

Lutheran Homes Barossa

TITAT October 2025





Message from the Chaplain - Ian Lutze Names, Names



It seems we've all had the chance this week to practice our pronunciation of Nasiah Wanganeen-Milerer, the AFL player dudded at the Brownlow for playing arguably the best game of the year and not getting maximum points. Perhaps the umpires preferred to give the three points in Round 16 to someone whose name they could pronounce more easily, so Nasiah had to come second. By the time you read this, one of the easily-pronounced names - Geelong or Brisbane, will have won the Grand Final.

Names can be a challenge. ABC Classic listeners are still getting their tongues around the name "Stephanie Kabanyana Kanandekwe" with its soft 'e' at the end. I've heard children who live in the Welsh village with the longest railway station name in the world: Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch, need to be able to pronounce it correctly before they graduate from primary school (I'm kidding...perhaps!).

Names are serious business though. Sometimes new residents specially request a particular choice or pronunciation of their name. When people have sometimes lost so much, holding on to their precious name can be extra important. Staff work hard at getting names right.

Names can change too. In the Bible, names sometimes change when a new relationship with God is established. Sarai becomes Sarah, Saul becomes Paul, "Not my people" becomes "My people" in Hosea. How we use somebody's name says a lot about our relationship with that person. Even at a graveside, it is often important to say the person's whole name, showing that we are handing the whole person, their history, their identity, over to God.

It's worth working on names, remembering them, pronouncing them, because in a Christian home we regard all who live here and work here as precious people in the sight of God, worthy of honour. And if you're not good at names, saying "Hey" with sensitivity and class is OK too. Go well in October.

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 : Lutheran Homes Barossa



Lutheran Church of Australia

Welcome NEW RESIDENTS

Respite

Fred Lane

Permanent

Hedley Rohrlach Ruth Rohrlach Linda Peressin

May our Home be warm, and our friends be many



OCTOBER BIRTHDAY CELEBRATIONS

1st Stephanka Athanasov

1st Margaret Meyer

4th John Riley

13th Betty Holness

18th Raelene Rosenzweig

23rd David Gee

26th Judy Heuzenroeder

Sending Big Birthday Wishes!

IN LOVING MEMORY OF

Our deepest sympathy to the families of

Valda Fechner 4th September Betty Kohlhagen 14th September Lorraine Moore 28th September

May they rest in peace ...

Embrace every opportunity that comes your way.

If nothing comes your way, go and seek out what is around the next corner...

Wednesday 8th October Wednesday 15th October Wednesday 22nd October Wednesday 29th October







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 -

The Administration Office and Entrance will be closed on Monday 6th October due to the Labour Day Public Holiday.

During this time please enter the facility via the Protea/Chapel Entrance.

If you require assistance, please call the Registered Nurse on <u>8563 7712</u>.

LOADING...

LONG WEEKEND

Monday 6th October













Words From Our CEO

MICHELLE SCHUPELIUS



Thank You

We would like to extend our heartfelt thanks to all residents and families for your patience and understanding as we have navigated our recent financial transition. These changes have been significant, but the results are already showing clearer reporting and stronger financial governance. This ensures we can continue delivering high-quality care with transparency and accountability. We have implemented changes to our policy and processes to ensure we remain compliant with the upcoming changes to our financial and prudential standards and can confirm we exceed these requirements.

New Aged Care Rules Published

After much anticipation, the official rules for the new Aged Care framework have finally been published. At 666 pages, with just five weeks to read, understand, and implement, this is a major undertaking for providers across the sector. While the volume and timeframe are challenging, we are excited to see the finalised standards that will shape the future of aged care in Australia.

Representation for the Industry

I am excited to share that I have been re-elected to the Aged Care Industry Association Board. This enables representation for small regional aged care organisations to have a strong voice for the sector more broadly. It enables collaboration and advocacy to the government, ensuring that our voices are heard.

Strengthening Resident Collaboration

As part of our ongoing commitment to collaboration, the election of our Resident Collaboration Advisory Committee will take place at the upcoming resident meeting. This committee will give residents an even stronger voice in shaping life at our home and ensure that feedback continues to guide our decisions and improvements. The resident meeting will be the opportunity for residents to nominate themselves or other residents be a representative.

Carpark Landscaping Progress

We are also pleased to share that we are moving closer to the commencement of the landscaping of our carpark outside the Social Centre. This project is more than just upgrading parking facilities - it will transform the space into an inviting area for all.

- The landscaping plan includes:
- Fruit trees to encourage shared enjoyment and provide an opportunity for residents to take part in communal gardening.
- Ground covers and low-maintenance plants to create a vibrant, green space that is both practical and easy to maintain.
 - Stone ground cover to ensure safety and comfort for residents, families, and visitors.

This exciting development reflects our vision of creating outdoor areas that support wellbeing, social interaction, and community life.

We welcome any and all volunteer help to plant trees and the ground cover which will occur following the placement of the stone covering.

QUALITY NEWS

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

The New Aged Care Act & Strengthened Aged Care Quality Standards

The first of November is getting closer and with that hopefully comes the New Aged Care Act and Standards. Last month we spoke about Standard Six: Food and Nutrition, this month we'll go into Standard Seven: The Residential Community.

Standard Seven: The Residential Community

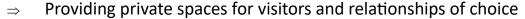
"I'm supported to do the things I want and to maintain my relationships and connections with my community."

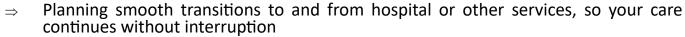
Standard Seven is about making sure that your residential care home feels like your home. A safe, welcoming place where you can keep doing things you enjoy and stay connected to the people and community that matter to you.

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

- ⇒ Supporting you to take part in meaningful daily activities and hobbies
- ⇒ Helping you maintain friendships, family ties, and cultural connections







Did you know? You can play an important part in the life of our community. Whether it's through gardening, helping set up tables, sharing your skills or stories, or joining in group activities. If you would like to find something, but unsure where to start or what to do, please speak to one of our friendly Lifestyle staff to get started.

COMPLIMENTS, COMPLAINTS & SUGGESTIONS

Area of Concern	Concern	Compliment	Suggestion	Total Area of Concern
Care / Clinical	1	3	1	5
Housekeeping / Laundry	1	1		2
Customer Service / Admin				0
Education/Training				0
Environment				0
Catering / Café	2	2	1	5
Lifestyle / Volunteers		6	1	7
Maintenance		2		2
Management & Communication				0
Other - LHB		1		1
Quality				0
Staff		7		7
Finance		1		1
Wellbeing				0
CHSP		10		10
Total	4	33	3	40

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



QUALITY NEWS

Upcoming Information Sessions: The New Aged Care Act & Strengthened Standards

We are pleased to announce two upcoming information sessions designed to help residents, families, and visitors better understand the **New Aged Care Act** and the **Strengthened Aged Care Standards**. These changes mark an important step forward for the sector, placing a greater emphasis on transparency, accountability, and above all, the wellbeing of older Australians.

Why These Sessions Matter

The new Act and strengthened standards will bring significant changes for providers, residents, and families. With clearer expectations around quality of care, governance, and resident rights, it is important that our community is well-informed and prepared.

Our CEO, who has a thorough understanding of legislative requirements, will be leading these sessions. This is a great chance to hear firsthand from someone with deep knowledge of the sector and how these changes may affect our day-to-day work.

What Will Be Covered

Each session will provide:

- An overview of the new Aged Care Act, highlighting key reforms and timelines.
- A breakdown of the strengthened Aged Care Standards, with a focus on how they will improve resident care and experience.
- An opportunity for questions and open discussion, so residents and families can seek clarity on what the changes mean for them.

When and Where?

Two sessions will be held to ensure as many people as possible can attend:

Session 1: Monday 20 October at 11am - Tuscany Café, Waratah

Session 2: Tuesday 28 October at 6pm - Gramp Chapel

Joinus

Everyone is Welcome

These sessions are open to all residents, families, and visitors, and we strongly encourage participation. Your involvement will ensure you are informed, confident, and able to play an active role as we move forward under the new framework. Please RSVP to Reception.



STAY HOME IF SICK

We are currently experiencing an increase in the number of residents with respiratory illnesses throughout the facility. Please alert staff if you are feeling unwell or experiencing any symptoms of sore throat, cough, runny nose or fever. Staff will monitor your vital signs and ask about your symptoms.

If you are asked to isolate yourself in your room, please do so as much as possible. Staff will check on you and offer activities for you if you feel up to it. Remember to wash your hands after touching any surface that is in common areas, after going to the toilet and before eating your meals.

Family may visit you, we will advise them what personal protective equipment to put on before entering your room to prevent the spread of illness to your family and other residents.





Why did the dalmatian go to the eye doctor? He kept seeing spots..

UPDATE DETAILS

As we have an Australian Electoral Commission election coming up at the beginning of 2026, we kindly remind all residents and families to ensure their personal details are up to date. Keeping your information current will help avoid any disruptions and ensure that all communication and requirements are received in a timely manner.

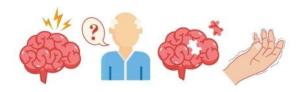


To update your details, please visit the AEC website or see the Lifestyle staff for assistance.

Parkinson's Education and Q&A

On the 23rd of October from 1:30pm—2:30pm in the Chapel, we are lucky enough to have health professionals coming to give information about living with Parkinson's, with a time allocated for Q&A.

The discussion will be by 'The Hospital Research Foundation Group', a charity group who are passionate about maximising choice, independence, mental health and wellbeing for people impacted by Parkinson's or other neurological and movement disorders through support, education, advocacy and research in the ACT, NT and SA.





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COMPLIMENT: SUGGESTION: FEEDBACK: CONCERN: COMMENT:		FOR IMPROVING OUR SERVIC	E APPRECIATE YOUR TIME AND ECTLY?
RESIDENT AGED CARE: RETIREMENT LIVING: COMMUNITY SERVICES: OPERATIONS: OTHER: YOUR FEEDBACK: Please share your com		WE APPRECIATE YOUR SUGGESTIONS	THANK YOU FOR YOUR FEEDBACK WE APPRECIATE YOUR TIME AND INTEREST WOULD YOU LIKE TO DISCUSS THIS DIRECTLY? I would like to know what improvements and actions have been ignited on my feedback.
Share your contact details DATE: NAME: ADDRESS:	EMAIL: EMAIL: I'd prefer to remain anonymous? ON BEHALF OF: ADDRESS:	OFFICE USE Date Received: CSC Log #: Receipt Acknowledged: Yes - No Phone: In Person: Email: Other Forwarded To Departmental Head: Yes - No CI Required: Yes - No Satisfactory Outcome: Yes - No	Date Closed: Follow Up required: □ Yes □ No □ N/A □ 3 months □ 6 months □ 9 months Other Comments:

thank you

The safe and efficient operation of Lutheran Homes 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.

Simply complete this 'Share Your Experience Form' and return to reception or pop into any of the marked administration drop boxes within the building.

Receipt of your feedback will be acknowledged

...we care

Our 'Share Your Experience' process is valuable and assists us as we strive for best practice.

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.

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 8563 7733

Britany will arrange your appointment. britany.mickan@tlhome.com.au

Alternate Contacts:

The Aged care Quality & Safety Commissioner 1800 951 822

National Aged care Advocacy Line 1800 700 600

27 Bridge Street TANUNDA SA 5352



Lutheran Homes Barossa 27 Bridge Street TANUNDA SA 5352 Phone 8563 7777 info@tlhome.com.au

www.tlhome.com.au

share you to share your cxperience

A confidential opportunity to give feedback on our service, our staff, experience or a situation.
...we appreciate your interest





Engage Empower Safeguard

Share Your Experience

LHB supports your right to share compliments, suggestions, concerns or to make a complaint. We welcome feedback and complaints as part of our commitment to providing a high-quality service. Share the things we are doing well, or if you have a concern, we would like to hear from you.

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

For feedback, compliments, suggestions, concerns, or complaints;

- Complete the Share Your Experience form and return it to any of the black boxes located around the Home or drop into Reception.
- Alternatively, direct your feedback to one of the key personnel listed below:

michelle.schupelius@tlhome.com.au Chief Executive Officer - Michelle Schupelius

Care Manager – Sharon Berridge (Including Clinical Care, Lifestyle, Allied Health, CHSP)

sharon.berridge@tlhome.com.au

Operations Manager – Rachel Strudwick (Including Catering, Housekeeping Administration & Maintenance)

rachel.strudwick@tlhome.com.au

simon.wonq@tlhome.com.au

Finance Manager - Simon Wong

belinda.treloar@thome.com.au Customer Service Coordinator - Belinda Treloar



You can do something about it.

about the aged care you or someone else is receiving, you can talk to us. fyou have a concern or feedback

We encourage you to raise concerns with your service provider first. Your local contact within this sorvice is: Michello Schupellus, Chief Executive Office

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

Amyone can lodge a concern

Phone: 08 8563 7757 or Email: aha Sharon Berridge, Care Manager

Phone: 08 8563 7736 or Email: mic

Raohel Strudwick, Operations Manager Phone: 08 8563 7771 or Email: rache

Call us on 1800 951 822 orvisit agedcarequality.gov.au for more information

someone also is receiving to help us when we chack You can also give us feedback about the care you or You can be anonymous or confidential

a service against quality standards





Write
Northe
Aged Care Quality and Safety Commission
6PO Box 9819, in Your Capital City

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ROBOTS

Rachel Strudwick - Executive Operations Manager

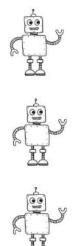
The robots are continuing on their merry little way, taking care of Cleaning, Catering, and Laundry with the help of our reliable team—Robbie, Axel, Betty, and Sadie.

Their efficiency and consistency have been a great support to staff, and they continue to spark plenty of interest around the site.

At last months board meeting, there was an update on the robot trial in Trinity Court, outlining both the progress made and the opportunities we see moving forward.

Alongside this, we are also continuing our research into the delivery robot, with a particular focus on monitoring and comparing the temperature of meals delivered to residents' rooms via the robot versus traditional manual delivery, ensuring that quality and safety remain at the forefront of our innovation.







BATTLING ROBOTS (Robbie and Axel)

What's that you say? Unrest and altercation.

Never to be heard in all our generation!

Yet hark! Unusual voices shouting!

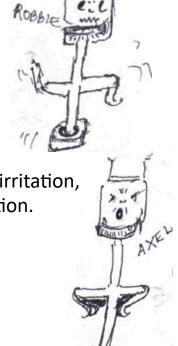
Somewhere near the kitchen or at a near location.

Robbie and Axel are fighting with each other, No more in harmony as brother is with brother.

"It's my turn now—you did it yesterday! yelled Axel with irritation, "Oh no! Clearly, I was rostered" said Robbie in consternation.

So, if you see a robot with a very grumpy face, Be extremely careful and please retreat a pace! It could be Robbie or Axel being quite obnoxious, Avoid it at all costs and be very very 'cautious'.

(Not really - they are both sweeties!) - Anna Gee



MAGGIE BEER PROGRAM





We have just completed our first week working with the Maggie Beer Foundation, and it has been a fantastic start. Cam, our trainer and chef, was incredibly knowledgeable and brought so much passion to the sessions. This training will continue over the next twelve months, and we are excited to keep learning and developing new recipes for our upcoming menus. Our residents enjoyed mingling and sampling the delicious dishes in the Tuscan Hill Café, making it a truly enjoyable and engaging experience for everyone.





DAYLIGHT SAVINGS

Daylight Savings begins on Sunday 5th October 2025. Don't forget to SPRING your clocks FORWARD one hour on Sunday morning.

Breast Cancer Awareness Month (BCAM) takes place every October. The aim of the BCAM is to shine a light on the devastating impact breast cancer has on thousands of Australians each day.





Prost to good company, great food, and festive cheer – Oktoberfest is here!

POPPIES FOR REMEMBRANCE DAY

Poppies have become a powerful symbol of remembrance, honouring those who lost their lives in past wars and conflicts.

November is the 'Month of Remembrance', and we are delighted to announce that Lutheran Homes Barossa has been chosen to liaise with Tanunda RSL on a very special poppy project.

We will be creating poppies for RSL Tanunda for Remembrance Day, Tuesday 11th of November. We will knit and crochet poppies, and for those adept with paint and brush, painting and decorating paper poppies. Our poppies will be picked up on Thursday 6th of November.

On Friday 7th of November at 5pm, all poppy makers and decorators are invited to the RSL Hut on Tanunda Oval for drinks and nibbles while inspecting the 2025 Poppy Garden of Remembrance.

This will be a lot of fun for all involved and a great way to learn new skills, forge new friendships and be part of Remembrance Day 2025 at RSL Tanunda.

If you would like to contribute to this great cause, please have your completed poppies at Reception by Thursday 6th of November - no later than 3.30pm. For further information, contact Belinda Treloar.



SAVE THE DATES

22nd October

Ashton Hurn MP Visit

25th November

Volunteers Christmas Luncheon

29th November Christmas Fete

> 9th & 11th December

Family Christmas Lunch

...to our Christmas Fete on the 29th of November. a free family event 10am - 2pm at Lutheran Homes Barossa, Gramp Chapel









OUR PHARMACISTS



Pharmacists play a vital role in supporting our care staff and ensuring the health and well-being of our residents.

Their expert advice and guidance help us provide the very best care every day.

Last month, we celebrate our wonderful pharmacists at Lutheran Homes Barossa, Jessie Wattie and Michelle Varelias for World Pharmacists Day.

Thank you both for the knowledge, care, and dedication you bring to our community — we are so grateful!

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

...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-on-one), 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.

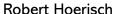
The Third Step - Finally, don't hesitate to get in touch with us, book an appointment and bring your referral code to initiate our services.

...join us this month in the BAROSSA CLUB

FATHER'S DAY RAFFLE WINNERS









Ray Rosenzweig



Wyndham Schaedel

TITTAT 14 OCTOBER 2025

CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM

DEVONSHIRE TEA ON THE POPEYE





STEP-BY-STEP ART CLASS



OKTOBERFEST



BIRD BOX CREATIONS IN THE MEN'S SHED







WHAT'S HAPPENING IN OCTOBER

NEXT RESIDENT MEETING IS OCTOBER

THURSDAY 9TH 1:30PM IN THE CHAPEL ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US

OCTOBER 10TH

AFL Footy Tipping Presentation 1:30PM IN THE CHAPEL



Ashton will be visiting the Home
Wednesday 22nd October from 1.30-2.30pm
in the Chapel — All welcome.





Bus Trip Thursday 30th Oct at 1.30pm
Please let staff know if you would like to attend
Levrier Wines by Jo Irvine

JOHN PARKINSON CONCERT 13TH OCTOBER 10:30AM

Mover and Groovers

Please be aware that on the 2nd, 16th and 30th Movers and Groovers will be held at 1:30pm



FOOD TASTING & FOOD MEETING

TUESDAY 7TH OCT CHAPEL 1:30PM

Opportunity to share ideas and feedback with the Catering Team.



OCTOBER CHURCH SERVICES:

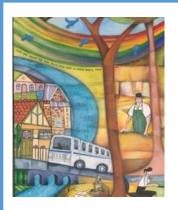
Sunday Church Gramp Chapel – 10:00am on 5th, 12th, 19th, 26th

Acacia Lounge Church – 10:50am on 13th, 20th, 27th

Waratah Lounge Church – 10:30am on 8th, 24th

Wisdom of the Elders (Gramp Chapel) – 10:30pm on 31st





VOLUNTEER NEWS

Belinda Treloar; Customer Service, Volunteer & Leisure Coordinator



CAN YOU HELP?

We are currently seeking volunteers to assist with the



Special Transport Driver, Resident Visits Café Helpers, Scrabble / Chess Players



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



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



Happy October to the amazing volunteers at LHB and a huge thankyou for all your contributions for the last month. Many of our residents share that LHB feels very homely. This is due to many things but certainly includes the beautiful floral displays and pictures around the home as well as the volunteer presence.

Please remember to save the date for the volunteers Christmas Lunch which will be held on Tuesday 25th of November. Invitations will be coming via email and post very soon.

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9.7

Have an amazing month! — Belinda Treloar





Do you have Social Media?

Head over to Facebook and Like Lutheran Homes Barossa

You can also follow us on Instagram lutheranhomesbarossa



RESIDENTIAL ACTIVITIES



Last month, ABGO residents participated in some water coloured painting.



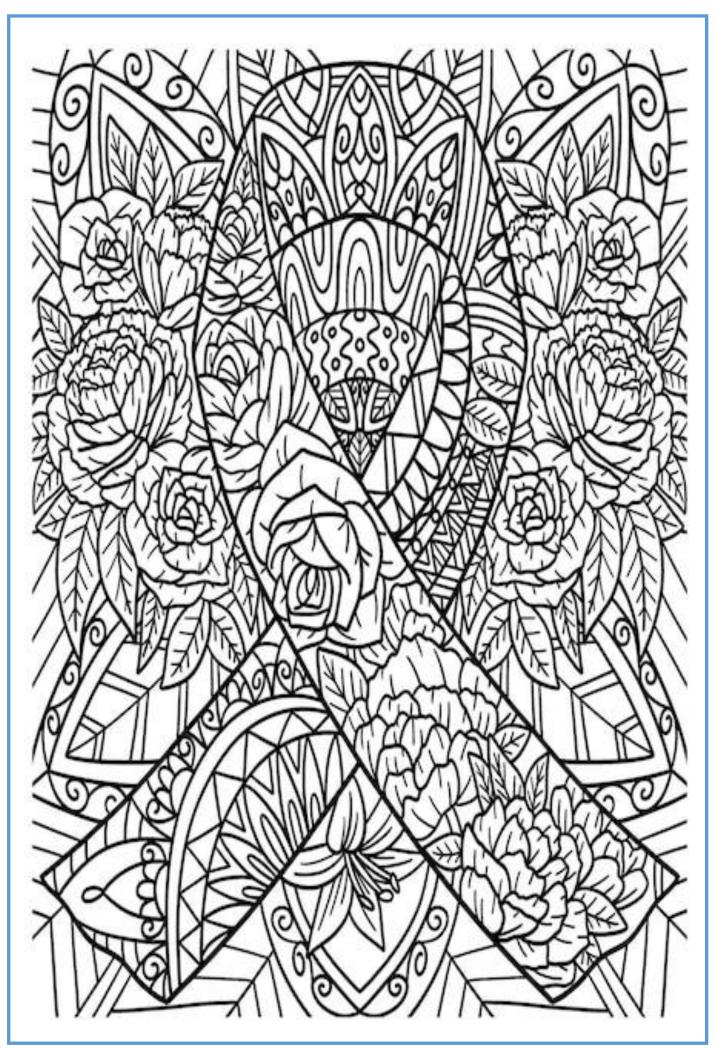
ABGO have enjoyed a few rounds of Mini Golf throughout September.



RESIDENTIAL ACTIVITIES







OCTOBER - 2025 RESIDENTIAL ACTIVITIES CALENDAR

Wednesday 1st General Store Open	in ABGO 10-2pm
From 9am TLH LIBRARY OPEN	TC
10:30 Waratah Service	Waratah
1:30 Bingo	Chapel
1:30 Ten Pin Bowling	ABGO
3:00 Bingo	ABGO

Thursday 2nd

Thursday Zhu	
From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Memory Game	Protea
1:30 Golf	ABGO
1:30 Movers and Grovers	Chapel
1:30 1x1's	LHB
3:00 Foot Spa's	Sensory Room
·	_
Enidou 2nd	

Friday 3rd

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
1:30 Tit Tat Reading	ABGO
1:30 Quoits	Waratah
3:00 Interactive Table	A BGO

Saturday 4th

1:30 Rap Ball	ABGO
3:00 Word Games	ABGO
4:00 1x1's	ABGO

Sunday 5th

10:00 Church Service	Chapel
1:30 Chair Yoga	ABGO
3:00 Quoits	ABGO
4:00 1x1	ABGO

Monday 6th Labour Day (Public Holiday)



Tuesday 7th Tuscan Hill Café 10-12pm

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 Food Focus Meeting	Chapel
3:00 Table Games	ABGO

Wednesday 8th 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 Bingo	Chapel
1:30 Carpet Bowls	ABGO
3:00 Bingo	ABGO

Thursday 9th

From 10am CAFE SHOP TROLLEY	
10:30 Bean Bag Toss	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ball Games	ABGO
1:30 Residents Meeting	Chapel
1:30 1x1's	LHB
3:00 Foot Spa's	Sensory Room

Friday 10th

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
1:30 Footy Tipping Presentation	Chapel
3:00 Pet Therapy	ABGO

Saturday 11th

1:30 Knock em Down	ABGO
3:00 Picture Bingo	ABGO
4:00 1x1's	ABGO

Sunday 12th

10:00 Church Service	Chapel
1:30 Chair Yoga	ABGO
3:00 Cards	ABGO
4:00 1x1	ABGO

Monday 13th

10:30 John Parkinson Concert	Chapel
10:50 Worship Service	ABGO
1:30 ABGO Football Presentation	ABGO
1:30 Art & Craft	Protea
3:00 Tunnel Ball	ABGO



OCTOBER - 2025 RESIDENTIAL ACTIVITIES CALENDAR

Tuesday 14th Tuscan Hill Café 10-12	2pm
10:00 Auxiliary Ladies (mending)	Protea
10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Waratah
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Pick a Box	Protea Lounge
1:30 Ping Pong	Waratah
2:30 Doug	ABGO

Wednesday 15th General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Walking Group /Bottle Top Sorting	Protea
10:45 Armchair Exercise	ABGO
1:30 Tunnel Ball	Protea
1:30 Wheel of Fortune	Waratah
1:30 Parachute Game	ABGO
3:00 Bingo	ABGO

Thursday 16th

From 10am CAFE SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Word Games	Protea
1:30 Coffee & Chat (Residents Meeting)	ABGO
1:30 Movers and Groovers	Waratah
3:00 Foot Spa's	Sensory Room

Friday 17th

TC
ABGO
Waratah
ABGO
Chapel
ABGO

Saturday 18th

1:30 Rap Ball	ABGO
3:00 Word Games	ABGO
4:00 1x1's	ABGO

Sunday 19th

10:00 Church Service	Chapel
1:30 Chair Yoga	ABĠO
3:00 Quoits	ABGO
4:00 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

Monday 20th

10:30 Singing in the Chapel	Chapel
10:50 Worship Service	ABGO
1:30 Art & Craft	ABGO
1:30 Coffee and Chat	Chapel
1:30 Pet Therapy	Waratah
3:00 Ping Pong	ABGO

Tuesday 21st Tuscan Hill Café 10-12pm

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 Pampering	Spa Room
1:30 Golf	Waratah
2:30 Food Focus Meeting	ABGO

Wednesday 22nd General Store Open in ABGO 10-2pm

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From 9am TLH LIBRARY OPEN	TC
10:30 Walking Group/Bottle Top Sorting	Waratah
10:45 Armchair Exercise	ABGO
1:30 Ashton Hurn Coffee and Chat	Chapel
1:30 Bean Bag Toss	ABGO
3:00 Ringo	ARGO



Thursday 23rd	
From 10am CAFÉ' SHOP TROLLEY	
10:30 Reminiscing	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Parkinson's Residents Education	Chapel
3:00 Foot Spa's	Sensory Room

Friday 24th

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
1:30 Coffee and Chat	ABGO
1:30 Bingo	Chapel
3:00 Pet Therapy	ABGO



OCTOBER - 2025 RESIDENTIAL ACTIVITIES CALENDAR

Saturday 25th

1:30 Knock em Down **ABGO** 3:00 Picture Bingo **ABGO** 4:00 1x1's **ABGO**

Sunday 26th

10:00 Church Service Chapel 1:30 Chair Yoga **ABGO** 2:00 Memorial Service Chapel 3:00 Card Games **ABGO** 4:00 1x1 **ABGO**

Monday 27th

10:30 Singing in the Chapel Chapel 10:50 Worship Service **ABGO ABGO** 1:30 Art & Craft 1:30 Art and Craft **Protea** 3:00 Tunnel Ball **ABGO**

Tuesday 28th Tuscan Hill Café 10-12pm

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 Drumming Waratah 1:30 Dart Ball **Protea ABGO 2:30** Doug

Wednesday 29th General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN TC 10:30 Arm Chair Exercises **ABGO** 10:30 Bottle Top Sorting/ Walking Group Protea 1:30 Ten Pin Bowling **ABGO** 1:30 Pizza Making THC **3:00** Bingo **ABGO**

Thursday 30th

From 10am CAFÉ' SHOP TROLLEY

10:30 Bean Bag Toss **ABGO** 10:30 Memory Game Chapel 1:30 Ball Games **ABGO** 1:30 Movers and Groovers Chapel 1:30 Bus Trip **Protea** 3:00 Foot Spa's Sensory Room

Friday 31st

From 9am TLH LIBRARY OPEN TC ABGO 10:30 Movement to Music 10:30 Wisdom of the Elders Waratah 1:30 Dart Ball **ABGO 1:30** Bingo Chapel 3:00 Balloon Tennis **ABGO**

Pizza Making and Limoncello Spritz

29/10/2025: 1:30pm



RSL 2025 Poppie Project

LHB has been invited to make poppies for the RSL 2025 Remembrance Day Display.

If you are able to crochet or knit, we would appreciate any poppy donations.







LHB Memorial Service

26/10/2025

Gramp Chapel: 2:00pm

Please join us as we honor the lives of our passed residents.



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





butterflies sunlight blossom rainbow grass growth gardening fragrant flowers pollen breeze fresh

colourful cleaning insects sprout warmer birds

