



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

JUNE 2022



*Lutheran
Church
of Australia*

family

Chaplain's Reflection



As chaplains we encounter all sorts of different expressions of spirituality in our residents. At TLH it would be fair to say that every resident has some degree of Christian belief included in their mixture of beliefs, values and cultural expressions that help people to make sense of their place in the world, where they've come from, how they belong, where they are going.

Some Christians attend church. Some used to attend. And others adopted a Christian world view at a young age while not being introduced to regular worship. Older age people will often think more deeply about the things they've been used to believing in and doing, and wonder whether they still believe those things and still want to practice things that might not be as life-giving as they used to be.

The beauty of being chaplains is that we enjoy people and their spirituality just as we find them, so we are able to listen empathically and non-defensively to people especially at those times when the urgent spiritual questions are being asked – like when somebody is wondering "Does God really love me? I haven't been perfect you know." Or "What if I've been on the wrong track all these years?"

I love an honest, heart-felt question. Questions don't have to have answers. And the best questions can take us to a place of mystery, and to a place of grace if those questions can be heard, witnessed, understood by a truly caring person. Asking a great question is also a humble exercise. It is admitting we don't know something, but we are open to another person putting a perspective on our question. Then we feel honoured and less alone. God is, after all, way too big to be understood, but pointers and claims made by honest and loving people can make God loveable after all, and life therefore more bearable.

What greater question has a person ever asked than Jesus on the cross, when he asked: "My God, why have you forsaken me?" We might ask it a different way: "Why, God, does it look like you don't care for us?" That's the mother of all heartfelt spiritual questions. If something like this is your question I encourage you to find a safe person to express it to. Asking the question may well release the question in all of us, and do all of us some good.

Chaplain Ian.

HAPPY BIRTHDAY

MAY 31st Hartley Hage



JUNE

3 Daphne Nobes

5 Reta Nitschke

25 Trevor Frost

25 Gwen Smith

26 Jan Schupelius

27 Ella Larwood

27 Brian Selwood

30 Barbara White

26 Judith Rosenzweig

28 Ron Letch

29 Adrienne Mickan



WELCOME!



Permanent

Audrey Leske

Elva Stengert

Keith Kuchel

Thora Kuchel

Liz Linke

Linda (Lin) Bainbridge

Respite

Brenda Button



HOME
♥ sweet ♥
HOME



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*



*Daphne Hage 1st May
Edna Schrapel 10th May
Erica Aubrey 21st May
Imants Bunde 23rd May*

May they rest in peace ..

SHOPPING BUS



Please remember to book

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

Wednesday	1st June.	Tanunda
Wednesday	8th June.	Tanunda
Wednesday	15th June.	Tanunda
Wednesday	22th June.	Tanunda
Wednesday	29th June.	Tanunda

The Bus will pick **IL Residents** up from their
home - **ONLY** if you have booked -

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

Thursday 23rd June 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

At the writing of this article, I am reflecting on the financial year gone past. The new financial year is at best going to be a guesstimate as there are so many variables occurring in the aged care industry. Be assured we have the expertise to handle the changes and our Financial Controller – Ameya Bhiskute is doing his best working the numbers to meet our needs for the coming financial year.

With the new government and the promises made we are all waiting to see what materializes. One major change that is occurring is the introduction of a new aged care service funding methodology. There has been lots of background work in the industry to ensure the funding meets everyone's requirements. Only time will tell. We have fingers crossed that there will be more funding for the aged care industry. An increase to the workers wages may see more people decide to work in the industry. Allowing more people to migrate to Australia will also assist in more workers in the aged care industry. The proposed revised Aged Care Act and more regulation will have a great deal of an effect on the senior staff and boards managing the facilities. A new regulation that has been proposed – Those executives or boards that deliberately do not meet the care standards will be criminally charged. This regulation alone may have a serious effect on the industry.

I do enjoy speaking with other aged care organisations, learning what they do, what they do differently and above all else at what costs. From my observations we are doing very well for a Not-for-Profit stand-a-loan facility. However, in the scheme of things we may need to look at the bigger picture to continue on in the future. There are many factors that need to be considered about the future of the industry and each facility providing services to those over the age of 65 years. We need to establish a workforce to meet the needs to the wave of seniors over the age of 65 years needing care. Training, salary, conditions, housing and support systems all are very important factors needing consideration. TLH employs 200 staff. 40% of the staff travel from the northern suburbs of Adelaide. There are little to no rental properties available for staff to use. The rental prices are also very high. Purchasing a home in the Barossa Valley is also very expensive. Some how we need to assist staff to live closer to the work site.

It is will pleasure that I acknowledge that all our projects are coming along nicely. The four new resident rooms project has commenced. The robot project is continuing. The units on Langmeil road are finished and selling. The Nuriootpa project is going extremely well, and sales are selling off the plan. All the previous storm damage has been repaired and holding up to the current wet / windy weather.

Lastly, to all those who have had their vaccinations well done. We are still experiencing the occasional COVID outbreak but with our current systems we are able to keep any outbreak to small number of residents affected. A big thank you to all our staff who tirelessly keep coming to work – your efforts are very much appreciated. Keep up the great work.

With the winter chills and the ever-present viral illnesses, please look after yourself and those around you. If you need assistance, please contact us. Stay safe and well – if driving – drive to the conditions of the road.



Tanunda
Lutheran Home Inc.

Quality Information

from Sharon & Rebecca

Care Manager &

Quality & Training Officer



Influenza (seasonal) - including symptoms, treatment and prevention



See the [Stop the Flu Before It Stops You](#) page for a list of resources and links relating to influenza. Influenza, commonly known as the flu, is a highly infectious viral illness caused by influenza A or B viruses. It affects the nose and throat and may also affect the lungs. In Australia, seasonal flu of varying severity occurs every year, usually between May and September.

How influenza is spread

The flu virus is spread when an infected person talks, coughs or sneezes small droplets that contain the virus into the air where they may be breathed in by people nearby. Infection may also be spread by contact with hands, tissues and other infected articles.

Most people recover within a week, although the cough and fatigue may last longer. Flu is much more serious than the common cold. It can lead to pneumonia (lung infection or inflammation) and other complications, and even death, particularly in:

- people aged 65 years and over
- people with chronic conditions like heart disease, diabetes and lung disease.

Treatment

Most people recover with rest, drinking plenty of fluids and use of paracetamol for the relief of pain and fever. Aspirin should not be given to children under 12 years of age unless specifically recommended by a doctor. People with moderate or severe illness, pregnant women, Aboriginal and Torres Strait Islander people and those with chronic medical conditions may benefit from specific antiviral medication. This can reduce duration of symptoms by about 1 day and prevent some of the more serious complications of flu, but is only effective if commenced within 48 hours of illness onset. Antiviral therapy may sometimes be used to prevent infection in close contacts of people with flu, such as vulnerable household contacts. A contact is any person who has been close enough to an infected person to be at risk of infection themselves.



Government of South Australia
SA Health

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

Email: britany.mickan@tlhome.com.au

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.

We Love Receiving 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. 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.

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 or ask a staff member to direct you to speak with Rebecca.

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

Please return this form to the Quality & Training Officer at Tanunda Lutheran Home

via drop of at reception or by posting to

Tanunda Lutheran Home

Attn: Quality & Training Officer

27 Bridge Street TANUNDA SA 5352



Tanunda

Lutheran Home Inc.

Enriching the lives of our older people

Share Your Experience



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.





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

NEW STAFF



Kim Sawers
Catering Coordinator



Christina Benyo
Personal Care Worker



Ashlee Chalker
Finance/Admin Support



Melissa Schlaikier
Personal Care Worker



Anthony Nwodo
Personal Care Worker



Emma-Lee Ryman
Hospitality



Lindsay McAuley
Property & Facilities
Manager



EMPLOYEE ★ OF THE MONTH ★

Congratulations!



*Thank
You*



CONGRATULATIONS
JANE JOKUDU
MAY 2022

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During April we received complaints about Care (1), Food & Beverages (2), Maintenance (1), Well-being (1) and Other (1). We are working with the comment maker(s) in resolving the concern to the comment makers satisfaction.

During April we received compliments about Care (4), Food & Beverages (5), Lifestyle (1), Maintenance (1), and Management & Communication (2).

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

THANK YOU

RESIDENTS MEETING

The next residents meeting will be cancelled which was due to be held on Thursday the 2nd of June at 1.30pm in the chapel



Please note the minutes from the last meeting are located in the dining rooms.



Why did the gym close down?

It just didn't work out.



Please join us to celebrate the
Birthday of
*Her Royal Highness
Queen Elizabeth II*
Date: 15th June 2022
Time: 1.30 pm
Place: Gramp Chapel

NEIGHBOURHOOD LEADERS



ABG
TRINITY COURT
PROTEA
WARATAH

Vic Lehmann 72
Pat Hunter 63
Brian Selwood 65
Irene Golding 63



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 Courtney at Reception on (08) 8563 7777 Monday to Friday.



Reception will be closed on Monday 13th June 2022 due to the Public Holiday. For any emergencies please ring the Registered Nurse on 8563 7712. Thank you.

FLU VACCINE

GET THE FLU SHOT
BEFORE THE FLU GETS YOU!
DUE JUNE 10th 2022



"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home." - *Edith Sitwell*



GIVE AWAY

GIVE AWAY:
VARIOUS ARTS AND CRAFT
ITEMS LOCATED NEXT TO THE
TRADING TABLE AT BAROSSA
CLUB. ALL WELCOME



"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....*



Join Us

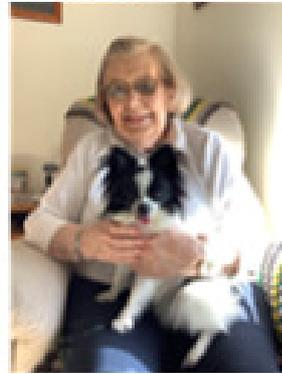
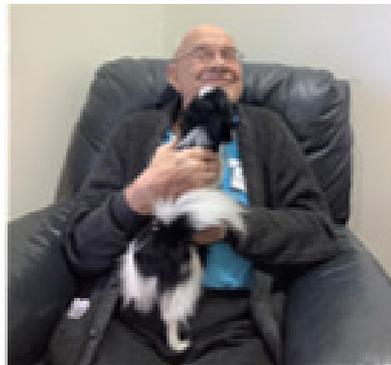


Colour in your master piece .. Be creative and colourful

Name: _____

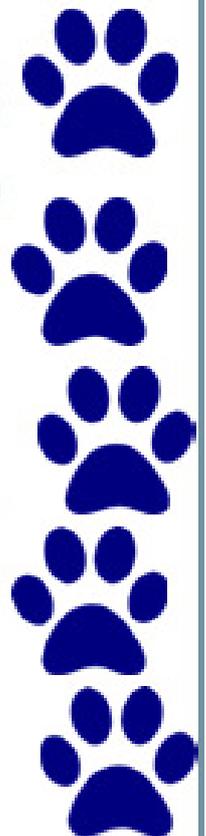
RESIDENTIAL ACTIVITIES

This month has been a month of animal visits. Thank you to the staff that have brought in their furry friends for a visit. The lifestyle team also held a pet adoption day which was a huge success.



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Congratulations on our Mother's Day hamper pack Lucky Winners



VOLUNTEER NEWS



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

May celebrated our beautiful volunteers at TLH. We would like to thank our volunteers for the hours of hard work they put in every day.

**Rays of
Sunshine**

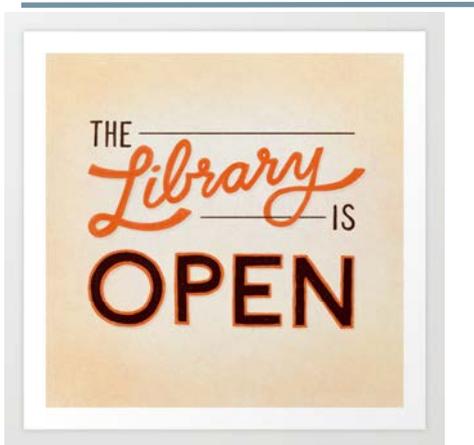


Volunteering

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
June*



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 off 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
global partners - local church

ACTIVITY PROGRAM

Wednesday 1st

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 Balloon Tennis
 1:30 Water Ping Pong
 2:00 1st Blessing of the month
 3:30 Word Games

TC
 ABG
 Protea
 Waratah
 ABG
 TC / Protea
 Waratah
 ABG
 ABG

Thursday 2nd

From 10am CAFÉ' SHOP TROLLEY
 10:30 Current Affairs
 10:30 Moovers & Groovers
 10:30 *Card Making with Irene*
 1:30 Bean Bag Toss
 1:30 Word Games
 1.30 Switch
 1:30 Word Games
 3:30 Creative Corner



ABG
 TLH
 Protea
 ABG
 TC / Protea
 Library
 Waratah
 ABG

Friday 3rd

From 9am TLH LIBRARY OPEN
 10:30 Chair Yoga
 10:30 Chapel Service
 10:30 Movement to Music
 1:30 Coffee & Chat
 1:30 BINGO
 3:30 Memory Game / Small Group Activity

TC
 ABG
 TC / Protea
 Waratah
 ABG
 Chapel
 ABG

Saturday 4th

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



ABG
 ABG
 ABG

Sunday 5th

10:00 Church Service
 1:30 Balloon Tennis
 2:30 Card Games
 4:00 1X1

Chapel
 ABG
 ABG
 ABG

Monday 6th

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



Chapel
 ABG
 ABG
 Waratah
 TC / Protea
 ABG

Tuesday 7th

10:30 Memory Game
 10:30 Moovers and Groovers
 10:30 Knit and Natter
 1:30 Men's Shed / Ladies Pampering
 1:30 Carpet Bowls
 1:30 Sensory Session
 3:30 Reminiscing / Small Group Activity



ABG
 TLH
 Protea
 ABG
 TC / Protea
 Waratah
 ABG

Wednesday 8th

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



TC
 ABG
 Protea
 Waratah
 ABG
 TC / Protea
 Waratah
 ABG

Thursday 9th

From 10am CAFÉ' SHOP TROLLEY
 10:30 Current Affairs
 10:30 Moovers & Groovers
 1:30 Parachute Ball
 1:30 Chair Yoga / Ice cream Cart
 1:30 Secret Women's Business
 3:30 Board Games & Puzzles

ABG
 TLH
 ABG
 TC / Protea
 Waratah
 ABG

Friday 10th

From 9am TLH LIBRARY OPEN
 10:30 Chair Yoga
 10:30 Chapel Service
 10:30 Hoy
 1:30 Cooking / Food Tasting
 1:30 BINGO
 3:30 Memory Game / Small Group Activity

TC
 ABG
 TC / Protea
 Waratah
 ABG
 Chapel
 ABG

Saturday 11th

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



ABG
 ABG
 ABG

Sunday 12th

10:00 Church Service
 1:30 Movement to music
 2:30 Word Games
 4:00 1X1

Chapel
 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 13th—Queen’s Birthday Holiday



Tuesday 14th

From 10am Auxiliary Ladies in the Protea Lounge available for clothes mending

- 10:30 Memory Game **ABG**
- 10:30 Moovers and Groovers **TLH**
- 10:30 Knit and Natter **Protea**
- 1:30 Men’s Shed / Ladies Pampering **ABG**
- 1:30 Sensory Session **TC / Protea**
- 1:30 Billiard Bowls **Waratah**
- 3:30 Reminiscing / Small Group Activity **ABG**

Wednesday 15th—World Elder Abuse Awareness Day

- From 9am TLH LIBRARY OPEN **TC**
- 10:30 Art & Craft **ABG**
- 10:30 Bottle Top Sorting **Protea**
- 11:00 Waratah Service **Waratah**
- 1:30 Armchair Exercise **ABG**
- 1:30 **QUEEN’S BIRTHDAY HIGH TEA** **Chapel**
- 3:30 Word Games **ABG**



Thursday 16th

- From 10am CAFÉ’ SHOP TROLLEY
- 10:30 Current Affairs **ABG**
- 10:30 Moovers & Groovers **TLH**
- 1:30 **QUEEN’S BIRTHDAY HIGH TEA** **ABG**
- 1:30 Secret Women’s Business **TC/ Protea**
- 1:30 Rapp Ball **Waratah**
- 1:30 **Switch** **Library**
- 3:30 Creative Corner **ABG**

Friday 17th

- From 9am TLH LIBRARY OPEN **TC**
- 10:30 Chair Yoga **ABG**
- 10:30 Chapel Service **TC / Protea**
- 10:30 Hoy **Waratah**
- 1:30 Drumming **ABG**
- 1:30 BINGO **Chapel**
- 3:30 Memory Game / Small Group Activity **ABG**

Saturday 18th

- 1:30 Art & Craft **ABG**
- 3:00 Rapp Ball **ABG**
- 4:00 1x1 **ABG**



Sunday 19th

- 10:00 Church Service Independent Only **Chapel**
- 1:30 Balloon Tennis **ABG**
- 2:30 Cards **ABG**
- 4:00 1X1 **ABG**

Monday 20th

- 10:30 Singing In the chapel **Chapel**
- 11:00 Worship Service **ABG**
- 1:30 Ten Pin Bowling **ABG**
- 1:30 Pampering **TC / Protea**
- 1.30 Memory Game **Waratah**
- 3:30 Bingo **ABG**



Tuesday 21st—World Music Day

- 10:30 Memory Game **ABG**
- 10:30 Moovers and Groovers **TLH**
- 10:30 Knit and Natter **Protea**
- 1:30 Men’s Shed / Ladies Pampering **ABG**
- 1:30 Bean Bag Toss **TC / Protea**
- 1:30 Sensory Session **Waratah**
- 3:30 Reminiscing / Small Group Activity **ABG**

Wednesday 22nd

- From 9am TLH LIBRARY OPEN **TC**
- 10:30 Music Therapy **ABG**
- 10:30 Bottle Top Sorting **Protea**
- 11:00 Waratah Service **Waratah**
- 1:30 Armchair Exercise **ABG**
- 1:30 Coffee & Chat **TC / Protea**
- 1:30 Wheel Of Fortune **Waratah**
- 3:30 Small Group Activities **ABG**



Thursday 23rd

- From 10am CAFÉ’ SHOP TROLLEY
- 10:30 Current Affairs **ABG**
- 10:30 Moovers & Groovers **TLH**
- 1:30 Parachute Ball **ABG**
- 1:30 Rapp Ball **TC / Protea**
- 1:30 Drumming **Waratah**
- 1.30 **Switch** **Library**
- 3:30 Board Games & Puzzles **ABG**



Friday 24th

- From 9am TLH LIBRARY OPEN **TC**
- 10:30 Chair Yoga **ABG**
- 10:30 Chapel Service **TC / Protea**
- 10:30 Hoy **Waratah**
- 1:30 Foot Spas **ABG**
- 1:30 BINGO **Chapel**
- 3:30 Memory Game / Small Group Activity **ABG**



Saturday 25th

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



Sunday 26th

10:00 Church Service Independent Only	Chapel
1:30 Movement to music	ABG
2:30 Word Games	ABG
4:00 1X1	ABG



Monday 27th

10:30 Singing In the chapel	Chapel
11:00 Worship Service	ABG
1:30 Bean Bag Toss	ABG
1:30 Tunnel Ball	TC / Protea
1:30 Chair Yoga / Ice cream cart	Waratah
3:30 Bingo	ABG

Tuesday 28th

10:30 Memory Game	ABG
10:30 Moovers and Groovers	TLH
10:30 Knit and Natter	Protea
1:30 Men's Shed / Ladies Pampering	ABG
1:30 Sensory Session	TC / Protea
1:30 Bean Bag Toss	Waratah
3:30 Reminiscing / Small Group Activity	ABG



Wednesday 29th

From 9am TLH LIBRARY OPEN	TC
10:30 Music Therapy	ABG
10:30 Bottle Top Sorting	Protea
11:00 Waratah Service	Waratah
1:30 Armchair Exercise	ABG
1:30 Coffee & Chat	TC / Protea
1:30 Wheel Of Fortune	Waratah
3:30 Small Group Activities	ABG



Thursday 30th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Current Affairs	ABG
10:30 Moovers & Groovers	TLH
1:30 Parachute Ball	ABG
1:30 Drumming	TC / Protea
1:30 Rapp Ball	Waratah
1.30 Switch	Library
3:30 Board Games & Puzzles	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

The Auxiliary Ladies will be onsite in the Protea lounge on June the 14th from 10am to assist with any clothes mending you may have. Please pop by and say hello.



Seniors deserve respect.

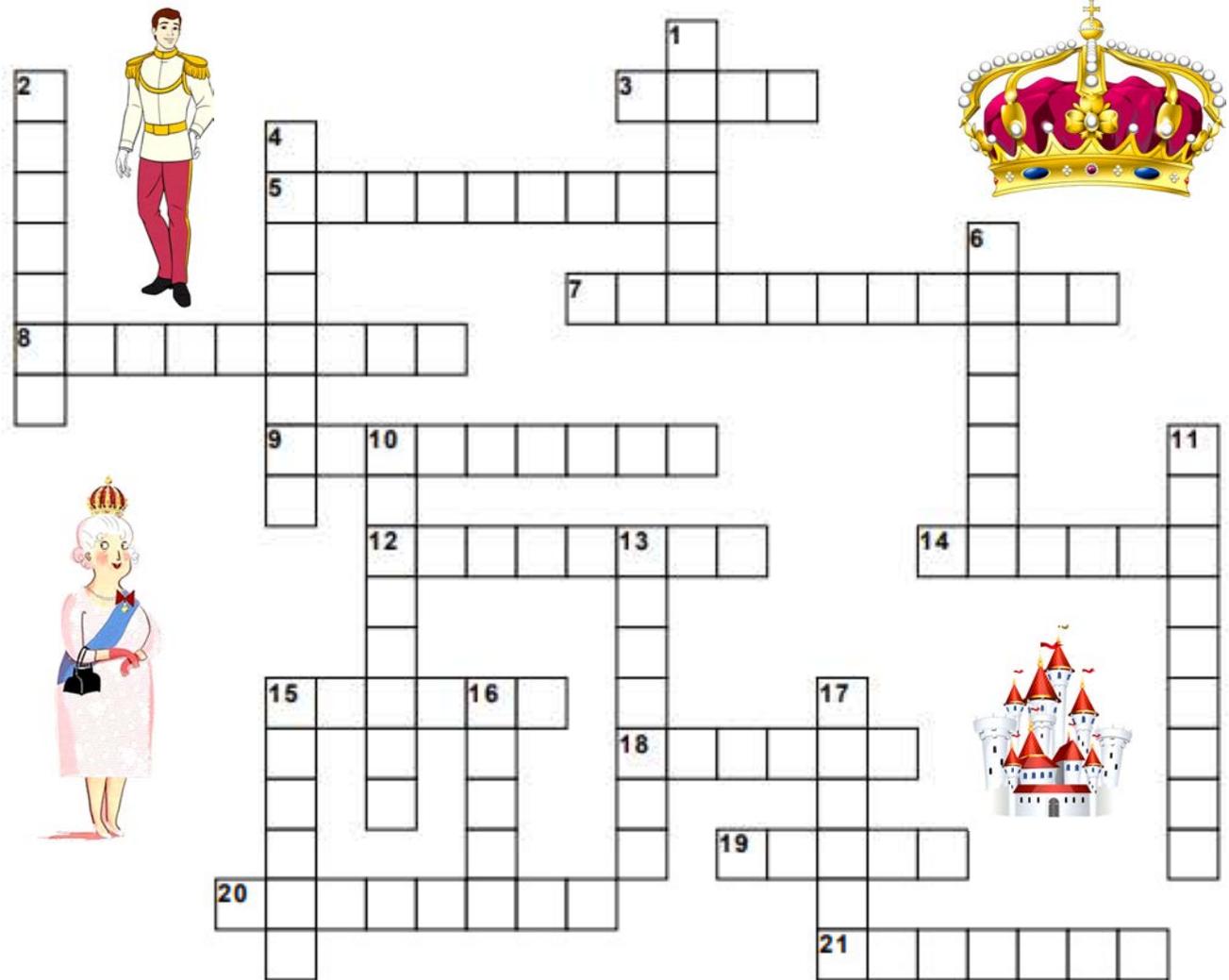
WORLD ELDER ABUSE AWARENESS DAY

Make a stand and speak up



June 15

Monarchs of the World



Across

- 3 - Prince Andrew is the Duke of ___ (4)
- 5 - Kate Middleton's title is Duchess of ___ (9)
- 7 - The last King of Greece (11)
- 8 - The only country in Africa having absolute monarchy
- 9 - Egyptian queen known as 'The Queen of the Nile' (9)
- 12 - Haile Selassie was Emperor of which country? (8)
- 14 - In what country was William the Conqueror born? (6)
- 15 - When King George VI died, Queen Elizabeth was in ___ (6)
- 18 - Christian name of current reigning monarch of Monaco (6)
- 19 - The word 'King' in German (5)
- 20 - Nationality of Marie Antoinette, Queen of France (8)
- 21 - Caroline of Monaco's husband is Prince Ernst of ___ (7)

Down

- 1 - Surname of fateful 2nd wife of Henry the VIII (6)
- 2 - Mrs Simpson, upon marrying Prince Edward became the ___ of Windsor (7)
- 4 - Balmoral Castle is situated here (8)
- 6 - The ruling house of the British monarchy is ___ (7)
- 10 - What is the Crown Prince of Denmark's first name? (8)
- 11 - Roman General Marc Anthony & his lover, Egyptian Queen ___ (9)
- 13 - The ruling house of Iran's monarchy, before the revolution (7)
- 15 - King known for 'The Knights of the Round Table' (6)
- 16 - Preferred dog breed of Queen Elizabeth II (5)
- 17 - What foreign language does Queen Elizabeth II speak fluently? (6)