



Message from the Chaplain — Ian Lutze

Coping with Discouraging News



I'm sure most would agree that huge issues face the world at the moment, and switching on the TV can be a bit depressing. We barely begin to get over one crisis when we're smashed by another. Our beloved care residents feel this too, as they watch the news and talk about things. I still remember how 'literate' our residents were about the Covid crisis in the early days. They knew exactly what was going on.

Coping with bad news in the world can be done in lots of ways, and families can help their loved ones to cope better too, so that they don't just get too depressed.

What are some of the coping mechanisms? Here's my top 10.

1. Pray
2. Turn the TV off and have a nice conversation with a friend instead
3. Watch more TV and become an expert so you can help others stay informed
4. Be selfishly angry: waste more, burn more, because the world is stuffed anyway (!)
5. Be generously angry: support a cause, donate, be part of the solution
6. Be mindful: monitor your news input, reflect on what effect it is having on you, do the little daily things that bring joy, one step at a time
7. Immerse yourself in a big faith story that promises hope beyond the news cycle, beyond this world itself
8. Be deliberately kinder to your family, especially the young, who'll need to walk this planet after us
9. For every one bad story, enjoy one good story
10. Can't think of another, so repeat 1.

It's tough for many people right now, but our response to the news can make things a little better, for the world, and for us.

Enjoy a hopeful and mindful November.



The Home is a Christian Community where, in a family environment, Residents and Staff provide mutual care.

Jesus Christ said:

"Love one another as I have loved you"

John 13:34



27 Bridge Street, Tanunda SA 5352

★ Phone : (08) 8563 7777

★ Fax : (08) 8563 7799

★ Email : info@tlhome.com.au

★ Website : www.tlhome.com.au

★ Facebook : Tanunda Lutheran Home



**Lutheran Church
of Australia**

Welcome

NEW RESIDENTS

Respite

Betty Tisher

Permanent

Perce Drummond

Ray Giersch

Clair Altus

John Hahn

Doreen MacLeod

Elizabeth Ruediger

Elmore Zeunert



NOVEMBER BIRTHDAY CELEBRATIONS

4th Margaret Kleinig

5th Elizabeth Ruediger

9th Norma Liersch

10th Heather Beare

18th Clair Altus

23rd Laura Jovanovich

24th Elizabeth Claridge

HAPPY BIRTHDAY

DEATHS

Our deepest sympathy to the families of

Ivy Parr 2nd October

Daphne Nobes 15th October

May they rest in peace ..



DECEMBER TIT TAT

The deadline for all : News / Information / Stories is **Friday 24th November 2023.**

Email: kasey.welch@tlhome.com.au

COUNT DOWN

61 days until 2024...

As of the 1st of November



SHOPPING BUS

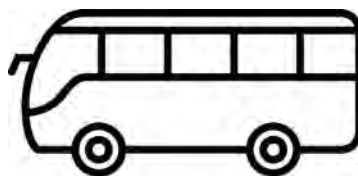
Wednesday 1st November

Wednesday 8th November

Wednesday 15th November

Wednesday 22nd November

Wednesday 29th November



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.



Open Tuesday, Thursday and Friday
(located next to the Courtyard Café)

For appointments please phone
Nicky on 0411 492 682 or EXT 750

**Why was the
broom late for
work?**

It over-swept.



FROM THE CEO

Lee Martin



Hasn't the year flown by, it's nearly Christmas again.

Daylight saving is here, so there is now more daylight to go for walks or do gardening after work.

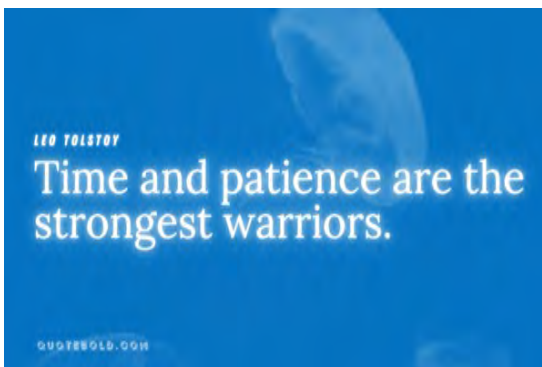
Are you prepared for the hot and dry summer being predicted? Please ensure that you have your personal emergency plans arranged. Ensure you use the air-conditioner to control the home temperature and drink more fluids. Please look after yourselves and maybe even check on others in the neighborhood. If you're not coping, please reach out to either your family or our staff. Please stay safe and well.

I hope you all enjoyed the Lutheran Homes Barossa Lift out in the Leader last month. We have received many positive comments about the look and feel of the photos and attached stories. Lutheran Homes Barossa is looking forward to an exciting future. Thank you to all those involved in making the lift out a success.

As I'm writing this article, I can report that the end of year financial audit is complete, and all annual general meetings have occurred. Lutheran Homes Barossa has had a great 2022 – 2023 financial year. The very positive outcomes now set us up for an even better year this financial year. I will keep you all up to date with our current and future projects in the planning.

Have you had the opportunity to visit the new garden setting out by the ABGO facility. Please, feel free to come outside and sit in the beautiful environment. If you are wanting to get your hands dirty, we have raised garden pods where we're happy for anyone to grow plants. Please speak to staff if you would like to visit or get involved in the garden space. With the beautiful spring weather, the garden area is certainly flourishing and very colorful.

It's now less than 60 days to Christmas, the silly season is about to commence. Please look after yourselves, at home and especially when on the roads.



QUALITY INFORMATION



Sharon Berridge - Executive Care Manager

Lisa Morrison - Clinical Nurse Consultant



Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator

HOME UPDATES:

- During the month of October 2023, 9 new staff were appointed. Staff members that includes EN's, PCW's, Hospitality & Administration. Staff have received a comprehensive induction accompanied with "Buddy Shifts".
- Just a reminder to everyone that Resident's clothes should be labelled with appropriate labels. Permanent laundry markers fade away during the wash leaving us unable to find the owner of the item. Please speak with Tammy Wastell (Housekeeping Coordinator) if you like to get your clothes labelled.
- There is a lost and found clothing rack that gets circulated in each area of the home. Please keep an eye on the rack in case you have lost any clothes or feel free to speak with Tammy Wastell.
- Mandatory Fire Training sessions are nearly completed.
- Staff are currently completing their Annual Appraisals.
- Oleander Garden, is looking beautiful. Thank you to the staff and residents for keeping the plants and flowers watered. There is plenty of seating in the garden and in the coming months a sun sail will be installed.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During September, we received compliments about Care (1), Food & Beverages (2), Lifestyle (7), Maintenance (3), and Other (3). Also during September, we received complaints about Care (2), Food & Beverages (2), and Lifestyle (2), and a total of (0) Suggestions. We are working with the comment maker (s) in resolving the concern to the comment makers satisfaction.

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





**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@thome.com.au
Rachel Strudwick, Operations Manager
Phone: 08 8563 7771 or Email: rachel.strudwick@thome.com.au
Ameva Bhiskute, Finance Controller
Phone: 08 8563 7766 or Email: ameva.bhiskute@thome.com.au
Cindy Penn, Home Care Manager
Phone: 08 8563 7709 or Email: cindy.penn@thome.com.au

If you can't resolve your concern with your service provider,
you can contact the Aged Care Quality and Safety Commission
• Anyone can lodge a concern

• It is free
• You can be anonymous or confidential
• You can also give us feedback about the care you or
someone else is receiving to help us when we check
a service against quality standards
• Call us on 1800 951 822 or visit agedcarequality.gov.au
for more information

 Phone:
1800 951 822
 Web:
agedcarequality.gov.au
 Write:
Aged Care Quality and Safety Commission
GPO Box 9619, In Your Capital City

Share your Experience

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

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

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

If you have a concern, we would like to hear from you.

We understand the importance of resolving matters promptly within our service
and aim to provide a welcoming environment for you to raise a concern or a
complaint.

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

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

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

Executive Financial Controller – Ameva Bhiskute
(Including, Fees / Bonds And Accommodation)
ameva.bhiskute@thome.com.au or Ph: 8563 7766

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

Tanunda Retirement Living Christmas Raffle



\$2 per ticket



**Tickets are available for purchase from reception until
the 27th of November.**

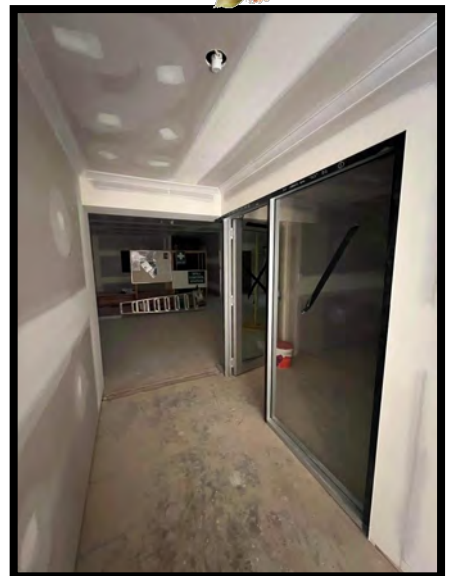
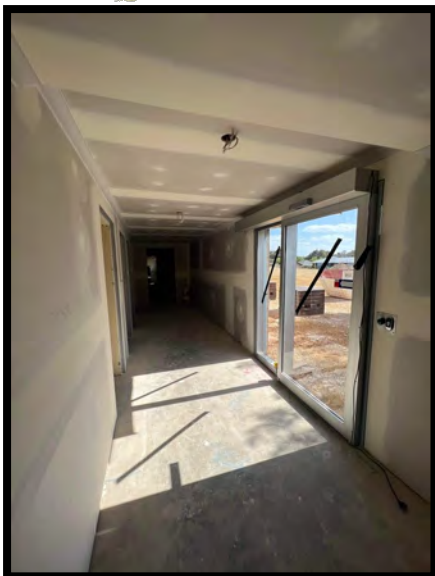
**The raffle will be drawn on the 5th of December and winners
will be contacted shortly after.**

**Proceeds will be going towards our Independent Living
Residents' activities program in their new Social Space.**





Congratulations to all the staff who celebrated their Years of Service last month at our General Staff Meeting. The awards consisted of staff who have worked here at TLH for 3, 5, 8 and 10+ years. We are proud to have had three ladies who received awards for 30+ years with us, Carolyn Redden (32), Tracy Maynard (34) and Anne Harris (35). The afternoon was a big success and we are very grateful to have such an amazing team to represent Tanunda Lutheran Home.



RENO UPDATES - SOCIAL CENTRE



Ceilings are scheduled for painting next week as well as tiling in the restrooms.

Electrical second fix is currently underway.

We are hoping to see this opening in the coming months, development is coming along nicely.

WELCOME

TO OUR TEAM



Sophie Thornalley

Catering Support



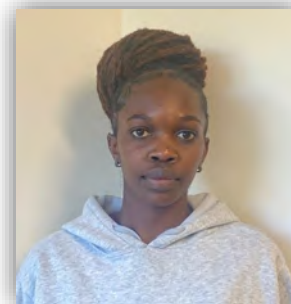
Vicky Robinson

Registered Nurse



Kate Evans

Enrolled Nurse



Flavine Jepkoech

Housekeeping



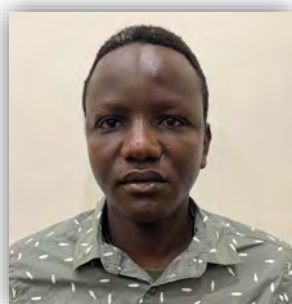
Sakshi Saini

Personal Care
Worker



Michelle Musera

Personal Care
Worker



Dennis Bitok

Personal Care
Worker



Daniel Sang

Personal Care
Worker



Melissa Haines

Catering

Clare Hillyer — HOUSEKEEPING



AUGUST



**Employee
of the Month**

WHAT'S HAPPENING IN NOVEMBER

RESIDENTS MEETINGS

THURSDAY 2ND OF NOVEMBER 1.30PM IN THE CHAPEL

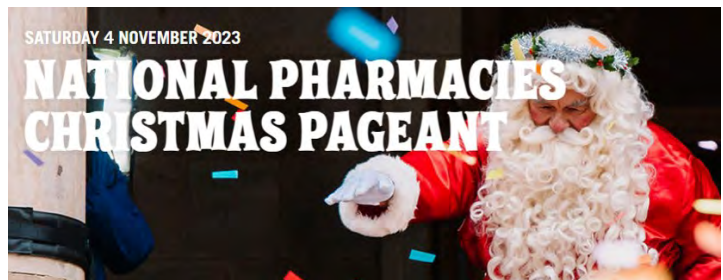
Card making with Irene & Friends
Thursday 2nd of November from
10am in Protea.



Adelaide Christmas Pageant

Saturday 4th of November

Live on Channel 9 from 9.30am



**Race events
from 1.30pm
Main Race
@ 2.30pm in
the Chapel**


**Melbourne
Cup**
7th November

Prizes for the
Best Hat and
Best Dressed.



REMEMBRANCE SERVICE



Friday 10th November
10.30am in the Chapel
Everyone is Welcome



**GARAGE
SALE**

SATURDAY 18th OF NOVEMBER

8.30am—2pm

2/32 BRIDGE STREET

TANUNDA



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

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

Ph: 8563 7733

You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged Care Advocacy Line on 1800 700 600 - if you prefer not to raise your concerns with management.



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

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

We welcome feedback

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

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

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

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

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

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

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

Share Your Experience



Tanunda

Lutheran Home Inc.

Enriching the lives of our older people

Comment Makers Information

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

Name: _____

Contact Number: _____

Email: _____

Address: _____

On Behalf of: _____

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

OFFICE USE ONLY

Date Received: _____ CCS Log No: # _____

Comment Maker Acknowledged: Yes/No

☐ Phone ☐ Letter ☐ Email ☐ In Person ☐ Newsletter

Comment forwarded to Department Leader: ☐

[illegible]

	Yes/No	N/A
Was the outcome satisfactory:		

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?

[illegible]

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





VOLUNTEER NEWS

Belinda Treloar;
Customer Service, Volunteer
& Leisure Coordinator



VOLUNTEERING AT TLH

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

Happy Birthday

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



CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

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

*** Barossa Club Connections**

*** Pampering in ABGO**

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

Hello volunteers and welcome to November.

The sun has been shining and the birds have been singing. It's lovely to see so many of you out and about and visiting us at the home. Thank you for your time that you spend with us. Please keep an eye out in your emails for your Christmas Morning Tea Celebration invitation. If you don't have an email address, check your letter boxes soon. As Christmas approaches we look forward to seeing the home transform with all the decorations and the festivities. Have an amazing November and I look forward to bumping into you all. – Belinda



Do you have Social Media?

Head over to Facebook and like
Tanunda Lutheran Home

You can also follow us on Instagram
tanundalutheranhome



ABGO RESIDENTIAL ACTIVITIES



The resident's of ABGO have had another great month, making the most of the weather and getting outside.



They have also been busy making creating artworks for the students at Faith as a thank you.



On October the 6th TLH held their Annual AFL Footy Tipping Presentation.

A big thank you to all who came along; it was wonderful to see so many of you. Congratulations to all our winners from each neighbourhood.

Venus Bessell from ABGO was the overall winner with 140 points. Well Done!



AFL FOOTY





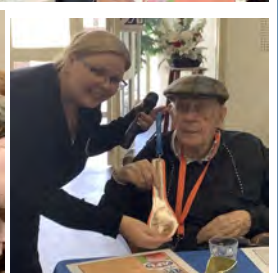
RESIDENTIAL ACTIVITIES



James Kendal the Bikie Busker
came to the Home and charmed us
with his amazing flute playing.
Residents of TLH along with Barossa
Club Connections Clients enjoyed the
spectacular music.



TIPPING PRESENTATION

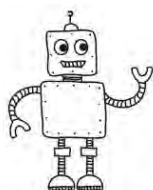


Thank you to those who donated & wore pink on Friday 20th October in support of the McGrath Foundation. Tanunda Lutheran Home raised a total of \$315.00 which will go straight to supporting breast care nurses who provide invaluable support and care to women and men experiencing breast cancer. A special thank you to Kim Sawers for the cooking of all the pink cupcakes and crackles!

**PROUDLY
SUPPORTING**



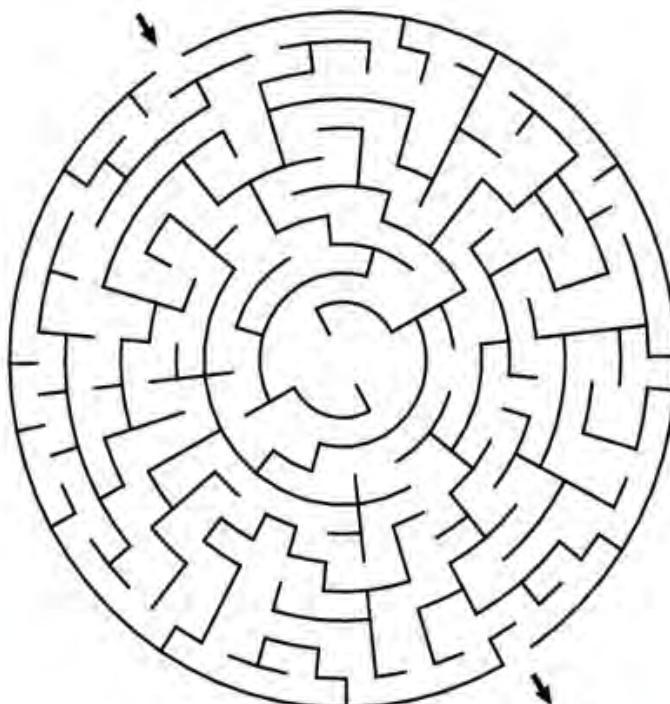
Robot Update



Our robot project is moving along nicely, our newest robot – “Penny” is now operational so please welcome her to the growing family. We are now trialing floor cleaning and window cleaning robots. Other types of robots are being considered. Lutheran Homes Barossa are becoming a renowned service nationally and internationally for the advancement of technology and workforce development. It is very comfortable to be recognized by many in the aged care sector who come and visit our home. During the tours, many beautiful comments on our home is received – the homely environment, how clean things are and the overall atmosphere is friendly and happy.

Circle Maze #2

Can you find the way through this circle maze?



ACTIVITY PROGRAM

Wednesday 1st

From 9am	TLH LIBRARY OPEN	TC
10:00	Walking Group (Weather permitting)	Leave from Protea
10:30	A Current Affairs	ABGO
10:30	Bottle Top Sorting	Protea
11:00	Waratah Service	Waratah
1:30	First Blessing of the Month	ABGO
1:30	Ten Pin Bowling	Chapel
1:30	Bean Bag Toss	Waratah
2:00	Armchair Exercise	ABGO
3:30	Parachute Ball	ABGO

Thursday 2nd

From 10am	CAFÉ' SHOP TROLLEY	
10:00	Card Making with Irene and Friends	Protea
10:30	Movers & Groovers	Chapel
10:30	Hoy	ABGO
1:30	Men's Shed / Ladies Pampering	ABGO
1:30	Residents Meeting	Chapel
2:30	Music Therapy / Sing along	ABGO
3:30	1x1	ABGO

Friday 3rd

From 9am	TLH LIBRARY OPEN	TC
10:30	Chair Yoga	ABGO
10:30	Virtual table / Hoy	Waratah
11:00	Chapel Service	Chapel
1:30	Walking Group	ABGO
1:30	BINGO	Chapel
2:15	Dart Ball—New Game	ABGO
3:30	Gardening Group	ABGO



Saturday 4th—Adelaide Christmas Pageant Live on Channel 9 at 9.30am

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

Sunday 5th

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

Monday 6th

10:30	Singing in the Chapel	Protea
11:00	Worship Service	ABGO
1:30	Drumming	ABGO
1:30	Knock'em Down	Chapel
1:30	Word Games	Waratah
3:30	Bingo	ABGO

Tuesday 7th—Melbourne Cup

10:15	Knit and Natter	Protea
10:30	Movers and Groovers	Chapel
10:30	Memory Game	ABGO
1:30	Melbourne Cup Event	Chapel
3:30	1x1	ABGO



Wednesday 8th

From 9am	TLH LIBRARY OPEN	TC
10:00	Walking Group (weather permitting)	Leave from Protea
10:30	On this Day	ABGO
10:30	Bottle Top Sorting	Protea
11:00	Waratah Service	Waratah
1:30	Armchair Exercise	ABGO
1:30	Bean Bag Toss	Chapel
1:30	Ten Pin Bowling	Waratah
2:30	Water Ping Pong	ABGO
3:30	1 x1	ABGO

Thursday 9th

From 10am	CAFÉ' SHOP TROLLEY	
10:30	Reminiscing	ABGO
10:30	Movers & Groovers	Chapel
1:30	Men's Shed / Ladies Pampering	ABGO
1:30	Balloon Tennis / Parachute	Chapel
1:30	Billiard Bowls	Waratah
3:30	1x1	ABGO

Friday 10th—Remembrance Service

From 9am	TLH LIBRARY OPEN	TC
10:30	Remembrance Service	Chapel
1:30	Coffee & Chat in the garden	ABGO
1:30	Bingo	Chapel
3:30	Gardening Group	ABGO

Saturday 11th—Remembrance Day

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



Sunday 12th

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

Monday 13th—Festive Season Starts

10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Bean Bag Toss	ABGO
1:30 Word Games	Chapel
1:30 Knock'em Down	Waratah
3:30 Bingo	ABGO

Tuesday 14th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Balloon Tennis	ABGO
1:30 1x1's	ABGO
1:30 Tunnel Ball	Chapel
1:30 Water Ping Pong	Waratah
2:30 Sing Along with Doug	ABGO
3:30 Paro the Seal	ABGO

Wednesday 15th

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
10:30 Bottle Top Sorting	Protea
1:30 Armchair Exercise	ABGO
1:30 Wheel Of Fortune - All Areas	Chapel
3:30 Parachute	ABGO

Thursday 16th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers & Groovers	Chapel
1:30 Men's Shed / Ladies Pampering	ABGO
1:30 Billiard Bowls	Chapel
1:30 Balloon Tennis / Parachute	Waratah
3:30 Music Therapy	ABGO

Friday 17th

From 9am TLH LIBRARY OPEN	TC
10:30 Chair Yoga	ABGO
10:30 Virtual table / Hoy	Waratah
1:30 Walking Group	ABGO
1:30 BINGO	Chapel
2:15 Dart Ball—New Game	ABGO
3:30 Gardening Group	ABGO

Saturday 18th

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

Sunday 19th

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

Monday 20th

10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Memory Game	Chapel
1:30 Pampering	Waratah
3:30 Bingo / Ice Cream Cart	ABGO

Tuesday 21st

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Tunnel Ball	ABGO
1:30 Carpet Bowls	Chapel
1:30 Coffee & Chat	Waratah
3:30 Art & Craft	ABGO

Wednesday 22nd

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
10:30 Bottle Top Sorting	Protea
1:30 Armchair exercises	ABGO
1:30 BINGO	Chapel
3:30 Water Ping Pong	ABGO

Thursday 23rd

From 10am CAFÉ' SHOP TROLLEY	
10:30 Memory Game	Protea
10:30 Reminiscing	ABGO
1:30 Art & Craft	TC / Protea
1:30 Paro Visits	Waratah
3:30 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**

Friday 24thFrom 9am **TLH LIBRARY OPEN**

10:30 Chair Yoga

10:30 Virtual table / Hoy

1:30 Cooking

1:30 Pick A Box—

All Areas with the Ice Cream Cart

3:30 Gardening Group

TC

ABGO

Waratah

ABGO

Protea

ABGO

Saturday 25th

1:30 Healing Hands

3:00 Bean Bag Toss

4:00 1x1

ABGO

ABGO

ABGO

Sunday 26th

10:00 Church Service

1:30 Movement to Music

2:30 Word Games

4:00 1x1

Chapel

ABGO

ABGO

ABGO

Monday 27th10:30 **Singing in the Chapel**

11:00 Worship Service

1:30 Drumming

1:30 Pampering

1:30 Memory Game

3:30 Bingo

Chapel

ABGO

ABGO

TC / Protea

Waratah

ABGO

Tuesday 28th

10:15 Knit and Natter

10:30 Movers and Groovers

10:30 Balloon Tennis

1:30 Tarp Target Toss

1:30 Coffee & Chat

1:30 Carpet Bowls

3:30 Art & Craft

Protea

Chapel

ABGO

ABGO

Chapel

Waratah

ABGO

Wednesday 29thFrom 9am **TLH LIBRARY OPEN**

10:00 Walking Group (weather permitting) Leave from Protea

10:30 Current Affairs

10:30 Bottle Top Sorting

1:30 Armchair exercises

1:30 Dart Ball—New Game All Areas

1:30 Ping Pong

3:30 Parachute

TC

ABGO

Protea

ABGO

Chapel

Waratah

ABGO

**PLEASE NOTE : ALL LIFESTYLE PROGRAMS MAY BE
SUBJECT TO CHANGE. PLEASE SPEAK TO A LIFE-
STYLE TEAM MEMBER FOR DETAILS ON THE DAY —**

Thank you

Thursday 30thFrom 10am **CAFÉ' SHOP TROLLEY**

10:30 Hoy

10:30 Movers & Groovers

1:30 **Men's Shed / Ladies Pampering**

1:30 Paro Visits

1:30 Art & Craft

3:30 Music Therapy

ABGO

Chapel

ABGO

TC / Protea

Waratah

ABGO



The lifestyle team are currently looking for donations for the Christmas Raffle. If you have an item that is new, that you would like to donate, please either drop off at reception or with the lifestyle team.

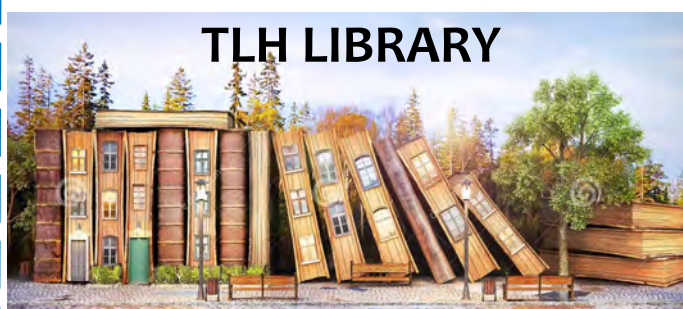
Can You Help?



Open Monday to Friday 9am – 3pm

Café Trolley Available on a

Thursday Morning from 9:30am



TLH Library is located in TC Level 1,

Open Wednesday and Friday

from 9am -12noon.

Stocking a wide range of books (large print), magazines, DVD's & puzzles.

CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM

Allied Health & Therapy Services

Exciting services are happening now!

Group Physiotherapy Exercise Classes—Held in the LHB Gym

The Gym includes:

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

Hand Wax Bath Therapy— Experience the soothing comfort

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

Better Balance—Falls Prevention Program

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

Individual Physiotherapy

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

Private
Session
Available



...you can live your best life

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

**...book your
appointment today**



CHSP CLIENTS—COMMONWEALTH HOME SUPPORT PROGRAM

Barossa Club Connections

Exciting programs taking place.

Where
everyone is
welcome!

Cheese & Chatters—catch up with the grapevine

Join us in the courtyard on a Friday afternoon for sampling local produce and having stimulating conversations.

Garden Gurus—Personal Growth and fulfillment

Our little gardening community is open to all, providing a welcoming space for socializing and connecting with others who share your passion. Spend time outdoors, breathe in the fresh air, and soak up the natural beauty around you.

Paint & Sip—Unleash your inner artist

Indulge in creativity and fun at our paint n sip event.
No Prior experience is needed

Yoga Fusion—Relax / Breath & Unwind

Join us on a holistic journey to enhance your well-being and find inner harmony with our Yoga Fusion-Chair Yoga, and Meditation classes.

These transformative practices cater to all levels and offer a path to physical fitness, relaxation, and mental clarity.

Food,
Fun &
Fellowship



Lutheran Homes Barossa

27 Bridge Street Tanunda SA 5332

(located in the main building)

...join us at Barossa Club Connections

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



Colour in your master piece .. Be creative and colourful

Name: _____