



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

OCTOBER 2021

*Lutheran
Church
of Australia*



Chaplain's Reflection



I'd just like to affirm the many brave faces I see every day in my work as Chaplain.

Residents who put on a brave face to play bingo, sometimes after a really challenging night.

Residents putting on a brave face as they approach end of life, hoping very much that the things they have believed through life will see them through in the end.

Families putting on a brave face to entrust their loved ones to our care – sometimes feeling like they've failed, that their hope of seeing their parent stay at home in the warm family embrace has not materialized.

Staff putting on a brave face to come to work when they are feeling a little down emotionally and the last thing they need is a difficult encounter in the workplace.

Aged care is an arena where lots of brave faces are seen right now – as we hold our breath hoping the quality agency people will see the loving intent of what we do, even if we don't always get everything right.

At the end of the day we all stay in aged care, where the pressures to leave seem to be growing, because we love the residents, and because a work of such profound service is good for the soul. At induction I always tell new staff that being here at TLH will have a rich spiritual effect on them, and they won't be the same people when they leave.

How can working with so many amazing people, staff and residents, not have a profound effect on us? Not sure if filling supermarket shelves gives as much personal pleasure or spiritual wealth!

God bless your brave face. He knows about putting on a brave face too.

Chaplain Ian.

family



HAPPY BIRTHDAY

- 1 Margaret Meyer
- 1 Stephanka Athanasov
- 3 Shirley Schutz
- 4 Colin Bachmann
- 5 Ken Hueppauff
- 8 Lil Kernich
- 13 Betty Holness
- 15 Kevin Linke
- 16 Edna (Jo) Zerk
- 18 Gary Jones
- 19 Kathleen Rohde
- 29 Gladys Saegenschnitter



HAPPY BIRTHDAY

Welcome

Respite

Edna Schrapel

Brenda Button

Lola Linke



family

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

If you have had your COVID-19 vaccinations remember to upload details on our Zipline system or ask the reception for help if needed.

Thank you

The **DEADLINE** for all:
News / Information / Stories - November 2021 edition is

Monday 25th October

Email: rachel.strudwick@tlhome.com.au

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

Lee Martin & Rachel Strudwick - TLH

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



DEATHS

*Our deepest sympathy
to the families of*

Arnold (Lin) Kowald

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 Oct.	Tanunda
Wednesday	13th Oct.	Tanunda
Wednesday	20th Oct.	Tanunda
Wednesday	27th Oct.	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.

From the CEO

Lee Martin



Greetings everyone.

Someone mentioned to me the other day that it is 100 days to Christmas. I do hope life as we know it now is keeping you all safe and well. Remember to do your Christmas shopping early.

Isn't the Barossa Valley a beautiful sight – the crops are looking great and the vines are coming back to life – bring on the next Vintage. How is everyone's gardens going? Spring has brought all plants alive and growing once again. My garden is looking good for produce this year – will be happy to share.

As I'm sure you have heard, I have spent a little time in hospital. I have after many years finally had a procedure completed on my back. My reflections of the whole process have given me a renewed sense of who I am and what I do. Being in pain is never a good thing – it restricts you in so many ways and drains you of energy. Agreeing to have the surgery was a big step. It meant a stay in hospital and time off work – both which are not things that I enjoy. The stay in hospital was an experience I'll never forget. Being totally in the care of the nursing and surgical staff, having tubes putting things in and out, the hospital food was okay, the environment was new. Receiving everyone's well wishes and being supported by my family was great. I now have a renewed faith in trusting those who are there helping me. I also believe that staff at TLH do great things when given the opportunity. I'm looking forward to getting back to work and continuing the journey of making TLH a better place.

Over the past couple of weeks, the new executive team of Sharon, Rachel and Ameya have done a great job in ensuring TLH continued to operate at the great level it does. There have been some difficult discussions with staff in ensuring everyone is vaccinated with the COVID Vaccine. I do acknowledge that the decision may not have been easy for some but as we know the government mandated that all aged care workers and volunteers must be vaccinated to work in aged care industry. Other tasks completed were the upgrade to the main kitchen and the replacement of dishwashers in the kitchenettes. Well done Hollie for making it all happen.

TLH has received the necessary documentation to now commence the construction of four (4) extra resident rooms in the ABG location. The GC&J Constructions have accepted the work, so we look forward to continuing our relationship with them. They're a nice bunch of blokes. A Grant of \$642,000.00 has been awarded to TLH by the Commonwealth Government to assist this project.

Construction continues at a rapid pace on our units on Langmeil Road – expected completion date is still late November 2021. Please remember the construction area is a NO ENTRY zone for residents and families. If you know anyone who would like to move into the Retirement Village, please refer them to Greg or Carolyn. The construction of a further five units at Nuriootpa has commenced.

For the residents and families who reside or visit the Trinity Court there will be some reconstruction work happening around the two glassed areas to stabilise the ceilings. Please take care when moving around in the area.

The Robots have landed in Sydney, they've been tested and are now waiting to be transported to us. I've been told maybe in the next couple of weeks. Please ensure you all assist in welcoming the Robots – we will have a ceremony to welcome them and decide what they will be named – have you put your suggestions forward yet?

Please remember, wear a mask wherever you go, wash your hands frequently and

use sanitizer often.

Quality Information

from Sharon & Steph

Care Manager &
Quality & Training Officer



MANDATORY VACCINATION OF RESIDENTIAL CARE STAFF IS NOW IN EFFECT

More than 98 per cent of residential aged care workers nationwide have received a first dose of COVID-19 vaccine and 80 per cent are fully vaccinated. This outstanding result is testament to the incredible work of providers and facilities in supporting their workers to receive a COVID-19 vaccine, and to every worker's commitment to protect themselves, their families and the people in their care.

The latest rates of vaccination rates as of 20 September are as follows:

Jurisdiction	National	ACT	NSW	QLD	VIC	TAS	WA	SA	NT
1 DOSE	98%	99%	98%	98%	98%	99%	99%	98%	99%
2 DOSES	80%	84%	82%	76%	81%	82%	71%	80%	95%

The accurate and timely reporting of data is critical to ensuring compliance with [state and territory public health orders](#). The Department has advised that compliance activities will commence following analysis of data in the My Aged Care portal this week.

This [Department of Health Communique](#) explains the next steps for providers.

Ensure your workers receive their second dose vaccination

The focus of mandatory vaccination now shifts to second doses for all residential aged care workers. Providers, facility managers and/or IPC leads are responsible for ensuring workers receive a second dose by the deadlines specified in the respective [public health orders](#).

All facilities which received a first dose in-reach clinic for workers (delivered by Commonwealth vaccine providers, primary care providers or aged care providers) will receive a second dose clinic for workers onsite.

Commonwealth vaccine hubs will continue to operate to provide second dose clinics for workers and these details will be provided directly to facilities.

All other vaccination channels remain available for priority access for residential aged care workers to receive their second dose vaccination, including primary care clinics, pharmacies, Commonwealth vaccination clinics and state and territory run mass vaccination clinics.

Monitoring and compliance activities begin Wednesday

The Department will take a proactive approach in contacting facilities directly to:

- ensure continuity of resident care standards as a priority
- understand the reasons for non-medical exemptions or unvaccinated workers
- provide advice on the availability and access to a vaccine for unvaccinated workers
- provide advice on exemption requirements for the relevant state or territory public health order
- how to report exemptions correctly in the My Aged Care provider portal.

If contacted, facilities will be required to advise the Department of their strategy for addressing

non-medical exemptions and increasing vaccination rates, including a plan to ensure all current workers not yet vaccinated receive a minimum first dose COVID-19 vaccine as soon as possible.

What happens next?

The Department will share information with the state or territory and, where relevant, make a recommendation on whether formal exemptions should apply (this is not an option in all jurisdictions).

The Department will also share information with the Aged Care Quality and Safety Commission for further action, including immediate referral where no appropriate strategy is identified by the facility and/or provider.

If strategies are not implemented to adequately minimize the risk of COVID-19 infection, including through workforce vaccination, the Commission may take action, including issuing sanctions. The relevant state or territory may then take compliance action or impose penalties where compliance with the relevant public health order is not achieved. These penalties are detailed in the state and territory public health orders.

Worker's vaccination status not showing on Australian Immunisation Register (AIR)?

This may be because the vaccine provider has not uploaded the person's vaccination record to the AIR. As a first step, providers can call the AIR on 1800 653 809 (8am-5pm AEST weekdays) and Human Services will prioritise update of the worker's vaccination record.

If your workforce was vaccinated on site by a Commonwealth vaccine provider, please contact the vaccine provider directly. You will need to provide the individual's full name, Medicare number and date of vaccination at your facility.

If a worker was vaccinated at an alternate site, such as a GP or state and territory run clinic, providers should assist their workers in contacting the vaccine provider and requesting the vaccination record be uploaded to their Immunisation History Statement.

Source: LASA Health Update 247— Email, 21 September 2021

DEMENTIA IN AUSTRALIA 2021 REPORT RELEASED

To coincide with Dementia Action Week (20–26 September), a new report into dementia has been released.

The [Dementia in Australia 2021 report](#) provides a comprehensive picture of dementia and its impacts on Australia's health and aged care systems.

Dementia is now the third-leading cause of disease burden in Australia. Up to 472,000 Australians are living with dementia, and more than half of people in residential aged care have dementia. Between 134,900 and 337,200 Australians are providing consistent unpaid care for a person with dementia.

The Australian Government is investing \$229.4 million to improve [care and services for people living with dementia](#).

Key measures include:

- training for more than 3,000 personal care workers to become dementia leaders within their organisations and additional training places for 1,000 GPs and GP registrars each year
- an increase in early support services such as counselling and education to around 30,000 people living with dementia at home so they can remain independent increased availability of respite places.

The Dementia in Australia 2021 report is the first of its kind in almost 10 years and was prepared by the Australian Institute of Health and Welfare through funding from the Department of Health. For information about what you can do during Dementia Action Week, visit [Dementia Australia's website](#).

Source: Department of Health — Email, 20 September 2021

To book an appointment with Kim Hahn 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 Stephanie Timmis (Quality & Training Officer) who coordinates the comment process and will ensure the correct person is notified of your comment.

You can also contact Stephanie directly via email at stephanie.timmis@tlhome.com.au or ask a staff member to direct you to speak with Stephanie.

You are also welcome to talk to People, Culture & Customer Service Manager – Kim Hahn 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

NURIOOTPA
RETIREMENT LIVING

TANUNDA
RETIREMENT LIVING

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 ☐ 6 Months ☐ 9 Months ☐ N/A ☐

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.

welcome
TO THE TEAM

Staff News



Reanna Heinrich
Carer



Mark Palmer
Maintenance



Kerry Wills
Carer



Jessica Kohlhagen
Carer



Naomi Trinne
Hospitality



Victoria McDermott
Enrolled Nurse



Jess Jones
Hospitality



Eden Silvestro
Carer



Michael Helbig
Carer



Amanda Smyth
Carer



Albert Davies
Carer



Shiva Dabadi
Carer



Mel Hamilton
Catering Supervisor

Employee of the Month

July 2021

Congratulations

Steve Alberi



*Aidacare Healthcare
Equipment*

**Aspire Altitude
Vertical Lift Chair**



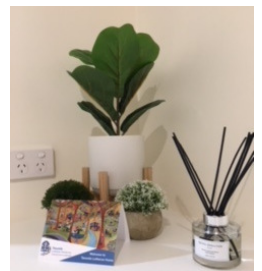
You may have seen our amazing new respite rooms with the Altitude Vertical lift Chair:

- Fully lie down mode
- Fully rises to get you out of chair
- Able to have lifters underneath chair
- Handles at back to transport a resident around



\$1946.25 GST Free (not including freight) Please Note: purchase subject to assessment by Physio OT (*Pls contact Sharryn to arrange*) (retail price over \$2500.00)

Contact: Sharryn Hueppauff
Placement Coordinator on 8563 7713



*Jadees Fashion
will be visiting here on*

Thursday the 14th of October 1:30pm

TLH are working with the Grow Love community Gardens and sorting bottle tops for recycling.

We have been really pleased to see staff, visitors and Independent living residents support this initiative and have also donated their bottle tops.

A few important points — Please ensure that all bottle tops are clean and are not soiled



✗ Metal lids (wine lids) are not part of this initiative and can not be accepted

✗ Lids off of jars and other items are also not appropriate such as vegemite lids and chemical tops.

✗ Small lids from soft drink bottles are also not accepted

- 3lt milk bottle tops
- Large Juice bottle tops
- Large flavour milk tops



The lifestyle team are looking for donations of good quality clothing for a clothing exchange that is being held at the end of the year. If you would like to donate please drop clothing to the lifestyle team office or reception. Thank you for your on going support.

Collaboration Committee

We are looking for 2 new members to join the Resident Collaboration Committee. We are needing a representative from Trinity Court and a representative from Waratah. If you think you would like to join the committee please contact Stephanie Timmis or let one of the friendly staff know. Meetings are held on the 2nd Thursday of every month at 1.30pm.

HELP WANTED - HELP WANTED

The laundry are looking for some volunteers who would like to assist with some ironing.

On a **Tuesday** and/or a **Thursday** morning
Between **10-11.30am**

Either on a regular basis or a once off.

Don't need to be an expert, all skill levels will be welcomed.

If you are available to help please either see
Tammy Wastell or Belinda Treloar



**What's a snake's favorite
subject in school?**

HISS-TORY



*ABG Artist of the
Month
Vic Lehmann*

Rental Opportunities

*Recliners - Fridges -
Carparks*

Recliners - If you don't have a recliner or your waiting on a delivery, we can offer recliners for your comfort.

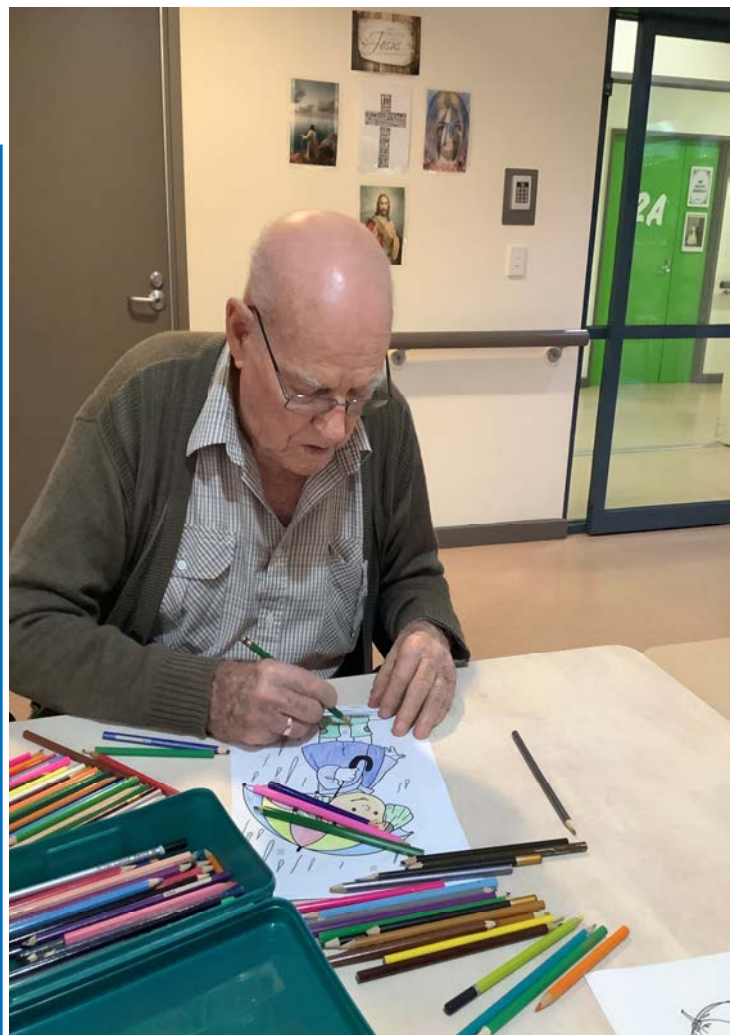
Fridges - If you would like a small fridge or a larger fridge, we can offer what suits your needs.

Car parking - Residents with a car, we can offer you a reserved park .

Chairs (normal chair) -

Each room is supplied with one normal chair, if you are wanting more chairs for visitors or family, you will need to supply them, (folding is a good option, so not to take up room in residents rooms). With COVID-19, families are not to go into communal areas to visit they must stay within the residents rooms.

For all rentals prices and agreements, please see
Sharryn Hueppauff.





"Enjoying life with fun & friends"

What is the Barossa Club?

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



Wheel of Fortune



Connect Four



**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....*

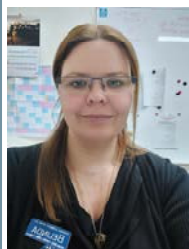




BAROSSA CLUB

"Enjoying life with fun & friends"

VOLUNTEER NEWS



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

TLH would like to welcome the new volunteers to the TLH family. The volunteer family continues to grow each month which directly helps our residents. If you know of anyone who would like to volunteer and be part of the TLH community please give them my contact details to arrange a catch up. A very big Thank you to all our dedicated volunteers for the continual work your do. WE couldn't do it with out you.



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

OCTOBER

Happy 59th Wedding Anniversary Joan & John MCAULEY



ACTIVITY PROGRAM

Friday 1st

9.00 - 12noon	TLH Library Open	Trinity Waratah
10.00	Hoy	
10.30	Walking Group	Leaving from Acacia
11.00	Church Service	Protea / TC Chapel
1.30	Social Bingo	Chapel
1.30	Memory Games	Acacia Lounge
3.30	Movie Time	ABG

Saturday 2nd

1.30	Keep Moving	Grevillea
3.30	Tunnel Ball	Grevillea

Sunday 3rd

10.00	Church Service	Chapel
1.15	Sing Along	Grevillea
2.30	Reminiscing	Grevillea
4.00	1x1	ABG

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

Monday 4th**PUBLIC HOLIDAY****LABOUR DAY NO ACTIVITIES****Tuesday 5th**

From 10am Knit & Natter
10.30 Moovers & Groovers

10.30 Memory Game

1.30 Water Ping Pong
1.30 Men's Group
1.30 Ladies Pampering
3.30 Quiz / Reminiscing

Protea
Chapel
Acacia
Chapel
Men's Shed
Grevillea
Grevillea

Wednesday 6th9.00 - 12noon [TLH Library Open](#)

10.00 Bottle Top Sorting
10.30 Art Therapy
11.00 Waratah Service
1.30 Arm Chair Exercises
1.30 Wheel of Fortune
3.30 Current Affairs

Trinity
Protea
ABG
Waratah
Acacia Lounge
Chapel
Grevillea

Thursday 7thFrom 10am **CAFÉ SHOP TROLLEY**

10.30 Wonders of Nature
10.30 Moovers & Groovers
1.30 Ping Pong
1.30 Art & Craft
1.30 Switch Cards



Grevillea
Chapel
Grevillea
Protea
Library

Friday 8th9.00 - 12noon [TLH Library Open](#)

10.00 Hoy
10.30 Walking Group
11.00 Church Service Protea / TC
1.30 Social Bingo
1.30 Memory Games
3.30 Movie Time

Trinity
Waratah
Leaving from Acacia
Chapel
Chapel
Acacia Lounge
ABG

Saturday 9th

1.30 Art and Craft
3.30 Pampering

Grevillea
Grevillea

Sunday 10th

10.00 Church Service
1.15 Balloon Tennis
2.30 Cards
4.00 1x1



Chapel
Grevillea
Grevillea
ABG

Monday 11th

11.00 Worship Service
1.30 Social Bingo
1.30 Picture/ Bingo
2.30 Art and Craft

Acacia Lounge
Chapel
Grevillea
Grevillea

**Tuesday 12th**

From 10am Knit & Natter
10.30 Moovers & Groovers
10.30 **Memory Game**
1.30 Carpet Bowls/Happy Hour
1.30 Men's Group
1.30 Ladies Pampering
3.30 Quiz / Reminiscing

Protea
Chapel
Acacia
Chapel
Men's Shed
Grevillea
Grevillea

Wednesday 13th9.00 - 12noon [TLH Library Open](#)

10.00 Bottle Top Sorting
10.30 Art Therapy
11.00 Waratah Service
1.30 Arm Chair Exercises
1.30 Ten Pin Bowling
3.30 Current Affairs

Trinity
Protea
ABG
Waratah
Acacia Lounge
Chapel
Grevillea

Thursday 14thFrom 10am **CAFÉ SHOP TROLLEY**

10.30 Wonders of Nature
10.30 Moovers & Groovers
1.30 **COOKING**
1.30 Jadees Fashion
1.30 Switch Cards

Grevillea
Chapel
Grevillea
Chapel
Library

Friday 15th9.00 - 12noon [TLH Library Open](#)

10.00 Hoy
10.30 Walking Group
11.00 Church Service Protea / TC
1.30 Social Bingo
1.30 Memory Games
3.30 Movie Time

Trinity
Waratah
Leaving from Acacia
Chapel
Chapel
Acacia Lounge
ABG

Saturday 16th-

1.30 Keep Moving
3.30 Tunnel Ball

Grevillea
Grevillea

Sunday 17th

10.00 Church Service
1.15 Sing Along
2.30 Reminiscing

Chapel
Grevillea
Grevillea

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

Monday 18th

11.00 Worship Service
1.30 Social Bingo
1.30 Picture/ Bingo
2.30 Art and Craft

Acacia Lounge
Chapel
Grevillea
Grevillea

**Tuesday 19th**

From 10am Knit & Natter
10.30 Moovers & Groovers
10.30 **Memory Game**
1.30 Billiards Bowls
1.30 Men's Group
1.30 Ladies Pampering
3.30 Quiz / Reminiscing

Protea
Chapel
Acacia
Chapel
Men's Shed
Grevillea
Grevillea

Wednesday 20th

9.00 - 12noon [TLH Library Open](#)
10.00 Bottle Top Sorting
10.30 Art Therapy
11.00 Waratah Service
1.30 Arm Chair Exercises
1.30 Balloon Tennis
3.30 Current Affairs

Trinity
Protea
ABG
Waratah
Acacia Lounge
Chapel
Grevillea

Thursday 21st

From 10am **CAFÉ SHOP TROLLEY**
10.30 Wonders of Nature
10.30 Moovers & Groovers
1.30 Basketball
1.30 Bean Bag Toss
1.30 Switch Cards



Grevillea
Chapel
Grevillea
Chapel
Library

Friday 22nd

9.00 - 12noon [TLH Library Open](#)
10.00 Hoy
10.30 Walking Group
11.00 Church Service Protea / TC
1.30 Social Bingo
1.30 Memory Games
3.30 Movie Time

Trinity
Waratah
Leaving from Acacia
Chapel
Chapel
Acacia Lounge
ABG

Saturday 23rd

1.30 Art and Craft
3.30 Pampering

Grevillea
Grevillea

Sunday 24th

10.00 Church Service
1.15 Balloon Tennis
2.30 Cards
4.00 1x1

Chapel
Grevillea
Grevillea
ABG

Monday 25th

11.00 Worship Service
1.30 Social Bingo
1.30 Picture/ Bingo
2.30 Art and Craft

Acacia Lounge
Chapel
Grevillea
Grevillea

Tuesday 26th

From 10am Knit & Natter
10.30 Moovers & Groovers
10.30 **Memory Game**
1.30 Carpet Bowls / Happy Hour
1.30 Men's Group
1.30 Ladies Pampering
3.30 Quiz / Reminiscing

Protea
Chapel
Acacia
Chapel
Men's Shed
Grevillea
Grevillea

Wednesday 27th

9.00 - 12noon [TLH Library Open](#)
10.00 Bottle Top Sorting
10.30 Art Therapy
11.00 Waratah Service
1.30 Arm Chair Exercises
1.30 Ten Pin Bowling
3.30 Current Affairs

Trinity
Protea
ABG
Waratah
Acacia Lounge
Chapel
Grevillea

**Thursday 28th**

From 10am **CAFÉ SHOP TROLLEY**
10.30 Wonders of Nature
10.30 Moovers & Groovers
1.30 Art & Craft
1.30 Arm Chair Travel
1.30 Switch Cards

Grevillea
Chapel
Protea
Waratah
Library

Friday 29th

9.00 - 12noon [TLH Library Open](#)
10.00 Hoy
10.30 Walking Group
11.00 Church Service Protea / TC
1.30 Social Bingo
1.30 Memory Games
3.30 Movie Time

Trinity
Waratah
Leaving from Acacia
Chapel
Chapel
Acacia Lounge
ABG

Saturday 30

1.30 Keep Moving
3.30 Tunnel Ball

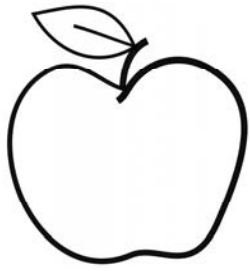
Grevillea
Grevillea

Sunday 31st

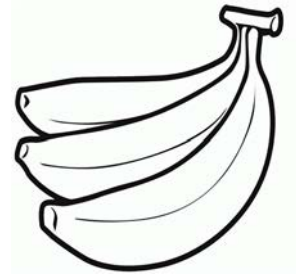
10.00 Church Service
1.15 Sing Along
2.30 Reminiscing
4.00 1x1

Chapel
Grevillea
Grevillea
ABG

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



FRUITS



A	K	O	L	I	M	E	C
B	I	R	E	G	E	P	A
F	W	A	M	R	L	E	P
R	I	N	P	A	O	A	R
U	F	G	L	P	N	R	I
I	N	E	U	E	L	G	C
T	L	E	M	O	N	E	O
S	C	H	E	R	R	Y	T

FRUITS APPLE ORANGE MANGO

APRICOT PEAR MELON CHERRY

KIWI LIME PLUM LEMON FIG