



Message from the Chaplain - Ian Lutze

New Year - 2026



Happy New Year! Here we are, at the new beginning. A bit of a pivot point, a moment to reflect, to look backwards as well as forwards.

Looking backwards is important. Because remember, we made some resolutions last year. Some of them worked out well. Others did not. Why weren't we able to make that change? Adjust that attitude? Become better? We tried. We forgot. We succeeded in other ways, ways not planned. We were surprised in a happy way by something in 2025.

2025 was a year in aged care when it appears that families, perhaps more so than for a long time, did their best to care for their elderly 'treasures'. Is it a legacy of the isolation of Covid, or the Aged Care Royal Commission, or the Cost of Living Crisis, that we've felt the need to be a bit better in our key relationships? Maybe our society as a whole made a resolution last year to be a little more attentive, smarter in our care, bringing a bigger heart, remembering that we need community. Even the Bondi shooting disaster turned into a wakeup call: We are better than that. We are invited to take a look at our own attitudes to Jewish people, and to anybody different from us. And when we see, we can change. When we believe we must change.

Louder than Bondi is the Miracle of Christmas still reverberating: the ultimate sign that God loves the world and is prepared to come close and suffer with us. Hate is an aberration. A sickness. Not in the slightest a part of the character of God. We sometimes make life Hell for people. God is not like that.

So, looking forward to 2026? Why not! Maybe resolutions aren't the best way to harness effort. Maybe the learning of 2025 is enough, while being open to surprise. Hold our ground and dream of something better. We can be part of it, with the help of God.

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

Ruth Schmidt

*May our home be warm, and our friends be many.
May every moment shared here, be filled with
comfort and connection.*



JANUARY BIRTHDAY CELEBRATIONS

3rd Marlene Schroeter
13th Rosalie Betts
23rd Edna Kuhn
29th Valerie Kraft

Sending Big Birthday Wishes!



IN LOVING MEMORY OF

*Our deepest sympathy to the families of
Eileen Ingham 8th December
Reginald Habermann 18th December
Sandra Atze 21st December
Gladys "Fay" Nixon 29th December
May they rest in peace ...*



What did the Police Officer
say to its belly button ?



You're under a vest!

Wednesday 7th January
Wednesday 14th January
Wednesday 21st January
Wednesday 28th January

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 -



Australia Day Closure

Please note the main reception will be closed on Monday
26th January 2026, and will re open on

Tuesday 27th January at 8:30am.

Sorry for any inconvenience.



Words From Our CEO

MICHELLE SCHUPELIUS



Our residents' Christmas lunch with their families and friends was a truly remarkable event. It was filled with warmth, laughter and the joy that comes from being together. The Chapel was converted into a room full of vibrant conversation, familiar faces and connection as residents welcomed their loved ones to celebrate Christmas with each other.

For residents and families it was more than just a meal. It was an opportunity to connect, share stories, and create new memories, captured with photos and laughter.

Behind the scenes and very much at the heart of the day, were our dedicated staff who pulled the event together. From the planning and preparations to the final goodbyes, the team took great pride in serving and supporting residents and their families. There was genuine joy in the room as the helpers went above and beyond to ensure everyone felt comfortable, cared for, and celebrated.

Every detail mattered from the classy and thoughtful decorations to the beautifully presented meals, attentive service, warm smiles, and a readiness to help in any way needed. It was clear that staff weren't just delivering a lunch, they were creating an experience that reflected our shared commitment to dignity, respect, and exceptional care and service.

Thank you to everyone who contributed to making the Christmas lunch such a success, your care, effort, and enthusiasm truly made it a day to remember.

We also celebrate Christmas Day. As many gathered with loved ones celebrating the birth of Jesus, we pause to give thanks for our staff who faithfully cared for residents on this day

Through your gentle care, kind words, and familiar faces, you brought comfort and reassurance to residents who depend on you each day. Your presence was a gift, one that cannot be wrapped, but is sincerely appreciated.



A new year arrives quietly, marked by a change in numbers on a calendar. But for many people, it carries a deeper meaning. It represents a pause, a breath, and an opportunity to look both backward and forward with intention.

For some, the new year is about fresh starts. It's a chance to reset habits, try new things, or begin something that we possibly have repeatedly postponed. The idea of turning the page can be powerful, offering hope that change is possible, no matter what the previous year held.

For others, a new year is about reflection. It's a time to acknowledge challenges faced, lessons learned, and resilience built along the way. Even difficult years often reveal strengths we didn't know we had and it's important to recognise that this reflection can be just as meaningful as setting new goals.

Many people see the new year as a moment of connection. It brings conversations about hopes, plans and shared aspirations with family, friends, colleagues, and community. These shared reflections remind us that while each journey is personal, we are not travelling alone.

A wise person once said to me that a new year doesn't mean placing pressure to reinvent ourselves overnight. Keep it simple, continue to move forward, one steady step at a time. Choose kindness, balance, and wellbeing over unrealistic expectations.

The meaning of a new year is personal. It can be a symbol of hope, healing, growth, or quiet continuity. Whatever it represents, it offers a reminder that everything moves forward and we get the opportunity to shape what comes next.

QUALITY NEWS

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

COMPLIMENTS, COMPLAINTS & SUGGESTIONS

Area of Concern for December	Concerns	Compliment	Suggestion	Total Area of Concern
Care / Clinical		1		1
Housekeeping / Laundry				
Customer Service / Admin				
Education/Training				
Environment				
Catering / Café	4		1	5
Lifestyle / Volunteers	2	13		15
Maintenance	1	3		4
Management & Communication	1			1
Other - LHB	2	30		32
Quality				
Staff	1	7		8
Finance				
Wellbeing				
CHSP				
Total	11	54	1	66

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

During 2025—637 pieces of feedback came through the SYE (Share Your Experience) process. There were a total of 116 Concerns, 37 Suggestions and a huge 484 Compliments, these were received from a variety of different people such as residents, family, staff, volunteers and community members in a variety of ways.

All compliments that were received about staff were shared in the staff monthly newsletter and contribute to our Employee of the Month system. - Thank you once again.

Area of Concern - 2025	Concerns	Compliment	Suggestion	Total Area of Concern
Care / Clinical	15	29	2	46
Housekeeping / Laundry	8	9	1	18
Customer Service / Admin	0	4	4	8
Education/Training	0	36	0	36
Environment	8	7	9	24
Catering / Café	47	89	13	149
Lifestyle / Volunteers	5	106	4	115
Maintenance	3	16	1	20
Management & Communication	1	1	1	3
Other - LHB	4	56	2	62
Quality	0	1	0	1
Staff	17	64	0	81
Finance	1	2	0	3
Wellbeing	0	8	0	8
CHSP	7	56	0	63
Total	116	484	37	637

Aged Care Quality Standards: STANDARD 6— Food and Nutrition

Resident safety and wellbeing remain our highest priority. In line with **Quality Standard 6 – Food and Nutrition**, our clinical team continues to review and strengthen food and hydration practices to ensure residents receive safe, appropriate, and effective nutrition aligned with their individual care needs.

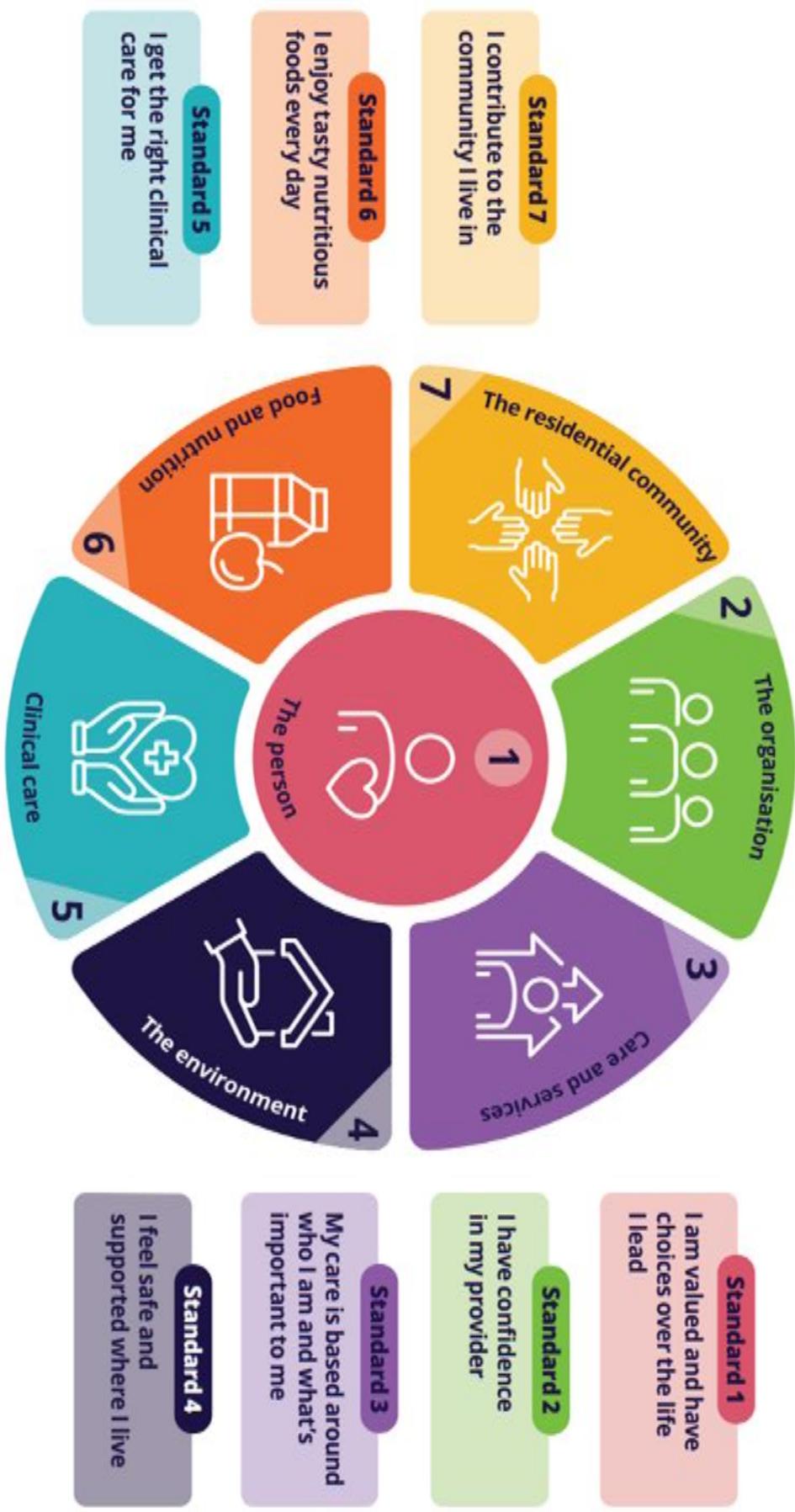
This month, we reinforced staff education around **mealtime and hydration safety**, with a focus on following individual care plans and catering requirements. Where needed, care plans were reviewed and additional monitoring put in place to support early identification of any changes in residents' health.

These ongoing quality improvements help us reduce risks and ensure care remains safe, responsive, and person-centred.”



Wishing everyone a happy and healthy New Year. Take care during the summer heat that we are experiencing. Enjoy plenty of fluids and keep cool. Looking forward to another year spent with the LHB community.

Strengthened Quality Standards



If you feel these standards aren't being met please let us know in one of the following ways:

- Share Your Experience Form
- Customer Service Coordinator Belinda Treloar

If you prefer to raise your concerns externally you can also contact:

- The Aged Care Quality and Safety Commissioner on 1800 951 822
- National Aged Care Advocacy Line on 1800 700 600

please ...share your contact details

RESIDENT AGED CARE: <input type="checkbox"/>	COMPLIMENT: <input type="checkbox"/>	RESIDENT: <input type="checkbox"/>
RETIREMENT LIVING: <input type="checkbox"/>	SUGGESTION: <input type="checkbox"/>	RELATIVE: <input type="checkbox"/>
COMMUNITY SERVICES: <input type="checkbox"/>	FEEDBACK: <input type="checkbox"/>	VISITOR: <input type="checkbox"/>
OPERATIONS: <input type="checkbox"/>	CONCERN: <input type="checkbox"/>	STAFF: <input type="checkbox"/>
OTHER: <input type="checkbox"/>	COMMENT: <input type="checkbox"/>	OTHER: <input type="checkbox"/>

YOUR FEEDBACK: Please share your compliments, suggestions, feedback or concerns. Your input will be confidential and without reprisal.

DATE: _____
NAME: _____
ADDRESS: _____

PHONE: _____
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 FOR YOUR FEEDBACK WE APPRECIATE YOUR TIME AND INTEREST

WOULD YOU LIKE TO DISCUSS THIS DIRECTLY?

YES
NO

I would like to know what improvements and actions have been ignited on my feedback.



...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@tithome.com.au

Alternate Contacts:

The Aged care Quality & Safety Commissioner
1800 951 822

National Aged care Advocacy Line
1800 700 600

Lutheran Homes Barossa
27 Bridge Street TANUNDA SA 5352

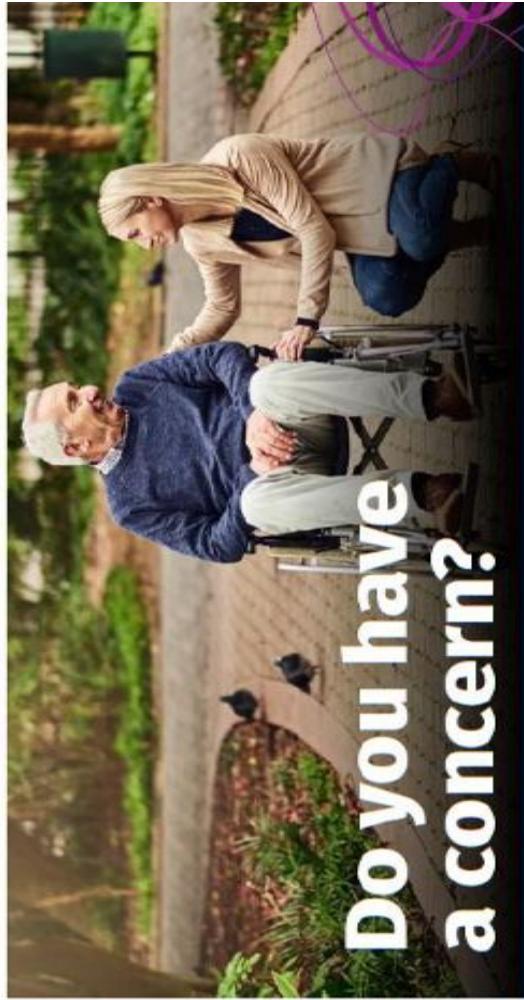
Lutheran Homes Barossa
27 Bridge Street TANUNDA SA 5352
Phone 8563 7777 info@tithome.com.au
www.tithome.com.au



...we invite you to share your experience

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





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:**

- Michelle Schupelius, Chief Executive Officer
Phone: 08 8563 7736 or Email: michelle.schupelius@tthome.com.au
- Sharon Berridge, Care Manager
Phone: 08 8563 7757 or Email: sharon.berridge@tthome.com.au
- Rachel Strudwick, Operations Manager
Phone: 08 8563 7771 or Email: rachel.strudwick@tthome.com.au
- Simon Wong
simon.wong@tthome.com.au
- Belinda Treloar
belinda.treloar@tthome.com.au

• Call us on **1800 951 822** or visit agedcarequality.gov.au for more information

Write
Aged Care Quality and Safety Commission
GPO Box 9819, In Your Capital City

Phone
1800 951 822
agedcarequality.gov.au

Web
agedcarequality.gov.au

...we invite
you to
share your
experience



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.

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 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:

Chief Executive Officer – Michelle Schupelius michelle.schupelius@tthome.com.au

Care Manager – Sharon Berridge sharon.berridge@tthome.com.au

Operations Manager – Rachel Strudwick rachel.strudwick@tthome.com.au

Finance Manager – Simon Wong simon.wong@tthome.com.au

Customer Service Coordinator – Belinda Treloar belinda.treloar@tthome.com.au



ROBOTS

Rachel Strudwick - Executive Operations Manager

A little birdy has told me that our newest robots are officially on their way and will be joining the family in the New Year of 2026!

They are currently travelling toward the beautiful Barossa and are very much looking forward to the wonderful weather we have been enjoying. While on their journey, they have been busy preparing and putting together plans and maps of Lutheran Homes Barossa, so they can find their way around with ease. We will still need to have patience as there is a lot to learn, hopefully they don't get lost in one of our many corridors

All this preparation means they will be ready to hit the ground running and provide excellent support and service to the residents of Lutheran Homes Barossa not long after their arrival.

We cannot wait to welcome them and share more updates as their arrival gets closer, stay tuned



HAIRDRESSING

A sincere thanks and appreciation message to our amazing Jill and her amazing volunteers at Ruby Blue Hair Salon

Thank you so much for going above and beyond to ensure all of our beautiful residents looked amazing for Christmas. Your kindness, dedication, and generosity truly makes a difference to all.

It means so much to the residents and their families to see them happy and feeling their best during such a special time of year. The smiles, confidence, and happiness you helped create are priceless and deeply appreciated.

You don't just style hair; you help create joy, confidence, and unforgettable moments all year round !



CATERING

Rachel Strudwick - Executive Operations Manager

Christmas is truly special time, filled with warmth, kindness, and a wonderful sense of togetherness.

Our **Christmas Lunches** on the 16th and 17th of December were a real highlight for our residents and their families. Tables were beautifully set, the atmosphere was festive, and the delicious aromas coming from the kitchen set the tone for a joyful afternoon.

Residents enjoyed a traditional Christmas meal, lovingly prepared, and served, with plenty of smiles, laughter, and shared moments throughout the dining room.



Our staff working on Christmas day also got to enjoy a hot Christmas lunch alongside our residents, making it a truly special moment shared together. It is these simple but meaningful moments that capture the heart of Christmas and remind us how special our community truly is.



We would also like to welcome Bandana to our Kitchen Team and Chris to the Catering Team. We are delighted to have you both on board.



CHRISTMAS FAMILY EVENTS



Tuesday 16th December
and
Wednesday 17th December



A very big thank you to all
who came along to
celebrate and create
memories with their loved
ones this Christmas. A
special thank you also goes
to those who helped with
running the event.

THANKYOU



CHRISTMAS DOOR COMPETITION



A HUGE THANK YOU TO ALL THE RESIDENTS WHO PARTICIPATED IN THE CHRISTMAS DOOR DECORATING COMPETITION. IT WAS WONDERFUL TO SEE SO MANY OF YOU GET INVOLVED, EACH DOOR BROUGHT JOY TO THE HOME.

CONGRATULATIONS TO OUR WINNERS.

RAFFLE WINNER



CONGRATULATIONS TO OUR CHRISTMAS RAFFLE WINNERS OF 2025. THIS YEAR WE RECEIVED SOME VERY GENEROUS DONATIONS FORM THE COMMUNITY AND BUSINESSES NEAR AND FAR. THANK YOU TO EVERYONE WHO PURCHASED TICKETS.



WINNERS

WINNERS

1. TRICIA CUMMINGS	13. BARBARA BOSECKE
2. JILL BOXALL	14. GWENDA
3. ELMORE ZEUNERT	15. VICKI ATKINSON
4. LOLA MILES	16. JULIE-ANN SCHULZE
5. VAL KRAFT	17. VALERIE BRENT
6. BARB WHITE	18. MARK BARTSCH
7. LINDA NICHOLSON	19. MICHELLE VARELIAS
8. ANTONETTA EALSES	20. TRUDY LINKE
9. RACHEL STRUDWICK	21. DURGA SHESTHA
10. DEBB LEIGHTON	22. VICTORIA SAWERS
11. JULIE BEWICK	23. MARK WARREN
12. JENNY LEYLAND	24. JENNIFER KOCH

CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



...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.

AVIATION MUSEUM & WORM FARMING



CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



MERRY CHRISTMAS FROM CHSP



THANK YOU JAN

A big thank you to Jan Fechner for the beautiful displays she creates around our home. We've now made a special space for her in the Barossa Club, so our clients can enjoy a taste of her work too.



WHAT'S HAPPENING IN JANUARY



MONDAY MORNING
SINGING IN THE
CHAPEL WILL RETURN
IN FEBRUARY

Movers and Groovers

Tuesday & Thursday
10.30am in the
Chapel



Bottle Top Sorting

Wednesday's at
10.30am in
Waratah



Join us for Tennis
on Tuesday the
13th of January
at 1.30pm in the

Chapel for a friendly game of Tennis.

**ARAS will be onsite in
the Chapel on
Thursday the 15th of
January at 1.30pm for
the residents.**

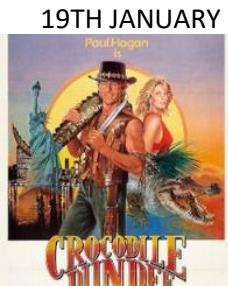


**For the Rights
of Older People**
advocacy ■ information
education ■ support



MOVIE SCREENING
CROCODILE DUNDEE

1.15PM IN THE GRAMP CHAPEL



Tuscan Hill Café Open
Tuesday's from 10.00am
located in Waratah



HERMIT CRAB NAMING AND INFORMATION DAY

12TH OF JANUARY

CHILDREN FRIENDLY DAY

ICE CREAM CART INCLUDED



**THE MONTH WILL BE FILLED
WITH AUSTRALIA DAY THEMED
EVENTS AND PRIZES.**



VOLUNTEER NEWS

Belinda Treloar;
Customer Service, Volunteer
& Leisure Coordinator



CAN YOU HELP?

VOLUNTEER VACANCIES:

*Visiting Residents 1x1's
Scrabble Players / Board Games
Pampering
Activity Assistance on a Thursday Afternoon
BCC Meal Service Assistance
Café Helpers
Transport Drivers*

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 **JANUARY**.

Keep an eye out for your birthday card and Courtyard Café voucher in the post.

Best wishes!

Happy New Year—to all the Volunteers at LHB. We are so lucky to start the year with you all. Thank you for all your efforts during 2025 and we look forward to seeing what 2026 brings. If you feel that you would like to do something different or have some extra time on your hands, please reach out. We are always on the hunt for Volunteers to fill some of the vacancies listed above.

Thank you again and have an amazing month—Belinda



Do you have Social Media?



Head over to Facebook and Like [Lutheran Homes Barossa](#)

You can also follow us on Instagram [lutheranhomesbarossa](#)



ABGO RESIDENTIAL ACTIVITIES

SANTA VISIT

Santa popped into ABGO to see who is on the naughty and nice list.



Jean Kuhn



Trevor Taylor



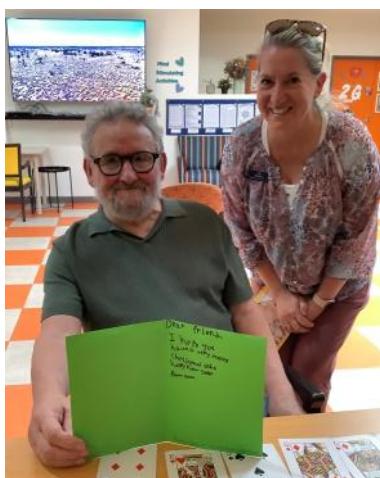
Judy Heuzenroeder

REDEEMER TEACHER VISIT

Some of the teachers from Redeemer Primary School dropped by to hand deliver some Christmas cards made by the students to the residents of ABGO.



Marlene Schroeter



Ray Rosenzweig



Ray Kraft



Norma Wood



Fran Shrubsole

ART & CRAFT

Every Monday afternoon the residents of ABGO along with staff and volunteer Michelle Cox spend time making and creating.

This month was Christmas themed and some beautiful creations were made.

RESIDENTIAL ACTIVITIES

HONEY BISCUIT DECORATING

Residents were able to enjoy traditional “Honey Biscuit” decorating thanks to some dedicated volunteers who made 200 honey biscuits for the home.



Geoff Platten



Margaretha May



Rosemary Berg

CHRISTMAS CAROLS & EGGNOG

There is nothing better than a singalong to your favourite Christmas Carols and a drink in hand. Can't forget the bon bons and the tacky jokes.



Jean Carey, Liz Linke & Valerie Brent



Residents of TC, Protea and Waratah



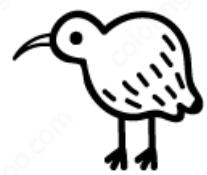
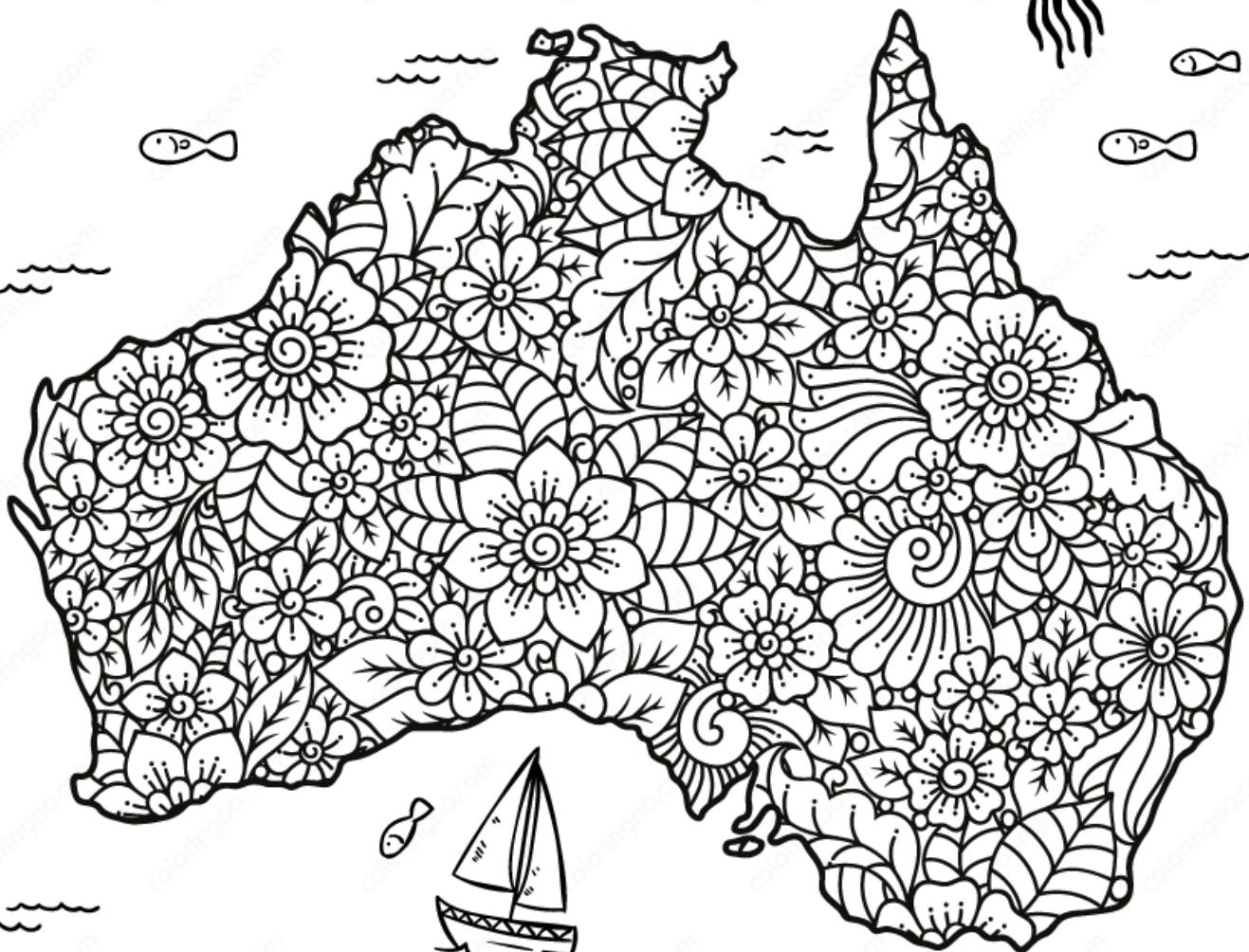
KNIT & NATTER

Gather every Tuesday morning in the Protea Lounge

Everyone is welcome.



Australia



JANUARY - 2026 RESIDENTIAL ACTIVITIES CALENDAR

Thursday 1st—New Years Day Public Holiday



Friday 2nd

From 9am TLH LIBRARY OPEN

10:30 Movement to Music
 10:30 Hoy
 1:30 Coffee and Chat
 1:30 Bingo
 3:00 Balloon Tennis

ABGO
 Waratah
 ABGO
 Chapel
 ABGO

ABGO
 Chapel
 ABGO
 Chapel
 Sensory Room

Saturday 3rd

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

ABGO
 ABGO
 ABGO

ABGO
 ABGO
 ABGO

Sunday 4th

10:00 Church Service
 1:30 Chair Yoga
 3:00 Card Games
 4:00 1x1

Chapel
 ABGO
 ABGO
 ABGO

Chapel
 ABGO
 ABGO
 ABGO

Monday 5th

10:30 Interactive Table
 10:30 Hymn Singing
 1:30 Art and Craft
 1:30 Pampering
 3:00 Tunnel Ball

Waratah
 Acacia
 ABGO
 Protea Spa Room
 ABGO

Protea
 Acacia
 ABGO
 Protea
 ABGO

Tuesday 6th—Tuscan Hill Café 10-12pm

10:15 Knit and Natter
10:30 The Sprout Squad
 10:30 Movers and Groovers
 1:30 Men's Shed /
 Ladies Pampering
 1:30 Tunnel Ball
 3:00 Table Games

Protea
 ABGO
 Chapel
 The Shed
 ABGO
 Waratah
 ABGO

Monday 12th

10:30 Memory Game
 10:30 Hymn Singing
 1:30 Art and Craft
1:30 Hermit Crab (Naming/Information Day)
 3:00 Ping Pong

Protea
 Acacia
 ABGO
 Protea
 ABGO

HERMIT CRAB DAY



???Did you know????

There are over 800 species of hermit crabs.

Wednesday 7th—General Store ABGO 10-2pm

From 9am TLH LIBRARY OPEN

10:30 Armchair Exercise
 10:30 Bottle Top Sorting/Walking Group
 1:30 Ten Pin Bowling
 1:30 Wheel of Fortune—Australian Themed
 3:00 Bingo

ABGO
 Waratah
 ABGO
 Chapel
 ABGO

Protea
 ABGO
 Chapel
 The Shed
 ABGO
 Chapel
 ABGO

Tuesday 13th Tuscan Hill Café 10-12pm

10:15 Knit and Natter
 10:30 Tuscany Visit
 10:30 Movers and Groovers
 1:30 Men's Shed /
 Ladies Pampering
 1:30 Tennis
 3:00 Doug Sing Along

JANUARY- 2026 RESIDENTIAL ACTIVITIES CALENDAR

Wednesday 14th

From 9am TLH LIBRARY OPEN
 10:30 Armchair Exercises
 10:30 Bottle Top Sorting/ Walking Group
 1:30 Billiard Bowls
 1:30 Quoits
 3:00 Bingo

Thursday 15th

From 10am CAFÉ' SHOP TROLLEY
 10:30 Hoy
 10:30 Movers and Groovers
 1:30 Table Tennis
 1:30 ARAS
 3:00 Pampering

Friday 16th

From 9am TLH LIBRARY OPEN
 10:30 Movement to music
 10:30 Hoy
 1:30 Coffee and Chat
 1:30 Bingo
 3:00 Balloon Tennis

Saturday 17th

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

Sunday 18th

10:00 Church Service
 1:30 Chair Yoga
 3:00 Card games
 4:00 1x1

Monday 19th

10:30 Interactive Table
 10:30 Hymn Singing
 1:30 Art and Craft
 1:30 Movie Day
 3:00 Tunnel Ball



TC
 ABGO
 Waratah
 ABGO

Chapel
 ABGO

ABGO
 Chapel
 ABGO
 Chapel
 Sensory Room

TC
 ABGO
 Waratah
 ABGO
 Chapel
 ABGO

ABGO
 ABGO
 ABGO

Chapel
 ABGO
 ABGO
 ABGO
 ABGO

Waratah
 Acacia
 ABGO
 Chapel
 ABGO

Sunday 25th
 10:00 Church Service
 1:30 Chair Yoga
 3:00 Quoits
 4:00 1x1

Saturday 24th
 1:30 Rap Ball
 3:00 Word Games
 4:00 1x1

Monday 26th—
 Australia Day Public Holiday



Tuesday 20th Tuscan Hill Café 10-12pm

10:15 Knit and Natter
 10:30 **The Sprout Squad**

10:30 Movers and Groovers
 1:30 Men's Shed /
 Ladies Pampering

1:30 Carpet Bowls
 3:00 Table Games

Protea
 ABGO
 Chapel
 The Shed
 ABGO
 Chapel
 ABGO

Wednesday 21st

From 9am TLH LIBRARY OPEN

10:30 Armchair Exercises
 10:30 Bottle Top Sorting/ Walking Group
 1:30 Thong Toss with Spiders
 1:30 Art and Craft Australian Themed
 3:00 Bingo

TC
 ABGO
 Waratah
 ABGO
 Chapel
 ABGO

Thursday 22nd

From 10am CAFÉ' SHOP TROLLEY
 10:30 Hoy
 10:30 Movers and Groovers
 1:30 Basket Ball
 1:30 Thong Toss with Spiders
 3:00 Pampering

ABGO
 Chapel
 ABGO
 Chapel
 Sensory Room

Friday 23rd

From 9am TLH LIBRARY OPEN
 10:30 Movement to Music
 10:30 Hoy
 1:30 Memory Game
 1:30 Bingo
 3:00 Dart Ball

TC
 ABGO
 Waratah
 ABGO
 Chapel
 ABGO

Saturday 24th

1:30 Rap Ball
 3:00 Word Games
 4:00 1x1

ABGO
 ABGO
 ABGO

Sunday 25th

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

Chapel
 ABGO
 ABGO
 ABGO



JANUARY - 2026 RESIDENTIAL ACTIVITIES CALENDAR

Tuesday 27th—Tuscan Hill Café 10-12pm

- 10:15 Knit and Natter
- 10:30 **The Sprout Squad**
- 10:30 Movers and Groovers
- 1:30 Men's Shed /
Ladies Pampering
- 1:30 Billiard Bowls
- 3:00 Doug Singing

Wednesday 28th—General Store Open in ABGO 10 -2pm

From 9am TLH LIBRARY OPEN

- 10:30 Armchair Exercise
- 10:30 Bottle Top Sorting / Walking Group
- 1:30 Ten Pin Bowling
- 1:30 Ten Pin Bowling
- 3:00 Bingo



Thursday 29th

From 10am CAFÉ' SHOP TROLLEY

- 10:30 Hoy
- 10:30 Movers and Groovers
- 1:30 Golf
- 1:30 Dart Ball
- 3:00 Pampering

Friday 30th

From 9am TLH LIBRARY OPEN

- 10:30 Wisdom of the elders
- 10:30 Hoy
- 1:30 Bean Bag Toss
- 1:30 Bingo
- 3:00 Balloon Tennis

Saturday 31st

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

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

PLEASE SPEAK TO A LIFESTYLE TEAM MEMBER FOR DETAILS ON THE DAY —Thank you

- Protea
- ABGO
- Chapel
- The Shed
- ABGO
- Waratah
- ABGO

- TC
- ABGO
- Waratah
- ABGO
- Chapel
- ABGO

Protea Arms Op Shop

Located in **Protea**

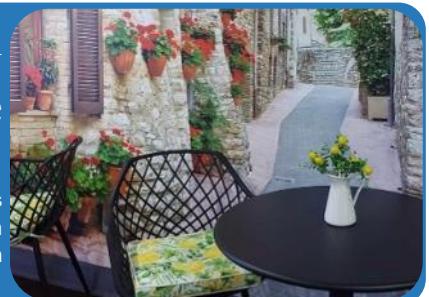
This shopping experience is the perfect place to pick up a new outfit or a small gift for a loved one.

The Protea Arms is open all day, available for everyone.



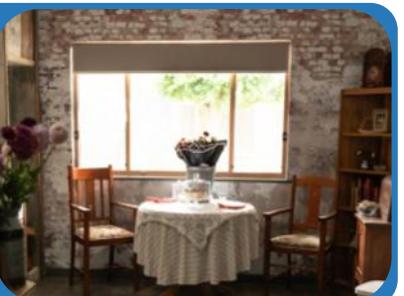
Tuscan Hill Café

Open Tuesdays
from 10am
Located in Waratah



The General Store Experience

Open Wednesdays
10am-2pm
Bookings are required
through lifestyle



**Enjoy the Sunshine in one of
the beautiful gardens around
the facility.**

Word Search

1960S AUSTRALIA



Y	O	C	V	B	O	O	M	E	R	S	G	I	T
U	S	R	P	B	S	K	I	P	P	Y	A	Y	I
D	B	S	W	E	E	O	V	I	E	T	N	A	M
G	M	B	S	A	G	R	O	O	V	Y	M	B	Q
T	W	E	G	T	P	H	V	X	U	S	O	E	N
P	O	L	M	L	J	A	B	F	H	H	O	R	A
E	O	L	I	E	Q	R	E	E	I	R	N	L	M
A	D	B	N	S	D	O	E	M	P	I	L	I	E
C	S	O	I	T	E	L	H	I	P	M	A	N	N
E	T	T	S	W	C	D	I	N	I	P	N	W	Z
M	O	T	K	I	I	H	V	I	E	T	D	A	I
A	C	O	I	S	M	O	E	S	S	O	I	L	E
N	K	M	R	T	A	L	J	M	H	N	N	L	S
U	P	S	T	T	L	T	G	E	N	X	G	J	P

Miniskirt

Vietnam

Harold Holt

Skippy

Beatles

Moon Landing

Groovy

Bell Bottoms

Twist

Peace Man

Feminism

Boomers

Hippies

Woodstock

Decimal

Gen X

Berlin Wall

Menzies

Shrimpton

Beehive