



From Chaplain Dianne

DWELLING IN HIS WORD

LINGERING AND PONDERING WITH GOD

So if anyone is in Christ, there is a new creation; everything old has passed away; see, everything has become new! - 2 Corinthians 5:17

The Board of Tanunda Lutheran Home worked hard during 2016 to redraft the Vision, Mission and Values statement.

Here are the three points that make up "Our Mission":

- To inform our residential community and the community of the Barossa Valley, that Tanunda Lutheran Home is a place which is firmly based on Biblical principles, as understood by the Lutheran Church of Australia
- To provide for the needs of our residents with "best practice care" as Jesus encouraged and according to all government requirements and regulations
- To ensure all residents are accepted and treated with respect.

"Building on our rich history and proven record, we will provide physical and spiritual care, so that our residents can live in a community environment."

This vision statement emerged through the strategic planning process. It is good to linger a bit with the first word, God. Linger first with this Gospel focused centre of our mission invites us to linger with pondering what God is up to in the world, and particularly here in the Barossa Valley, and also invites us to question ourselves, what does the call of Jesus Christ say about how best to meet the needs of the elderly now and into the future. Linger with this Gospel centred question is a call to think theologically about the good news of Jesus Christ.

The verse in 2 Cor. Continues "...all this is from God...". I trust that God is in the midst of this time at Tanunda Lutheran Home, in our church and the world and together we are called to lean into this future trusting that God holds us in the midst of uncertainty as together we ponder God's ways in the world.

We will linger a bit with God as a community to ponder about what the good news of Jesus Christ is inviting us in our renewed future. While we continue to tend this vital strategic question we are also living into new things.

It is good to dwell in His word, to linger and ponder scripture. As 21st century disciples the discipline of immersing oneself in scripture is a good habit to develop. Martin Luther wrote about the three approaches to studying His word. The three Latin words are *meditatio, contemplatio and tentatio*. In other words meditating, contemplating and "testing". Luther was a great one for putting God's words to the test. In other words, encouraging us to apply God's word to real life....the real life application of His word.

Residents and friends have an opportunity a number of times a week to immerse themselves in God's word. Worship each Sunday at 10.30am, Bible Study (or dwelling in His word) Wednesday 10.30am and Friday 11am both in Gramp Chapel. In addition, Christian Meditation is held each Tuesday afternoon at 3.30 to 4.30. This is open to residents, ILU folk, staff, volunteers and friends.

Chaplain Dianne Thiele

TIT TAT

MONTHLY
NEWSLETTER

TANUNDA

LUTHERAN HOME INC

27 Bridge St Tanunda SA
5352

★ Phone (08) 8563 7777

★ Fax (08) 8563 3744

★ Email

info@tlhome.com.au

★ Website

www.tlhome.com.au

*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

FEBRUARY 2017

Lutheran
Church
of Australia





**RAINFALL REPORT
JANUARY 2017**

*Thank you Ralph Kernich
for this information*

January is normally a very dry month with most recordings for the month being less than 10mm. This January 49.4mm were recorded on five days (to 25th).

PERMANENT CHAPLAIN

**The TLH Board and Congregation
have decided to extend a Call
to Pastor Ian Lutze (Adelaide)
at a Call meeting later in February**



AUSTRALIA DAY HONOURS

Congratulations

JOAN LINDNER

Awarded

OAM Medal in the General Division

**For service to the
Community of Tanunda**

We salute you Joan!

*A TLH Board member, Joan has
served for over 30 years and has
volunteered her skills in
many and various ways
over the years.*



DID YOU KNOW THAT.....

- * Ants never sleep?
- * An ostrich's eye is bigger than its brain?
- * It is impossible to sneeze with your eyes open?
- * Leonardo Da Vinci invented the scissors?

**Why drive when you can
JUMP ON THE BUS!!**

Barossa Community Shopping Bus
Pick up from home

Gawler Friday Bus
every Friday to Gawler \$5 return
from Angaston, Nuriootpa, Tanunda, Lyndoch,
Williamstown
Arrive Gawler approx. 9.30am. Depart 11.30am.

Elizabeth Monday Bus
1st and 3rd Monday of the month from Angaston,
Nuriootpa, Tanunda, Lyndoch, Williamstown
(via Williamstown 3rd Monday only)
Elizabeth via Gawler and Munno Para—\$10 return
Arrive Elizabeth approx. 10.00am. Depart 2.30pm
Wheelchair access available
Pick up from home—for info or to book
Call 8563 8411 during office hours
Or email: transport @barossa.sa.gov.au

Available to all

TLH SHOPPING BUS
*Departing approx 9:30am
Return 11:30am. Cost \$5*

Wednesday	1st February	Nuriootpa
Wednesday	8th February	Tanunda
Wednesday	15th February	Nuriootpa
Wednesday	22nd February	Tanunda

Please be at Reception by 9:15am

**The deadline for news/information for
MARCH edition is
Thursday 23rd February**
TIT TAT TEAM: Dorcas Kernich (Editor),
Myra Othams, Joan Minge
Deliveries
Glenys Greig, Glenis Kupke, Joan Minge



Lee Martin

From the CEO



I do hope everyone has had a happy and prosperous start to the new year. The weather has certainly been worthy as the major topic of most discussions – with scorching heat one day and tropical rains the next – looks like we are in for another interesting year. I take this opportunity to remind everyone to be safe – look out for one another – drink lots of water on hot days and use the air conditioner to stay cool. Always drive to the road conditions.

It was very nice to see so many staff, volunteers, residents and their families enjoying the Christmas festivities. The catering staff and volunteers at the functions certainly ensured all functions were enjoyed by all who attended. To the staff who attended the TLH Staff Christmas function – the dress up competition was the highlight of the evening. Well done to everyone who took the time to dress up. Congratulations also go to the staff who received prizes for completing more on-line training courses than was mandatory. It was great to see the people who put in the effort get rewarded.

Thank you to all staff who worked over the Christmas period. It is nice to know there are committed people who give their all for their residents. Special mention to Cherie Cheyne for taking charge when I took some annual leave. It is nice to come back to work without all the problems still being there – well done Cherie. Now that we have had our annual leave we are refreshed and ready for another year. To the number of Agency staff who came to the Home and worked at short notice – thank you – we all appreciate your commitment to our residents.

The year of change has commenced with the announcement by the Prime Minister Malcolm Turnbull this week of the Cabinet reshuffle and the establishment of the new Minister for Aged Care position – by the Hon Ken Wyatt. The Minister is very supportive of the change process needed to take aged care in to the future. We look forward to working with the Minister to confirm the needs of the residents in aged care are well looked after.

Over the next month or so Tanunda Lutheran Home will commence projects to enhance resident care and choice, improve documentation and medication management with the introduction of LeeCare clinical software and finally by reviewing all operation processes to develop efficiencies. Many improvements have already seen positive results. Budget lines are making savings, new equipment has been purchased and the environment has been upgraded.



Have you noticed the Chapel / Gramp entry garden area? Thank you to the Rothe family for the donation of the water feature and to the Barossa Landscapers for their professional work in making the area what it is today.

Project up dates:

25 Bridge Street project - the construction remains on schedule. The underground work is now done – landscaping to start soon. Tiling is happening in all three units. The completion date is still set for the end of February 2017.

Schaedel Street, Nuriootpa Project - the Planning Application is currently being considered by the Barossa Council for approval. It is hoped that construction may commence mid-2017. No change.

27 Bridge Street Master Plan - Stage One - planning has commenced for the dwellings on the Langmeil Road land. A concept plan has been prepared by the consultants for further consideration at meetings planned for February. I am sure you will all be impressed with what is being suggested.

We continue to farewell staff and welcome new staff and volunteers. We hope all the new residents are settling in and feeling comfortable - if you have any ideas on how to improve things please let us know. Should you know of any staff who would like to work for us please get them to submit their resume to Kim Hahn.

Quote for the Month: "In order to succeed, your desire for success should be greater than your fear of failure." – Bill Cosby

*Lee Martin
20th January 2016*



FEBRUARY

- 2 Doug Ramsey IL
- 5 Myra Othams IL
- 6 Betty Kohlhagen IL
- 7 Joan Young IL
- 11 Joyce Linke Waratah
- 13 Eric Koch IL
- 13 Erna Auricht Waratah
- 18 Charlotte Bretschneider Grevillea
- 19 Elsie Weeks Trinity 3
- 19 Chris Pfeiffer IL
- 22 Ray Giersch IL
- 23 Errol Weiss IL
- 23 Audrey Steventon Trinity 1
- 24 Christine Ruciack Protea
- 24 James (Jim) Miller IL
- 26 Val Fechner Waratah
- 28 Lance Grocke Banksia

welcome

INDEPENDENT LIVING

Iris Ellis
3/120 Menge Road

RESPITE

Trevor Waples — TC3-22

INTERNAL TRANSFER

Charlotte Bretschneider
Grevillea 05—Grevillea 10

PERMANENT

Margaret Hepner—TC2-14



**FRIENDS OF THE HILL & SON
GRAND ORGAN**
Sunday 12th February 2.30pm

FREE Mini Friends Concert & AGM

Herberge Christi Lutheran church, Bethany
Some of the Friends Members will play a mini
concert in a relaxed and enjoyable afternoon..

Short & Sweet AGM to follow.

Please bring a plate of food to share

Cuppa provided—Opportunity to make a donation

Or Renew your membership



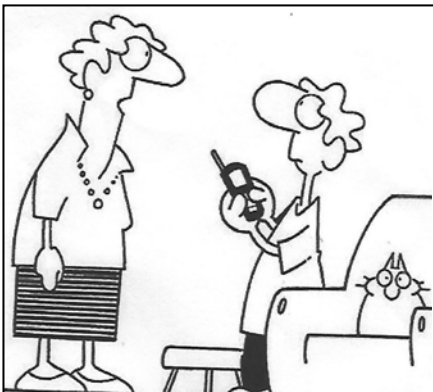
DEATHS

*Our deepest sympathy
to the families of*

Guenter Schipke—died 16th January

Bev Rough — died 25th January

Rest in Peace



Mother to Teenager:

*“Explain to me again
how you can tap out a
500 word text message
in six seconds, but it
takes you
fourteen hours to
pick up a
pair of shoes?”*

INDEPENDENT LIVING RESIDENTS

**Saturday 4th February
Ladies’ Get Together**

1.30pm in Courtyard Café

First Saturday of each month

Please bring small plate of food

Enquiries: Margaret Spike 0481 255 041



PROFILE

CHAPLAIN DIANNE THIELE

By now most of us have met our interim Chaplain who was fortunately available to serve in this position even before Pastor John Thiel retired at the end of December. Chaplain Dianne will be here at TLH until early March and is well fitted and competent to take on the role vacated by Pastor John.

Dianne comes to us with an impressive background – both academically and spiritually - and combined with her charming personality, will be a great asset to Tanunda Lutheran Home.

Dianne was born and raised in Adelaide, the oldest of four girls in her family. In recent years she has lived in Western Australia and Victoria. For the last four years she has made Nuriootpa her home base. Her primary education was at Gilles Plains Primary School and she went on to matriculate at Gilles Plains High. At the University of Adelaide Dianne studied the following subjects – applied and pure maths, physics, chemistry, biology and genetics.

She also gained her Diploma of Teaching and taught young people in Badihagwa High School, Port Moresby, Papua New Guinea in the 1970s. She learned to cope with a class of 42 children in years eight and nine. Dianne also taught maths for five years at the Civil Aviation Training College, Port Moresby.

Her first son was born in 1976 in Port Moresby and was baptised by the late Pastor Lloyd Spike, who some of our readers might remember as a TLH Board member and later IL resident here at TLH. (Pastor Brian Schwarz also served in Port Moresby after Pastor Lloyd Spike.) Dianne's second son was born three years later in Adelaide. Dianne is proud grandmother of five – two girls and three boys -- who range in age from 19 years down to ten months. They all reside in the Tea Tree Gully area. Dianne's mother turns 90 this month and resides in an aged care facility in suburban Adelaide.

Dianne also was a university lecturer in Business Information Systems and Quantitative Methods as well as a Project Manager in Online Learning (Dianne had by this time gained her Master of Education degree, specialising in flexible and online learning) and an Advanced Training Specialist for a multinational IT company. In 2003 and 2004 Dianne worked at Australian Lutheran College as Flexible Education Manager. But she felt that God required her to serve Him in parish ministry –which led Dianne to part time employment as Youth/Family Ministry Coordinator, working with Pastor John Gerhardy at Calvary Lutheran Church, Morphett Vale. Around this time, about ten years ago, government funding became available for School Chaplaincy and so Dianne also took on the part-time position as Chaplain at Calvary Lutheran Primary School, Morphett Vale. But a full time position was advertised and Dianne was appointed as 0.8 School Chaplain and 0.2 Youth Worker at Ocean Forest Lutheran College, Bunbury, Western Australia. Since leaving WA she completed a course through the University of Divinity in Melbourne, gaining a Graduate Diploma of Theology. Dianne is currently enrolled in the Graduate Diploma of Spirituality and Bachelor of Dementia Care.

Dianne also served for nearly five months in 2015 as Interim Chaplain at Immanuel Lutheran Aged Care, Buderim, Queensland. She has been an accredited LCA Lay Worker since 2006 and served at Holy Trinity, Horsham, Victoria as a volunteer lay worker.

Dianne says that her strong faith in God and His promises have sustained her throughout her life and will continue during her time at TLH. She looks forward to getting to know and serve residents and staff in any way she can.

One of her favourite texts is:

In all your ways acknowledge Him and He will make straight your paths – Proverbs 3:6

Thank you Dianne for sharing your story with our readers.

We pray that God will sustain you in your ministry and continually guide you along the pathway wherever He leads.

Ed.

From Chaplain Dianne



CHRISTIAN MEDITATION

Led by Chaplain Dianne

Come along on Tuesdays 3.30-4.30pm
Trinity Court 2 lounge.

Does over-thinking lead to sadness?

Do you want to grow in love?

Do you want to deepen your relationship with God?

Christian Meditation in the John Main and John Cassian
(4th century AD) may be for you.

For more information please contact Dianne

8563 7777 or 0420 945 525 or just turn up.

All welcome!

Be still and know that I am God - Psalm 46:10

VINE CONNECT

is a 50 plus Christian Singles group
that has been running for 3 1/2 years
and meets on 2nd Sunday of each month.

All mobile Residents
and IL singles are invited.

Our current age range is 60-90 years old.

**Next one Sunday 12th February
12.30pm at the Vine Inn, Nuriootpa**

Ring Chaplain Dianne on 0420 945 525 or
Helen on 0439 837 054 for more information
or just turn up.



FOR SALE

**Merits Momo
Mobility Scooter
Reduced to \$990
Excellent condition**

Very lightly used

Two brand new batteries just fitted which cost \$240

Disassembles very easily for transportation

Contact Mick 0402 811 686

SCHOOL DAZE

Teacher: How old is your father?

Boy: He is six years

Teacher: What? How is this possible?

Boy: He became father only when I was born.

(Logic!! Children are quick and always speak their minds)

Teacher: Rex, your composition on "My Dog" is exactly the same as your brother's.

Did you copy his?

Rex: No sir, it's the same dog.

Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?

Harold: A teacher

Teacher: Maria, go to the map and find North America.

Maria: Here it is.

Teacher: Correct. Now class, who discovered America?

Class: Maria

Residents celebrate New Year



PAM and DOT WARREN



LORRAINE PARKER

**AUDREY ZERK, NORMA ROSENZWEIG
MYRA KLUCZKO, MAVIS WAPLES**



GARY JONES



MAXINE LYNAS



STELLA KRIEG



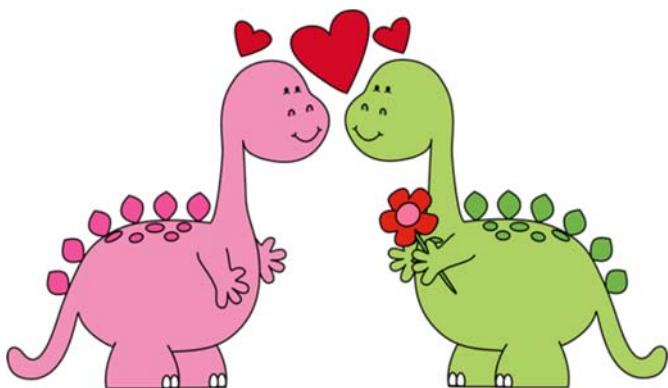
VALENTINE'S DAY WORD SEARCH



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



- AMOUR
- BEAU
- BELOVED
- CANDY
- CARDS
- CHAMPAGNE
- CHOCOLATE
- CUPID
- DARLING
- DEAREST
- FLOWERS
- GIFTS
- HEARTS
- LOVE
- PARAMOUR
- PASSION
- POEMS
- ROMANCE
- ROMEO
- SWEET-HEART
- TRUELOVE
- VALENTINE






Work, Casual, Dress, Walking Shoes & Sandals
Below Regular Retail Price
Discounts for all Staff and Residents



Contact Anne White at Tanunda Lutheran Home
Phone 8563 7777 or 0432 237 495
for more information

TIPS FOR FOOT CARE



- * Remember to apply sunscreen all over your feet, especially the tops and fronts of your ankles, and continue to reapply throughout the day.
- * Limit walking barefoot to prevent injuries, infections and sunburn.
- * Drink plenty of water throughout the day to stay hydrated. This will help minimise foot swelling caused by the heat as well as being good for overall health.
- * Promote blood flow with periodic ankle flexes, toe wiggles, and calf stretches.
- * Minimise wearing nail polish to prevent fungal nail infections. Should this occur consult your Podiatrist for remedies.
- * Soak hot feet in a tub of cool water with a splash of peppermint oil for 10 minutes.
- * Moisturise feet daily to keep skin soft.



Stockists of Humphrey Law Socks

Australian owned; all materials grown and manufactured in Australia. High content of natural fibres that allow feet to breathe. Cotton, bamboo and merino wool. Regular, king size, wide fittings. Soft tops, cushion soles. Several styles—business, sports, walking, bed, ankle, knee lengths, plain or patterned.

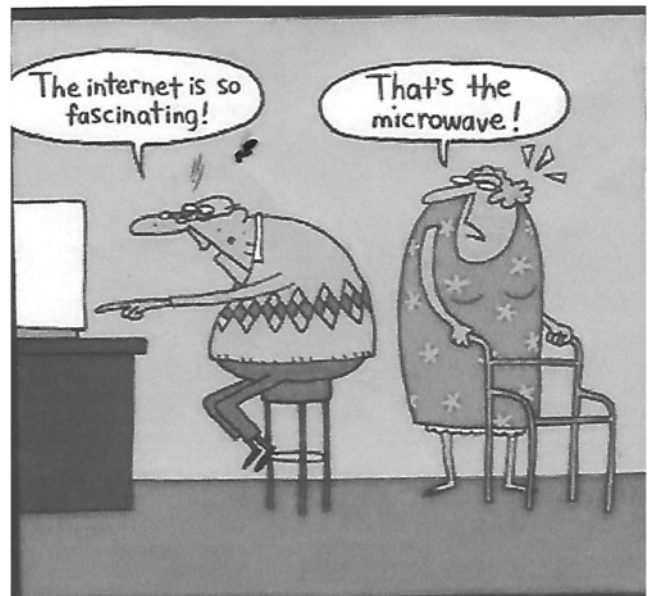
Welcome New Staff



Donna Allwright
Housekeeping



Steve Mberi
Enrolled Nurse




COMPUTER ISSUES?
I can come to your home!
Phone Ezra Radke
8563 3996

STUDENT SEEKING WORK

Doctored Definitions

Artery—the study of painting
Bacteria—the back door of a cafeteria
Barium—what doctors do when treatments fail
Caesarian section—a district in Rome
Cat scan— searching for kitty

Wedding dress display



Following the great success of the TLH Wedding Dress Display last year



another will be presented in the Social Centre during the Vintage Festival

from Tuesday 18th to Friday 21st April
9.00am-3.30pm daily

Can you please help by loaning items ?

- * Mannequins, real life and still/artificial .
- * Anything to do with weddings—bridal gowns, bridesmaids, flower girls, accessories, photos, mementoes, jewellery, artificial flowers etc.
- * Everything will be stored securely until the day.
- * Wedding items will be taken down on Friday 21st of April from 3.30pm and stored safely until picked up. Rachel will start collecting items from the **beginning of March** onwards.

All items will be labelled, but labels need to be filled in on delivery.



Please help us make this another success

KEEP THIS DATE FREE

Residents' Vintage Ball

**FRIDAY 21st April
2017**



Words of Wisdom

You don't stop having fun when you get old.....you get old when you stop having fun



Heat Stress



TIPS FOR MANAGING HEAT WAVES

At Home:

- * Wear light, loose clothing
- * Drink plenty of water and stay well hydrated
- * Turn on fans or air conditioners
- * Close blinds and curtains to help keep heat out
- * Have plenty of cold water and ice in fridge
- * Freeze ice blocks of water or juice
- * Don't forget your furry friends—bring them inside and give them plenty of water
- * Avoid strenuous activities like gardening

Going Out:

- * When possible stay indoors and in the shade
- * Limit your outdoor activities to mornings or evenings when it's cooler
- * Take a taxi rather than walk or waiting at bus stops
- * Apply sun screen generously

Community:

- * Try to visit places in the community which have air conditioning such as Tanunda Lutheran Home, the local library, shopping centres, and cinemas
- * Watch out for your neighbours

Cease activity if feeling unwell. If suffering heat cramps, massage limbs gently and apply ice packs.

If remaining unwell, seek medical advice as soon as possible.



Use a spray bottle of water on face and body or a wet towel, and have a cool shower.

Re- member to drink plenty of water.

KEEP COOL



Volunteer News

Rachel Fritz - Manager of Volunteers—8563 7775

Hello everyone! My deep & meaningful thought for you all today is: 'life is short, spend it happy'. I was thinking of this last night while watching one of my favourite events, a thunderstorm. Training ourselves to get past negative thinking is difficult at times. Some people would have seen the storm as a terrible thing, something to even be frightened of possibly. They love to complain about too much rain and the inconvenience. To me, all I could think of was the beautiful smell of the fresh rain on a hot ground, my plants being watered and the awesomeness of such a beautiful gift to us all. It all is in the way you look at it. The one big lesson I have learned in the past few years is that for every negative, there is a positive. This is true for every negative situation. Have a wonderful month ahead everyone! Rachel



- Chris Thomas 1/2
- Douglas Ramsey 2/2
- Barbara Burford 2/2
- Chris Davidson 12/2
- Sandra Young 14/2
- Ray Giersch 22/2
- Christine Vale 22/2
- Lyn Bartholomaeus 24/2
- Dianne Litterini 24/2



Monthly Morning teas



Come along and join us for a delicious morning tea & a chance to say hi!
Tuesday 7th February
10.30am
Social Centre
See you there!



Quiz time! ???

A puggle is a cross between which two dog breeds?

A pug & a beagle

New Data Base

Thanks to everyone who sent back their forms. The new data base is now up & running, but I am still entering in a few items, & getting used to the new system so I thank you for your patience.

HAVE YOU REMEMBERED TO SIGN IN & OUT?



Are you or a friend looking for something interesting and rewarding to do?

Well we need YOU!

Volunteers are needed for the hairdressers, café, escorting residents to appointments, lifestyle, library and driving the STV. If you would like to find out more, please contact Rachel Fritz who will be happy to help!

Wednesday 1st

- 10.30 One on one visits with Pam
- 10.30 One on one visits & sunshine time with Sherril
- 10.30 Gospel Goals Chapel
- 1.15 Craft with Sherril Acacia
- 1.30 Bangers and Mash Chapel
- 3.00 Sundowners with Sherril ABG

Thursday 2nd

- 10.00 & 11.00 Exercises with the physio Chapel
- 10.30 One on one visits with Pam
- 10.30 One on one visits with Sherril
- 1.15 Armchair travel with Pam Waratah
- 1.15 Reminiscing 'Happy summer days' Acacia
- 3.00 Sundowners with Sherril ABG

Friday 3rd

- 10.30 One on one visits & sunshine time with Sherril
- 10.30 One on one visits with Pam
- 11.00 Help for Living Chapel
- 1.15 Bowls with Sherril & Pam Chapel
- 1.15 Sensory activities with Sherril ABG
- 3.00 Sundowners with Sherril ABG

Happy hour served in all areas in PM activities

Saturday 4th

Sunday 5th

- 10.30 Worship service with Holy Communion Chapel

Monday 6th

- 10.15 Hymn singing Chapel
- 10.30 One on one visits & sunshine time with Sean
- 10.30 One on one visits with Sherril
- 11.00 Worship service with Holy Communion Acacia
- 1.30 Bingo with Sherril Waratah
- 1.30 Floor games with Sean ABG
- 3.00 Sundowners with Sean ABG

Tuesday 7th

- 10.00 & 11.00 Exercises with the physio Chapel
- 10.30 One on one visits with Sean
- 10.30 Sewing & knitting group with Sherril Protea
- 1.30 Bingo with Sherril Waratah
- 1.30 Crafts with Sherril Waratah lounge
- 1.30 Men's group with Sean
- 3.00 Sundowners with Sean ABG
- 3.30 Christian Meditation TC2 lounge
- 5.45 Piano Bar - John Herring TC2 lounge



**PLEASE NOTE ALL LIFESTYLE PROGRAMS
MAY BE SUBJECT TO CHANGE**

Resident Meeting

Wednesday 22nd

In the Chapel 1.15pm

*Come along & have
your say!*

Bus trip

Humbug Scrub take 2!!

(subject to weather)

**Please see lifestyle staff for
more information**



Lifestyle Program

February 2017

Wednesday 8th

- 10.30 One on one visits with Sean
10.30 One on one visits & sunshine time with Sherril
10.30 Gospel Goals Chapel
1.15 Gary Wharton Chapel
2.00 Gary Wharton ABG
1.30 Reminiscing with Sean Acacia
3.00 Sundowners with Sean ABG

Thursday 9th

- 10.00 & 11.00 Exercises with the physio Chapel
10.30 One on one visits with Sherril
10.30 One on one visits with Sean
1.15 Armchair travel Waratah
1.15 Cooking with Sherril Acacia
3.00 Sundowners with Sean ABG

Friday 10th

- 10.30 One on one visits & sunshine time with Sherril
10.30 One on one visits with Sherril
10.30 One on one visits with Sean
11.00 Help for living Chapel
1.15 Bowls with Sean Chapel
1.15 Craft with Sherril ABG
3.00 Sundowners with Sean ABG

Happy hour served in all areas in PM activities

Saturday 11th

- 10.30 Worship service with Holy Communion Chapel

Sunday 12th

- 10.15 Hymn singing Chapel
10.30 One on one visits & sunshine time with Sean
10.30 One on one visits with Sherril
11.00 Worship service with Holy Communion Acacia
1.30 Bingo with Sherril Waratah
1.30 Floor games with Sean Chapel
3.00 Sundowners with Sean ABG

Tuesday 14th

- 10.00 & 11.00 Exercises with the physio Chapel
10.30 One on one visits with Sean
10.30 Sewing & knitting group with Sherril Protea
1.30 Bingo Waratah
1.30 Craft with Sherril Waratah lounge
1.30 Men's group with Sean Chapel
3.00 Sundowners with Sean ABG
3.30 Christian Meditation TC2 lounge
5.45 Piano Bar TC 2 lounge

Wednesday 15th

- 10.30 One on one visits with Sean
10.30 One on one visits & sunshine time with Sherril
10.30 Gospel Goals Chapel
1.15 JD fashions Chapel
1.15 Quizzes with Sherril Chapel
1.30 Reminiscing with Sean Acacia
3.00 Sundowners with Sean ABG

Thursday 16th

- 10.00 & 11.00 Exercises with the physio Chapel
10.30 One on one visits with Sherril
10.30 One on one visits with Sean
1.15 Armchair travel Waratah
1.15 Ladies' group with Sherril Acacia
3.00 Sundowners with Sean

Friday 17th

- 10.30 One on one visits & sunshine time with Sherril
10.30 One on one visits with Sean
11.00 Help for Living Chapel
1.15 Bowls with Sean Chapel
1.15 Cooking & reminiscing with Sherril ABG
3.00 Sundowners with Sean ABG

Happy hour served in all areas in PM activities

Saturday 18th



Join Sean for Armchair Travel
Every Thursday in Waratah
lounge room...you never know
where you'll go!

**JD
Fashions
Wednesday
15th
February
In the
Chapel**



REMEMBER Afternoon Lifestyle
Programs may now commence at 1.15pm
Instead of 1.30pm unless stated.
Kind Regards, The Lifestyle Team.

Sunday 19th

10.30 Worship service with Holy Communion Chapel

Monday 20th

10.15 Hymn singing Chapel

10.30 One on one visits & sunshine time with Sean

10.30 One on one visits with Sherril

11.00 Worship service with Holy Communion Acacia

1.30 Bingo with Sherril Waratah

1.30 Floor games with Sean Chapel

3.00 Sundowners with Sean ABG

Tuesday 21st 'Rio Carnival!' Cultural Day

10.00 & 11.00 Exercises with the physio Chapel

10.30 One on one visits Sean

10.30 Sewing & knitting group with Sherril Protea

1.30 Bingo Waratah

1.30 Ladies' group with Sherril Waratah lounge

1.30 Rio fun and games with Sean Chapel

3.00 Sundowners with Sean ABG

3.30 Christian Meditation TC2 lounge

5.45 Piano Bar TC 2 lounge

Wednesday 22nd

10.30 One on one visits with Sean

10.30 One on one visits & sunshine time with Sherril

10.30 Gospel Goals Chapel

1.15 Special guest Heather Marion recital Chapel

1.45 Name that tune! with Sean Acacia

3.00 Sundowners with Sean ABG

Thursday 23rd

10.00 & 11.00 Exercises with the physio Chapel

10.30 One on one visits with Sherril

10.30 One on one visits with Sean

1.15 Armchair travel Waratah

1.15 Bus trip (subject to weather)

3.00 Sundowners with Sean ABG

Friday 24th

10.30 One on one visits & sunshine time with Sherril

10.30 One on one visits with Sean

11.00 Help for Living Chapel

1.15 Bowls with Sean Chapel

1.15 Craft with Sherril ABG

3.00 Sundowners with Sean ABG

Happy hour served in all areas in PM activities



**RIO CARNIVAL
CULTURAL DAY
TUESDAY 21ST FEBRUARY**

**Please note the Lifestyle program
may be subject to change**

Saturday 25th

Sunday 26th

10.30 Worship service with Holy Communion Chapel

Monday 27th

10.15 Hymn singing Chapel

10.30 One on one visits & sunshine time with Sean

10.30 One on one visits with Sherril

11.00 Worship service with Holy Communion Acacia

1.30 Bingo with Sherril Waratah

1.30 Floor games with Sean Chapel

3.00 Sundowners with Sean ABG

Tuesday 28th

10.00 & 11.00 Exercise with the physio Chapel

10.30 One on one visits with Sean

10.30 Sewing & knitting group with Sherril Protea

1.30 Bingo Waratah

1.30 Ladies' group with Sherril Waratah lounge

1.30 George Davies ABG

3.00 Sundowners with Sean ABG

3.30 Christian Meditation TC2 lounge

5.45 Piano Bar TC2 lounge

Bangers & Mash

Wednesday 1st February in the chapel

