INFORMATION



Sharon Berridge - Executive Care Manager

Lisa Morrison - Clinical Nurse Consultant



Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator

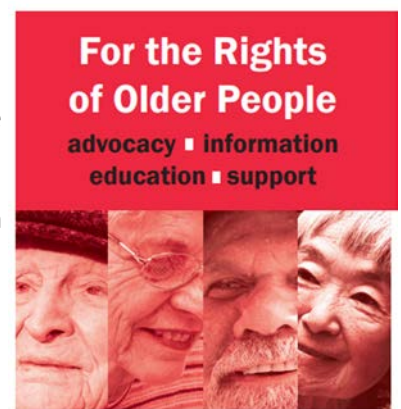
HOME UPDATES:

ARAS will be visiting the site in January 2024 to come and chat with residents and staff about rights of our older Australians.

Please check the Tit Tat and posters around the home for more information.

We would like to wish you all a very happy Christmas and pray you all a safe festive season.

Remember to stay hydrated and if you are outside, wear a hat and sun screen and seek shade.



Tel (08) 8232 5377
Toll Free 1800 700 600
www.sa.agedrights.asn.au

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During October, we received *compliments* about Care (0), Food & Beverages (1), Lifestyle (1), Maintenance (0), Management & Communication (4), and Other (5).

During October, we received *complaints* about Care (0), Food & Beverages (0), Lifestyle (0), Maintenance (0), Management & communication, and Other (1) and a total of (0) Suggestions.

We value this feedback and thank you for taking the time to communicate your thoughts, opinions and experiences with us.





Share your Experience

TLH support's your right to share compliments, suggestions, concerns or to make a complaint.

We welcome feedback and complaints as part of our commitment to provide a high-quality service.

Share the things we are doing well; We appreciate hearing from you.

If you have a concern, we would like 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.

For feedback, compliments, suggestions, concerns, or complaints; complete the Share your experience form, or alternatively direct your feedback to one of the key personnel listed below:

Executive Care Manager – Sharon Berridge
(Including Clinical, Allied Health and Lifestyle) sharon.berridge@tlhome.com.au or Ph: 8563 7757

Executive Operations Manager – Rachel Strudwick
(Including Catering, Food Service, House Keeping, Maintenance, RTW and Administration) rachel.strudwick@tlhome.com.au or Ph: 8563 7771

Executive Financial Controller – Ameya Bhiskute
(Including, Fees / Bonds And Accommodation) ameya.bhiskute@tlhome.com.au or Ph: 8563 7768

Executive Home Care Manager – Cindy Penn
(Including CHSP And Home Care) cindy.penn@tlhome.com.au or Ph: 8563 7709

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:

Sharon Berridge, Care Manager
Phone: 08 8563 7757 or Email: sharon.berridge@tlhome.com.au
Rachel Strudwick, Operations Manager
Phone: 08 8563 7771 or Email: rachel.strudwick@tlhome.com.au
Ameya Bhiskute, Finance Controller
Phone: 08 8563 7768 or Email: ameya.bhiskute@tlhome.com.au
Cindy Penn, Home Care Manager
Phone: 08 8563 7709 or Email: cindy.penn@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 9619, In Your Capital City

Weekly SPECIAL



Weekly Specials have arrived at our Courtyard Café! Keep an eye out for our specials flyers around the Home as they update regularly with discounted meal combos and deals you cannot resist!

Christmas is just around the corner! If you know of any plans/outings over the Christmas & New Years period, can you please contact reception with the dates/times ASAP.

The Administration Office and Entrance will be closed from 12pm Friday 22nd December 2023 and will reopen at 8:30am on Tuesday 2nd January 2024.

During these times, please enter the facility via the Protea/Chapel Entrance.

If you require assistance, please call the Registered Nurse on 8563 7712.

CHRISTMAS

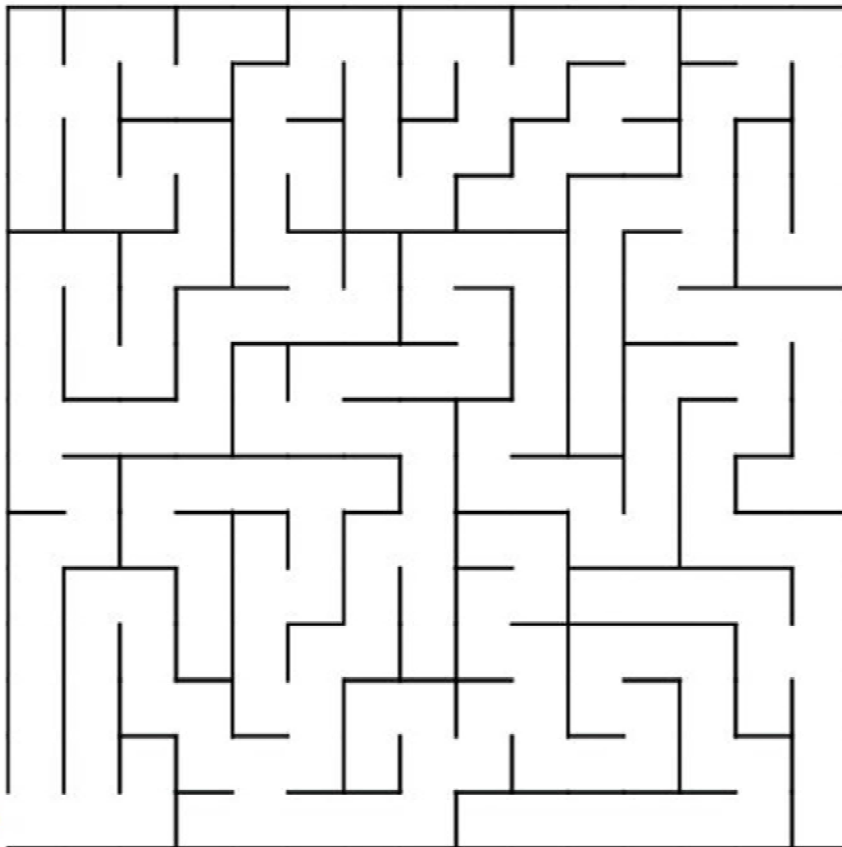


Merry CHRISTMAS

Be sure to keep an eye out for the Christmas decorations around the Home. The areas are looking very festive and you can see all the hard work put into getting them set up.



FINISH



START

Can you help Santa find bag full of gifts?

CHRISTMAS MAZE



WELCOME

TO OUR TEAM



Shauna Highnam

Finance Officer



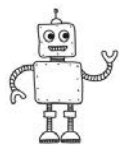
Amelia Fidge

Catering

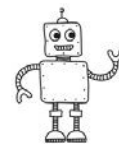


Sophie Keep

Catering



Robot Update



Our robot project has improved. Robbie and Axel are performing much better since a little servicing by the technicians. Speckle is up and operational but will only be used at night for short periods of time. Ultraviolet light is not good for the eyes. If Speckle senses any type of movement when the light is on, it will automatically turn off. Little Penny is now functional as well. We had a special little robot – Temi - take a visiting Senator from Canberra and other guests on a tour during November – very impressive. Watch out to see what happens next. Cleaning robots are to be trialed in the near future .





WHAT'S HAPPENING IN DECEMBER



Residents Meeting for December has been cancelled and meetings will recommence in February 2024.

Christmas



Faith Year 3 / 4 Students Performance

Wednesday 6th 1.30pm in the Chapel

Faith Reception Students

Monday 11th 10.30am Tour and Christmas



Valley Voices Choir
Tuesday 12th of December
1.30pm in the Chapel
Everyone is welcome



Traditional Biscuit
decorating
in Protea
Wednesday 13th
of December



Residents Special Lifestyle
Christmas Event will
be held in the
Chapel on Monday
18th of December
at 1.30pm.

SUNDAY 31ST OF
DECEMBER 1.30PM
NEW YEARS EVE
CELEBRATION IN ABGO



Please see the Residents
Meeting schedule for
2024 located on your
neighbourhoods pin
board.

To book an appointment with Belinda Treloar you can contact the Executive Assistant by

Email: britany.mickan@tlhome.com.au or

Ph: 8563 7733

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 prefer not to raise your concerns with management.



Please return this form to the Customer Service Coordinator at Tanunda Lutheran Home via any of the drop boxes located through-out the home or drop of at reception, alternatively you can post

to

Tanunda Lutheran Home
Attn: Customer Service Coordinator
27 Bridge Street TANUNDA SA 5352

We welcome feedback

This form gives you the opportunity to "Share Your Experience" about the service Tanunda Lutheran Home provides.

We value all your feedback (both positive and negative) as it assists us, as we strive for best practice.

This form may be filled in by anyone: residents, relatives, independent living residents, CHSP clients, friends or staff.

Please feel free to ask staff to assist you to complete the form if required. There will be no reprisal in connection with comments.

The Manager will acknowledge receipt of this form and after any necessary investigations and consultation you will be informed of the results either in person or by letter if you have indicated so.

All the comments are forwarded to Belinda Treloar (Customer Service Coordinator) who coordinates the comment process and will ensure the correct person is notified of your comment.

You can contact Belinda directly via email at belinda.treloar@TLhome.com.au

Share Your Experience



Tanunda

Lutheran Home Inc.

Enriching the lives of our older people

Comment Makers Information

By providing your details it ensures that we are able to contact you and inform you, of any and all outcomes from your feedback.

Name: _____

Contact Number: _____

Email: _____

Address: _____

On Behalf of: _____

If you have provided your details but wish to remain anonymous please tick the box ☐

OFFICE USE ONLY

Date Received: _____ CCS Log No: # _____

Comment Maker Acknowledged: Yes/No

☐ Phone ☐ Letter ☐ Email ☐ In Person ☐ Newsletter
Comment forwarded to Department Leader: ☐

CI Required? Yes/No

Was the outcome satisfactory: Yes/No N/A

Closure Date: _____

Follow Up: Yes/ No N/A ☐
3 Months ☐ 6 Months ☐
9 Months ☐ Other: _____

☐ Resident ☐ Relative ☐ Staff ☐ IL Resident ☐ CHSP Client ☐ Other: _____
☐ Comment ☐ Compliment ☐ Complaint ☐ Suggestion Date: ____/____/____

Comments / Details:

Would you like to discuss this issue with the relevant leadership team member? Yes/No

Do you have any suggestions of how we can improve the services provided?

*Thank you for being apart of our TLH family, our people are our greatest strength,
we appreciate your comment.*





VOLUNTEER NEWS

Belinda Treloar;
Customer Service, Volunteer
& Leisure Coordinator



VOLUNTEERING AT TLH

If you would like to become a volunteer at TLH, please either send me an email at belinda.treloar@tlhome.com.au or you can call reception.

Happy Birthday



To all our wonderful volunteers for the month of December
Many happy returns.

CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

*** Café Helpers to do basic kitchen tasks**

*** Barossa Club Connections**

*** Pampering in ABGO**

If you feel that you have some spare time each week and want to make a difference, please contact me.

Hello Volunteers, Welcome to the last month of the year!

You have all been truly amazing this year and we are well on track to exceeding the volunteer contribution hours ever recorded for the year.

I look forward to seeing you all at the Volunteers Christmas Morning Tea on the 5th of December. Thank you to everyone who has popped in and said hello over the last few weeks. It's always lovely to see you all.

For those of you who may be going away over the holiday period, please stay safe and we look forward to seeing you when you are back.

Merry Christmas to you all and Blessings to you and your families.

– Belinda



Do you have Social Media?

Head over to Facebook and like
Tanunda Lutheran Home

You can also follow us on Instagram
tanundalutheranhome



RESIDENTIAL ACTIVITIES ABGO



Throughout the year, Faith Lutheran College have visited TLH many times, bringing joy and smiles to the residents. It's fantastic to see the younger generation taking an interest in their community.

A very big thank you to the teaching staff at Faith for assisting with this process each time.



RESIDENTIAL ACTIVITIES



Melbourne Cup was a spectacular event this year, shown on the big screen. Thank you to all the residents who came along to make this a very enjoyable day.



We even welcomed Barossa Club Connections.



A big THANK YOU to our very own TLH volunteer Annette Boyce for keeping the tradition alive with the annual Christmas Tree Display. If you have not seen it yet please stop by Protea and take a look.

Our residents look forward to this each and every year!





Colour in your master piece .. Be creative and colourful

Name: _____

ACTIVITY PROGRAM

Friday 1st

From 9am **TLH LIBRARY OPEN**

10:30 Chair Yoga
10:30 Virtual table / Hoy
11:00 Chapel Service
1:30 Walking Group
1:30 BINGO
3:30 Gardening Group

TC
ABGO
Waratah
Chapel
ABGO
Chapel
ABGO

Saturday 2nd

1:30 Rap Ball
3:00 Creative Corner
4:00 1x1

ABGO
ABGO
ABGO

Sunday 3rd

10:00 Chapel Service
1:30 Balloon Tennis
2:30 Cards
4:00 1x1

Chapel
ABGO
ABGO
ABGO

Monday 4th

10:30 **Singing in the Chapel**
11:00 Worship Service
1:30 Bean Bag Toss
1:30 Memory Game
1:30 Pampering
3:30 Bingo

Protea
ABGO
ABGO
Chapel
Waratah
ABGO

Tuesday 5th

10:15 Knit and Natter
10:30 Memory Game
1:30 Parachute Game
1:30 Carpet Bowls / Happy Hour
2:30 Christmas Art and Craft
3:30 1x1

Protea
ABGO
ABGO
Chapel
ABGO
ABGO

Wednesday 6th

From 9am **TLH LIBRARY OPEN**

10:00 Walking Group (weather permitting)
10:30 Current Affairs
11:00 Waratah Service
1:30 1st Blessing of the month
1:30 **Faith Student Performances**
2:30 Armchair Exercise
3:30 Sensory Room

TC
Leave from Protea
ABGO
Waratah
ABGO
Chapel
ABGO
ABGO

Thursday 7th

From 10am **CAFÉ' SHOP TROLLEY**

10:30 Hoy
10:30 Tunnel Ball
1:30 Men's Shed / Ladies Pampering
1:30 Christmas Quiz
1:30 Present Toss
3:30 Walking Group

ABGO
Protea
ABGO
Protea
Waratah
ABGO

Friday 8th

From 9am **TLH LIBRARY OPEN**

10:30 Chair Yoga
10:30 Virtual table / Hoy
1:30 Tunnel Ball
1:30 BINGO
2:30 Gardening Group
3:30 1x1's

TC
ABGO
Waratah
ABGO
Chapel
ABGO
ABGO

Saturday 9th

1:30 Healing Hands
3:00 Ten Pin Bowling
4:00 1x1

ABGO
ABGO
ABGO

Sunday 10th

10:00 Church Service
1:30 Movement to Music
2:30 Word Games
4:00 1x1

Chapel
ABGO
ABGO
ABGO

Monday 11th

10:30 **Faith Student Tour
& Christmas Blessings**

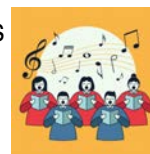
11:00 Worship Service
1:30 Drumming
1:30 Pampering
1:30 Memory Game
3:30 Bingo

Chapel
ABGO
ABGO
TC / Protea
Waratah
ABGO

Tuesday 12th

10:15 Knit and Natter
10:30 Movers and Groovers
10:30 Memory Game
1:30 Valley Voices
3:30 Paro the Seal

Protea
Chapel
ABGO
Chapel
ABGO



PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE. PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER FOR DETAILS ON THE DAY —Thank you

Wednesday 13th

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 On this day	ABGO
11:00 Waratah Service	Waratah
1:30 Armchair Exercise	ABGO
1:30 Traditional Christmas Biscuit Decorating	Protea
3:30 Ping Pong	ABGO

Thursday 14th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Reminiscing	ABGO
10:30 Movers & Groovers	Chapel
1:30 Men's Shed / Ladies Pampering	ABGO
1:30 Christmas Quiz	Chapel
1:30 Present Toss	Waratah
3:30 Walking Group	ABGO

Friday 15th

From 9am TLH LIBRARY OPEN	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
1:30 Coffee and Chat	ABGO
1:30 BINGO	Chapel
2:30 Gardening Group	ABGO
3:30 1x1's	ABGO

Saturday 16th

1:30 Rap Ball	ABGO
3:00 Creative Corner	ABGO
4:00 1x1	ABGO

Sunday 17th

10:00 Church Service	Chapel
1:30 Balloon Tennis	ABGO
2:30 Card Games	ABGO
4:00 1x1	ABGO

Monday 18th

10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Tunnel Ball	ABGO
1:30 Christmas Event	Chapel
2:30 Sing Along with Doug / Ice Cream Cart	ABGO

Tuesday 19th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Present Toss	ABGO
1:30 Pass the Parcel	Chapel
1:30 Coffee & Chat	Waratah
3:30 Garden Visits	ABGO

Wednesday 20th

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
10:30 Bottle Top Sorting	Protea
1:30 Armchair exercises	ABGO
1:30 Coffee and Chat	Chapel
1:30 Pass the Parcel	Waratah
2:30 Ping Pong	ABGO
3:30 Sensory Room	ABGO

Thursday 21st

From 10am CAFÉ' SHOP TROLLEY	
10:30 Ping Pong	Protea
10:30 Reminiscing	ABGO
1:30 Men's Shed / Ladies Pampering	ABGO
1:30 Christmas Movie	Protea
1:30 Christmas Movie	Waratah
3:30 Walking Group	ABGO

Friday 22nd

From 9am TLH LIBRARY OPEN	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
1:30 Cooking	ABGO
1:30 Bingo / Happy Hour	Protea
3:30 Gardening Group	ABGO

Saturday 23rd

1:30 Healing Hands	ABGO
3:00 Bean Bag Toss	ABGO
4:00 1x1	ABGO

PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE. PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER FOR DETAILS ON THE DAY —Thank you

Sunday 24th— Christmas Eve

10:00 Church Service	Chapel
1:30 Christmas Sing Along	ABGO
2:30 Christmas Movie / Happy Hour	ABGO
4:00 1x1	ABGO

Monday 25th—Christmas Day

10:00 **Christmas Morning Chapel Service** Chapel

**Tuesday 26th— Boxing Day Public Holiday****Wednesday 27th**

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
1:30 Armchair exercises	ABGO
1:30 Reminiscing	Protea
2:30 Board Games	ABGO
3:30 1x1's	ABGO

Thursday 28th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Reminiscing	ABGO
10:30 Movers & Groovers	Chapel
1:30 Men's Shed / Ladies Pampering	ABGO
1:30 Paro Visits	TC / Protea
1:30 Pampering	Waratah
3:30 Walking Group	ABGO

PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE SUBJECT TO CHANGE. PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER FOR DETAILS ON THE DAY —Thank you

Friday 29th

From 9am TLH LIBRARY OPEN	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
1:30 Coffee and Chat	ABGO
1:30 BINGO	Chapel
2:30 Christmas Movie	ABGO
3:30 Gardening Group	ABGO

Saturday 30th

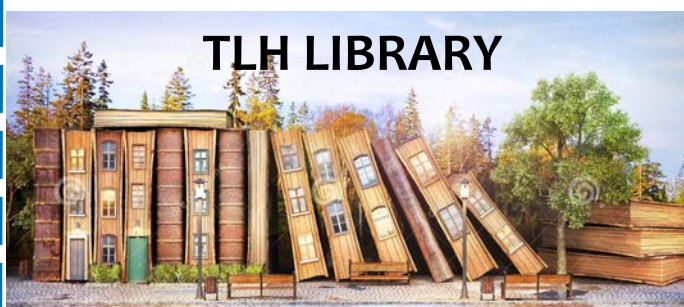
1:30 Rapp Ball	ABGO
3:00 Creative Corner	ABGO
4:00 1x1	ABGO

Sunday 31st—New Years Eve

10:00 Church Service	Chapel
1:30 Cards	ABGO
2:30 New Years Eve Celebration / Happy Hour	ABGO
4:00 1x1	ABGO



Open Monday to Friday 9am – 3pm
Café Trolley Available on a
Thursday Morning from 9:30am
Closed Public Holidays



TLH Library is located in TC Level 1,
Open Wednesday and Friday
from 9am -12noon.
Stocking a wide range of books (large
print), magazines, DVD's & puzzles.

CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM

Allied Health & Therapy Services

Exciting services are happening now!



Group Physiotherapy Exercise Classes—Held in the LHB Gym

The Gym includes:

A range of weights, static bike, treadmill, step ladder and balance bars.

Hand Wax Bath Therapy— Experience the soothing comfort

If you suffer from hand pain or arthritis, Hand Wax Therapy can provide welcome relief. The gentle heat from the wax soothes aching joints and muscles, reducing discomfort and increasing mobility.

Better Balance—Falls Prevention Program

Discover a healthier, more confident you with our Better Body Balance classes, led by experienced physiotherapists. These specialized sessions are designed to enhance your fitness, boost strength, and significantly improve your balance, reducing the risk of falls.

Private
Session
Available

Individual Physiotherapy

- Rehabilitation—Post Injury
- Personal Fitness programs
- Pain reduction Massage



...you can live your best life

Our Allied Health Care support services will assist you to maintain, improve and restore your independence to live an active life.

...book your appointment today



Lutheran Homes Barossa
Enriching Your Life

CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM



Lutheran Homes Barossa
27 Bridge Street Tanunda SA 5352
(located in the main building)

...join us at Barossa Club Connections

High quality services tailored to your individual
needs, delivered by a team you can trust
...love your independent life

Some of the programs on offer are;



Yoga Fusion— Join Julie and Maarit on Friday mornings for a session of Yoga Fusion. Allow your body to relax, breathe and unwind in the comfort of the Club. This program will allow you to focus on your breathing and body movements.



Movie Matinee — Come along and enjoy popcorn/ice cream and a show on the big screen.

Cheese and Chatter - Join us on Friday's for a social afternoon with good conversation, good food and good friends.

Manicures / Pampering —Could you do with a little pampering? Book in or swing by to have a manicure done or some pampering with a hand massage.



Merry Christmas

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



celebrations
 christmas
 pavlova
 family
 summer
 weath

decorations
 festive
 friends
 turkey
 pudding
 star

december
 holiday
 prawns
 dinner
 lunch

