



Tanunda
Lutheran Home Inc.

TIT TAT

MONTHLY NEWSLETTER
TANUNDA
LUTHERAN HOME INC

27 Bridge St 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

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

JULY 2022



*Lutheran
Church
of Australia*

family

Chaplain's Reflection



Thinking about Prayer

Prayer is a beautiful thing. When somebody says that they'll pray for us, or keep us in their prayers, we know that we are being wished well in a most profound way. The well-wisher is really hoping the best for us, and is hoping that God may tweak the universe in just the tiniest way in our favour.

Usually God doesn't have to change a thing though – He's already working the best for us, as hard as that is sometimes to understand.

Promises to pray for us come from different places. Some families or friendship circles have somebody who is interested in prayer, and will offer prayer readily. For other people it is easier to ask for prayer from a stranger, or from someone you are unlikely to meet again.

We open up to people who seem to have our true humanity at heart, who listen not just because they are paid to listen but because they are decent people. We cannot know if somebody follows through on their promise to pray for us, but we do know that there in the moment is a little bit more love than we had before. It feels good, and it lightens our burden, sometimes more than we realise.

A lot of the staff and volunteers pray for residents on a regular basis, and will sometimes offer to pray for an individual resident, or be available to do so. All new staff receive a *Prayer Resource* to assist with praying and to remind them to pray. If you are a resident you will get a sense of staff you feel safe to request prayer from. Chaplains of course are always available for this task. Praying is a good mindfulness exercise for staff. An offer to pray is an extra act of love over above the everyday duties they are called to do.

Go well in this cozy July, and know you are loved, by people and by God.

HAPPY BIRTHDAY

- 4 Glenys Selwood
- 6 Joan Minge
- 6 Jillian Chapman
- 18 Irene Golding
- 20 Jean Hueppauff
- 30 Ros Whiteford
- 31 Kathleen Rochford



Permanent

HOME
♥ sweet ♥
HOME

- Eileen Ingham
- Rex Russack
- Roger Brent

Respite

- Wilfred (Wilf) Fechner
- Barbara Grear
- Anne Hoebergen



family

Stay safe and remember your hand hygiene .
Please, if you are unwell do not visit the
home , we are keeping our residents, your
loved ones safe .

Thank you



DEATHS

*Our deepest sympathy
to the families of*



Valesca (Erna) Auricht 7th June
Valerie DeValle 17th June

May they rest in peace ..

SHOPPING BUS



Please remember to book

They will only be travelling to Tanunda until
further notice. Thank you

Wednesday	6th July.	Tanunda
Wednesday	13th July.	Tanunda
Wednesday	20th July.	Tanunda
Wednesday	27th July.	Tanunda

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.

The **DEADLINE** for all:
News / Information / Stories - August 2022 edition is

Thursday 28th July 2022

Email: courtney.mudge@tlhome.com.au

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

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



From the CEO

Lee Martin

Have you noticed the day are getting longer – we have passed the winter solstice?

The end of the financial year is here. What does that mean for the TLH Business? It's budget time. For the finance team this year it means a lot of work trying to establish what our income will be as there are changes occurring. Then there's the expenditure, again changes happening.



Our aged care funding will change as of the 1st October 2022. A "case mix" system has been developed similar to what is used in the hospital setting. This means that all residents are assessed by an independent authority prior to a new resident being admitted. The fund for each resident is also determined by the independent authority – on average each resident will attract \$210.00 per day per resident. There is very little opportunity to make changes to the daily funding being received. We are actively applying for grants to support new projects.

The expenses this year are very complicated, CPI has surged, wages for staff have increased, the price of all services and commodities are increasing. Then the interest rates are changing. I'm sure you as individuals are feeling the pinch as well.

Having had the interim audit completed, the report indicated that TLH is in a good financial position so at this stage we are doing well compared to other services in the industry. We have been able to complete projects by using funds received via commonwealth grants.



As a result of sales of the new retirement units both in Tanunda and Nuriootpa we are able to continue to build more accommodation. Units are currently being sold before they're built which is always a great thing. We still have units available – if you know anyone wanting to retire in the Barossa send them to Greg Hamilton – via the 8563 7777.

Our current projects are all on target to be completed in the near future. The robots are expected to be roaming the corridors of the facility in the very near future. The environmental works are commencing around the facility in early July '22. Our service is gaining an encouraging amount of recognition for our vision in the technology area. Over the past weeks I have had the opportunity to showcase TLH at National aged care conferences with great feedback.

At the writing of this article, we have four surveyors from the Aged Care Quality and Safety Commission reviewing our processes in relation to all the aged care standards and outcomes. This survey is our three-year survey and is an unannounced visit – The result of the survey will not be known for a number of weeks.

I would like to acknowledge how the efforts of all involved with the Home in regard to the current COVID-19 and Influenza infections. We continue to experience very small outbreaks amongst the residents and staff. Our residents and staff are all up to date with their vaccinations, I do hope those reading this are also vaccinated.

It has been wet and cold, I do hope you are all looking after yourselves, eating well, keeping warm and dry. Remember, if unwell please stay at home, call your GP and follow all medical advice provided. Also, please keep your families informed of your health and whereabouts.

Thank you

LET US LOVE WINTER, FOR IT IS THE SPRING OF GENIUS



Tanunda
Lutheran Home Inc.

Quality Information

from Sharon & Rebecca

Care Manager & Quality & Training Officer



What is quality in aged care?

Aged care services aim to improve the quality of life of the people receiving care.

To help make sure this happens, providers of Australian Government-funded aged care must meet the Aged Care Quality Standards.

The Aged Care Quality Standards

The [Aged Care Quality Standards](#) apply to all Australian Government-funded aged care services.

Providers of these services must meet standards in:

1. consumer dignity and choice
2. ongoing assessment and planning with consumers
3. personal care and clinical care
4. services and supports for daily living
5. service environment
6. feedback and complaints
7. human resources
8. organisational governance.



How is quality assessed?

The Aged Care Quality and Safety Commission assesses the quality of Australian Government-funded aged care against the Aged Care Quality Standards.

The Commission checks compliance with standards through assessment and monitoring processes such as:

- visits to the aged care service (aged care homes have at least one unannounced visit each year)
- self-assessment by providers
- feedback from care recipients
- reviewing providers' plans for continuous improvement
- reporting on the service's performance against the standards and publishing consumer experience reports.



Australian Government
Aged Care Quality and Safety Commission

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During May we received complaints about Care (3), Maintenance (1), Food & Beverages (5), Other (3), Staff (2) and Management & Communications (1) and we are working with the comment maker(s) in resolving the concern to the comment makers satisfaction.

Also during May we received compliments about Care (12), Food & Beverages (13), Lifestyle (1), Other (1), and Management & Communication (1) and a total of eleven suggestions.

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



Meshack Rutto
Enrolled Nurse



Antonetta Eales
Personal Care
Worker



Jayant Arora
Personal Care
Worker



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

Lee Martin, Chief Executive Officer
Phone: 08 8563 7755 or Email: lee.martin@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's 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, Canberra City



Tanunda
Lutheran Home Inc.

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



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:

Care Manager - Sharon Berridge (including Allied Health & Lifestyle) sharon.berridge@lhome.com.au or Ph: 8563 7757

Operations Manager - Rachel Strudwick (Including Catering, Food Service WHS, Maintenance) rachel.strudwick@lhome.com.au or Ph: 8563 7771

Financial Controller - Ameya Bhiskute (Accommodation & Fees/Bonds) ameya.bhiskute@lhome.com.au or Ph: 8563 7768

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, 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 Rebecca Hudson (Quality & Training Officer) who coordinates the comment process and will ensure the correct person is notified of your comment.

You can also contact Rebecca directly via email at rebecca.hudson@tlhome.com.au

You are also welcome to talk to Customer Services Coordinator – **Belinda Treloar** if you are not satisfied with the way your complaint/suggestion is being handled.

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 Quality & Training Officer at Tanunda Lutheran Home via any of the drop boxes located throughout the home or drop of at reception alternatively you can post to
Tanunda Lutheran Home

Attn: Quality & Training Officer
27 Bridge Street TANUNDA SA 5352

Share Your Experience



Tanunda

Lutheran Home Inc.

Enriching the lives of our older people

Comment Makers Information (Optional)

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

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:

Phone Call Letter In Person

Comment forwarded to Department Leader:

CI Required? Yes/No _____

Was the outcome satisfactory: Yes/No _____

Closure Date: _____

Follow Up: 3 Months N/A

6 Months

9 Months

Other: _____

Resident Relative Staff IRL Resident Other: _____

Compliment Complaint Suggestion

Comments / Details:

Would you like to discuss this issue with the relevant leadership team member?

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.



EMPLOYEE OF THE MONTH



CONGRATULATIONS
MAY 2022

Julie Gates
Hospitality—Cleaning



**Well done and thank you to all the staff who received compliments
in May 2022**

Elvie VanGastel, Bridie Potter, Allyson Nicolai, Sharon Abdilla,
Leanne Hausler, Rita Joshi, Lynda Szymczak, Sue Martin,
Mandeep Kaur, Julie Gates, Jessica Thompson, Kim Sawers,
Jessica Kohlhagen, Sean Hyland, Kitchen Staff & ABG Staff

thank you



World Ocean Day was 8th June. ABG residents enjoyed making a wall display to acknowledge the day.



ABG Shining Stars

Norma Liersch, Linda Bainbridge & Rosalie Betts



RESIDENTS Food Focus MEETING

The first Food Focus meeting will be held on Thursday the 7th of July at 1.30pm in the chapel All residents welcome.

The meeting will be held by Catering Coordinator Kim Sawers

We look forward to hearing all your food related feedback.

NEIGHBOURHOOD LEADERS



ABG
TRINITY COURT
PROTEA
WARATAH

Vic Lehmann 89
Pat Hunter 76
Brian Selwood 82
Irene Golding 80



Due to the COVID-19 virus Tanunda Lutheran Home requests all visitors to schedule their visits in advance to prevent overcrowding of each site and area.

Residential Visiting hours will be:

Monday to Friday: 10:00am to 7:00pm
Weekends and Public Holidays: 10:00am to 6:00pm

All visitors must schedule their visits via <https://tlhome.zipline.app/welcome> or phone Reception on (08) 8563 7777 Monday to Friday.

HAPPY 105 BIRTHDAY

A Very big happy 105th birthday to GWEN Ann Smith for the 25th of June



NAIDOC WEEK 3rd—10th of July



Join us in cheering on the Aussie's for the 2022 Commonwealth Games, Thursday the 28th July to Monday the 4th of August Aussie, Aussie, Aussie, Oi, Oi, Oi.



TEAM AUS HUB

JOIN THE GREEN & GOLD COMMUNITY FOR THE BIRMINGHAM 2022 COMMONWEALTH GAMES

POWERED BY: komo





"Enjoying life with fun & friends"

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 \$6.10 (Concession Rate is \$3.05)
- ◆ A variety of activities are offered in the morning and afternoon, including social time during morning and afternoon tea.



**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....*



The Barossa Club will be holding a club meeting on July 6th at 1:30pm

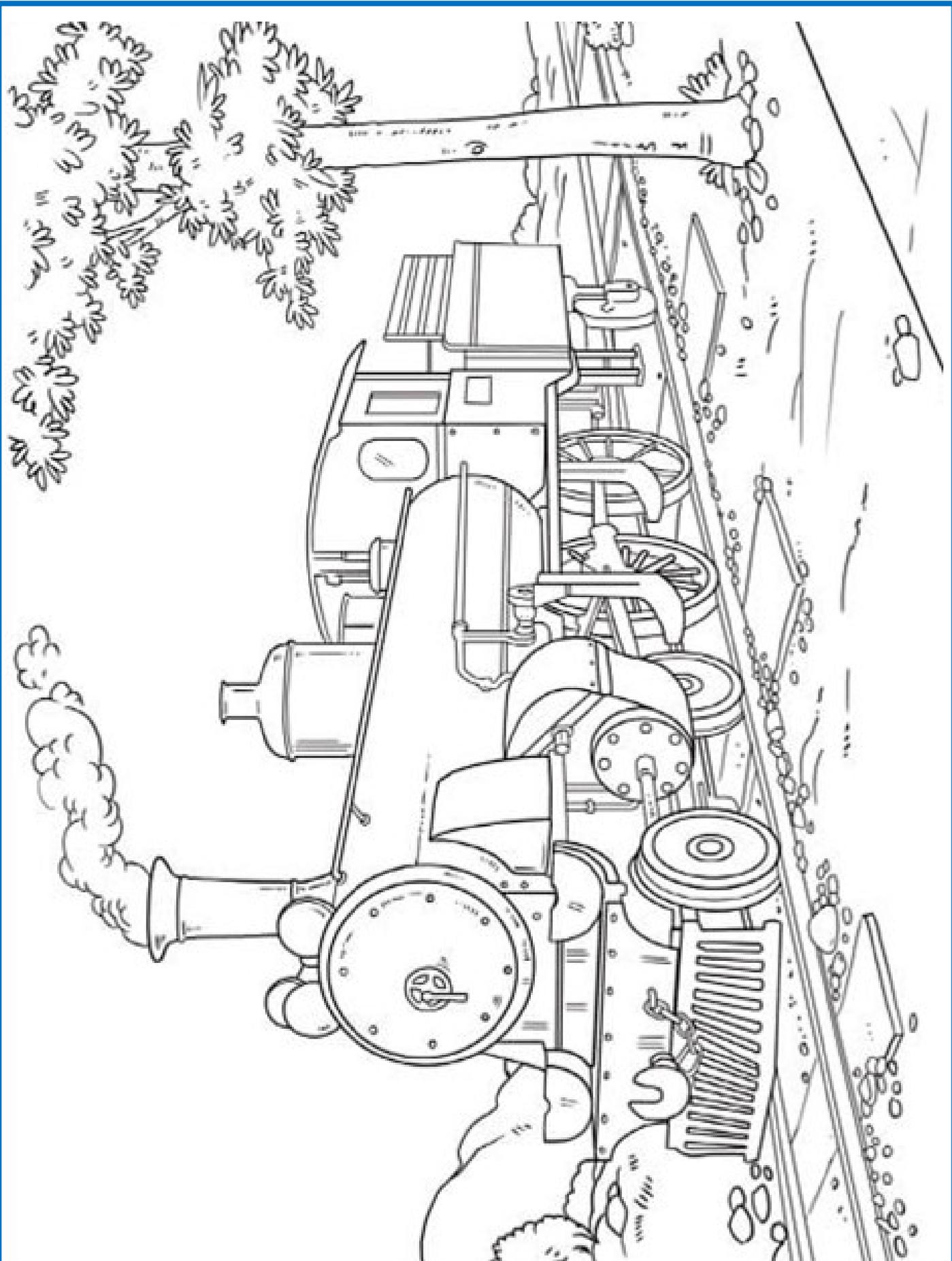


Clubbies celebrating the Queens Birthday



Happy Birthday
Queen





Colour in your master piece .. Be creative and colourful

RAYLENE SCHRAPEL—HAPPY RETIREMENT



The Protea residents put on a lovely afternoon tea, to thank Raylene for her many years of service to the home and to wish her a HAPPY RETIREMENT. Thank you to everyone who came to share their appreciation.



RAYLENE SCHRAPEL—HAPPY RETIREMENT



RESIDENTIAL ACTIVITIES



Pet adoption in ABG



Queen's Platinum Jubilee High Tea



VOLUNTEER NEWS



**Message from Belinda;
Customer Service,
Volunteer & Leisure
Coordinator**

Please note that when you are volunteering at TLH masks must be worn. If you need masks please come and see me and I am happy to provide you some.

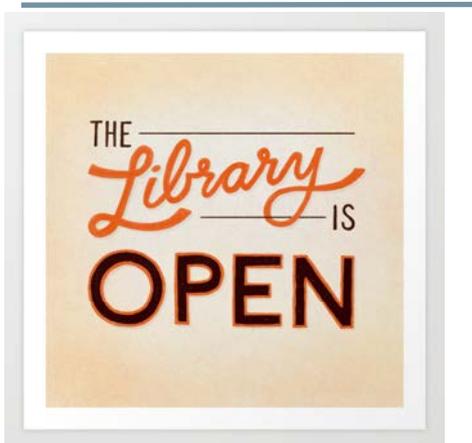
A special thank you to the volunteers who are helping out in the café; we couldn't do it without you. Have an amazing July and keep warm. Blessings—Belinda Treloar

Volunteering

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 of our
wonderful Volunteers
for the month of
July



The Library is open every Wednesday and Friday Mornings from 9am—Come on in and say HI

COMMUNITY NEWS

Cutting Edge

The Hairdresser is open
Wednesday—Friday 8:30—5pm
Please phone to make an appointment
On ext 750

Bottle top sorting for the grow love gardens will continue this month. If you wish to donate your bottle tops please ensure they are the correct ones. All other bottle tops will be placed in the general recycling.



TLH continue to collect used stamps that can be dropped of at either reception or the Protea nurses station.

**Stamps
for
Mission**

Place your
stamps here!

The sale of these stamps raises funds to support God's mission in the world through LCA International Mission.

Thank you for your support!

LUTHERAN CHURCH OF AUSTRALIA | **INTERNATIONAL MISSION**
OF AUSTRALIA | global partners - local church

ACTIVITY PROGRAM

Friday 1st

From 9am TLH LIBRARY OPEN

- 10:30 Chair Yoga
- 10:30 Movement to Music
- 11:00 Church Service
- 1:30 Creative Corner
- 1:30 BINGO
- 3:30 Coffee and Chat



- TC
- ABG
- Waratah
- TC / Protea
- ABG
- Chapel
- ABG

Thursday 7th

From 10am CAFÉ' SHOP TROLLEY

- 10:00 Card making with Irene
- 10:30 Current Affairs
- 10:30 Moovers & Groovers
- 1:30 Men's Shed / Ladies Pampering
- 1:30 Food Focus Meeting
- 1:30 Pampering
- 1:30 Rapp Ball
- 3:30 Drumming



- Protea
- ABG
- TLH
- ABG
- Chapel
- TC / Protea
- Waratah
- ABG

Saturday 2nd

- 1:30 Rapp Ball
- 3:00 Art and Craft
- 4:00 1x1

- ABG
- ABG
- ABG

Friday 8th

From 9am TLH LIBRARY OPEN

- 10:30 Chair Yoga
- 10:30 Hoy
- 11:00 Chapel Service
- 1:30 Creative Corner
- 1:30 BINGO
- 3:30 Foot Spas



- TC
- ABG
- Waratah
- TC / Protea
- ABG
- Chapel
- ABG

Sunday 3rd—NAIDOC WEEK

- 1:30 Balloon Tennis
- 2:30 Card Games
- 4:00 1X1



- ABG
- ABG
- ABG

Monday 4th

- 10:30 Singing In the chapel
- 11:00 Worship Service
- 1:30 Ten Pin Bowling
- 1:30 Pampering
- 1:30 Memory Game
- 3:30 Bingo



- Chapel
- ABG
- ABG
- Waratah
- TC / Protea
- ABG

Saturday 9th

- 1:30 Healing Hands
- 3:00 Tunnel Ball
- 4:00 1x1



- ABG
- ABG
- ABG

Tuesday 5th

- 10:30 Memory Game
- 10:30 Moovers and Groovers
- 10:30 Knit and Natter
- 1:30 Music Therapy
- 1:30 Carpet Bowls
- 1:30 Bean Bag Toss
- 3:30 Reminiscing / Small Group Activity

- ABG
- TLH
- Protea
- ABG
- TC / Protea
- Waratah
- ABG

Sunday 10th

- 1:30 Movement to music
- 2:30 Word Games
- 4:00 1X1



- ABG
- ABG
- ABG

Monday 11th

- 10:30 Singing In the chapel
- 11:00 Worship Service
- 1:30 Bean Bag Toss
- 1:30 Pampering
- 1:30 Memory Game
- 3:30 Bingo

- Chapel
- ABG
- ABG
- TC / Protea
- Waratah
- ABG



Tuesday 12th

- 10:30 Memory Game
- 10:30 Moovers and Groovers
- 10:30 Knit and Natter
- 1:30 What's in the Bag
- 1:30 Bean Bag Toss
- 1:30 Carpet Bowls
- 3:30 Reminiscing / Small Group Activity

- ABG
- TLH
- Protea
- ABG
- TC / Protea
- Waratah
- ABG

Wednesday 6th

From 9am TLH LIBRARY OPEN

- 10:30 Hoy
- 10:30 Bottle Top Sorting
- 11:00 Waratah Service
- 1:30 Armchair Exercise
- 1:30 Art and Craft
- 1:30 Wheel of Fortune
- 2:15 1st Blessing of the Month
- 3:30 Word Games



- TC
- ABG
- Protea
- Waratah
- ABG
- TC / Protea
- Waratah
- ABG
- ABG

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

Card making with Irene Thursday 7th of July from 10am in Protea



Wednesday 13th

From 9am TLH LIBRARY OPEN
 10:30 Music Therapy
 10:30 Bottle Top Sorting
 11:00 Waratah Service
 1:30 Armchair Exercise
 1:30 Wheel of Fortune
 1:30 Art and Craft
 3:30 Small Group Activities



TC
 ABG
 Protea
 Waratah
 ABG
 TC / Protea
 Waratah
 ABG

Thursday 14th

From 10am CAFÉ' SHOP TROLLEY
 10:30 On this Day
 10:30 Moovers & Groovers
 1:30 Parachute Game
 1:30 Rapp Ball
 1:30 Pampering
 1.30 Switch
 2:15 Sing Along with Doug
 3:30 Walking Group

ABG
 TLH
 ABG
 TC/ Protea
 Waratah
 Library
 ABG
 ABG

Friday 15th

From 9am TLH LIBRARY OPEN
 10:30 Chair Yoga
 10:30 Movement to Music
 11:00 Chapel Service
 1:30 Cooking
 1:30 BINGO
 3:30 Board Games and Puzzles



TC
 ABG
 Waratah
 TC / Protea
 ABG
 Chapel
 ABG

Saturday 16th

1:30 Bean Bag Toss
 3:00 Art and Craft
 4:00 1x1



ABG
 ABG
 ABG

Sunday 17th

1:30 Balloon Tennis
 2:30 Cards
 4:00 1X1

ABG
 ABG
 ABG

Monday 18th

10:30 Singing In the chapel
 11:00 Worship Service
 1:30 Tarp Target Toss
 1:30 Tunnel Ball
 1.30 Drumming
 3:30 Bingo

Chapel
 ABG
 ABG
 TC / Protea
 Waratah
 ABG

Tuesday 19th

10:30 Memory Game
 10:30 Moovers and Groovers
 10:30 Knit and Natter
 1:30 Men's Shed / Ladies Pampering
 1:30 Billiard Bowls
 1:30 Ten Pin Bowling
 3:30 Reminiscing / Small Group Activity



ABG
 TLH
 Protea
 ABG
 TC / Protea
 Waratah
 ABG

Wednesday 20th

From 9am TLH LIBRARY OPEN
 10:30 Art and Craft
 10:30 Bottle Top Sorting
 11:00 Waratah Service
 1:30 Armchair Exercise
 1:30 Ping Pong
 1:30 Balloon Tennis
 3:30 Word Games



TC
 ABG
 Protea
 Waratah
 ABG
 TC / Protea
 Waratah
 ABG

Thursday 21st

From 10am CAFÉ' SHOP TROLLEY
 10:30 Current Affairs
 10:30 Moovers & Groovers
 1:30 Men's Shed / Ladies Pampering
 1:30 Word Games
 1:30 Coffee and Chat
 1.30 Switch
 3:30 Drumming

ABG
 TLH
 ABG
 TC / Protea
 Waratah
 Library
 ABG

Friday 22nd

From 9am TLH LIBRARY OPFN
 10:30 Chair Yoga
 10:30 Hoy
 11:00 Chapel Service
 1:30 Creative Corner
 1:30 BINGO
 3:30 Board Games and Puzzles



TC
 ABG
 Waratah
 TC / Protea
 ABG
 Chapel
 ABG

Saturday 23rd

1:30 Healing Hands
 3:00 Tunnel Ball
 4:00 1x1



ABG
 ABG
 ABG

Sunday 24th

1:30 Movement to music
 2:30 Word Games
 4:00 1X1

ABG
 ABG
 ABG

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 25th

10:30 Singing In the chapel
 11:00 Worship Service
 1:30 Ten Pin Bowling
 1:30 Drumming
 1:30 Tunnel Ball
 3:30 Bingo



Chapel
 ABG
 ABG
 TC / Protea
 Waratah
 ABG

Tuesday 26th

10:30 Memory Game
 10:30 Moovers and Groovers
 10:30 Knit and Natter
 1:30 Hide and Seek
 1:30 Ten Pin Bowling
 1:30 Billiard Bowls
 3:30 Reminiscing / Small Group Activity

ABG
 TLH
 Protea
 ABG
 TC / Protea
 Waratah
 ABG

Wednesday 27th

From 9am TLH LIBRARY OPEN
 10:30 Hoy
 10:30 Bottle Top Sorting
 11:00 Waratah Service
 1:30 Armchair Exercise
 1:30 Balloon Tennis
 1:30 Water Ping Pong
 3:30 Small Group Activities



TC
 ABG
 Protea
 Waratah
 ABG
 TC / Protea
 Waratah
 ABG

Thursday 28th

From 10am CAFÉ' SHOP TROLLEY
 10:30 On This Day
 10:30 Moovers & Groovers
 1:30 Men's Shed / Ladies Pampering
 1:30 Coffee and Chat
 1:30 Word Games
 1.30 Switch
 3:30 Parachute Game



ABG
 TLH
 ABG
 TC / Protea
 Waratah
 Library
 ABG

Friday 29th

From 9am TLH LIBRARY OPEN
 10:30 Chair Yoga
 10:30 Movement to Music
 11:00 Chapel Service
 1:30 Creative Corner
 1:30 BINGO
 3:30 Foot Spas



TC
 ABG
 Waratah
 TC / Protea
 ABG
 Chapel
 ABG

Saturday 30th

1:30 Rapp Ball
 3:00 Art and Craft
 4:00 1x1



ABG
 ABG
 ABG

Sunday 31st

1:30 Balloon Tennis
 2:30 Cards
 4:00 1X1



ABG
 ABG
 ABG

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



Join us in cheering on the Aussie's for the **2022 Commonwealth Games,** Thursday the 28th July to Monday the 4th of August



TEAM AUS HUB

JOIN THE GREEN & GOLD COMMUNITY FOR THE BIRMINGHAM 2022 COMMONWEALTH GAMES

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