# **Lutheran Homes Barossa** TTAT July 2025 **utheran Homes**

Photo Location: Barossa Farmers Market, Angaston

iching Your Life

Rarossa

## Message from the Chaplain - Ian Lutze



One of the questions that forms part of a 'spiritual evaluation' for new residents in care is the question: "How do you usually approach and get through hard or challenging times, like coming into care perhaps?"

Typical answers are: "I talk to my family and friends; I pray; I make sure I keep the stress on the outside; I draw on what worked in the past; I just go with the flow and trust that things will work out; I cry a lot." All worthy approaches that work for different people.

Something made me think of that *Sound of Music* song the other day – "These are a few of my favourite things" - things like warm mittens, schnitzel and noodle, brown paper packages tied up with string". That is Sister Maria's answer to the spiritual care question: to get through a challenging time by thinking about favourite possessions and things.

None of our residents have answered my question in this way. Maybe it's a child's approach, because a child may think of Teddy or Puss or a favourite toy for comfort. And I know some of our residents overcome stress or worry 27 Bridge Street, Tanunda SA 5352 by holding a little wooden cross, or putting on a favourite dress, or pondering the best bottle of wine in their collection, or drawing, or eating a favourite food.

Maybe when chaplains ask the question people think the answer needs to be profound. Maybe if others asked the question the answers would be **+** Website : www.tlhome.com.au different. Because spirituality is so many things. And coping with challenges in life has so many dimensions. Imagine a maintenance office asking the question, and receiving the answer - "I get through hard times by sitting by a clean window in my favourite chair." It's a profound answer too.

Someone said it takes a community to raise a child. It also takes a community to meet the complex spiritual needs of a frail aged person. We all play our part. We are all needed.

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

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- ★ Facebook : Lutheran Homes Barossa

**Lutheran Church** 

of Australia

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"May our Home be warm, and our friends be many"

## JULY BIRTHDAY CELEBRATIONS

30th June Barb White
6th Lorna Bosenberg
6th Joan Minge
15th Ron Reed
18th Irene Golding
24th Elmore Zeunert
25th Pat King
27th Mina Anderson
27th Liz Hussey
30th Ros Whiteford
31st Glenys Taylor
31st Kath Rochford

## **JULY REMINDERS**

If you have the power to make someone happy, do it! The world needs more of that. Life is like a road trip, enjoy each day but don't take too much baggage. A smooth sea never made a skilled sailor.



Wednesday 2nd July Wednesday 9th July Wednesday 16th July Wednesday 23rd July Wednesday 30th July

Shopping Bus



LHB (in home) residents must be at reception by 9am.

The Bus will pick **IL Residents** up from their home after 9am.

- ONLY if you have booked -



Please be advised that The News Corp Australia will be increasing their prices by 50c for the **Mon-Fri Advertiser** from Monday 30th June 2025. For those who have any concerns or interested in receiving papers, please see Reception for more details.

FUN FACT! It's World Chocolate Day on Monday 7th July. Why not treat yourself to a chocolate bar or sweet from our Courtyard Café.





As I sit here reflecting on the past few months and looking ahead, I'm reminded of what an incredible community we have here at Lutheran Homes Barossa. There is always so much happening — from legislative changes to personal journeys, from professional growth to moments of deep connection.

#### A Pause on the New Aged Care Act: A Chance to Breathe and Prepare

Many of you will know that we've been working steadily towards implementing the requirements of the new Aged Care Act. The government's decision to postpone its commencement to 1 November 2025 has given us a valuable gift: time. Time to refine our processes, to train our teams, and to ensure that when the Act takes effect, we are not just compliant, but leaders in delivering dignified, person-centred care. I see this as an opportunity for us to strengthen what we do best — putting people first.

#### An Italian Adventure: Inspiration Abroad

This July, I'm fortunate to take a short break and immerse myself in the culture, history, and beauty of Italy. From wandering through ancient ruins to soaking up the charm of small Tuscan villages, I hope to return refreshed and filled with new inspiration. Travel reminds us that every community, no matter where in the world, is built on shared stories, kindness, and connection — values that resonate deeply with what we stand for at Lutheran Homes Barossa. It is also a perfect opportunity to take the family over to see our son Cody, and to take my dad, Richie, across to say thank you. We have a unique opportunity to spend time in a small village with our previous Au Pair and her family. The region identifies as being the maker of Moscato and is also the birth place of Nutella!

#### Friendship and Culture: Our Everyday Strength

Every day, I see acts of friendship and care that make Lutheran Homes Barossa more than just a workplace or residence they make it a true community. Whether it's a staff member sharing a quiet moment with a resident, or a team working together to solve a challenge with positivity and grace, these are the moments that define our culture. Together, we are building a place where people feel seen, heard, and valued.

#### Learning Together: The Lutheran Group Aged Care Conference

Recently, myself and Pastor Ian attended the Lutheran Group Aged Care Conference, joining colleagues from across Australia. It was a chance to share our experiences, learn from one another, and bring ideas that will help us to keep improving. The energy and passion at the conference reaffirmed how fortunate we are to be part of a wider network of caring professionals who share our mission. Following the conference I received very positive affirmation for Pastor Ian "I'm writing to take a moment to acknowledge lan's truly outstanding work— not only in his role as Chaplain at Tanunda but also through his growing leadership across the wider Lutheran aged care community."

Ian has recently taken on the role of lead for the South Australian Lutheran Aged Care Chaplains (SALACC) network. This is a significant step as we work together to strengthen spiritual and pastoral care across our services.

lan's quiet leadership, deep empathy, and remarkable ability to read a room and understand people on an intrinsic level have made a profound impact.

It was particularly encouraging to have Ian participate in the Lutheran Aged Care and Community Services Forum last month. His reflections provided insight into how spiritual care is delivered in settings without traditional care facilities — prompting valuable conversations about how we can adapt and connect across different contexts.

I'm genuinely grateful for the dedication, wisdom, and heart Ian brings to his work. His contribution is felt far beyond Tanunda, and he's playing a vital role in helping shape the future of spiritual care in our sector".

#### A Personal Reflection: The Loss of a Loved One

On a more personal note, my family recently experienced the loss of my dear mother-in-law, Jan Schupelius. It has been a time of sadness, but also of gratitude - for the love and support of those around us, and for the reminder that life's most meaningful moments are those shared with others. I would like to share with you significant parts of her eulogy, which she prepared and wrote herself.

"My daughter brought me over to the Barossa to have a look at places to where I could live. That day, we visited the Tanunda Lutheran Home Independent Living. I lived independently for 8 years. I have never had such a wonderful life, nor loved my life as much as I did throughout those 8 years. I loved being part of all the many groups I was involved in. I loved being part of the TLH Club. I pretty much lived there, and I was an active part of the Independent Living Committee. It was at one of the Club's dance gatherings, I was enjoying dancing around the room, when I fell slowly to the floor with the help of my dance partner. Following my stroke, I was able to return to my IL unit but found it isolating, lonely and sad. I couldn't drive my car, walk unaided and needed community services to get by. I lived happily and loved my new home in Protea following a meeting with the Care Team. My confidence grew again, and a lot of my friends were also here. I enjoyed eating meals in the dining room with my table of friends. Everything I have ever needed is under one roof, and I can access it on my own. I feel as free as I ever have been. From the Schupelius family – on behalf of our beautiful Mum, Nan and Great Nan, our families would like to sincerely thank the tireless and constant dedication of the entire staff at Tanunda Lutheran Home for your professionalism, friendship, love, support and care given and shown to Mum and her family throughout her connection with Independent Living and within her Residential home. Mum truly believed the entire facility was her home, not just her room. She loved going out and couldn't wait to get back home to you all."

As always, thank you for walking this journey with us. Together, we continue to create a place of care, respect, and joy. I look forward to being constantly grateful for all the work we will continue to do - hand in hand.



# **QUALITY NEWS**

## Sharon Berridge - Executive Care Manager, Lisa Morrison - Clinical Nurse Consultant, Jess Osborne - Quality Officer , Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator

We have scheduled on-site clinics in July for the following:

Australian Dental Foundation – for RACF residents on Friday 4th July all day. There are fees involved for the Dental Clinic.

**Blackforest Optometry** – for anyone on Monday 14th July all day. Optometry will only involve fees if you require glasses.

Please see your area staff or Reception to collect a consent form to fill in for either of these clinics and return to Lisa Morrison CNC to be added to the list for a check-up.

## **Strengthened Aged Care Quality Standards**

It has been announced that the new Strengthened Standards will now start on 1 November 2025, giving a few more months for system reform and to prepare workers.

Last month we spoke about Standard Three: Care and Services. This month we'll look into Standard Four: The Environment.

## **Standard Four: The Environment**



"I feel safe and comfortable in the place I live."

We believe that your home should be a place where you feel safe, respected, and at ease. Standard Four of the new Strengthened Standards is all about making sure Lutheran Homes Barossa provides an environment that supports your comfort, independence, and quality of life.

To meet this standard, here's what we're working towards:

A safe and well-maintained home - making sure your surroundings are clean, safe, and hazards are minimised.

**Comfortable spaces** - your room and communal areas are welcoming and set up to help you feel at home.

Accessibility - making it easier for you to move around safely and independently, whether walking or using aids.

**Personal Touches** - supported to personalise your space, so it reflects your identity and what makes you feel comfortable.

**Hygiene and cleanliness** - we'll maintain high standards of cleanliness to promote health, wellbeing, and dignity.

Area of Concern	Complaint	Compliment	Suggestion	Total	We value this
Customer Service / Admin		2			feedback.
Environment	1		1		Thank you for
Catering / Café		8	2		taking the
Lifestyle / Volunteers	1	12			time to
Maintenance	1	3			communicate
Other - LHB	1	3			your thoughts,
Staff	2	10			opinions and
Wellbeing		2			experiences
CHSP	1	14			with us.
	7	54	3	64	with us.

## **COMPLIMENTS, COMPLAINTS & SUGGESTIONS**

## WHAT'S CHANGING WITH THE NEW AGED CARE ACT?

The new Aged Care Act 2024 puts the rights of older people first. The new Act establishes a legal framework for the registration of supporters, which will help embed supported decision-making across the aged care system. It aims to promote older people's right to be supported to make their own decisions.

Everyone has the right to make decisions about their life, including the support and services they receive from aged care. A key change under the new Act is that every older person is presumed to have the ability to make decisions.

Some older people may want or need support to make these decisions. Supported decision-making is the process of providing support to older people to help them to make and communicate their own decisions and remain in control of their lives. When the new Act starts, older people can seek to register people who can support them to make decisions, if they want or need this support. These people are called registered supporters.

Having a registered supporter means an older person has support to make and communicate their own decisions. Registered supporters also have duties they must uphold including to act in line with the older person's wishes and preferences. Having a registered supporter does not prevent an older person from doing something they can do themselves. An older person can continue to request, receive and communicate information and make decisions.

Aged care providers and staff must continue to go directly to the older person for decisions, even when there is a registered supporter. However, an older person can ask a registered supporter to communicate their decisions.

An older person does not have to register a supporter.

Not every older person will want or need someone to support them. Some older people might feel they are already supported by their carers and other significant people in their lives, without needing any of them to become a registered supporter. These people can continue to play an important role in supporting an older person, regardless of whether they are a registered supporter

Becoming a registered supporter does not provide a person with decision-making authority for the older person. A registered supporter's role is to support the older person to make their own decisions.

Some registered supporters also have guardianship, enduring power of attorney or similar. These people are appointed decision makers for the older person and can make decisions on their behalf when they are deemed to be unable to make those decisions any longer

## **HOW TO REGISTERED A SUPPORT?**

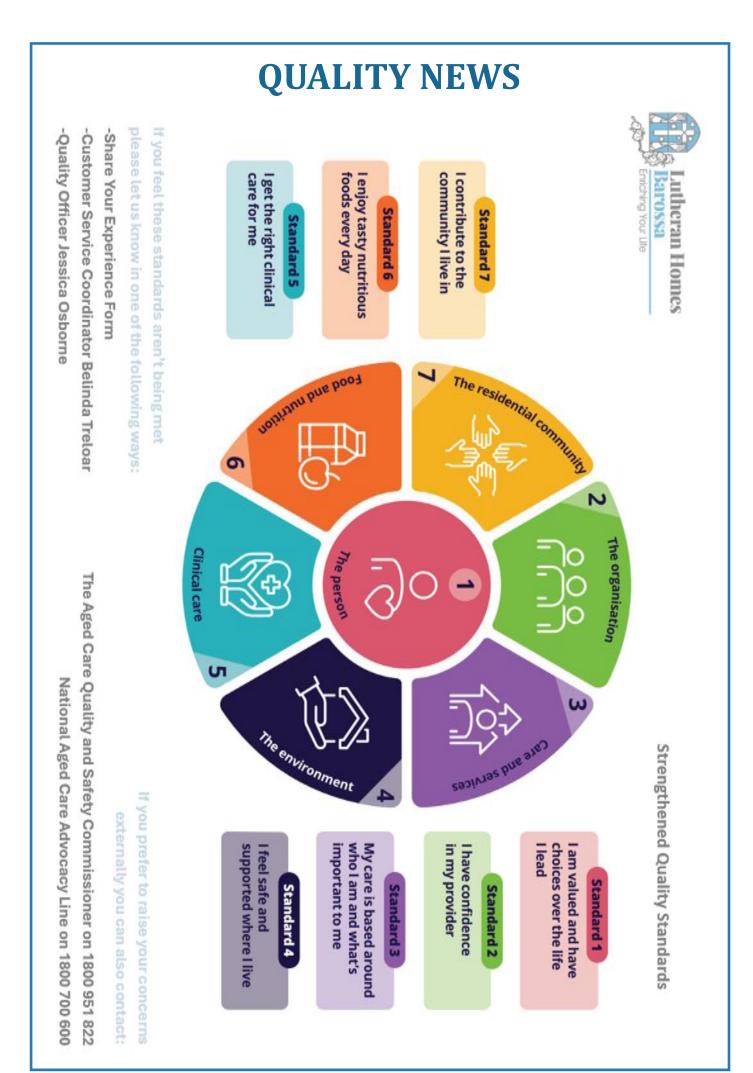


If you would like to register a supporter, you can contact My Aged Care, an aged care assessor, an Aged Care Specialist Officer, or complete the Registration of a Supporter form online, via a printed copy, or via your My Aged Care Online Account.

An older person does not need to consent to the registration of a supporter if that supporter is also an appointed decision maker for the older person under a state arrangement and their legal authority is active.

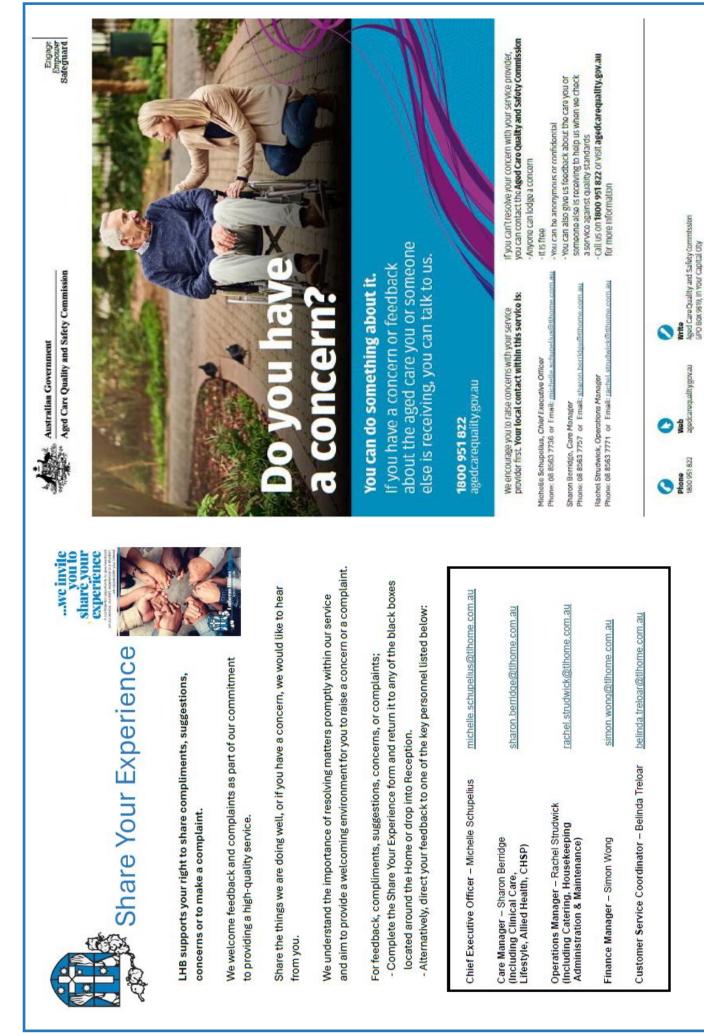
All registered supporters have duties under the new Act that they must comply with. Registered supporters must act honestly, diligently, and in good faith when undertaking these duties. These duties are intended to protect an older person's safety, rights and will and preferences. Registered supporters must promote the will and preferences of the older person they are supporting, including decisions the registered supporter may not agree with. They must support the older person only to the extent needed for the older person to make their own decisions. Registered supporters must avoid or manage any conflicts of interest.

The registered supporter role in the new Act will replace the existing regular and authorised representative relationships in My Aged Care.



FED CARE:       COMPLIMENT:       RESIDENT:         NT LINING:       COMPLIMENT:       RESIDENT:         NT LINING:       SUGGESTION:       RELATIVE:         SERVICES:       NISTOR:       NISTOR:         SERVICES:       NISTOR:       NISTOR:         CONCERN:       NISTOR:       NISTOR:         OTHER:       OTHER:       OTHER:         Please share your compliments, suggestions, feedback or concerns. Your input will be confidential and without repitsd.		WE APPRECIATE YOUR SUGGESTIONS FOR IMPROVING OUR SERVICES. PLEASE PROVIDE SPECIFIC DETAILS.	THANK YOU FOR YOUR FEEDBACK WE APPRECIATE YOUR TIME AND INTEREST       YES         WOULD YOU LIKE TO DISCUSS THIS DIRECTLY?       YES         I would like to know what improvements and actions have been ignited on my feedback.       YES
RESIDENT AGED CARE: RETIREMENT LIVING: COMMUNITY SERVICES: OPERATIONS: OTHER: YOUR FEEDBACK: Please shore		WE APPRECIATE YOUR SUGGE	THANK YOU FOR YOUR FEEDBACK WE APPR WOULD YOU LIKE TO DISCUSS THIS DIRECTLY? I would like to know what improvements ar
Padresse sources and the second secon	PHONE: EMAIL: EMAIL: I'd prefer to remain anonymous? ON BEHALF OF: ADDRESS: OFFICE USE	Date Received:	Date Closed:         Follow Up required:       Yes       No         3 months       6 months       9 months         Other Comments:       0       0

Lutheran Homes Barossa 27 Bridge Street TANUNDA SA 5352	Alternate Contacts: The Aged care Quality & Safety Commissioner 1800 951 822 National Aged care Advocacy Line 1800 700 600	Britany will arrange your appointment. britany.mickan@tlhome.com.au	For more information or to discuss your feedback with our Customer Services Coordinator or relevant Manager, please contact the Executive Assistant, Britany Mickan by phone on <b>8563 7733</b>	It is coordinated under the guidance of our Customer Service Coordinator. They will ensure that your confidential feedback reaches the correct department and personnel. Should you like to know what improvements and actions have been ignited as a result of your feedback, please indicate this on the form.	Our 'Share Your Experience' process is valuable and assists us as we strive for best practice.	Receipt of your feedback will be acknowledged.	Simply complete this 'Share Your Experience Form' and return to reception or pop into any of the marked administration drop boxes within the building.	Barossa is assisted by open, honest feedback from our residents, their relatives, from staff, guests and all who we engage with. All feedback is valuable and appreciated - suggestions, compliments and both positive and negative comments.	The safe and efficient operation of Lutheran Homes
www.tlhome.com.au	Barossa Lutheran Homes Barossa 27 Bridge Street TANUNDA SA 5352 Phone 8563 7777 info@tihome.com.au	Lutheran Homes							
				<image/> <page-footer></page-footer>		we appreciate your interest	A confidential opportunity to give feedback on our service, our staff, experience or a situation.	share your	



# **ROBOTS**

Exciting developments are continuing this month with our robots.



Last month, Robbie received his brand-new ears—a significant upgrade that has already proven to be a big success. Now, it's Axel's turn for an upgrade, following in Robbie's footsteps.

Meanwhile, Speckle is undergoing a conversion and will soon take on a new role with our laundry department, where he'll assist our hardworking hospitality staff in keeping things running smoothly behind the scenes. While Speckle transitions into his new responsibilities, Axel and Robbie will remain busy with the kitchen staff, continuing their essential work of delivering meals throughout the Home with reliability and care.

Alongside them, our cleaning robots are also doing a fantastic job—Sadie, our sweeping robot, and Betty, our mopping robot, are both performing wonderfully, keeping our spaces tidy and fresh for everyone to enjoy.

These changes are just part of our ongoing commitment to integrating smart, adaptive technology into our daily operations. Watch this space as we continue to upgrade and improve our robots to best suit the needs of our Home and enhance the experience of everyone in our community.



RESIDENTS ROBOTIC TECHNOLOGY Allel COMES TO AGED CARE

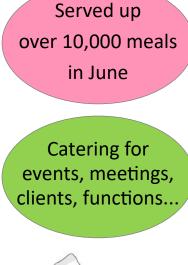
Beautiful drawings of our Robots by Anna Gee, Lutheran Homes Barossa Resident.

# HOSPITALITY

The Catering Department has had another successful month, with new staff members joining the team and settling in well. Looking ahead, the kitchen will be hosting a food tasting at the end of July, offering some residents the chance to sample items from the upcoming Winter Special menu. It's a helpful opportunity for the team to gather your thoughts and feedback.

A big thank you to those who continue to support the Courtyard Café - your patronage is greatly valued. We're also looking for volunteers to assist in the Café; if you know a friend or community member who may be interested, please let us know.

As always, if you have any feedback or suggestions for the Catering Department, we encourage you to fill out a "Share Your Experience" form, your input truly helps us grow and improve.





# **WELCOME TO THE TEAM**



Kellie McCafferty Administration / Catering



Crystal Gregory Housekeeping



Tina Graetz Catering



**Mary Mulu** Lifestyle / Carer



If you see our new staff around the Home, please give them a big hello and welcome!

# **BIRTHDAY CELEBRATIONS**



Last month, we celebrated resident, Betty Tisher's 101st birthday—what an incredible achievement! It was a joyous occasion as Betty marked this wonderful milestone surrounded by her loving family and friends, and the dedicated staff of Lutheran Homes Barossa. The celebration was filled with warmth, laughter, and heartfelt moments. Congratulations Betty.

Pictured L-R Michelle Schupelius; Chief Executive Officer, Belinda Treloar; Customer Service, Volunteer & Lifestyle Coordinator, Betty Tisher; LHB Resident and Sharon Berridge; Care Manager.

## **BLIND INDIFFERENCE - Ken Fyfe** (LHB Resident)

I've written guite a lot of poems, regarding many different things. Some on sporting misdemeanors, or other vital stuff life brings. Whilst up to date when I first wrote them, some became outdated, But in others there's a timeless theme, of topics that I've hated. Murder, rape and war and politics, seem first that come to mind, Which aren't topics of endearment; they're more the nasty kind. Most poems I write are truthful, a few with slight imagination. Being ironic; written tongue in cheek, whilst avoiding litigation. But I'm glad I wrote some poems on love' love is what we need, And it's still around thank goodness; sadly so is hate and greed. We can't control the scales of justice; deciding how they'll tip. Will we tip those in loves favor, or make another major slip? Because; as we read our daily paper and we hear T.V. reviews, I almost feel that love is losing: when bad stuff tops the news. Rather like being hypnotised; that has one compelling action. It makes newsworthy media; with finance its main attraction. But love's got more to offer us; it's always there for us to find, That's if we really want to find it, and we keep an open mind. Disregarding ethnic differences; we've been in the dark so long, What we really need is unity; to make this whole world strong. But that isn't going to happen; each group thinks they're right, And with the growth of the world technology, a lot still say, it might. If opinion said one group was right, that's how we all must be, And technology could make it so; they'd pass a unity decree. The rest could get anesthetized, brainwashed and resurrected, Until the first group tell them, "we were the chosen, you defected". That could cause a lot of trouble, even start a new world war, How ironic then would that be? We'd be worse off than before. But we could leave similar epitaphs, if we agreed to disagree, Like; - 'World policies all blinded us; but we didn't want to see.

# **PROTEA ARMS OP SHOP**

Say hello to the newest destination at LHB — the Protea Arms Op Shop has officially opened and ready for business. Step into this charming, UK-themed spot where residents and community friends can wander through a delightful collection of donated items.

Whether you're on the hunt for a fresh outfit, a sweet gift for someone special, or just a cheeky treat for yourself — there's something for EVERYONE. Best part? It's open 24/7 and runs on the honour system, with new treasures arriving daily! Next time you're visiting at the Home, pop down to the Protea Arms and see what hidden gems you can find!

Thankyou to those who came on the day to support the opening. It has been wonderful to see you all embrace this great opportunity for the residents and the community.





What do you call an alligator in a vest? *An investigator.* What did one wall say to the other wall? *I met you at the corner.* I know a lot of jokes about retired people...*they don't work.* 

Thankyou to our CHSP Client, Linda Peressin for the laughs!



# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



## ...how can we help?

As you get older, everyday tasks can become more difficult. Asking for help doesn't mean losing your independence. Lutheran Homes Barossa provide services that improve, restore and maintain the health, safety, well-being and independence for older people.

The Allied Health+Therapy Services and Barossa Club Connections Social Centre provide a range of specialist activities to help you stay on top and lead an active life.

- Physiotherapy and Exercise Groups
- Occupational Therapy
- Better Balance Falls Prevention + Rehabilitation
- Club Connections + Social Outings
- Activity and Games Centre
- Art, Craft and Cooking projects

What would you like to do? Come along and join the fun; you're always welcome.

# ...book your appointment today

For more information book your tour of our facilities. Please ask to be connected to a ... Customer Service Coordinator - **8563 7777** 

The Allied Health Clinic is open ...9am to 5pm - Monday to Friday

Barossa Club Connections is open ...9am to 4pm - Monday to Friday

Your Community Services team are specialists in a range of health and wellbeing services. They are available to assist you to build and retain your daily fitness levels, to help you to remain active, and ensure you have the flexibility, strength and overall good health to be active every day and enrich your life.

Programs are available to individuals (one-onone), as well as group fitness programs.

## ...we can assist you

The First Step - Find out if you are eligible Contact My Aged Care on 1800 200 422

The Second Step - Following your assessment, the assessor will provide you with referral codes for your eligible services.

**The Third Step** - Finally, don't hesitate to get in touch with us, book an appointment and bring your referral code to initiate our services.

... join us this month for HEARING AUSTRALIA 28th &29th July 2025 <u>EVERYONE WELCOME (BOOK</u>INGS ESSENTIAL)



Wednesday Wise Guys! MEN'S SHED ACTIVITIES



# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



#### **PROJECTS IN THE SHED**





#### MYSTERY BUS TRIP BALHANNAH HOTEL, LOBETHAL BAKERY @ WOODSIDE, MELBAS CHOCOLATE FACTORY











TITTAT



# **VOLUNTEER NEWS**

Belinda Treloar; Customer Service, Volunteer & Leisure Coordinator



## **CAN YOU HELP?**

We are currently seeking volunteers to assist with the

# <u>Wednesday Shopping Bus, Resident Visits</u> <u>Café Helpers, Hairdresser Helpers</u>

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



A very big Happy Birthday to all the volunteers celebrating a birthday in July. Keep an eye out for your birthday card and Courtyard Café voucher in the post.



Happy July to all the amazing volunteers at Lutheran Homes Barossa. A huge thank you to you all for everything that you do. Each month we have 70 dedicated volunteers contribute to the wellbeing of the residents and the home. Volunteering looks different to each and everyone of you; it could be as simple as visiting a resident or as complex as doing flower arrangements for around the home. Soon, we will be introducing some social and educational afternoons (or mornings) for the volunteers. If there is a topic you would like to know more about to help with your volunteering role, please let me know. We are so very blessed to have you all here. Have a wonderful month and stay warm! - Belinda Treloar



## Do you have Social Media?

Head over to Facebook and like <u>Lutheran Homes Barossa</u> You can also follow us on Instagram <u>lutheranhomesbarossa</u>



# **RESIDENTIAL ACTIVITIES**

The Men's Shed have been busy over the last few months with building trucks and toolboxes; these were given to some very special children at the Saint Jakobi Early Learning Centre. They were so please that we were gifted with a beautiful poster.







The teachers from **Redeemer Lutheran** School came and delivered some cards and flowers to the residents in ABGO.



The magic of a puppet was on display in ABGO this month during Pet Therapy. The possum visited each resident and captured the heart of Betty Holness.





# **FOOTY TIPPING COMPETITON**



FOOTY TIPP

COMPETITION

## **NEIGHBOURHOOD LEADERS**

	ABGO	Malcolm Rohrlach	94
	TRINITY	Liz Linke	92
	PROTEA	Kath Rochford	90
		Elmore Zeunert	90
	WARATAH	Keith Mickan	95
Scores correct as of the 30/6			





# **RESIDENTIAL ACTIVITIES**

THE BIBBEST MORNING TEA WAS HELD ON THE 18TH OF JUNE. A HUBE THANKYOU TO THE RESIDENTS AND THE COMMUNITY FOR SUPPORTING THIS EVENT. WE RAISED \$250 FOR THE CANCER COUNCIL., WELL DONE!



















## JULY - 2025 RESIDENTIAL ACTIVITIES CALENDAR

Tuesday 1st—Tuscan Hill Café Open fr	<u>rom 10am</u>	<u>Monday 7th</u>	
10:15 Knit and Natter 10.30 Movers and Groovers 10:30 Interactive Table 1:30 Men's Shed Ladies Pampering 1:30 Tunnel Ball—All Areas	Protea Waratah ABGO The Shed ABGO Waratah	<ul> <li>10:30 Singing in the Chapel</li> <li>10:45 Worship Service</li> <li>1:30 Art &amp; Craft</li> <li>1:30 Art &amp; Craft - All areas</li> <li>3:00 Ping Pong</li> </ul>	Chapel ABGO ABGO Waratah ABGO
3:00 Table Games	ABGO	Tuesday 8th—Tuscan Hill Café Open fr	<u>om 10am</u>
Wednesday 2nd- General Store Open in From 9am TLH LIBRARY OPEN 10:30 Armchair exercise 11:00 Waratah Service 1:30 Ten Pin Bowling 1:30 Memory Game—All Areas 3:00 Bingo	n ABGO 10-2pm TC ABGO Waratah ABGO Protea ABGO	<ul> <li>10:15 Knit and Natter</li> <li>10.30 Movers and Groovers</li> <li>10:30 Interactive Table</li> <li>1:30 Men's Shed Ladies Pampering</li> <li>1:30 Tarp Target Toss—All Areas</li> <li>2:30 Doug Sing Along</li> </ul>	Protea Chapel ABGO The Shed ABGO Chapel ABGO
Thursday 3rd		Wednesday 9th- General Store Open in	
From 10am CAFÉ' SHOP TROLLEY 10:30 Bean Bag Toss 10:30 Movers and Groovers 1:30 Billiard Bowls 1:30 Residents Meeting 3:00 Pampering	ABGO Waratah ABGO Chapel Sensory Room	From 9am TLH LIBRARY OPEN 10:30 Armchair exercise 11:00 Waratah Service 1:30 Focus on July 1:30 Word Games—All Areas 3:00 Bingo	TC ABGO Waratah ABGO Waratah ABGO
		<u>Thursday 10th</u>	
Friday 4th From 9am TLH LIBRARY OPEN 10:30 Movement to Music 10:30 Hoy 1:30 Coffee and Chat Tit Tat Reading 1:30 Bingo 3:00 Pet Therapy	TC ABGO Waratah ABGO Chapel ABGO	From 10am CAFÉ' SHOP TROLLEY 10:30 Hoy 10:30 Movers and Groovers 1:30 Golf 1:30 Dart Ball—All Areas 3:00 Pampering	ABGO Chapel ABGO Chapel Sensory Room
<u>Saturday 5th</u>		<u>Friday 11th</u>	
1:30 Knock'em Down 3:00 Picture Bingo 4:00 1x1's Sunday 6th—NAIDOC Week	ABGO ABGO ABGO	From 9am TLH LIBRARY OPEN 10:30 Movement to Music 10:30 Hoy 1:30 Reminiscing 1:30 Bingo	TC ABGO Waratah ABGO Chapel
10:00 Church Service 1:30 Chair Yoga 3:00 Quoits 4:00 1x1 THE NEX	Chapel ABGO ABGO ABGO	3:00 Interactive Table <u>Saturday 12th</u> 1:30 Rap Ball 3:00 Word Games 4:00 1x1's	ABGO ABGO ABGO ABGO
GENERATION STRENGT VISION LEGAC 6-13 JULY 20	000 025	PLEASE NOTE : ALL LIFESTYLE PI BE SUBJECT TO CHANGE. PLEAS LIFESTYLE TEAM MEMBER FOR DI DAY —Thank you	E SPEAK TO A

## JULY - 2025 RESIDENTIAL ACTIVITIES CALENDAR

Sunday '	<u>13th</u>

10:00 Church Service 1:30 Chair Yoga	Chapel ABGO
3:00 Card Game	ABGO
<b>4:00</b> 1x1	ABGO

#### Monday 14th

10:30 Singing in the Chapel	Chapel
10:45 Worship Service	ABGO
1:30 Art & Craft	ABGO
1:30 Wheel Of Fortune - All areas	Chapel
3:00 Tunnel Ball	ABGO



## Tuesday 15th—Tuscan Hill Café Open from 10am

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Rapp Ball—All Areas	Waratah
3:00 Table Games	ABGO

TC

Waratah

ABGO

Chapel

ABGO

ABGO

TC ABGO Waratah ABGO Chapel ABGO

## Wednesday 16th

#### From 9am TLH LIBRARY OPEN 10:30 Bottle Top Sorting 10:45 Armchair exercise 1:30 Carpet Bowls—All Areas 1:30 Ten Pin Bowling

3:00 Bingo

## <u>Thursday 17th</u>

### From 10am CAFÉ' SHOP TROLLEY

10:30 Bean Bag Toss	ABGO
10:30 Movers and Groovers	Chapel
1:30 Billiard Bowls	ABGO
1:30 Pampering—All Areas	Chapel
3:00 Pampering	Sensory Room

## Friday 18th

From 9am TLH LIBRARY OPEN
10:30 Memory Game
10:30 Hoy
1:30 Dart Ball
1:30 Bingo
3:00 Gardening Group

#### Saturday 19th

1:30 Knock'em Down 3:00 Picture Bingo 4:00 1x1's	ABGO ABGO ABGO
Sunday 20th	
10:00 Church Service	Chapel
1:30 Chair Yoga	ABGO
3:00 Quoits	ABGO

## Monday 21st

4:00 1x1

10:30 Singing in the chapel 10:45 Worship Service	Chapel ABGO
1:30 Art & Craft—All Areas	Waratah
1:30 Art & Craft	ABGO
3:00 Ping Pong	ABGO

ABGO

#### Tuesday 22nd—Tuscan Hill Café Open from 10am

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Food Focus Meeting / Tasting	ABGO
1:30 Concert—Doug and Gary	Chapel
1:30 Ping Pong	Waratah
3:00 Sing Along with Doug	ABGO



#### Wednesday 23rd - General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN 10:30 Walking Group 10:45 Armchair exercise 1:30 Ten Pin Bowling 1:30 Pick a Box—All Areas 3:00 Bingo	TC Leaving from Protea ABGO ABGO Chapel ABGO
<u>Thursday 24th</u>	
From 10am CAFÉ' SHOP TROLLEY 10:30 Hoy 10:30 Movers and Groovers 1:30 Golf 1:30 Food Tasting 3:00 Pampering	ABGO Chapel ABGO Chapel Sensory Room

## JULY - 2025 RESIDENTIAL ACTIVITIES CALENDAR

#### Friday 25th

From 9am TLH LIBRARY OPEN 10:30 Movement to Music 10:30 Wisdom of the Elders 10:30 Hoy 1:30 Reminiscing 1:30 Bingo 3:00 Interactive Table	TC ABGO Chapel Waratah ABGO Chapel ABGO
<u>Saturday 26th</u>	
1:30 Rap Ball 3:00 Word Games 4:00 1x1's	ABGO ABGO ABGO
Sunday 27th	
10:00 Church Service 1:30 Chair Yoga 3:00 Card Game 4:00 1x1	Chapel ABGO ABGO ABGO
<u>Monday 28th</u>	
<ul> <li>10:30 Singing in the Chapel</li> <li>10:45 Worship Service</li> <li>1:30 Art &amp; Craft</li> <li>1:30 Bus Trip / 1x1's</li> <li>3:00 Tunnel Ball</li> </ul>	Chapel ABGO ABGO LHB ABGO
Tuesday 29th—Tuscan Hill Café Ope	en from 10am

#### Tuesday 29th—Tuscan Hill Café Open from 10am

<ul> <li>10:15 Knit and Natter</li> <li>10.30 Movers and Groovers</li> <li>10:30 Interactive Table</li> <li>1:30 Food Focus Meeting / Tasting</li> <li>1:30 Knock'em</li> <li>3:00 Table Games</li> </ul>	Protea Chapel ABGO ABGO Waratah ABGO
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#### Wednesday 30th—General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Bottle Top Sorting	Waratah
10:45 Armchair exercise	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Quiz Time—All Areas	Chapel
3:00 Bingo	ABGO

#### Thursday 31st

# From 10am CAFÉ' SHOP TROLLEY10:30 Bean Bag TossABGO10:30 Movers and GrooversChapel1:30 Billiard BowlsABGO1:30 Protea Arms - New stock arrivingProtea3:00 PamperingSensory Room

# The Sensory Room

Located in *Acacia* 5 This Multi-Sensory experience is a perfect way to relax and unwind For bookings, please contact Reception on 8563 7777



# Protea Arms Op Shop

Located in **Protea** This shopping experience is the perfect place to pick up a new outfit or a small gift for a loved one. The Protea Arms is open all day, available for everyone.



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