



# Lutheran Homes Barossa

## TIT TAT February 2025



Photo Location: Lyndoch Lavender Farm



### Message from the Chaplain - Ian Lutze



### *Aspirations for 2025*

The Holiday Season is finally over, and we are into our year again. In my neighbourhood the last Christmas lights are gone, and a few lame fireworks were set off on Australia Day, and then silence. Some of the biggest sporting events, Tour Down Under, the Australian Open Tennis, and the BBL, are all done.

Speaking of the tennis, I was so impressed by Madison Keys, despite not seeing a stroke played (I was driving back from Naracoorte and pulled into my driveway just as Aryna smashed her racket). But Madison, to finally win a grand slam after so many years! She's an inspiration for countless people who try year after year and never quite get there.

And isn't that the way it is – each year we try to reach that goal: to have the best conversation, to play a piece of music better than ever, to finally understand one of the laws of physics, to write the best poem, or to truly grasp what Christ did all those years ago. Yes, even a spiritual breakthrough can be the best of all.

We strive, we achieve, we strive a bit more, we admit defeat, we acknowledge we'll never get that golf score ever again. And in good humour we forgive ourselves and accept the forgiveness of others.

And in some imaginative way we dare to believe that the best may still be ahead of us.

Have a great 2025. Time to shine!



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](mailto:info@tlhome.com.au)

★ Website : [www.tlhome.com.au](http://www.tlhome.com.au)

★ Facebook : Lutheran Homes Barossa



**Lutheran Church  
of Australia**

*Welcome*  
**NEW RESIDENTS**

**Respite**

Ron Reed  
David Gee  
Anna Gee  
John Riley

**Permanent**

Brigitte Dummin

**FEBRUARY BIRTHDAY  
CELEBRATIONS**

**4th** Liz Linke  
**6th** Betty Kohlhagen  
**14th** Cedric Neldner  
**18th** Jim Irvine  
**19th** Barbara Zerna  
**23rd** Errol Weiss  
**26th** Valda Fechner  
**27th** Rosemary Berg

*Happy Birthday!*

**IN LOVING MEMORY OF**

*Our deepest sympathy to the families of*

*Elizabeth 'Lissa' Claridge  
18th January*

*May she rest in peace ...*



SPREAD LOVE  
EVERYWHERE YOU GO  
LET NO ONE EVER COME  
TO YOU WITHOUT  
LEAVING HAPPIER



**SHOPPING BUS**

Wednesday 5th February  
Wednesday 12th February  
Wednesday 19th February  
Wednesday 26th February



LHB (in home) residents must be at reception by 9am.

The Bus will pick **IL Residents** up from their home after 9am.

- ONLY if you have booked -

Singing in the shower  
is fun until you get  
soap in your mouth.

**Then it becomes a  
soap opera.**

Do you enjoy reading the monthly TitTat? If so, tell us why and what you like about it, or give us some feedback to improve! Please fill out a **Share Your Experience form** available in our monthly TitTat, at Reception and in multiple areas around the Home. You can hand your forms back into Reception or slip them into the black boxes located around the Home. Thankyou!





# Understanding Dementia

## Lutheran Homes Barossa

Monday 17 March 2025

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia.

You will gain knowledge in:

- types of dementia, signs and symptoms
- the experience of living with dementia
- available services and where to access support.

**Suitable for:** People living with dementia, their family carers, family members, and people who are concerned they or someone they know may have dementia. This session is not suitable for volunteers, professional carers or people employed in the health or aged care industries.



**When:** Monday 17 March 2025  
1.30pm - 3.30pm, 2 hours

**Where:** Lutheran Homes Barossa  
27 Bridge Street  
Tanunda SA 5352

**Cost:** Free

**Additional information:**

Bookings are essential via Eventbrite.  
*Please phone Barossa Club Connections on 8563 7729 for assistance.*

**RSVP:** by Thursday 13 March 2025.  
Tea and Coffee will be provided.

**Find out more**

Please contact Tanya Liddell on 0491 695144 or  
email [Tanya.Liddell@dementia.org.au](mailto:Tanya.Liddell@dementia.org.au)  
Book on: [https://UD\\_T\\_17Mar.eventbrite.com.au](https://UD_T_17Mar.eventbrite.com.au)

This program and the National Dementia Helpline are funded by the Australian Government.

National Dementia Helpline **1800100 500**

Find us online [dementia.org.au](http://dementia.org.au)

For language assistance  
call 131450



# QUALITY NEWS

.....  
**Sharon Berridge - Executive Care Manager**

**Lisa Morrison - Clinical Nurse Consultant**

**Jess Osborne - Quality Officer**

**Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator**

## HOME UPDATES:

Welcome to February. We have loved seeing all the residents getting outside to enjoy the sunshine, water the gardens and go for a morning walk this month.

We have several services which come onto the LHB site to see residents for Hearing, Optometry and Dental care.

- ⇒ Current clients of Ron Kendall (Tanunda) and Bloom Hearing (Nuriootpa) – local Barossa services, can be seen at LHB by arrangement. These visits are usually arranged by the Audiologist.
- ⇒ Hearing Matters of Gawler are also willing to come on site for our residents if they are new clients from LHB.
- ⇒ Blackforest Optometry come on site for eye checks when requested. They need a minimum of 5 clients before they will come out.
- ⇒ Australian Dental Foundation come on site for dental check ups every 6 months for existing clients.

Please see Lisa Morrison CNC for all details and consent forms if needed.

## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During January, LHB received compliments about Care / Clinical (2), Catering / Café (17), Lifestyle / Volunteers (1), Maintenance (1), Staff (1), CHSP (9) and Other (2).

During January, LHB received complaints about Care / Clinical (1), Catering (5), and a total of (10) Suggestions.

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





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

Email: [britany.mickan@tlhome.com.au](mailto: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.

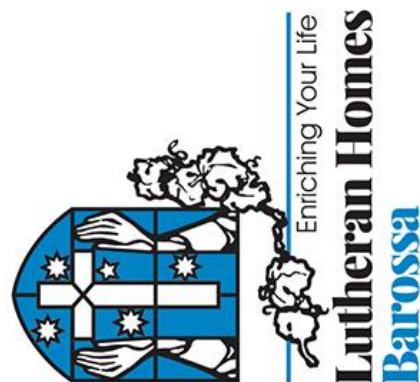
Please feel free to ask staff to assist you to complete the form if required. There will be no reprisal in connection with comments.

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](mailto:belinda.treloar@tlhome.com.au)

# Share Your Experience



### 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.*







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@lhome.com.au](mailto:sharon.berridge@lhome.com.au)  
**Rachel Strudwick, Operations Manager**  
Phone: 08 8563 7771 or Email: [rachel.strudwick@lhome.com.au](mailto:rachel.strudwick@lhome.com.au)  
**Ameya Bhiskute, Finance Controller**  
Phone: 08 8563 7766 or Email: [ameya.bhiskute@lhome.com.au](mailto:ameya.bhiskute@lhome.com.au)  
**Cindy Penn, Home Care Manager**  
Phone: 08 8563 7709 or Email: [cindy.penn@lhome.com.au](mailto:cindy.penn@lhome.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](http://agedcarequality.gov.au) for more information

Phone: 1800 951 822  
Web: [agedcarequality.gov.au](http://agedcarequality.gov.au)  
Write: Aged Care Quality and Safety Commission  
GPO Box 9619, North Sydney NSW 1585

## Share Your Experience

LHB 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:

**Care Manager** – Sharon Berridge  
(Including Clinical Care, Lifestyle, Allied Health) [sharon.berridge@lhome.com.au](mailto:sharon.berridge@lhome.com.au) or Ph: 8563 7757

**Operations Manager** – Rachel Strudwick  
(Including Catering, Housekeeping Administration & Maintenance) [rachel.strudwick@lhome.com.au](mailto:rachel.strudwick@lhome.com.au) or Ph: 8563 7771

**Community Services & Retirement Living Manager** – Cindy Penn  
(Including CHSP & Retirement Living Units) [cindy.penn@lhome.com.au](mailto:cindy.penn@lhome.com.au) or Ph: 8563 7709

**Financial Controller** – Ameya Bhiskute  
(Including Accommodation & Fees / Bonds) [ameya.bhiskute@lhome.com.au](mailto:ameya.bhiskute@lhome.com.au) or Ph: 8563 7768

## UPDATE YOUR DETAILS

It's essential for residents and families to regularly update any details for the Home. Whether it's a change in phone number, email address, emergency contact or medical details, they all need to be accurate and updated.

Regularly reviewing this information can assist us to provide smooth communication and ensuring we always have correct details for clinical matters.

Please check over any Medicare, Pension or Ambulance cards and provide Reception with updated details. We will need a copy of any cards, which can be emailed or be completed onsite. Please see Reception for further assistance.



# NOTICEBOARD

## HAIRDRESSER UPDATE

Lutheran Homes Barossa Hairdressing Salon has a new name. Please welcome Ruby Blue! Our hairdresser, Jill Boxall will be onsite Tuesdays and Fridays. All bookings can be made via phone or the salon.

### Why Ruby Blue?

The gemstone 'ruby' is for the seventies and 'sapphire' is for eighties and nineties. They are the precious gems of our wonderful Residents!



LUTHERAN HOMES  
BAROSSA  
HAIRDRESSING SALON



PHONE: 0488 000 532  
OPEN TUESDAY & FRIDAY

### PRICING LIST

#### **LADIES**

Haircut	\$30
Shampoo & Blow Dry OR Set	\$30
Shampoo/Cut/Blow Dry	\$50
Shampoo/Cut/Set	\$50
Perm w/ Cut & Blow Dry OR Set	from \$90
1/2 Foils	from \$75
Full Foils	from \$85
Colour/Cut & Blow Dry	from \$100
Colour/Foils/Cut & Blow Dry	from \$130
Chin Wax	\$15

#### **MENS**

Haircut	\$25
Buzz Cut	\$20
Beard/Moustache Trim	\$5

## COURTYARD CAFE



The Courtyard Café not only offers amazing hot meals and drinks, but we've got plenty of 'grab and go' items in the fridges. If you're craving a fresh snack plate, wrap, sandwich, salad, or just sweet treat, we've got it covered!



Why don't eggs tell jokes? *They'd crack each other up!*



# ROBOT UPDATE

## Fun Facts:



**Who made the first robot** - It is believed that the first robot was created by George Devol in 1954. It was called Unimate, and it was the first robot to be digitally operated and programmable.

**Where are robots mainly used** - Robots are widely used in manufacturing, healthcare, space exploration, agriculture, education, and home assistance. They are becoming more popular in the home environment, helping with the household chores.

**Did you know that Japan was the first to manufacture and sell robots** - Japan is known as the first country to develop, manufacture, and sell robots on a large scale. With its strong emphasis on technology and innovation, Japan became a leader in robotics, particularly in the fields of industrial robots and personal assistant robot.

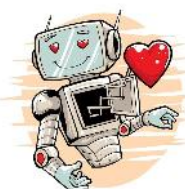
Reference: <https://leverageedu.com/discover/general-knowledge/interesting-facts-about-robots/#:~:text=5%20facts%20about%20robots%20include,act%20like%20humans%2C%20and%20lastly%2C>

## Update on LHB robots:

We have our robot doctor onsite rebooting and updating the software for our Robbie and Axel. We are looking forward to them scooting around and helping the catering and laundry teams again real soon.

Our cleaning robots are continuing to lessen the burden on our amazing cleaning staff by maintaining the floors. They are out and about early every morning sweeping and mopping the very long corridors, saving our cleanings many of hard hours, so they can focus more on the residents' rooms.

We are still collecting suggestions for the names for the cleaning robots, so pop your thinking cap on and let Kasey or Belinda know your thoughts. We have so far received some interesting suggestions.



How did the robot know it was in love? *It felt sparks!*

How do robots eat pizza? *One byte at a time!*



# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



...book your appointment today

## ...how can we help?

As you get older, everyday tasks can become more difficult. Asking for help doesn't mean losing your independence. Lutheran Homes Barossa provide services that improve, restore and maintain the health, safety, well-being and independence for older people.

The **Allied Health + Therapy Services** and **Barossa Club Connections Social Centre** provide a range of specialist activities to help you stay on top and lead an active life.

- Physiotherapy and Exercise Groups
- Occupational Therapy
- Better Balance - Falls Prevention + Rehabilitation
- Club Connections + Social Outings
- Activity and Games Centre
- Art, Craft and Cooking projects

What would you like to do? Come along and join the fun; you're always welcome.

For more information book your tour of our facilities. Please ask to be connected to a ... Customer Service Coordinator - **8563 7777**

**The Allied Health Clinic** is open  
...9am to 5pm - Monday to Friday

**Barossa Club Connections** is open  
...9am to 4pm - Monday to Friday

Your Community Services team are specialists in a range of health and wellbeing services. They are available to assist you to build and retain your daily fitness levels, to help you to remain active, and ensure you have the flexibility, strength and overall good health to be active every day and enrich your life.

Programs are available to individuals (one-on-one), as well as group fitness programs.

## ...we can assist you

**The First Step** - Find out if you are eligible  
**Contact My Aged Care on 1800 200 422**

**The Second Step** - Following your assessment, the assessor will provide you with referral codes for your eligible services.

**The Third Step** - Finally, don't hesitate to get in touch with us, book an appointment and bring your referral code to initiate our services.



# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



## WHAT'S COOKING?

We started a new activity, 'Kitchen Kapers', where our clients have the opportunity to brush up on their baking skills or even develop new skills like Malcolm Nitschke (pictured), who was making the coconut crumb for our Coconut Raspberry Slice. Some other goodies we have made are Raspberry Jam Drops and Rock Cakes.



## BUS TRIP



We went on a bus trip to Mannum, and visited the Pretoria Hotel for a scrumptious lunch. We then took a visit to the Discovery Centre, and some of our clients did a little retail therapy, looking in the Op Shops in the main street.



Card Making is now a regular activity on our program and some of our clients are thoroughly enjoying our Step by Step Painting.



Tony, from RAA, came to speak about Road Safety and will be presenting every month for the next 6 months, covering a different topic each session.

# WHAT'S HAPPENING IN FEBRUARY

## NEXT RESIDENT MEETING IS IN FEBRUARY

THURSDAY 6TH 1:30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US

### - FOOD FOCUS MEETING -

TUESDAY 4TH OF FEBRUARY

1.30PM IN THE PROTEA

LOUNGE AREA

EVERYONE IS WELCOME



HAPPY  
*Valentine's Day*  
14 FEBRUARY



SING ALONG WITH DOUG  
TUESDAY 11TH & 25TH OF FEBRUARY  
1.30PM IN ACACIA

JOIN US IN SINGING ALONG TO THE OLD TUNES



### SINGING IN THE CHAPEL IS BACK

Join us each Monday at  
10.30am in the Chapel for  
Hymn Singing.

### MOVERS AND GROOVERS

EVERY TUESDAY AND  
THURSDAY 10:30AM IN  
THE CHAPEL



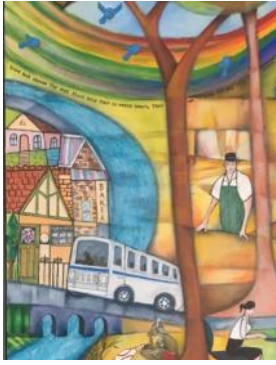
### 2025 AFL SEASON IS STARTING IN MARCH.

If you would like to be part  
of the LHB footy tipping  
competition, please see the  
Lifestyle staff.



Keep a look out for the LHB  
Show activities.





# VOLUNTEER NEWS

Belinda Treloar;  
Customer Service, Volunteer  
& Leisure Coordinator



## VOLUNTEERING AT LHB

If you would like to become a volunteer at LHB, please either send me an email at [belinda.treloar@tlhome.com.au](mailto:belinda.treloar@tlhome.com.au) or you can call reception.

### Happy Birthday

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



## CAN YOU HELP?

We are currently seeking volunteers to assist with the **Wednesday Shopping Bus**  
**CAFÉ HELPERS**

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

Happy February to all the amazing volunteers at LHB, I can't believe that we are in the 2nd month of the year already. A big welcome to the new volunteers that have joined us this year (welcome to our family). I would like to say a big thank you to those of you who continue to come in on a regular basis and make a difference in the lives of others. It truly is a blessing to be part of such a loving community. If you know of someone who you think would make a great volunteer, please send them our way; I would love to chat to them. Thank you again for your amazing work and when you are in the home next, pop in and say HI. We are truly blessed at LHB. I look forward to seeing what the year brings. – Belinda



Do you have Social Media?

Head over to Facebook and like [Lutheran Homes Barossa](#)  
You can also follow us on Instagram [lutheranhomesbarossa](#)



# RESIDENTIAL ACTIVITIES ABGO



Elizabeth Kroehn



Avis Humphrys



Joyce Lehmann

PAMPERING  
IS ALWAYS A  
WINNER IN  
ABGO

Nothing beats  
a foot spa in  
the Sensory  
Room.



Venus Bessell



Melvyn Sonntag



ABGO Residents

ABGO Residents have enjoyed a great start to the year with some of their favourite activities such as Dart Ball, Golf, Sing Along with Doug and many more.

## THE GENERAL STORE EXPERIENCE

This month, we had some lovely people attend the General Store for a wonderful experience of stepping back in time, while enjoying a hot cuppa and something sweet. The General Store is a great place to sit with your loved one and look around at what a store might have been like in times gone by. If you would like to have an opportunity to have a visit and experience, please contact Lifestyle or Reception to book. The General Store is open on Wednesdays from 10am-3pm.





# RESIDENTIAL ACTIVITIES

Australia Day was celebrated with some beers, thong toss and backyard cricket. What could have been more Aussie than that!

The smiles of January were brought to you by a not so little 9 week old bundle of joy who came to visit called Rip Curl; Here at LHB, we love puppy cuddles.



Judy Heuzenroeder & Rodney Lomman



Rosemary Berg



Grant Taylor



Raelene Rosenzweig



Daphne Gower & Errol Weiss



Elizabeth Hussey



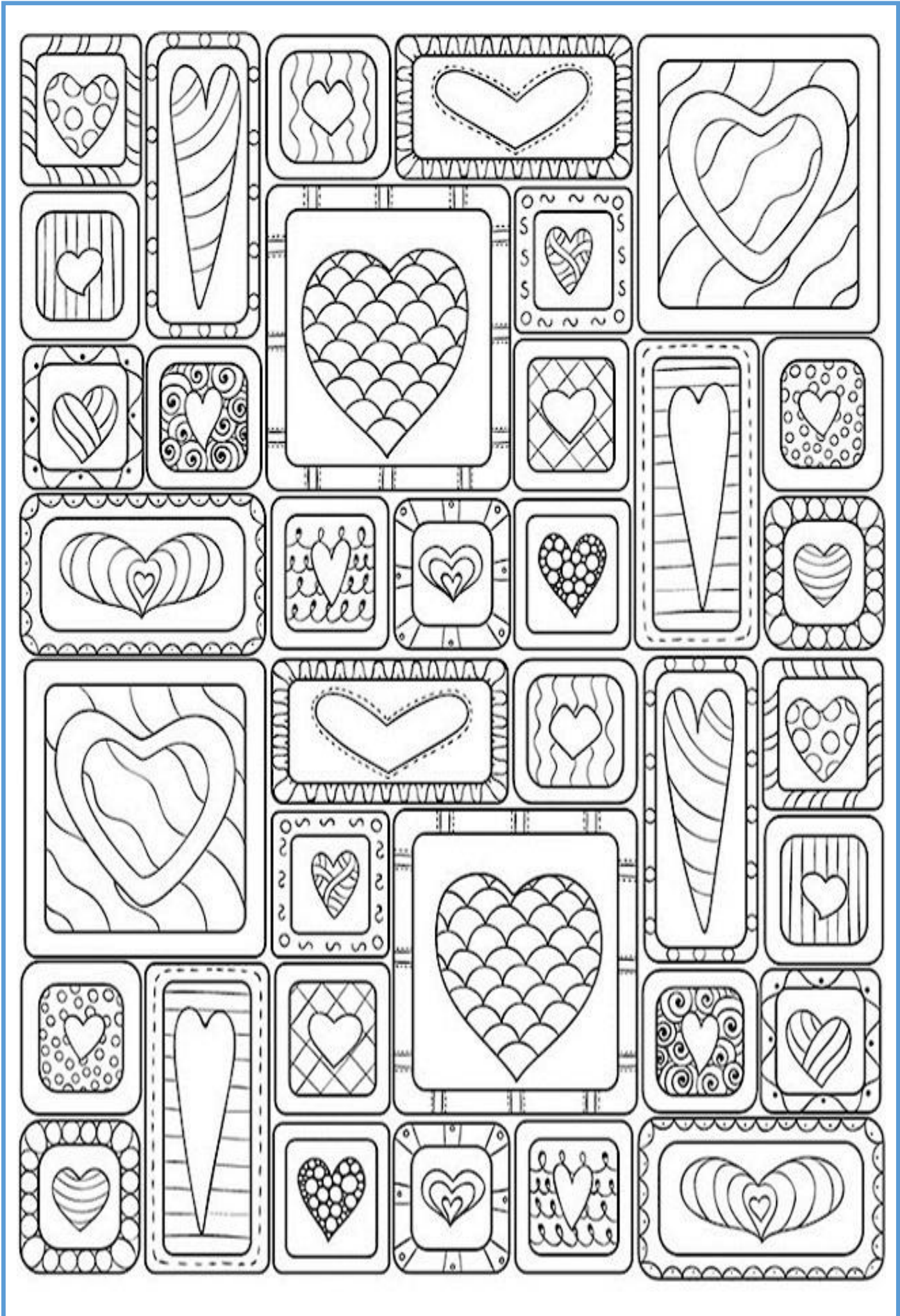
Barb White



Thong Toss enjoyed by the Residents of TC, Protea & Waratah.









## Residential Lifestyle Program February 2025

### Saturday 1st

1:30 Knock'em Down ABGO  
 3:00 Picture Bingo ABGO  
 4:00 1x1's ABGO

### Sunday 2nd

10:00 Church Service Chapel  
 1:30 Chair Yoga ABGO  
 3:00 Bean Bag Toss ABGO  
 4:00 1x1 ABGO

### Monday 3rd

10:30 Singing in the Chapel Chapel  
 10:45 Worship Service ABGO  
 1:30 Billiard Bowls ABGO  
 1:30 Art & Craft LHB  
 3:00 Art & Craft ABGO

### Tuesday 4th

10:15 Knit and Natter Protea  
 10:30 Movers and Groovers Chapel  
 10:30 Tit Tat Reading ABGO  
 1:30 Men's Shed The Shed  
     Ladies Pampering ABGO  
 1:30 Food Focus Meeting For TC, Protea & Waratah Protea  
 1:30 Pet Therapy LHB  
 3:00 Interactive Table ABGO

### Wednesday 5th- General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN TC  
 10:00 Walking Group (weather permitting) Leave from Protea  
 10:30 Armchair exercise ABGO  
 11:00 Waratah Service Waratah  
 1:30 Table Tennis ABGO  
 1:30 Wheel Of Fortune Chapel  
 1:30 Dart Ball Waratah  
 3:00 Bingo ABGO

### Thursday 6th

From 10am CAFÉ' SHOP TROLLEY  
 10:30 Hoy ABGO  
 10:30 Movers and Groovers Chapel  
 1:30 Golf ABGO  
 1:30 Residents Meeting Chapel  
 3:00 Pampering Sensory Room

### Friday 7th

From 9am TLH LIBRARY OPEN TC  
 10:30 Movement to Music ABGO  
 10:30 Hoy Waratah  
 1:30 Dart Ball ABGO  
 1:30 Bingo Chapel  
 3:00 Coffee & Chat ABGO

### Saturday 8th

1:30 Rapp Ball ABGO  
 3:00 Word Games ABGO  
 4:00 1x1's ABGO

### Sunday 9th

10:00 Church Service Chapel  
 1:30 Tunnel Ball ABGO  
 3:00 Memory Game ABGO  
 4:00 1x1 ABGO

### Monday 10th

10:30 Singing in the Chapel Chapel  
 10:45 Worship Service ABGO  
 1:30 Drumming ABGO  
 1:30 Ping Pong TC / Protea  
 1:30 Pampering Waratah  
 3:00 Reminiscing ABGO

### Tuesday 11th

10:15 Knit and Natter Protea  
 10:30 Movers and Groovers Chapel  
 10:30 Interactive Table ABGO  
 1:30 Men's Shed The Shed  
     Ladies Pampering ABGO  
 1:30 Golf Chapel  
 1:30 Coffee & Chat Waratah  
 2:30 Sing Along with Doug ABGO

### Wednesday 12th- General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN TC  
 10:30 Armchair exercise ABGO  
 11:00 Waratah Service Waratah  
 1:30 Focus on February ABGO  
 1:30 Rapp Ball Chapel  
 1:30 Memory Game Waratah  
 3:00 Bingo 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**

## Residential Lifestyle Program February 2025

### Thursday 13th

**From 10am** CAFÉ' SHOP TROLLEY

10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Tunnel Ball	Chapel
1:30 Pick A Box	Waratah
3:00 Pampering	Sensory Room



### Friday 14th

<b>From 9am</b> TLH LIBRARY OPEN	TC
10:30 Memory Game	ABGO
10:30 Hoy	Waratah
1:30 Tunnel Ball	ABGO
1:30 Bingo	Chapel
3:00 Valentine's Tea in the Garden	ABGO

### Saturday 15th

1:30 Knock'em Down	ABGO
3:00 Picture Bingo	ABGO
4:00 1x1's	ABGO

### Sunday 16th

10:00 Church Service	Chapel
1:30 Chair Yoga	ABGO
3:00 Bean Bag Toss	ABGO
4:00 1x1	ABGO

### Monday 17th

10:30 Singing in the Chapel	Chapel
10:45 Worship Service	ABGO
1:30 Billiard Bowls	ABGO
1:30 Art & Craft	LHB
3:00 Art & Craft	ABGO

### Tuesday 18th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Food Tasting	ABGO
1:30 Knock'em Down	Chapel
1:30 Pet Therapy	Waratah
3:00 Pet Therapy	ABGO

### Wednesday 19th- General Store Open in ABGO 10-2pm

<b>From 9am</b> TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Armchair exercise	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Dart Ball	Chapel
1:30 Wheel Of Fortune	Waratah
3:00 Bingo	ABGO

### Thursday 20th

<b>From 10am</b> CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Word Games	Chapel
1:30 Tunnel Ball	Waratah
3:00 Pampering	Sensory Room

### Friday 21st

<b>From 9am</b> TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
1:30 Dart Ball	ABGO
1:30 Bingo	Chapel
3:00 Coffee & Chat	ABGO

### Saturday 22nd

1:30 Rapp Ball	ABGO
3:00 Word Games	ABGO
4:00 1x1's	ABGO

### Sunday 23rd

10:00 Church Service	Chapel
1:30 Tunnel Ball	ABGO
3:00 Memory Game	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**



**Monday 24th**

10:30 Singing in the Chapel	Chapel
10:45 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Pampering	TC / Protea
1:30 Ping Pong	Waratah
3:00 Reminiscing	ABGO

**Tuesday 25th**

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Coffee & Chat	Chapel
1:30 Golf	Waratah
2:30 Sing Along with Doug	ABGO

**Wednesday 26th - General Store Open in ABGO 10-2pm**

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Bottle Top Sorting	Waratah
10:30 Armchair exercise	ABGO
1:30 Table Tennis	ABGO
1:30 Memory Game	Protea
1:30 Rapp Ball	Waratah
3:00 Bingo	ABGO

**Thursday 27th**

From 10am <b>CAFÉ SHOP TROLLEY</b>	
10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Pick A Box	Chapel
1:30 Bean Bag Toss	Waratah
3:00 Pampering	Sensory Room

**Friday 28th**

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Gardening Group	ABGO
11:00 <b>Wisdom of The Elders</b>	Chapel
1:30 Tunnel Ball	ABGO
1:30 Bingo	Chapel
3:00 Memory Game	ABGO

# Tuscan Hill Café

Open Tuesdays from 10am-3pm

Bringing a little piece of Italy  
to the Barossa Valley.

Hot drinks and a small themed sweet available.

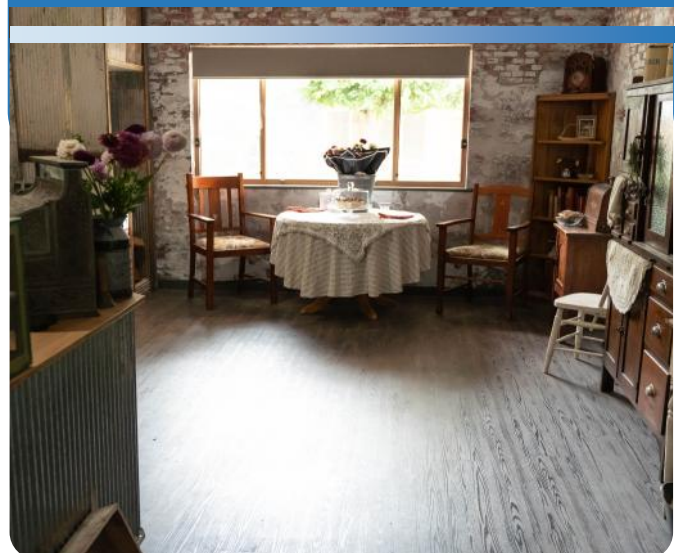


# The General Store Experience

Open Wednesdays from 10am-2pm

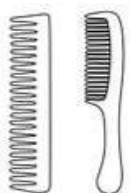
Join us for an individualised old time  
experience in The General Store.

Bookings are required through Reception.



# At The Hairdresser

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



appointment  
 clippers  
 mirror  
 blowout  
 perm

conditioner  
 scissors  
 colour  
 brush  
 foils

treatment  
 shampoo  
 dryer  
 comb  
 wax

