



Photo Location: Homburg Real Estate, Tanunda

Message from the Chaplain — Ian Lutze



Home, Sweet Home



When I returned from my holidays just recently, it struck me just a little bit that all the residents in the care facility are on holidays too. TLH felt a bit like an old school camp, except much more 'splish'. Everybody with their own private 'dorm'. Good food provided in a communal setting. A bit of mischief to be made after the lights go out. Protection from the snorers. Staff looking a little harried, hoping to avoid accidents on the new day. The 'dignity of risk' concept itself feels like an idea picked up from the world of school camps.

Perhaps a few of our residents do see TLH as a holiday destination, before the penny drops that this is the place you check in to but never check out – a kind of Hotel California.

It is a fairly powerful human drive, however, to use one's imagination to make meaning of one's setting. So some people see TLH as being God's Waiting Room. Not really a home, but a place of preparation for one's real and ultimate home. A place to get one's faith in tip top shape, and work through any bad thoughts and attitudes that have sort of clung on along the way.

Other people feel when they arrive that this is very much going to be their home, and they are determined to be at home as much as possible. There are residents from Tanunda who readily feel at home because they are still living in Tanunda. Bit of a challenge for those crossing over from Nuri! Others feel at home because their families and children live very close by. One of our residents, from the Riverland, feeling quite a long way from home, would open his windows and switch the air conditioner off on a 40 degree day, so that he felt like he was still living in his shack near the Murray. He loved the heat! The heat made him feel at home.

TLH of course exists, and all staff come to work every day, to help people feel at home where they've had no option other than to leave their previous home. Some people make the transition without a hitch. Others struggle. But skilled and empathetic staff give everybody a chance, and most make it quite effectively. Home is where your heart is after all. And we do everything to try to make this place good for the heart.

Blessings for your year, and in particular your home-making!

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

Jean Mills

Welcome To Our Home

FEBRUARY BIRTHDAY CELEBRATIONS

4th Elizabeth Linke
6th Betty Kohlhagen
14th Raymond Neldner
23rd Errol Weiss
23rd Rex Mickan
23rd Ian Hausler
26th Valda Fechner
27th Rosemary Berg

DEATHS

Our deepest sympathy to the families of

<i>Lily 'Lil' Kernich</i>	<i>5th January</i>
<i>John Hahn</i>	<i>11th January</i>
<i>Adrienne Mickan</i>	<i>12th January</i>
<i>Lorraine Price</i>	<i>20th January</i>
<i>Dorothy 'Elinor' Graetz</i>	<i>23rd January</i>
<i>Heather Beare</i>	<i>24th January</i>
<i>Raymond 'Ray' Giersch</i>	<i>27th January</i>
<i>Murray Andretzke</i>	<i>30th January</i>

May they rest in peace ...



What did the chef
give to his wife on
Valentine's Day?



A hug and a quiche.

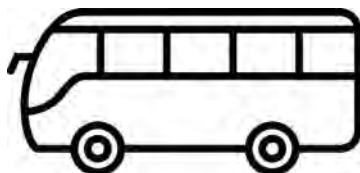
MARCH TIT TAT

The deadline for all : News/Information/
Stories is **Monday 26th February 2024.**

Email: kasey.welch@tlhome.com.au

SHOPPING BUS

Wednesday 7th February
Wednesday 14th February
Wednesday 21st February
Wednesday 28th February



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.

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

FROM THE CEO

.....
Lee Martin



As I sit pondering what to write, it is 40 degrees outside – I think summer has finally arrived. Please ensure you all look after yourselves during the heat of the day. Stay is side, keep your curtains closed and the air-conditioner going. Drink lots and keep in touch with your family so they know you're doing OK.

Happy Australia Day 2024. May you all celebrate the day and reflect on the history of our great Nation. We are the lucky country – we have many advantages that other don't have. I would like to thank the Lifestyle team for arranging the wonderful display setup in the Protea area.

Well, the changes are starting to come more rapidly. The draft Aged Care Act will ensure all residents in the aged care facility will receive the best care and your individual wishes will be prioritized by staff. Please ensure if there are any questions regarding the Aged Care Act, feel free to seek answers. The new Standards are also coming – eight Standards are being introduced. All those working in the aged care sector are monitoring the outcomes of the new wording to ensure clinical care and governance outcomes are met. Over the coming months, staff and board members will receive training to ensure everyone is aware of their responsibilities and held accountable to actions taken.

It is nice to be able to again confirm that as an organisation we remain fully compliant with the current Standards and also remain a financially viable organisation. I would like to acknowledge everyone involvement in making our organisation one to be very proud of. We are known throughout the aged care sector as an innovative organisation and our care is well above average – we attain a 4-star rating which is pretty good for a NFP stand-a-lone Christian organisation in a regional area.

We can once again breathe a little easier as we have no COVID affected residents in the Home. We have done well to contain the outbreaks as we have. Shortly, another vaccine will be available for residents to choose to receive. Please keep in touch, the Clinical staff will ensure you are notified when it's available.

All our current projects are taking shape. The Nuriootpa Retirement Village is growing – stage three is underway. The planning for the Angaston Retirement Village is nearing completion. Refurbishment of units of the Tanunda Retirement Living is ongoing with the sale of the land at Luther Court nearing settlement. The TRL community center and refurbished Barossa Club area is nearing completion – I'm sure all will enjoy the new environments.

May the Southern Cross guide you to amazing adventures and may the spirit of Australia fill your heart with pride. Happy Australia Day!



QUALITY INFORMATION



Sharon Berridge - Executive Care Manager

Lisa Morrison - Clinical Nurse Consultant



Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator

HOME UPDATES:

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



Current clients of Ron Kendall (Tanunda) and Bloom Hearing (Nuriootpa) – local Barossa services can be seen at TLH by arrangement, these visits are usually arranged by the audiologist.

Hearing Matters of Gawler are also willing to come on site for our residents if they are new clients from TLH. Blackforest Optometry come on site for eye checks when requested – they need a minimum of 5 clients before they will come out. Please see Lisa Morrison for further details.

Australian Dental Foundation come out every 6 months for existing clients, anyone wanting a Dental check-up on site, please see Lisa Morrison CNC to be added to the list – a consent form is required.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During January, TLH received compliments about Care (o),
Food & Beverages (2), Lifestyle (o), Maintenance (o),
Management & Communication (1)
Wellbeing (o) and Other (4).

During January, we received complaints about Care (1),
Food & Beverages (3), Lifestyle (o), Maintenance (o),
Management & Communication, Wellbeing (1) and Other (o)
and a total of (6) Suggestions.

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@tlhome.com.au
Rachel Strudwick, Operations Manager
Phone: 08 8563 7771 or Email: rachel.strudwick@tlhome.com.au
Ameya Bhiskute, Finance Controller
Phone: 08 8563 7768 or Email: ameya.bhiskute@tlhome.com.au
Cindy Penn, Home Care Manager
Phone: 08 8563 7709 or Email: cindy.penn@tlhome.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@tlhome.com.au or Ph: 8563 7757

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

Executive Financial Controller – Ameya Bhiskute
(Including, Fees / Bonds And Accommodation)
ameya.bhiskute@tlhome.com.au or Ph: 8563 7768

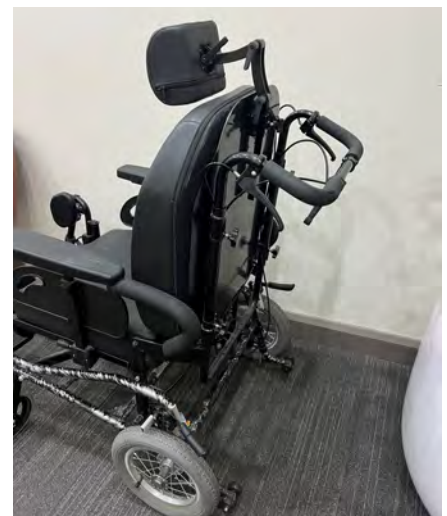
Executive Home Care Manager – Cindy Penn
(Including CHSP And Home Care)
cindy.penn@tlhome.com.au or Ph: 8563 7709

FOR SALE - \$500 cash

Tilt-in-Space Soft Wheelchair with Mid Wheels. It can be tilted and reclined into various positions to assist with pressure distribution, correct posture and maximum comfort.

Wheelchair was purchased in 2017.

Please contact Amanda Havelberg for more details - 0408 807 407



HOLLYWOOD

Do you have a suggestion for the next movie display in our Hollywood Hallway? Please let us know at reception or fill out a Share Your Experience form. We can't wait to hear your ideas!



Employee OF THE MONTH

OCTOBER 2023



Sean Hyland

LIFESTYLE COORDINATOR



NOVEMBER 2023

Julian Soriano

PHARMACIST

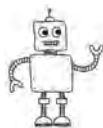


DECEMBER 2023



Angela Reimann

PERSONAL CARE WORKER



Robot Update

Our robot project continues to gain momentum. Further details of the development of a planned documentary will be released in the near future. This will be a film on how robots, technology and artificial intelligence can work together to assist those who are elderly and in aged care. All our robots continue to assist the staff in performing back-of-house tasks efficiently and safely. In February, we hope to introduce a new social robot called Abi – I'm sure you'll enjoy what she'll be able to do. Some more research will occur during February – please assist if you can.





Clara Mwoyounotsva

Registered Nurse

welcome TO THE TEAM



Saurabh Gyawali

Enrolled Nurse



Easir Alamin

Personal Care Worker



Sukhman Arora

Personal Care Worker



Zoe Cowan

Catering



FEBRUARY MOTIVATION



GET CREATIVE - Start a colouring in, do a puzzle or write a poem

SOCIALISE - Call a friend or family member, join in on a group activity or post a letter to someone

GET SOME EXERCISE - Go for a walk or sit outside, focus on some deep breathing exercises or move your hands to the beat of a song

SELF-CARE - Read a book, get a good night sleep or take time to do something you enjoy



SPECIAL BIRTHDAY CELEBRATIONS

Clem Jaensch celebrated
turning 101 on the 24th
of January 2024
Congratulations!



WHAT'S HAPPENING IN FEBRUARY

RESIDENTS MEETINGS

THURSDAY 8TH OF FEBRUARY 1.30PM IN THE CHAPEL
ALL FAMILIES ARE WELCOME TO JOIN US

SHROVE TUESDAY 13TH OF FEBRUARY

ALL DAY PANCAKES

IN THE CHAPEL

FROM 10AM-2.30PM

GOLD COIN DONATION



ALL WELCOME



Valentines Day Quiz



Join us for a
Valentines day quiz
in the Chapel on
Wednesday the 14th
of February 1.30pm



ASH WEDNESDAY SERVICE

14th of February at 10.30am

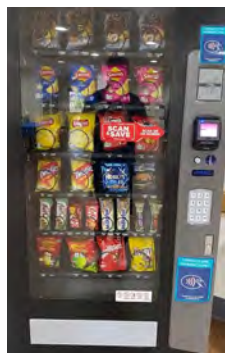
LENTEN SERVICE (for February)

21st of February at 10.30am

28th of February at 10.30am



Vending Machine is now cashless



Our Courtyard
Café is available
for cash/card
purchases on
Monday to Friday
9am - 3pm.

SWEET BEAT & HARMONY CONCERT

Thursday 22nd of February at
1.30pm in the Chapel

All Welcome



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: ☐

CI Required? Yes/No

Was the outcome satisfactory: Yes/No N/A

Closure Date: _____

Follow Up: Yes/ No N/A ☐
3 Months ☐ 6 Months ☐
9 Months ☐ Other: _____

☐ Resident ☐ Relative ☐ Staff ☐ IL Resident ☐ CHSP Client ☐ Other: _____
☐ Comment ☐ Compliment ☐ Complaint ☐ Suggestion Date: ____/____/____

Comments / Details:

Would you like to discuss this issue with the relevant leadership team member? Yes/No

Do you have any suggestions of how we can improve the services provided?

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





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 February
Many happy returns.

CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

*** Café Helpers – 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.

The numbers have been tallied and the results are in. A big CONGRATULATIONS to all our amazing volunteers. Between you all 8,243 hours were contributed during 2023. I believe this is close to a TLH record. During this month, I will try and make contact with the volunteer groups and make a time to catch up with you all. Please continue to check your emails for communication from the home, especially with Covid updates. If you are ever unsure if you can come in, please either email or call me. Kasey is also a wealth of knowledge and is probably able to answer most of your questions. As always I look forward to seeing you all around the home.

Have an amazing February – Belinda



Do you have Social Media?

Head over to Facebook and like
[Tanunda Lutheran Home](#)
You can also follow us on Instagram
[tanundalutheranhome](#)



RESIDENTIAL ACTIVITIES ABGO

ABGO have enjoyed another month filled with fun and laughter.

Our residents we able to relax with some pampering, enjoy some pats with Mika and challenge their bodies and minds with activities.



AUSTRALIA DAY



We are one
But we are many
And from all the lands on
earth we come
We'll share a dream
And sing with one voice

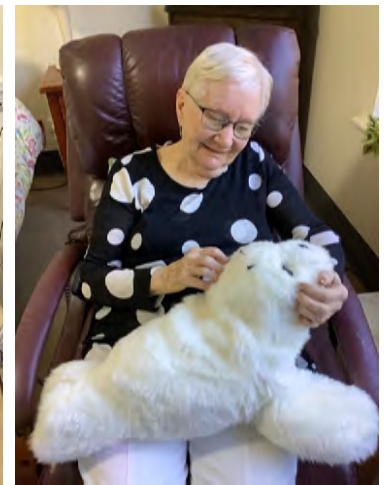
I am, you are, we are Australian



RESIDENTIAL ACTIVITIES



This month, the residents have been able to enjoy the beautiful sunshine and get outside. In between watching the Tour Down Under, the cricket and the tennis, the residents were able to engage in programs such as happy hour, pick a box, rap ball, Paro the Seal visits, and knit & natters.



CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



JOIN US

Lutheran Homes Barossa
27 Bridge Street Tanunda SA 5352
(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

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.

Private
Session
Available

Individual Physiotherapy

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



CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM

Day Excursion to St Kilda



Activities in the Barossa Club Connections

Last month, a club member, Doug Ramsey completed a very hard puzzle with no straight edges. It is great to see such big achievements happening in the club by all members.



Thursday Mornings Early Bird Breakfast Club



Colour in your master piece .. Be creative and colourful

Name: _____

ACTIVITY PROGRAM

Thursday 1st

From 10am **CAFÉ' SHOP TROLLEY**

10:00 Card Making with Irene & Friends Protea
 10:30 Hoy / Interactive Table ABGO
 10:30 Movers and Groovers Chapel
 1:30 Bingo ABGO
 1:30 Tarp Target Toss Chapel
 1:30 Reminiscing Waratah
 3:30 Quoits ABGO

Friday 2nd

From 9am **TLH LIBRARY OPEN**

10:30 Gardening Group TC
 10:30 Hoy ABGO
 11:00 Chapel Service Waratah
 1:30 Chair Yoga Chapel
 1:30 BINGO ABGO
 3:00 Table Games / 1x1's Protea
 ABGO

Saturday 3rd

1:30 Balloon Tennis ABGO
 3:00 Walking Group ABGO
 4:00 1x1's ABGO

Sunday 4th

10:00 Chapel Service Chapel
 1:30 Bean Bag Toss ABGO
 3:00 Sing Along ABGO
 4:00 1x1's ABGO

Monday 5th

10:30 1x1's TLH
 11:00 Worship Service ABGO
 1:30 Drumming ABGO
 1:30 Pampering TC / Protea
 1:30 Memory Game Waratah
 3:00 Art & Craft ABGO

Tuesday 6th

10:15 Knit and Natter Protea
 10:30 Movers and Groovers Chapel
 10:30 Ping Pong ABGO
 1:30 Men's Shed The Shed
 Ladies Pampering Sensory Room
 1:30 Carpet Bowls TC / Protea
 1:30 Water Ping Pong Waratah
 3:00 Interactive Table ABGO

Wednesday 7th

From 9am **TLH LIBRARY OPEN** TC
 10:00 Walking Group (weather permitting) Leave from Protea
 10:30 Tit Tat Reading ABGO
 11:00 Waratah Service Waratah
 1:30 Armchair Exercise ABGO
 1:30 Bean Bag Toss Protea
 1:30 Tunnel Ball Waratah
 3:00 Parachute Game ABGO

Thursday 8th

From 10am **CAFÉ' SHOP TROLLEY**

10:30 Hoy / Interactive Table ABGO
 1:30 Bingo ABGO
 1:30 Residents Meeting Chapel
 3:00 Quoits ABGO

Friday 9th

From 9am **TLH LIBRARY OPEN**

10:30 Gardening Group TC
 10:30 Hoy ABGO
 11:00 Chapel Service Waratah
 1:30 Chair Yoga Chapel
 1:30 BINGO ABGO
 3:00 Table Games / 1x1's Chapel
 ABGO

Saturday 10th—LUNAR NEW YEAR

1:30 Rapp Ball ABGO
 3:00 Music Therapy ABGO
 4:00 1x1's ABGO

Sunday 11th

10:00 Church Service Chapel
 1:30 Dart Ball ABGO
 3:00 Pet Therapy ABGO
 4:00 1x1 ABGO

Monday 12th

10:30 Singing in the chapel Chapel
 11:00 Worship Service ABGO
 1:30 Ten Pin Bowling ABGO
 1:30 Memory Game TC / Protea
 1:30 Pampering Waratah
 3:00 Art & Craft 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

Tuesday 13th—SHROVE TUESDAY

ALL DAY PANCAKES

IN THE CHAPEL

FROM 10AM—2.30PM

GOLD COIN DONATION

ALL WELCOME

10:30 Memory Game ABGO
 1:30 Pancake making ABGO
 2:30 Sing Along with Doug ABGO
 3:00 Interactive Table ABGO

Wednesday 14th—VALENTINE'S DAY

From 9am TLH LIBRARY OPEN TC
 10:30 ASH WEDNESDAY SERVICE Chapel
 10:30 Valentine's Day Quiz ABGO
 1:30 Focus on February ABGO
 1:30 Valentine's Day Quiz—All Areas Chapel
 2:30 Armchair Exercise ABGO
 3:00 Pet Therapy / Paro Visits ABGO

Thursday 15th

From 10am CAFÉ' SHOP TROLLEY
 10:30 Hoy / Interactive Table ABGO
 10:30 Movers and Groovers Chapel
 1:30 Bingo ABGO
 1:30 Word Games Chapel
 1:30 Dart Ball Waratah
 3:30 Quoits ABGO

Friday 16th

From 9am TLH LIBRARY OPEN TC
 10:30 Gardening Group ABGO
 10:30 Hoy Waratah
 1:30 Chair Yoga ABGO
 1:30 BINGO Chapel
 3:30 Table Games / 1x1's ABGO

Saturday 17th

1:30 Balloon Tennis ABGO
 3:00 Walking Group ABGO
 4:00 1x1 ABGO

Sunday 18th—DRINK WINE DAY

10:00 Church Service Chapel
 1:30 Bean Bag Toss ABGO
 3:00 Sing Along ABGO
 4:00 1x1 ABGO

Monday 19th

10:30 Singing in the Chapel Chapel
 11:00 Worship Service ABGO
 1:30 Drumming ABGO
 1:30 Coffee & Chat TC / Protea
 1:30 Billiard Bowls Waratah
 3:30 Art & Craft ABGO

Tuesday 20th

10:15 Knit and Natter Protea
 10:00 Walking Group (weather permitting) Leave from Protea
 10:30 Ping Pong ABGO
 1:30 Men's Shed The Shed
 Ladies Pampering Sensory Room
 1:30 Water Ping Pong TC / Protea
 1:30 Carpet Bowls Waratah
 3:00 Interactive Table ABGO

Wednesday 21st

From 9am TLH LIBRARY OPEN TC
 10:30 LENTEN SERVICE Chapel
 10:30 On this Day ABGO
 10:30 Bottle Top Sorting Protea
 1:30 Armchair exercises ABGO
 1:30 Bean Bag Toss Protea
 1:30 Tunnel Ball Waratah
 2:30 Parachute Game ABGO
 3:00 1x1's ABGO

Thursday 22nd

From 10am CAFÉ' SHOP TROLLEY
 10:30 Reminiscing ABGO
 10:30 Movers and Groovers Chapel
 1:30 Australia Day Activities ABGO
 1:30 Concert—
 Sweet Beat and Harmony Chapel
 3:30 Bean Bag Toss  ABGO

Friday 23rd

From 9am TLH LIBRARY OPEN TC
 10:30 Gardening Group ABGO
 10:30 Hoy Waratah
 1:30 Chair Yoga ABGO
 1:30 BINGO Chapel
 3:30 Table Games / 1x1's 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**

Saturday 24th

1:30 Rapp Ball	ABGO
3:00 Music Therapy	ABGO
4:00 1x1's	ABGO

Sunday 25th

10:00 Church Service	Chapel
1:30 Dart Ball	ABGO
3:00 Pet Therapy	ABGO
4:00 1x1	ABGO

Monday 26th

10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Billiard Bowls	TC / Protea
1:30 Coffee & Chat	Waratah
3:30 Art & Craft	ABGO

Tuesday 27th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Men's Shed/	The Shed
Ladies Pampering	Sensory Room
1:30 Parachute Ball	TC / Protea
1:30 Billiard Bowls	Waratah
3:00 Interactive Table	ABGO

Wednesday 28th

From 9am TLH LIBRARY OPEN	TC
10:30 LENTEN SERVICE	Chapel
10:30 Current Affairs	ABGO
10:30 Bottle Top Sorting	Protea
1:30 Armchair exercises	ABGO
1:30 Wheel Of Fortune—All Areas	Chapel
2:30 Tunnel Ball	ABGO
3:00 1x1's	ABGO

Thursday 29th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy / Interactive Table	ABGO
10:30 Movers and Groovers	Chapel
1:30 Bingo	ABGO
1:30 Pick a Box—All Areas	Chapel
3:30 Quoits	ABGO

COURTYARD CAFE

Open Monday to Friday 9am – 3pm
Café Trolley Available on a
Thursday Morning from 9:30am
Closed Public Holidays

TLH LIBRARY

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.

TLH HAIR SALON

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

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

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

