



Lutheran Homes Barossa

TIT TAT June 2024

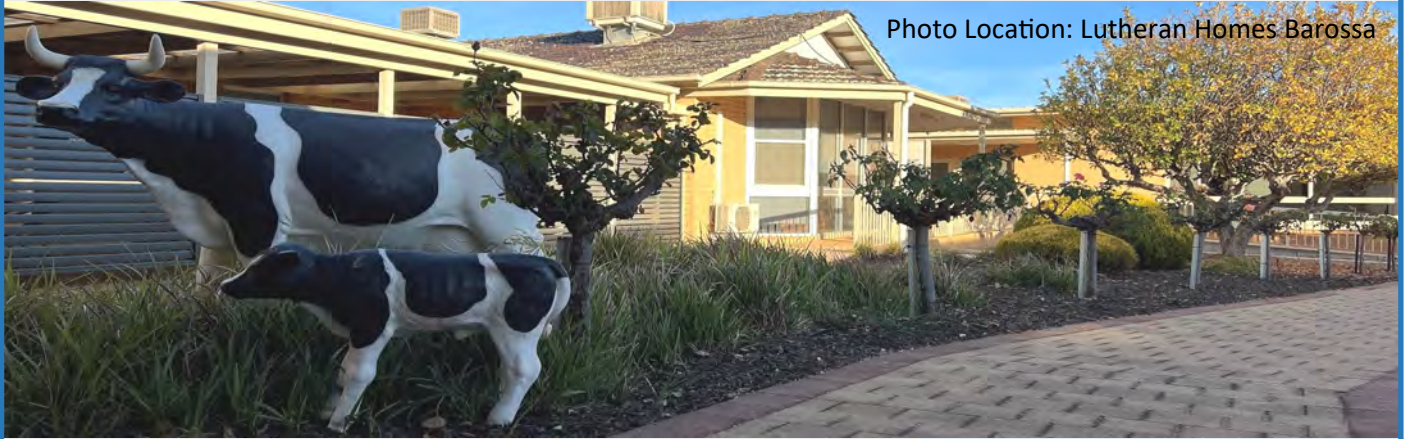


Photo Location: Lutheran Homes Barossa

Message from the Chaplain — Ian Lutze

Let it rain, Let it pour...



I believe this is the most rain-challenged year I've experienced in the time I've been driving up to the Barossa for work. And I don't like it. But at least my livelihood doesn't rely directly on timely rain. And perhaps by the time this Tit Tat has been distributed, good rain will have arrived and everybody will be feeling more relaxed.

Residents in aged care don't need to worry about the rain so much anymore. But many do, on behalf of children or grandchildren on the land or dependent on businesses associated with farming. A drought also brings up old memories for some people. It is good to talk about the things that worry us, and to pray about these things too. More about that in a moment.

As I was writing this, my favourite charity reminded me of a flood in Kenya, which recently killed over 200 people and displaced 40,000 people. A drought is surely a gentler occurrence in the short term. The song "Let it rain, let it pour" (David Nail) seems to portray excess rain as more of a punishment than excess sunny days!

We sometimes pray for rain. Do we believe our prayers make a difference? Prayer is an act of faith, in which we turn to God, because God is big and powerful on a scale of the big powerful weather systems. The Psalms talk about God the Creator being Lord of the weather. Matthew says "He sends rain on the just and the unjust" (5:45). Our scientific world view may affect our expectations around an 'answer' to prayer. But still we pray, because it's good for the soul and we feel connected with God. The best answer to the question of 'Why pray?' is 'Why not?' It'll rain one day. May we be wiser for the waiting.



The Home is a Christian Community where, in a family environment, Residents and Staff provide mutual care.

Jesus Christ said:

"Love one another as I have loved you"

John 13:34



27 Bridge Street, Tanunda SA 5352

- ★ Phone : (08) 8563 7777
- ★ Fax : (08) 8563 7799
- ★ Email : info@tlhome.com.au
- ★ Website : www.tlhome.com.au
- ★ Facebook : Lutheran Homes Barossa



**Lutheran Church
of Australia**

Welcome
NEW RESIDENTS

Respite

Jean Mills

Permanent

John Miegel

Jeanette Muir

Alex Muir

**JUNE BIRTHDAY
CELEBRATIONS**

- 
- 6th Barbara Grear
 - 6th Roma Zeunert
 - 8th Grant Kohlhagen
 - 9th Dorcas Kernich
 - 11th Ken Fyfe
 - 17th Wilf Fechner
 - 19th Alex Muir
 - 20th Betty Tisher
 - 22nd Ruth Rathjen
 - 25th Trevor Frost
 - 26th Jan Schupelius
 - 26th Phil Siegele
 - 27th Ella Larwood
 - 27th Brian Selwood
 - 27th Gaynor Green
 - 29th Perce Drummond
 - 30th Janice Baker
 - 30th Barb White

Happy Birthday!

JULY TIT TAT

The deadline for all : News/Information/
Stories is Tuesday 25th June 2024.

Email: kasey.welch@tlhome.com.au

HAHA

*You know it's a cold day
when your teeth start
chattering and they're still
on the nightstand.*

*Does shivering count
as exercise?*

HAHA

- Wednesday 5th June
- Wednesday 12th June
- Wednesday 19th June
- Wednesday 26th June

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 -



**10th
JUNE**

**PUBLIC
HOLIDAY**
KINGS BIRTHDAY

The Administration Office and Entrance will be
closed on Monday 10th June due to the
King's Birthday 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.**

FROM THE CEO

Lee Martin



When writing this article, I reflect that it has not rained for so long. According to the media it is the driest Autumn for 100 years. Does anyone know a good rain dance? The countryside is so dry. Winter is not far away so hopefully we will receive some rain soon.

I do hope you are all enjoying the football this year - what a start the Crows have had! Yes, the Power are doing well too. Great to see some good results in the Football Tipping competition – well done to those who know more about football than I do.

Well, we have now had the Federal Budget 2024 handed down and there were no real surprises. There has been funding allocated to pay the aged care staff their increased wages that were approved by the Fair Work Commission. Other funding was provided to ensure IT processes were developed to assist the government and aged care operators to share data and results. Unfortunately, there was no support to the previous work on dealing with the major issues of the aged care sector. It was interesting last month that there was a hint we may go to a Federal Election early next year. Here we go again.

As a result of the continued discussions occurring in regards the New Aged Care Act and new Aged Care Standards, the government has decided to postpone the introduction until June 2025. This is good news for us, as it gives us more time to prepare and revise policies and procedures. Over the coming weeks, we will be rewriting our policies to reflect the basis of the New Aged Care Act – “person centered care”. This will mean we will need to clearly show that the needs of the residents are clearly given priority in all we do. To all those reading this article, please feel free to make requests to ensure you are meeting your needs, lifestyle and wellbeing. We are here to ensure you are comfortable in every way. We do have the feedback and suggestions forms to let us know if there’s a problem or a better way of doing things.

All our major projects are doing very well and are on track. The Angaston Retirement Living project has finally received Council Planning approval. We are hoping we will commence construction later in the year. Sales for the Nuriootpa Retirement Living site are doing extremely well and completion of stage three is planned for October 2024. It is hoped that stage four will then commence early in 2025. Just a little number to show what has been achieved over the past five or six years – Lutheran Homes Barossa has constructed over 40 new retirement living units/houses in the region. We still have another 30 units/houses to be built over the next couple of years. We are doing our bit to assist in the housing crisis.



QUALITY INFORMATION



Sharon Berridge - Executive Care Manager

Lisa Morrison - Clinical Nurse Consultant



Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator

HOME UPDATES:

We currently have several services which come onto the LHB site to see residents for Hearing, Optometry and Dental care.

Current clients of Ron Kendall (Tanunda) and Bloom Hearing (Nuriootpa) can be seen at LHB by arrangement, these visits are usually arranged by the audiologist.

Bloom Hearing are happy to take on new clients or transfer clients from other services if an on-site visit is preferred.

Blackforest Optometry will come on site Thursday 11th of July 2024, and they need a minimum of 5 clients. Please see Lisa Morrison CNC for details and to be added to the list. Collect a consent form, and complete and return by 4th of July to ensure you will be seen.

Australian Dental Foundation come out every 6 months for existing clients. If anyone is wanting a dental check-up on site, please see Lisa Morrison CNC to be added to the list. Next visit is due around September 2024.

Please see Lisa Morrison for **all consent forms** and ensure they are returned by the due date.

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During May, LHB received compliments about Care (2) Cleaning (0) Environment (1) Food & Beverages (4), Laundry (0) Lifestyle (2), Maintenance (1) , Management & Communication (0) Wellbeing (0) and Other (2)

During May, we received complaints about Care (1), Food & Beverages (0), Lifestyle (0), Maintenance (0), Environment (0) Management & Communication, Wellbeing (0) and Other (2) and a total of (6) Suggestions.

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





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:

Sharon Berridge, Core Manager
Phone: 08 8563 7757 or Email: sharon.berridge@lthome.com.au
Rachel Strudwick, Operations Manager
Phone: 08 8563 7771 or Email: rachel.strudwick@lthome.com.au
Ameya Bhiskute, Finance Controller
Phone: 08 8563 7766 or Email: ameya.bhiskute@lthome.com.au
Cindy Penn, Home Care Manager
Phone: 08 8563 7709 or Email: cindy.penn@lthome.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 9619, In Your Capital City

Share your Experience

TLH support's your right to share compliments, suggestions, concerns or to make a complaint.

We welcome feedback and complaints as part of our commitment to provide a high-quality service.

Share the things we are doing well; We appreciate hearing from you.

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, or alternatively direct your feedback to one of the key personnel listed below:

Executive Care Manager – Sharon Berridge
(Including Clinical, Allied Health and Lifestyle) sharon.berridge@lthome.com.au or Ph: 8563 7757

Executive Operations Manager – Rachel Strudwick
(Including Catering, Food Service, House Keeping, Maintenance, RTW and Administration) rachel.strudwick@lthome.com.au or Ph: 8563 7771

Executive Financial Controller – Ameya Bhiskute
(Including, Fees / Bonds And Accommodation) ameya.bhiskute@lthome.com.au or Ph: 8563 7768

Executive Home Care Manager – Cindy Penn
(Including CHSP And Home Care) cindy.penn@lthome.com.au or Ph: 8563 7709

MAIN RECEPTION

8563 7777

RETIREMENT LIVING OFFICE

8563 7784

REGISTERED NURSE

8563 7712



ENROLLED NURSES

PROTEA - 8563 7710

WARATAH - 8563 7714

TRINITY COURT - 8563 7718

ABGO - 8563 7705

CONNECT ON OUR SOCIALS

Facebook: Lutheran Homes Barossa

Instagram: lutheranhomesbarossa

retirement_living_barossa

Website: lthome.com.au





E.M.P.L.O.Y.E.E Of The Month



FEBRUARY

Carol Winter
ENROLLED NURSE

Philanthropy



SPECIAL BIRTHDAY CELEBRATIONS

Sarah Jean Fitzgerald celebrated turning 102 on the 10th of May 2024

Congratulations!



Robot Update



The robot project continues with a few minor hiccups. With all new technology, there are some development problems that need to be addressed. The original Robbie is still being repaired and will be back soon with upgraded software. The Abi robot is planned to arrive over the coming weeks for further trials and development.

In this photo, we have Poppy our Café Assistant Robot on her way to deliver orders from the Courtyard Café. Poppy is always happy playing her tunes while delivering morning coffees, lunch or snacks to offices and main areas around the home.



International Nurses Day - 12th May

To our amazing Nurses, we thank each and every one of you for your compassion, dedication and commitment to our Residents, their families, and the wider community. We are also thankful for our wonderful Personal Carer Workers that work closely with our Nurses. #IND2024

RESIDENT IN FOCUS

Ken Fyfe - Waratah

Interview was proudly conducted by Faith Lutheran Student, Lacey.

Ken, born in England in 1928 is currently 95 years old. He grew up in Newcastle, England before moving to Australia nearly 50 years ago. Ken has 2 siblings, a brother who is 20 years younger and currently living in the Philippines, and a sister who lives in England. Ken was a good student at school and growing up, wanted to be an architect. Throughout Ken's life, he has worked many jobs. Some of these include office job at a brick factory, a police officer on a passenger ship travelling between New York and Bermuda, and making tyres. Ken also joined the Royal Navy at 17.5 years old, however, he did not enjoy it. Ken has been to many countries and whilst living in Canada, he lost his pointer finger on his right hand in a packaging machine where he worked. He has also been to the West Indies, Jamaica, South Africa, Hong Kong, Germany, and his favourite place he's travelled to is the Bahamas. Kens hobbies growing up was collecting foreign stamps and playing cowboys and Indians, whereas today he enjoys writing poetry and listening to music. Ken's advice to the younger generation is to go to school and finish school.



WHAT'S HAPPENING IN JUNE

RESIDENTS MEETINGS

THURSDAY 6TH OF JUNE 1.30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US

CARD MAKING WITH IRENE
AND FRIENDS
THURSDAY 6th of June
in Protea from 10am

Kings Birthday
Public Holiday
Monday the
10th of June



SPECIAL ANNOUNCEMENT

THE MOBILE CAFÉ TROLLEY WILL
NOW BE VISITING ON A MONDAY
MORNING FROM 10AM.
PLEASE LET THE STAFF KNOW IF
YOU WOULD LIKE TO BE VISITED.

The General Store

Located in ABGO, the store is open
every Wednesday from 10am-2pm.
See the lifestyle staff if you would
like a visit.



Host - Lutheran Homes Barossa

Where - Gramp Chapel

Date - 14/07/2024

Time - 10am to 11am

Details - Come down to the Chapel,
have a cuppa and a cake, and help
raise some funds for Cancer.

RSVP by - 07/07/2024

Phone - 8563 7777



CONCERT
Bronny Rees
Monday the 24th in
the Chapel at 1.30pm

To book an appointment with Belinda Treloar you can contact the Executive Assistant by

Email: britany.mickan@tlhome.com.au or
Ph: 8563 7733

You can also contact The Aged Care Quality & Safety Commissioner on 1800 951 822 or National Aged Care Advocacy Line on 1800 700 600 - if you prefer not to raise your concerns with management.



Please return this form to the Customer Service Coordinator at Tanunda Lutheran Home via any of the drop boxes located through-out the home or drop of at reception, alternatively you can post

to
Tanunda Lutheran Home
Attn: Customer Service Coordinator
27 Bridge Street TANUNDA SA 5352

We welcome feedback

This form gives you the opportunity to "Share Your Experience" about the service Tanunda Lutheran Home provides.

We value all your feedback (both positive and negative) as it assists us, as we strive for best practice.

This form may be filled in by anyone: residents, relatives, independent living residents, CHSP clients, friends or staff.

Please feel free to ask staff to assist you to complete the form if required. There will be no reprisal in connection with comments.

The Manager will acknowledge receipt of this form and after any necessary investigations and consultation you will be informed of the results either in person or by letter if you have indicated so.

All the comments are forwarded to Belinda Treloar (Customer Service Coordinator) who coordinates the comment process and will ensure the correct person is notified of your comment.

You can contact Belinda directly via email at belinda.treloar@tlhome.com.au

Share Your Experience



Comment Makers Information

By providing your details it ensures that we are able to contact you and inform you, of any and all outcomes from your feedback.

Name: _____

Contact Number: _____

Email: _____

Address: _____

On Behalf of: _____

If you have provided your details but wish to remain anonymous please tick the box

OFFICE USE ONLY

Date Received: _____ CCS Log No: # _____

Comment Maker Acknowledged: Yes/No

Phone Letter Email In Person Newsletter
Comment forwarded to Department Leader:

CI Required? Yes/No

Was the outcome satisfactory: Yes/No N/A

Closure Date: _____

Follow Up: Yes/No N/A
3 Months 6 Months
9 Months Other: _____

Resident Relative Staff IL Resident CHSP Client Other: _____

Comment Compliment Complaint Suggestion Date: ___/___/___

Comments / Details:

Would you like to discuss this issue with the relevant leadership team member? Yes/No

Do you have any suggestions of how we can improve the services provided?

*Thank you for being apart of our TLH family, our people are our greatest strength,
we appreciate your comment.*





VOLUNTEER NEWS

Belinda Treloar;
Customer Service, Volunteer
& Leisure Coordinator



VOLUNTEERING AT LHB

If you would like to become a volunteer at LHB, please either send me an email at belinda.treloar@tlhome.com.au or you can call reception.

Happy Birthday

To all our wonderful volunteers for the month of June,
Many happy returns.



Happy June,

A big thank you to everyone that came and celebrated volunteer appreciation week with us. It was lovely to see so many of you. I hope you were able to enjoy the time to chat and connect with each other. Did you spot the singing in the chapel volunteers in the paper? If you missed it, we have included some of it below. Thank you again for an amazing month and we will see what June brings.— Belinda

SINGING IN THE CHAPEL

Helen Phillips and Glenis Kupke are dedicated volunteers to LHB, who are the maestros behind this beautiful symphony, bringing joy and harmony to the residents through the timeless tunes of their Clavinova. The unofficial leaders of the group are Melva and Trevor Ratsch, who have been part of the Lutheran Homes Barossa family since 2007.

The program is one of the more popular activities in the

home, bringing residents and families together. One of the benefits Melva shared was getting to know the residents on a personal level. “You get to share a joke and have a laugh with them” she said. “The amount of times we hear the residents say they can’t sing, I will always respond with, yes but you can listen. You would then see them singing along a few moments later”.

Trevor, Melva and Ira Zeunert share the role of running the program, mixing music with uplifting messages. For Helen and Glenis, volunteering at LHB isn’t just about playing the Clavinova – it is about forging connections and brightening the lives of those they encounter.

“Music has this incredible power to uplift spirits and evoke cherished memories” they said. “Being able to share that gift with the residents here brings us immense joy”. For some, it is a trip down memory lane connecting with religious hymns, as they reminisce about the days gone by with familiar tunes and melodies that have a way of transporting residents to happier times, even if just for a moment.

The staff at LHB speak highly of volunteers’ contributions, the positive atmosphere they provide to the residents and the profound impact that simple acts of kindness have on people’s lives.

In a world often filled with noise and chaos, singing in the Chapel stands as a beacon of life, love and harmony, bringing light to the lives of those who need it most.



RESIDENTIAL ACTIVITIES ABGO



Congratulations to ABGO residents Vic and Joyce Lehmann who celebrated their 70th Wedding anniversary with family on the 15th of May.



This month, ABGO residents enjoyed engaging in Music to Music and Mother's Day Art and Craft with some much appreciated pampering to celebrate.



FOOTY TIPPING COMPETITION

NEIGHBOURHOOD LEADERS



ABGO	Pat Rohrlach	69
TRINITY	Betty Tisher	56
PROTEA	Eileen Ingham	72
WARATAH	Keith Mickan	69



Scores correct as of the 30/5

RESIDENTIAL ACTIVITIES



This month, residents from Trinity Court, Protea and Waratah have been busy with lots of fun and games. Some of the highlights were Coffee and Chat focusing on history month and Mother's Day art and craft. The games especially let our competitive side run wild. We even managed to capture the sun in our Walking Group.



CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM

JOIN US



Lutheran Homes Barossa
27 Bridge Street Tanunda SA 5352
(located in the main building)

...join us at Barossa Club Connections

High quality services tailored to your individual needs, delivered by a team you can trust
...love your independent life

Allied Health & Therapy Services

Exciting services are happening now!



Group Physiotherapy Exercise Classes—Held in the LHB Gym

The Gym includes:

A range of weights, static bike, treadmill, step ladder and balance bars.

Hand Wax Bath Therapy— Experience the soothing comfort

If you suffer from hand pain or arthritis, Hand Wax Therapy can provide welcome relief. The gentle heat from the wax soothes aching joints and muscles, reducing discomfort and increasing mobility.

Better Balance—Falls Prevention Program

Discover a healthier, more confident you with our Better Body Balance classes, led by experienced physiotherapists. These specialized sessions are designed to enhance your fitness, boost strength, and significantly improve your balance, reducing the risk of falls.

Private
Session
Available

Individual Physiotherapy

- Rehabilitation—Post Injury
- Personal Fitness programs
- Pain reduction Massage



CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



Mothers Day was celebrated big in the Barossa Club Connections with a very special day of High Tea and Pampering dedicated to all the ladies in the club. We had some wonderful door prizes and winners who went home with plenty of gifts.



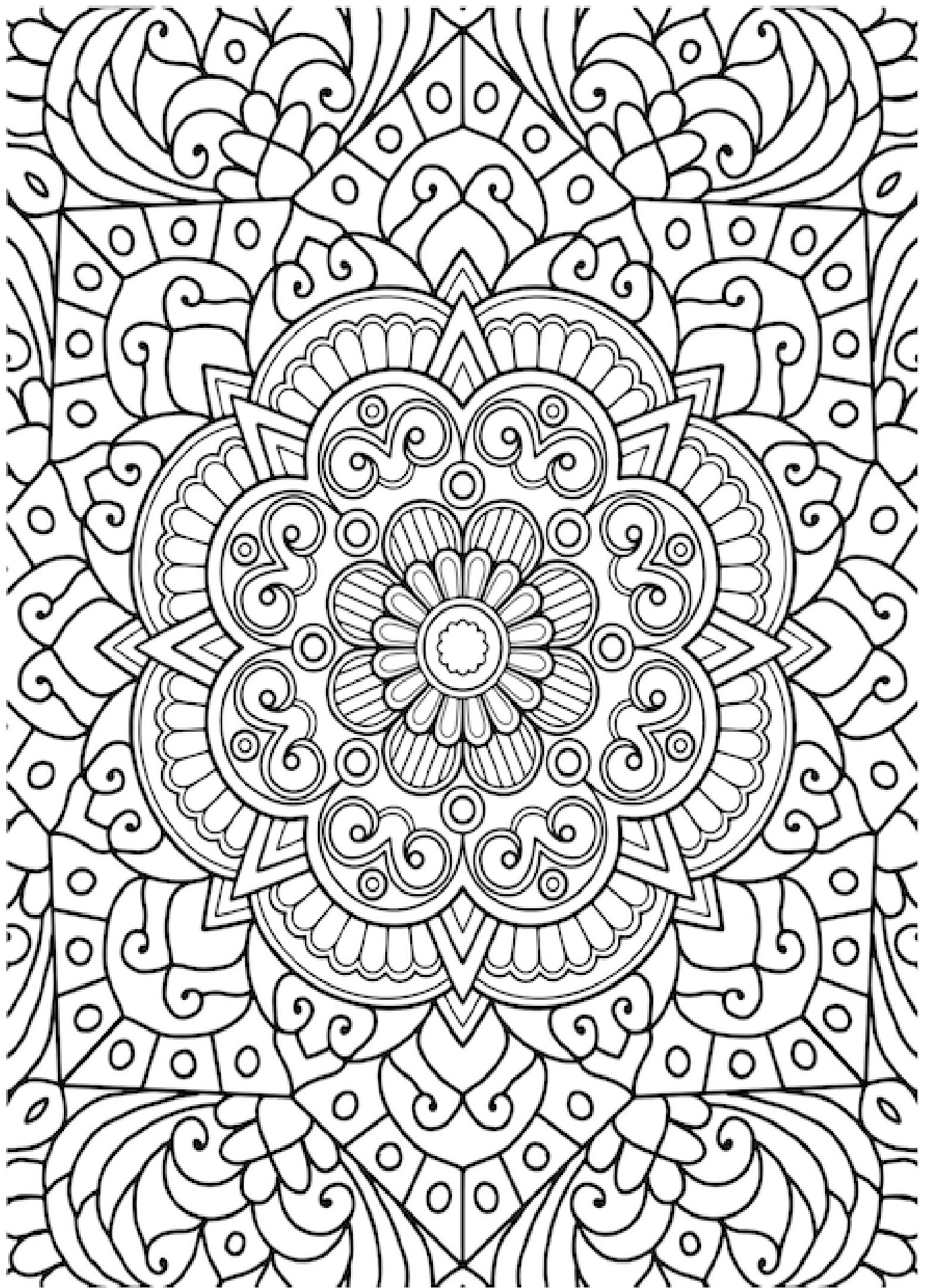
A big thankyou to Chris Thomas and Lena Rogers for all their hard work in making their warm winter woollies for sale, with all their donations going back into the home. They are available to purchase at reception but get in quick!

We've had some club chefs in the kitchen this month, creating some lovely home made pasta which was eaten by the members for lunch.



CHSP Clients, Club Members and Retirement Living Residents were able to attend the Let's Talk Seniors Health session this month, and have the chance to chat with the student doctors in regards to their health. Guest speaker and LHB Board Member, Judy McDonald presented a wonderful talk and we thank them all for their time.





Winter Crossword Puzzle Answers: 1. FROST, 2. THUNDER, 3. UMBRELLA, 4. MELT, 5. LIGHTNING,
6. TEMPERATURE, 7. ICE, 8. HEATER, 9. BLANKET, 10. HAIL, 11. SHIVER

ACTIVITY PROGRAM

Saturday 1st

1:30 Rap Ball	ABGO
3:00 Hoy	ABGO
4:00 1x1	ABGO

Sunday 2nd

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

Monday 3rd

From 10am CAFÉ' SHOP TROLLEY	
10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Knock'em Down	TC / Protea
1:30 Memory Game	Waratah
3:00 Art & Craft	ABGO

Tuesday 4th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Carpet Bowls—All Areas	Chapel
3:00 Interactive Table	ABGO

Wednesday 5th - General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Tit Tat Reading	ABGO
11:00 Waratah Service	Waratah
1:30 Arm Chair Exercises	ABGO
1:30 Art and Craft	TC / Protea
1:30 Pampering	Waratah
2:15 Armchair exercise	ABGO
3:00 Word Games	ABGO

Thursday 6th

10:00 Card Making with Irene and Friends	Protea
10:30 Table Games / Puzzles	ABGO
10:30 Movers and Groovers	Chapel
1:30 Bean Bag Toss	ABGO
1:30 Residents Meeting	Chapel
3:00 Bingo	ABGO

Friday 7th

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
11:00 Chapel Service	Chapel
1:30 Dart Ball	ABGO
1:30 Bingo	Chapel
3:00 Quiz / Trivia	ABGO

Saturday 8th

1:30 Balloon Tennis	ABGO
3:00 Word Games	ABGO
4:00 1x1	ABGO

Sunday 9th

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

Monday 10th

Kings Birthday Public Holiday



Tuesday 11th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Ping Pong	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Word Games	TC / Protea
1:30 Bean Bag Toss	Waratah
2:00 Sing Along with Doug	ABGO
3:00 Interactive Table	ABGO

Wednesday 12th - General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Current Affairs	ABGO
11:00 Waratah Service	Waratah
1:15 June in Focus	ABGO
1:30 Armchair exercise	ABGO
1:30 Pampering	TC / Protea
1:30 Art and Craft	Waratah
2:00 Armchair exercise	ABGO
3:30 Word Games	ABGO

Thursday 13th

10:30 Quoits	ABGO
10:30 Faith Jr School	Chapel
1:30 Bingo	ABGO
1:30 Balloon Tennis/Parachute - All Areas	Chapel
3:00 Pet Therapy	ABGO

Friday 14th

From 9am TLH LIBRARY OPEN	TC
10:30 Gardening Group / Walking Group	ABGO
10:00 Biggest Morning Tea Fundraiser	Chapel



Join us in the Chapel

Bring your gold coins

Help raise funds for Cancer

1:30 Parachute Game	ABGO
1:30 Bingo	Chapel
3:00 Reminiscing	ABGO

Saturday 15th

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

Sunday 16th

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

Monday 17th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Singing in the Chapel	Protea
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Memory Game	TC / Protea
1:30 Knock'em Down	Waratah
3:00 Art & Craft	ABGO

Tuesday 18th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Ten Pin Bowling	TC / Protea
1:30 Tunnel Ball	Waratah
3:00 Interactive Table	ABGO

Wednesday 19th- General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Bottle Top Sorting	Waratah
10:30 On this Day	ABGO
1:30 Armchair exercise	ABGO
1:30 Wheel Of Fortune	TC / Protea
1:30 Water Ping Pong	Waratah
3:00 What's in the bag?	ABGO

Thursday 20th

10:30 Table Games / Puzzles	ABGO
10:30 Movers and Groovers	Chapel
1:30 Bean Bag Toss	ABGO
1:30 Billiard Bowls	TC / Protea
1:30 Dart Ball	Waratah
3:00 Bingo	ABGO

Friday 21st

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
1:30 Tunnel Ball	ABGO
1:30 Bingo	Chapel
3:00 Coffee & Chat	ABGO

Saturday 22nd

1:30 Balloon Tennis	ABGO
3:00 Word Games	ABGO
4:00 1x1's	ABGO

Sunday 23rd

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

Monday 24th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 CONCERT — Bronny Rees	Chapel
3:00 Art & Craft	ABGO



Tuesday 25th

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Ping Pong	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Tunnel Ball	TC / Protea
1:30 Ten Pin Bowling	Waratah
3:00 Interactive Table	ABGO

Wednesday 26th - General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Bottle Top Sorting	Waratah
10:30 Current Affairs	ABGO
1:30 Armchair exercise	ABGO
1:30 Water Ping Pong	Chapel
1:30 Wheel Of Fortune	Waratah
3:00 Word Games	ABGO

Thursday 27th

10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Bingo	ABGO
1:30 Dart Ball	TC / Protea
1:30 Billiard Bowls	Waratah
3:00 Pet Therapy	ABGO

Friday 28th

From 9am TLH LIBRARY OPEN	TC
10:30 Gardening Group / Walking Group	ABGO
10:30 Hoy	Waratah
1:30 Parachute Game	ABGO
1:30 Bingo	Chapel
3:30 Reminiscing	ABGO

Saturday 29th

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

Sunday 30th

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

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

THE GENERAL STORE



Open Wednesdays 10am-2pm
Bookings available (located in ABGO)

COURTYARD CAFE



Open Monday to Friday 9am – 3pm
Café Trolley Monday Morning from 10am
Closed Public Holidays

LHB LIBRARY



LHB Library is located in TC Level 1,
Open Wednesday & Friday 9am -12noon.
Stocking a wide range of books (large print), magazines, DVD's & puzzles.

LHB HAIR SALON



Open Tuesday, Thursday and Friday
For appointments please phone
Nicky on 0422 492 682 or EXT 750

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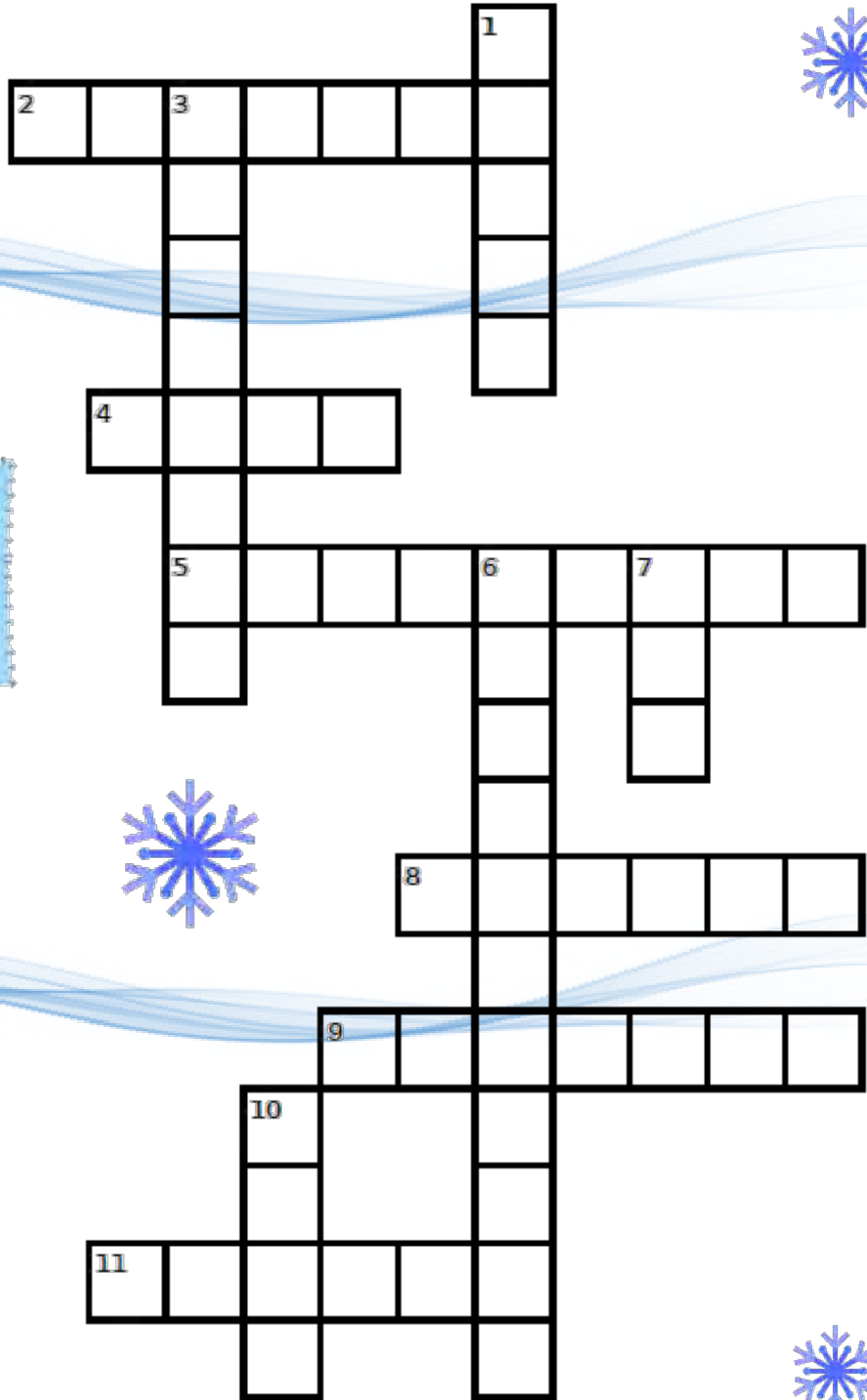
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Down:

- 1. Thick water vapor that makes it hard to see.
- 3. A circular shaped cloth on a frame supported by a central pole, used as protection against rain.
- 6. A standardized measure of how hot or cold it is outside.
- 7. A solid form of frozen water.
- 10. Pieces of ice falling from the sky.

Across:

- 2. A loud rumbling or crashing noise heard after a lightning flash.
- 4. The process by which snow or ice changes to water.
- 5. A giant spark of electricity in the atmosphere between clouds, the air, or the ground.
- 8. A device for warming the air.
- 9. A large piece of material used to cover yourself for warmth.
- 11. To shake slightly because you are cold.

ANSWERS ON PAGE 16