



Lutheran Homes Barossa

TIT TAT

March 2026



Photo Location: Nuriootpa



Message from the Chaplain - Ian Lutze *Welcome to March!*



March fits snugly this year in the Season of Lent (or the other way round). Lent is that time when Christians focus on the suffering of Jesus Christ, reaching its peak on Good Friday, to be followed by that powerful resurrection which gives believing people the hope that they too will live again, in eternity.

These stories become pretty important to a lot of people, particularly toward the 'business end' of life. Some will ask again, based on an old memory or practice: "Did Jesus really die for me?" to be followed by another question: "Can I really trust Jesus with my life as I approach the end of my days on earth?"

It's fascinating really, how we become interested in different questions as we age. And people will answer those different questions in a variety of ways, depending on our life experiences and where we have parked our faith in the meantime. In a way we don't choose our faith. Rather we revisit, or fit into again, the faith that gives meaning and joy and sees us through the rough times in life.

So while Christians are revisiting their faith in Jesus during Lent, it's probably a good time for everybody to do that bit of a faith audit: "What do I believe and how's that working for me right now?"

Chaplains love having these conversations of course, and we have a new one (Chaplain that is!) added to the team (of 1!). Let me introduce Fleur Tucker, who is working with us on Monday to Wednesday, and then a monthly Sunday. Her office is in Protea, but she's usually introducing herself to another resident, experiencing the challenge of getting to know a whole new community. She may well tell you something about herself in the next edition of Tit Tat, and share some words of encouragement for Easter and beyond.

Enjoy March, the quietness, the madness and everything in between.



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

Jean Potter
 Steven Rich

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



**MARCH BIRTHDAY
 CELEBRATIONS**

- 4th** Steven Rich
- 10th** Peggy Guyatt
- 16th** Lesley Duance
- 18th** Liz Mahoney
- 18th** Irene Joppich
- 21st** Anne Hoebergen
- 23rd** Daphne Gower
- 26th** Doug Paterson
- 27th** Fereleth Booth
- 27th** Trevor Taylor
- 31st** Rose Placzek
- 31st** John Howlett

IN LOVING MEMORY OF

Our deepest sympathy to the family of

*Elizabeth Kroehn 6th February
 Keith Mickan 14th February*

May they rest in peace ...

*Optimism is a happiness
 magnet. If you stay positive,
 good things and good
 people will be drawn to you.*

- Wednesday 4th March
- Wednesday 11th March
- Wednesday 18th March
- Wednesday 25th March

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 -

**HAPPY
 ADELAIDE CUP**



Monday 9th March

The Administration Office and Entrance
 will be **closed** on Monday 9th of March
 due to the Adelaide Cup Public Holiday.

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

If you require assistance, please call
 the Registered Nurse on 8563 7712.

Words From Our CEO

MICHELLE SCHUPELIUS



The gift of listening to people's stories and conversations is one of the simplest yet most profound ways we can honour one another. When we truly listen, without interrupting, judging, or rushing, we create a space where someone feels seen and valued. Every person carries a lifetime of experiences, lessons, heartaches, and triumphs, and when they share these with us, they are offering something deeply personal. If we listen, we discover perspectives beyond our own, expanding our understanding of the world and strengthening our knowledge and empathy.

Listening also brings new meaning and joy into our own lives. Through other people's stories, we encounter courage we didn't know existed, humour in unexpected places, and wisdom shaped by different journeys. Conversations become more than exchanges of information, they become moments of connection that remind us we are not alone. Let us all take a moment to hear another person's story. We might find reflections of our own hopes and struggles, and this will increase our gratitude, compassion, and a renewed sense of purpose.

Stories are truly remarkable and I hope you enjoy the following piece from one of our remarkable story tellers that I have had the privilege to listen to and get to know.

Bonza, Bewdy Mate

"How yer goin' mate???" "Bonza."

The word "BONZA" is written in a bold, red, sans-serif font with a slight 3D effect and a shadow.

Bonza? Yes, Bonza. When I was a lad in Melbourne those many years ago, "bonza" was widely used. It's roughly today's "awesome". Goggle's AI tells me "It is an Australian slang term meaning fantastic, excellent, or great. It is often used to describe something as top-notch, similar to "ripper" or "beaut"."

There are Bonza Bins, the short-lived Bonza Airline, a variety of apple discovered in NSW, a cleaner and degreaser concentrate, a Queensland company called Bonza Graphics, a movie called "Bonza" about a cattle dog with the same name, a Bonza7 online casino and probably other uses of Bonza. Have you tried the smart phone app called "Bonza Word Puzzle or "Bonza Daily Word Game" on Tulum (whatever that is)?

Like so many words, "bonza" has been displaced and other words taken their place in popular usage. Words change their meaning - I'm thinking of "gay". Then there are words that have been displaced with whole phrases, such as "on a daily basis" - what's wrong with simply "daily"?

We shouldn't complain about these changes (with one exception) as languages changes ~~on a daily basis~~ continually. Imagine if we still spoke Medieval English. The thing is, of course, that the language must remain clear and understandable.

Nevertheless, "bonza" is such an evocative word. How could mean anything less than terrific, great, awesome ... bonza? So let's see if we can revive "bonza". Let's set ourselves the goal of using "bonza" at least once a day. Not only among our friends and acquaintances but also at the supermarket and stores - yes, you'll have to explain, but that sets up a conversation, so for that reason alone it's worthwhile.

Let's make the Barossa the global centre not only for wine but also where this "new" word originated. We can do it! Use "bonza" every day!

Owen Mace - Nuriootpa Retirement Living Resident



QUALITY NEWS



Sharon Berridge - Executive Care Manager
Lisa Morrison - Clinical Nurse Consultant
Ravneet Kaur - Clinical Nurse Consultant

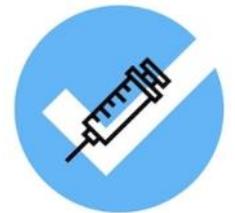
Belinda Treloar - Customer Service, Volunteer & Leisure Coordinator

This year is now in full swing, and we are looking at the requirements for onsite clinics for Dental and Optometry in the near future. There is a minimum client numbers of 10 people required on the lists for each, to secure a visit.

If any residents have a need for a check-up by the dentist or optometrist, please speak with staff and we will get you on the list. There are fees for the dentist which will be disclosed when you are booked in. Optometry only charge for glasses provided. New clients to either of these services need to complete a consent form, please see staff to obtain a consent form which will be forwarded to the service on your behalf to secure your appointment. Returning clients will be contacted by phone for consent by the service.

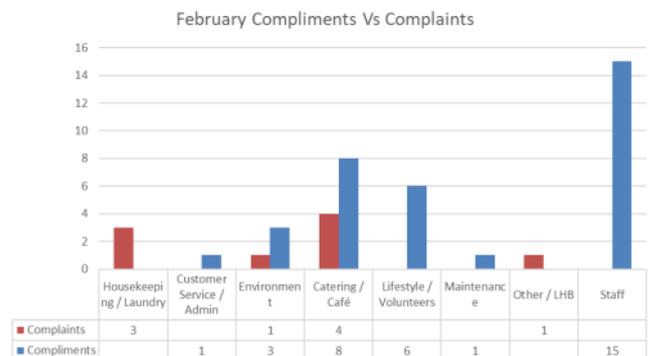


Something to consider soon is whether you would like to update your Influenza Vaccination. It is rapidly coming up to flu season. ILU residents will need to see their GP, and Residential Aged Care Facility residents can be assisted by GP or nursing staff. Calls will occur soon for RACF residents for consent.



COMPLIMENTS, COMPLAINTS & SUGGESTIONS

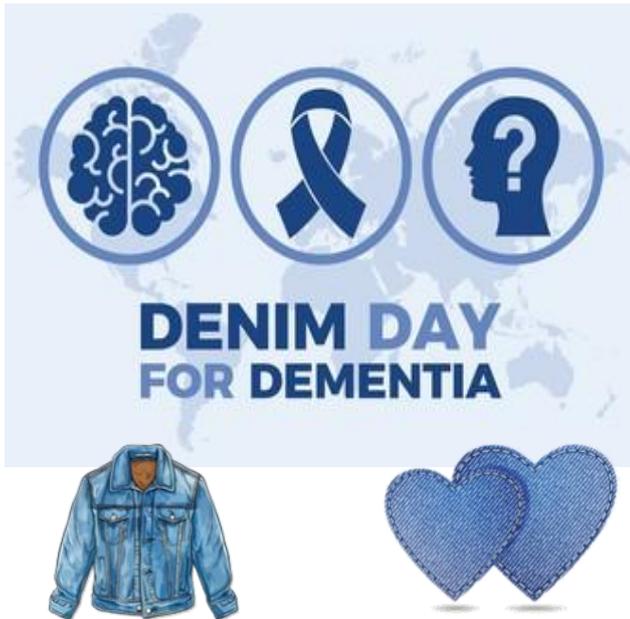
Area of Concern	Concern	Compliment	Suggestion
Housekeep / Laundry	3		
Cust. Service / Admin		1	
Environment	1	3	1
Catering / Café	4	8	
Lifestyle / Volunteers		6	
Maintenance		1	
Other / LHB	1		1
Staff		15	
Wellbeing			1
CHSP		9	
	9	43	3



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



UPCOMING EVENTS & NEWS



Friday 6th March 2026

Staff, residents and visitors are encouraged to join us, dressed in **DENIM CLOTHING** to support Dementia Day.

The annual campaign aims to raise awareness of dementia — a condition affecting memory, cognitive and daily functioning, and to educate people on the condition.

For further support or to make a donation, please visit the Dementia Australia website.

16th to 22nd March 2026

Staff, residents and visitors are encouraged to join us for Harmony Day Week.

We would love to see you all dressed in **ORANGE** or **TRADITIONAL CLOTHING** to celebrate on the Friday and Saturday .

Harmony Week celebrates Australia's cultural diversity, promoting the core message that "Everyone Belongs". It's meaning focuses on fostering respect, inclusiveness, and a sense of belonging.



Let's come together to celebrate our cultural diversity.

Maggie Beer Foundation Trainings

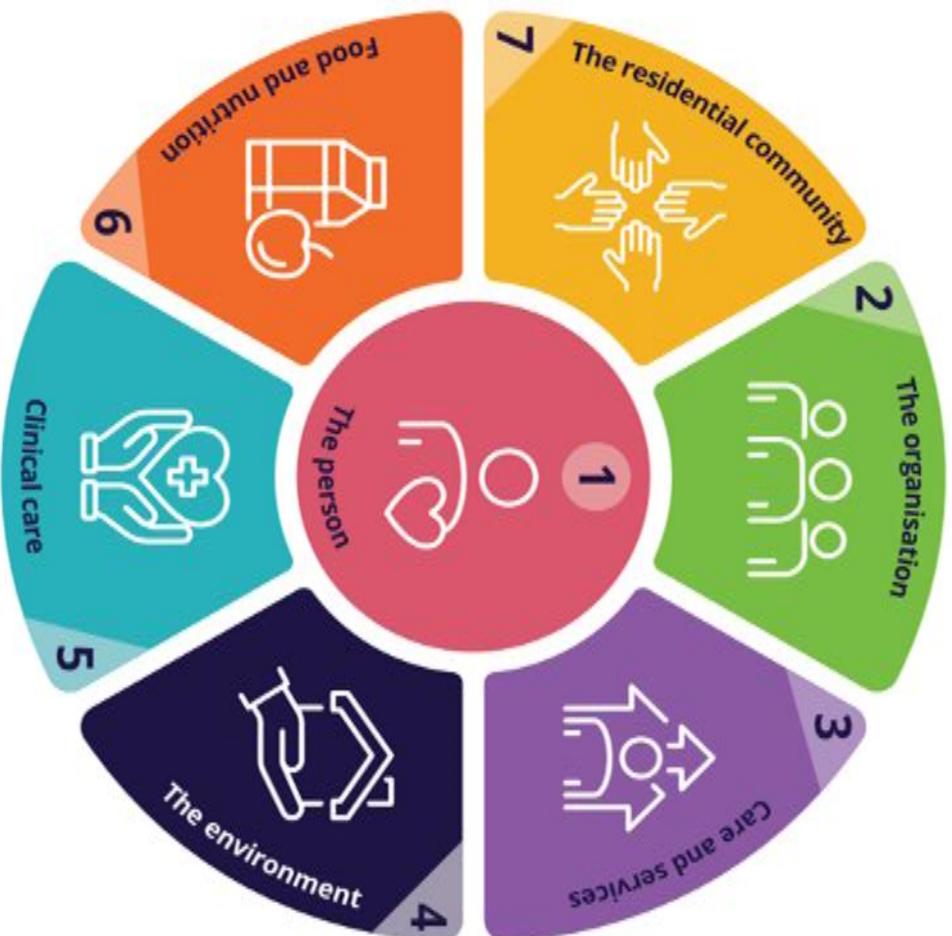
We are pleased to share that our staff are currently completing Maggie Beer Foundation trainings, which focuses on enhancing dining experience, mealtime presentation, nutrition, choice, and the overall enjoyment of meals for residents.

We welcome feedback from residents and families and encourage you to share any suggestions or ideas on how we can further improve meals and the dining experience. Your feedback is valuable and helps us continue to improve the quality of care and services we provide.





Strengthened Quality Standards



Standard 1
I am valued and have choices over the life I lead

Standard 2
I have confidence in my provider

Standard 3
My care is based around who I am and what's important to me

Standard 4
I feel safe and supported where I live

Standard 5
I get the right clinical care for me

Standard 6
I enjoy tasty nutritious foods every day

Standard 7
I contribute to the community I live in

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



<input type="checkbox"/> 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:

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

WE APPRECIATE YOUR SUGGESTIONS FOR IMPROVING OUR SERVICES. PLEASE PROVIDE SPECIFIC DETAILS.

THANK YOU FOR YOUR FEEDBACK WE APPRECIATE YOUR TIME AND INTEREST

WOULD YOU LIKE TO DISCUSS THIS DIRECTLY? YES YES

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

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

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.

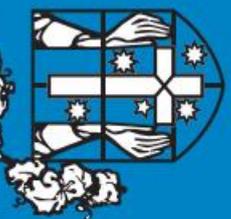
It is coordinated under the guidance of our Customer Service Coordinator. They will ensure that your confidential feedback reaches the correct department and personnel. Should you like to know what improvements and actions have been ignited as a result of your feedback, please indicate this on the form.

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

Lutheran Homes Barossa
27 Bridge Street TANUNDA SA 5352



Enriching Your Life

Lutheran Homes
Barossa

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



Lutheran Homes Barossa
Enriching Your Life



Share Your Experience

...we invite you to 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 (Including Clinical Care, Lifestyle, Allied Health, CHSP)	sharon.berridge@tthome.com.au
Operations Manager – Rachel Strudwick (Including Catering, Housekeeping Administration & Maintenance)	rachel.strudwick@tthome.com.au
Finance Manager – Simon Wong	simon.wong@tthome.com.au
Customer Service Coordinator – Belinda Treloar	belinda.treloar@tthome.com.au



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

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

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

Phone
1800 951 822

Web
agedcarequality.gov.au

Write
Aged Care Quality and Safety Commission
GPO Box 9819, in your capital city

ROBOTS

Rachel Strudwick - Executive Operations Manager

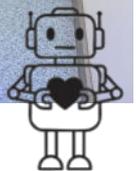
We're excited to share that three of our six new robots — including the Clean Linen Trolley and Catering Trolleys — are currently in their trial phase.

The tray service trial will be taking place in Trinity Court, with Jacob from RV Tech onsite working closely with the Laundry Team and Trinity Court Staff, as well as with Rachel to map out the facility and coordinate timing.

Once everything is ready to move into the full trial phase, we will be sure to keep everyone informed.

Robbie and Axel will be returning to work in the coming weeks after a short break, while Betty and Sadie are cruising along happily and continuing to support staff wherever they can.

We appreciate everyone's cooperation as we introduce this exciting new technology across the site.



Hello! Have you met **Temi**, our friendly concierge assistant robot at Reception? I'm sure many of you have walked past her without realising just how helpful she is!

Always ready to lend a hand, Temi helps guide visitors and residents around the facility with ease. Simply select your destination on her screen and she'll happily lead the way!

With her welcoming personality and cheeky little smile, Temi is always ready to greet new people and show off her skills.

Our Maintenance Team have been as busy as ever behind the scenes over the last few months.

We would like to extend a big thank you to Ashley, our Maintenance Gardener, who has been hard at work caring for the roses in the Memorial Rose Garden at the front of the main carpark.

We're also pleased to share some exciting news — our new Bute generator has arrived and has now been installed, providing reliable backup power for added peace of mind.



HOSPITALITY

Rachel Strudwick - Executive Operations Manager

We're pleased to welcome some new team members, 3 in Catering and 3 in Cleaning/Laundry, all bringing a wonderful variety of skills and experience to our team. We're excited about the fresh energy they bring as we continue moving forward together.

Steve from the Laundry, will soon be heading off on a well deserved holiday. During this time, the area will be well supported, with Lyn stepping in to lead the team. We kindly ask for your patience as our new staff settle into their roles. There may be some minor changes to hours for collection/drop off, but we are committed to ensuring everything continues to run smoothly.

If you have any questions or concerns, please don't hesitate to reach out to Rachel Strudwick.



Our Maggie Beer Program continues to roll out beautifully, with Cameron visiting regularly to provide updates and ongoing support to the team. We appreciate everyone's engagement and commitment to making the program a success.

Thank you all for your patience and flexibility during these busy first few months of the year — your support is truly valued.



*What do you call two coffee mugs sitting beside each other?
A happy cup-ple*



Did you know we sell gift vouchers for our Courtyard Café? Whether you're celebrating a birthday, saying a special thank you, or simply wanting to brighten someone's day, a café voucher is the perfect treat. Choose the amount that suits you, and give the gift of coffee and cake, a hot lunch or snacks. Best of all, our vouchers never expire, so they can be enjoyed at any time. Simply pop down to Reception to select your voucher and make someone's day a little sweeter!



Happy Birthday
Gift Voucher



Dear _____,

We would like to wish you a very Happy Birthday.

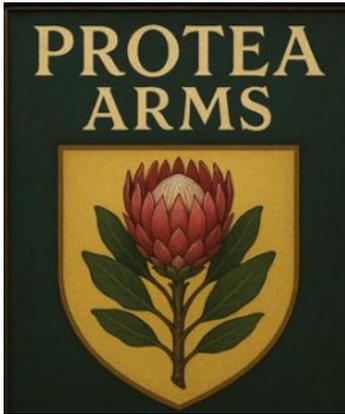
This voucher entitles you to spend \$_____ at our Courtyard Café.

This is non-transferrable and cannot be exchanged for money.

Courtyard Cafe
8563 7756
9am - 3pm Mon - Fri



THE PROTEA ARMS



\$1 - Men's Sale

All men's items are \$1 unless otherwise marked. Jumpers, socks, pants, shoes and much more. Come and take a look.

Located in the Protea Neighbourhood.

Thank you to the amazing community for their donations and supporting The Protea Arms Op Shop.



STATE ELECTION COMING SOON



It's a
we'll-come-
to-where-you-
are thing.

Electoral Officials will be onsite to provide voting services.

Location

Tanunda Lutheran Home — Gramp Chapel

Date

Tues, March 17th

Time

9am-12pm - RACF Residents
12:30pm-3:30pm - IRL Residents



Electoral Commission
SOUTH AUSTRALIA
Authorised by M Sherry, Electoral Commissioner.



How to vote?

There are three ways you can vote in the 2026 state election.

You can apply for a postal vote, you can go to a local polling booth on polling day or you can vote onsite at LHB prior to polling day.

If you are registered to vote, you must do one of these.

It is important to know your enrolment status and address registered on the electoral role.

If you wish to be removed from the role, please see one of the Clinical Staff to provide you with the appropriate forms. (This form must be signed by your GP).

For more information, please visit [Home - Electoral Commission SA](#) or call 1300 655 232



LIFESTYLE PROGRAM - WHAT'S NEW

2026 BRINGS SOME EXCITING NEW PROGRAMS TO THE HOME AND OVER THE NEXT FEW MONTHS, WE WILL BE PROMOTING THESE. HAVE YOU HEARD OF **THE LITERACY CLUB** ?

If you are an avid reader, a book lover, or a creative writer the Literacy Club is for you.



Join us on the last Thursday of each month in the LHB library 1:30pm.

The Literacy Club is a space to talk all things literacy. Whether you share your recent readings or writing projects with the group, the Literacy Club is for every genre and discussions around every literary topic imaginable. Connect and share ideas around your favorite subjects. The Literacy Club is an opportunity to interact with like-minded people and to form social connections whilst listening to other passionate readers and writers.



WHO AM I?



I am an American actress and singer. My mother was also a famous American actress, in fact, she was a legend, and my father a movie producer.

I was raised in Hollywood where my parents hosted lavish parties for the rich and the famous. I am known for my energetic stage presence and my powerful mezzo-soprano singing voice.

I married four times; the first time to an Australian - I found out later that he was gay. Some of my hits include Maybe This Time and New York New York. In 1972 I won an Academy Award for my performance as Sally Bowles in Cabaret. Cabaret is listed on the Empire's 500 Greatest Films of All Time.

I was an American film star nicknamed The King of Cool.

In 1952, I studied acting in New York at the HB Studio. To earn money, I competed in motorcycle races on the weekends and made good money for a student. After graduation I went to California to pursue a film career.

I had minor roles until I landed a role in the movie Never So Few with Frank Sinatra. It was a lucky break because after that the same director cast me in his next movie The Magnificent Seven.

Other box-office successes I had include The Great Escape and The Towering Inferno. In 1974, I was the highest-paid actor in the world. I married three times including to Ali MacGraw, my co-star in The Getaway.

ANSWERS CAN BE FOUND ON PAGE 17

CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



FEBRUARY'S BUS TRIP



CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM

HAPPY
VALENTINE'S DAY



REST & RELAXATION TIME



WHAT'S HAPPENING IN MARCH



Belly Dancing:

19th of March

In the Chapel at

1:30pm

Join us in
celebrating

Harmony Week



2026 Lutheran Homes Barossa Show

This year our residents have a wonderful opportunity to join in various craft session, where they can create unique pieces to enter into our very own Lutheran Homes Barossa Show. (to celebrate the Tanunda Show)

There are 5 categories to enter:

Coloring in, Gumboot Decorating, Flower Arrangements, Sunflowers and the Open Category.

ARAS will be joining us on March the 3rd at 1.30pm in the Chapel — Everyone is welcome.

aras
Aged Rights
Advocacy Service

16th March to the 22nd March



Get excited!
LHB 2026 Football Tipping
Competition is about to
start.

2026 OPENING ROUND FIXTURES

	Sydney	v	Carlton	
	GWS	v	Hawthorn	
	Gold Coast	v	Geelong	
	Brisbane	v	Western Bulldogs	
	St Kilda	v	Collingwood	

Lutheran Homes Barossa Independent Living Bus Trip

Join us on the 30th of March touring around Nuriootpa, Angaston and Tanunda viewing the Independent living units and facilities.



Church Services



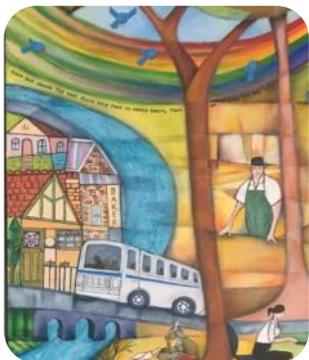
Sunday Chapel Service 10am: 1st, 8th, 15th, 22nd, 29th

ABGO Service Acacia 10:45am: 2nd, 16th, 23rd, 30th

Lenten Service Chapel 10:30am: 4th, 11th, 18th, 25th

Wisdom of the Elder 10:30am: 27th





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 - Thursday Afternoons*
- 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 **March**

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

Best wishes!

This year is flying by so fast, a big thank you to the volunteers who popped in over the month to say hi and lend an extra helping hand.

I'm very pleased to say we have signed up 3 new volunteers during February. Welcome to the LHB Family.

As always if you have some extra free time on a regular basis and would like to give back to your community, we have some residents that would love to have some regular visitors. Please reach out to the Lifestyle Team if you would like to know more.



Thank you!
& GOD BLESS YOU

Thank you again for everything you all do, 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](#)



Who am I? Answers



Liza Minnelli



Steve
McQueen

ABGO RESIDENTIAL ACTIVITIES



Throughout February, ABGO have been very active in a large variety of activities. The residents have enjoyed their art and craft sessions and had the opportunity to make some valentines day craft.

The residents also enjoyed many different physical activities including: tunnel ball, balloon tennis, golf, bean bag toss and many more.



Spread love everywhere you go..





RESIDENTIAL ACTIVITIES

Movie Afternoon: Moulin Rouge



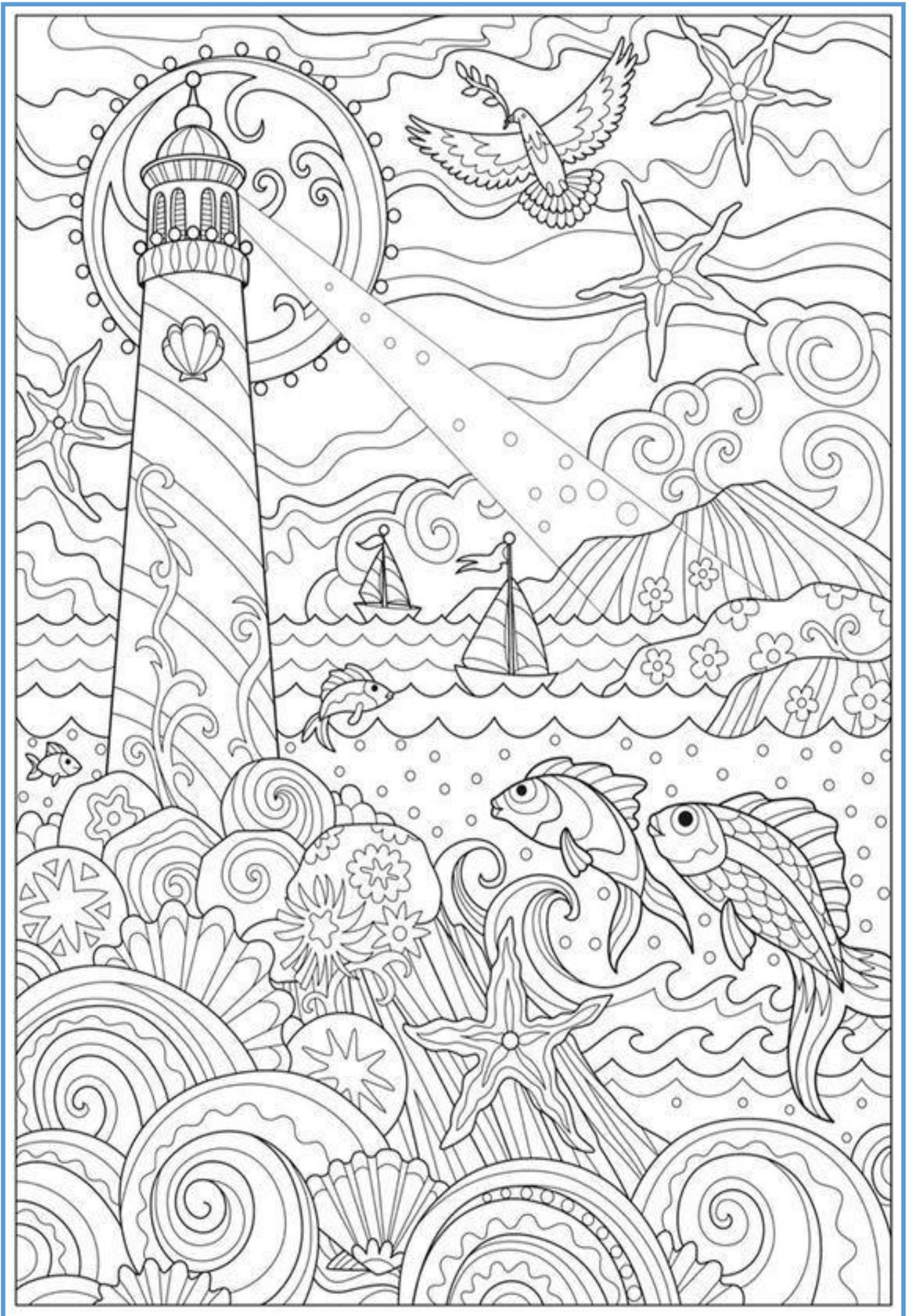
French Cooking

The residents enjoyed constructing profiteroles and enjoyed some pink lemonade for the month of love.



Shrove Tuesday Pancake Day





March - 2026 RESIDENTIAL ACTIVITIES CALENDAR

Sunday 1st

10:00 Church Service	Chapel
1:30 Card Games	ABGO
3:00 Parachute Ball	ABGO
4:00 1x1	ABGO

Monday 2nd

10:30 Singing in the Chapel	Chapel
10:45 Worship Service	Acacia
1:30 Art and Craft: Floral Work	ABGO
1:30 Tanunda Show Art & Craft	Protea
3:00 Tunnel Ball	ABGO

Tuesday 3rd — Tuscan Hill Café 10-12pm

10:15 Knit and Natter	Protea
10:30 The Sprout Squad	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ladies Pampering	ABGO
1:30 ARAS—Information Session	Chapel
1:30 Sunflower Tanunda Show	Waratah
3:00 Art and Craft	ABGO

Wednesday 4th — General Store ABGO 10-2pm

From 9am **LHB LIBRARY OPEN**

10:30 Armchair Exercises	ABGO
10:30 Lenten Service	Chapel
10:30 Tanunda Show Art & Craft	Waratah
1:30 Sunflower Art & Craft	ABGO
1:30 Rummikub Afternoon	Chapel
3:00 Bingo	ABGO

Thursday 5th **Opening AFL Round**

From 10am CAFÉ' SHOP TROLLEY

10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Residents Meeting	Chapel
1:30 1:1's	LHB
3:00 Pampering	Sensory R

Friday 6th

From 9am **LHB LIBRARY OPEN**

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

Saturday 7th

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

Sunday 8th

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

Monday 9th **Public Holiday**

HAPPY ADELAIDE CUP



Tuesday 10th — Tuscan Hill Café 10-12pm

10:15 Knit and Natter	Protea
10:30 Tuscany Visit	ABGO
10:30 Movers and Groovers	Chapel
1:30 Men's Shed / Ladies Pampering	Shed ABGO
1:30 Bunning Bus Trip	LHB
3:00 Doug Sing Along	ABGO

Wednesday 11th — General Store ABGO 10-2pm

From 9am **LHB LIBRARY OPEN**

10:30 Armchair Exercises	Trinity
10:30 Lenten Service	ABGO
1:30 Armchair Exercises	Chapel
1:00 Gumboot Decorating Tanunda Show	ABGO
3:00 Bingo	Protea
	ABGO

Lent



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

March - 2026 RESIDENTIAL ACTIVITIES CALENDAR

Thursday 12th

From 10am CAFÉ' SHOP TROLLEY

- 10:30 Hoy
- 10:30 Movers and Groovers
- 1:30 Table Tennis
- 1:30 Pick a Box
- 3:00 Pampering

- ABGO
- Chapel
- ABGO
- Chapel
- Sensory R

Friday 13th

From 9am LHB LIBRARY OPEN

- 10:30 Movement to Music
- 10:30 Hoy
- 1:30 Gumbboot Throwing
- 1:30 Bingo
- 3:00 Reminiscing

- Trinity
- ABGO
- Waratah
- ABGO
- Chapel
- ABGO

Wednesday 18th

From 9am LHB LIBRARY OPEN

- 10:30 Basketball
- 10:30 Lenten Service
- 1:30 Armchair Exercises
- 1:30 Gumbboot Throwing
- 3:00 Bingo

- Trinity
- ABGO
- Chapel
- ABGO
- Chapel
- ABGO



Saturday 14th Tanunda Show—Tanunda Oval

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

- ABGO
- ABGO
- ABGO



Sunday 15th

- 10:00 Church Service
- 1:30 Card games
- 3:00 Parachute Ball
- 4:00 1x1

- Chapel
- ABGO
- ABGO
- ABGO

Thursday 19th

From 10am CAFÉ' SHOP TROLLEY

- 10:30 Hoy
- 10:30 Movers and Groovers
- 1:30 Belly Dancing
- 3:00 Pampering

- ABGO
- Chapel
- Chapel
- Sensory R



Monday 16th LHB Show Winners Announced!

- 10:30 Singing in the Chapel
- 10:45 Worship Service
- 1:30 Art and Craft
- 1:30 Golf
- 3:00 Tunnel Ball

- Chapel
- Acacia
- ABGO
- Waratah
- ABGO



Tuesday 17th St Patrick's Day

9am Mobile State Election Booth

- 10:15 Knit and Natter
- 10:30 The Sprout Squad
- 10:30 Movers and Groovers
- 1:30 Men's Shed / Ladies Pampering
- 1:30 Irish Pub Quiz
- 3:00 Irish Rings



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

Friday 20th

From 9am LHB LIBRARY OPEN

- 10:30 Dart Ball
- 10:30 Hoy
- 1:30 Movement to Music
- 1:30 Bingo
- 3:00 Pet Therapy

- Trinity
- ABGO
- Waratah
- ABGO
- Chapel
- ABGO

Saturday 21st Harmony Day

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

- ABGO
- ABGO
- ABGO



Sunday 22nd

- 10:00 Church Service
- 1:30 Quoits
- 3:00 Bean Bag Toss
- 4:00 1x1

- Chapel
- ABGO
- ABGO
- ABGO

March - 2026 RESIDENTIAL ACTIVITIES CALENDAR

Monday 23rd

10:30 Singing in the Chapel
 10:45 Worship Service
 1:30 Art and Craft
 1:00 **Protea Arms Op Shop—New Stock**
 3:00 Ping Pong

Tuesday 24th — 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 Bottle Top Sorting/ Walking group
 3:00 Doug Singing

Wednesday 25th — General Store Open in ABGO 10 -2pm

From 9am **LHB LIBRARY OPEN**

10:30 Armchair Exercise
 10:30 Lenten Service
 1:30 Ten Pin Bowling
 1:30 Tennis
 3:00 Bingo

Thursday 26th

From 10am **CAFÉ' SHOP TROLLEY**

10:30 Hoy
 10:30 Movers and Groovers
 1:30 Table Tennis
 1:30 **The Literacy Club**
 3:00 Pampering



Friday 27th

From 9am **LHB LIBRARY OPEN**

10:30 Balloon Tennis
 10:30 Wisdom of the Elders
 1:30 Movement to Music
 1:30 Bingo
 3:00 Memory game



Saturday 28th

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

Sunday 29th

10:00 Church Service **Chapel**
 1:30 Card games **ABGO**
 3:00 Parachute Ball **ABGO**
 4:00 1x1 **ABGO**

Monday 30th

10:30 Singing in the Chapel **Chapel**
 10:45 Worship Service **Acacia**
 1:30 Art and Craft **ABGO**
 1:00 **Bus Trip LHB Independent /Living**
 3:00 Tunnel Ball **Protea**
ABGO

Tuesday 31st — Tuscan Hill Café 10-12pm

10:15 Knit and Natter **Protea**
 10:30 **The Sprout Squad** **ABGO**
 10:30 Movers and Groovers **Chapel**
 1:30 Men's Shed /
 Ladies Pampering **Shed**
ABGO
 1:30 Football Highlights / Happy Hour **Waratah**
 3:00 Table Games **ABGO**



Enjoy the sunshine in one of the beautiful gardens around the facility.



Harmony DAY



C	B	E	L	O	N	G	I	N	G	R	P	O	O
L	F	O	O	D	T	H	M	G	W	T	I	Y	M
T	P	E	C	C	A	E	G	W	O	R	S	O	I
E	C	L	O	T	H	I	N	G	C	A	O	M	S
T	S	C	U	O	U	A	A	T	T	D	Y	U	S
S	R	C	U	L	T	U	R	A	L	I	S	S	H
I	N	C	L	U	S	I	O	N	R	T	U	I	A
H	A	R	M	O	N	Y	U	B	E	I	P	C	R
E	I	N	E	T	R	I	I	O	S	O	P	L	I
S	E	M	O	C	L	E	W	R	P	N	O	U	N
C	E	R	A	E	T	C	L	A	E	A	R	N	G
I	M	N	S	A	R	E	T	N	C	E	T	I	H
L	N	C	L	N	N	N	N	G	T	N	M	T	O
U	O	N	D	E	N	S	O	E	T	L	G	Y	L

TRADITION
 HARMONY
 FOOD
 CLOTHING
 ORANGE
 ACCEPT
 RESPECT
 SHARING
 INCLUSION
 WELCOME
 UNITY
 MUSIC
 SUPPORT
 CULTURAL
 BELONGING

