



# Lutheran Homes Barossa

# TIT TAT July 2024



Photo Location: Melba's Chocolates Barossa Valley, Angaston

## Message from the Chaplain — Ian Lutze

### *Welcome Winter*



Winter is a beautiful time of the year, worth enjoying however you're able, with winter reds, port, roasts, warm fires, and even Christmas in July. Yes, we've just marked the solstice, sometimes in creative ways. Bonfire nights, medieval parades... My old physics teacher even built a drystone 'henge', where a tiny gap in the wall allows the sun to shine in for just that one day in the year.

But Christmas in July? Sure, we love Christmas, but is this yet another American tradition imposed on us to loosen our wallets? Funny how the North Carolinian girls created Christmas in July, in a hot time of year way back in 1933. Perhaps one of them had experienced an Aussie Christmas! They were sick of the snow and cold, the very things we covet.

A question in residents' spiritual and cultural assessments asks what festivals and holidays are most meaningful to them. Most residents say Christmas and Easter. A conversation with your loved one on this matter may uncover surprises. I mean, sure, Christmas and Easter, and even Anzac Day, have the best back stories. But just like those girls in 1933, so our society is searching for new traditions as the old ones become a bit stale. Halloween, St Valentines' Day, Winter Solstice, Christmas in July all feel a little more exciting because of their pagan feeling rather than their Christian roots. That's how our society is changing.

It's probably a both-and thing. Christmas and Easter will always be with us, and the challenge is to make these celebrations creative and the true meanings available to everybody. But we can also have fun with any festival we like. Christmas in July is almost 100 years old now. All my ladies' fellowships loved it. Not to mention St Valentine's Day. And Black Friday... Look up the meaning of that one!! Stay warm and enjoy.

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](mailto:info@tlhome.com.au)
- ★ Website : [www.tlhome.com.au](http://www.tlhome.com.au)
- ★ Facebook : Lutheran Homes Barossa



**Lutheran Church  
of Australia**

*Welcome*  
**NEW RESIDENTS**

**Respite**

Doug Paterson

Merle Havelberg

**JULY BIRTHDAY  
CELEBRATIONS**

6th Lorna Bosenberg

6th Joan Minge

18th Irene Golding

24th Elmore Zeunert

24th Noeline Smithson

27th Mina Anderson

27th Elizabeth Hussey

30th Ros Whiteford

31st Kathleen Rochford

*Happy Birthday!*

**IN LOVING MEMORY OF**

Our deepest sympathy to the families of

*Ian Hausler*

*6th June*

*Graham Bruhn*

*7th June*

*Eileen Hueppauff*

*11th June*

*Ronald Letch*

*15th June*

*Victor Lehmann*

*19th June*

*Ernest Alderslade*

*20th June*

*May they rest in peace ...*



**AUGUST TIT TAT**

The deadline for all : News/Information/  
Stories is **Friday 26th July 2024.**

Email: [kasey.welch@tlhome.com.au](mailto:kasey.welch@tlhome.com.au)

Wednesday 3rd July

Wednesday 10th July

Wednesday 17th July

Wednesday 24th July

Wednesday 31st July

**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 -



**Friday 19th July 2024**

Residents, Staff and Visitors are  
encouraged to wear their favourite  
pyjamas for the day!

Gold Coin Donations to The Pyjama  
Foundation can be  
made at reception.



# FROM THE CEO

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## Lee Martin

Well winter is here but where is the rain. At the writing of this article, it's cold but so dry. I feel for those trying to produce the next crop. I do hope everyone is keeping warm.

As I'm sure you all know I'm a Crows supporter. Well, my faith in the team is starting to fade as we continue to lose games. I watch all the excuses played out in the media blaming all sorts of reasons why they're not winning. I hold hope that next year will be better.

Well, it is the end of year for tax time. There is a lot of work happening behind the scenes to ensure we meet reporting deadlines and have next year's budget approved. Please be assured that the budget has been established to meet the needs of the business – providing care, nourishment and socialisation support to our residents. Oh, and the staff get paid too at the new rates of pay when finalised by government processes.

Over the coming weeks, residents and staff will be introduced to a new Nurse Call system. The benefit of the system is that all staff will be issued handheld devices that accept calls from residents. The staff will have access to documentation on their device to assist them in confirming the resident's care. Other new software will be introduced along the way to improve resident care, safety and documentation. There're staff improvements too. By having the handheld device – like a mobile phone – they will be able to react to resident calls more quickly, be able to check resident care plans and call other staff for assistance as necessary.

Other new software is being introduced to ensure the finance and payroll systems meet current accounting regulations and are easier used to produce all the reports now needed. Feel free to ask questions about the future changes as they occur.

It's good to see we have again survived a COVID outbreak. There is still some issues about but all in all we did well to contain it for the 16 odd residents and a number of our staff. Please be very aware that we are just entering winter, there is sure to be more winter flu or COVID in and about the local community.



**“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.”**



# 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.

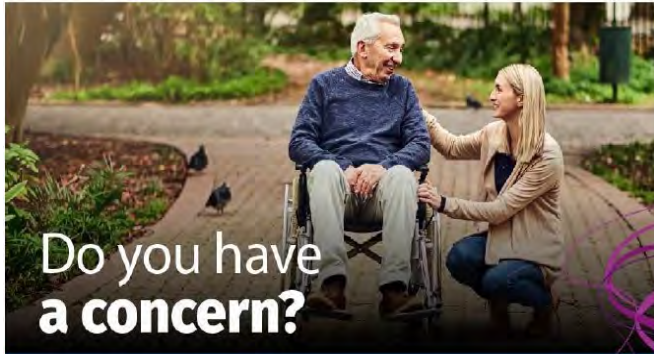
## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During June, LHB received compliments about Care (4), Cleaning (2), Environment (0), Food & Beverages (4), Laundry (1), Lifestyle (3), Maintenance (0), Management & Communication (0), Wellbeing (0), Barossa Club Connections (3) and Other (0).

During June, we received complaints about Care (2), Food & Beverages (3), Lifestyle (0), Maintenance (0), Environment (2), Management & Communication (0), Wellbeing (0), Laundry (1), and Other (0), and a total of (1) Suggestion.

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, Care Manager**  
Phone: 08 8563 7757 or Email: [sharon.berridge@lthome.com.au](mailto:sharon.berridge@lthome.com.au)  
**Rachel Strudwick, Operations Manager**  
Phone: 08 8563 7771 or Email: [rachel.strudwick@lthome.com.au](mailto:rachel.strudwick@lthome.com.au)  
**Ameya Bhiskute, Finance Controller**  
Phone: 08 8563 7768 or Email: [ameya.bhiskute@lthome.com.au](mailto:ameya.bhiskute@lthome.com.au)  
**Cindy Penn, Home Care Manager**  
Phone: 08 8563 7709 or Email: [cindy.penn@lthome.com.au](mailto: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](http://agedcarequality.gov.au) for more information

Phone  
1800 951 822

Web  
[agedcarequality.gov.au](http://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](mailto: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](mailto:rachel.strudwick@lthome.com.au) or Ph: 8563 7771

**Executive Financial Controller – Ameya Bhiskute**  
(Including, Fees / Bonds And Accommodation)  
[ameya.bhiskute@lthome.com.au](mailto: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](mailto:cindy.penn@lthome.com.au) or Ph: 8563 7709

## WALK THIS WAY

### Pedestrian Safety Tips



We encourage you all to be extra vigilant when crossing roads, walking near traffic and through the car parks.

- Always use the footpath, where no footpath is available, walk facing traffic and as far away from the road as possible.
- Always cross the road at pedestrian crossings, where crossings are not available, cross the road by the shortest and safest route.
- Avoid crossing between parked vehicles, near a bend or on the crest of a hill. Make sure you can be seen and allow plenty of time to cross.
- Before crossing the road look right, look left and look right again. Keep scanning for oncoming traffic while crossing the road.
- When walking in a car park, make eye contact with the driver before crossing in front of their vehicle.
- Avoid using mobile phones, so as not to be distracted while walking in traffic areas.







## **FOR SALE**

Electric Scooter

**\$500 o.n.o**

Good condition

Please contact David  
for more information

0480 364 385



## **Robot Update**

Robbie is back following an upgrade and seems to be doing well since his return. Axel will be sent off soon for the same upgrade – which will be great news. Two new cleaning robots are to be trialed in the coming weeks. They will be out and about very early in the morning so you may not see them. I'll be interested in what you think about the cleanliness of the corridor floors. We are still in negotiations to take ownership of an "Abi" robot. I'll keep you posted. Some supportive results of the tasks completed by the robots: approximately 60 robots' tasks are completed everyday by moving food and linen trollies around the facility. Over four hours of staff time per day is saved by the robots completing the tasks. This improves the wellbeing and safety of the staff, allowing them increased time to assist the residents.



## **SPECIAL BIRTHDAY CELEBRATIONS**

Betty Tisher  
celebrated her  
centennial birthday  
on June 20th, 2024.

**Congratulations!**





# TUSCANY IN WARATAH



Have you been up to the Waratah neighbourhood recently and noticed some of the changes happening?

Coming soon will be a Tuscan Hill Style Café where you can sit and feel transported across the globe enjoying our very own little Italy.

If you have any ideas or suggestions on what you would like to see added to this space, please share this on a “Share Your Experience Form”.



## EMPLOYEE OF THE MONTH



### MARCH

ABGO Staff &  
Clinical Support  
*Collaboration*



### APRIL

Angas Grant  
MAINTENANCE OFFICER  
*Customers*





# WHAT'S HAPPENING IN JULY

## RESIDENTS MEETINGS

THURSDAY THE 4TH OF JULY 1.30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US

CARD MAKING WITH IRENE  
AND FRIENDS  
THURSDAY 4th of July  
in Protea from 10am

**NAIDOC WEEK 7th - 14th of July**



Wednesday the 11th of July  
Group Quiz with Happy Hour  
Chapel at 1.30pm—  
NAIDOC Theme—All Welcome



**FRIDAY BINGO**  
1.30PM IN THE  
CHAPEL

## Neighbourhood Representatives

Consumer Advisory Collaboration  
Committee



*If you would like to be a representative for your neighbourhood or would just like to be part of the committee, please see Belinda Treloar Customer Service, Volunteer and Leisure Coordinator for more information*

MOVERS AND GROOVERS  
EVERY TUESDAY AND  
THURSDAY  
10.30AM IN THE CHAPEL



**PARIS OLYMPICS 2024**

26TH OF JULY — 11TH OF AUGUST



**PARIS 2024**



WE WILL BE HOLDING A RANGE OF  
EVENTS AND ACTIVITIES DURING  
THE OLYMPICS.



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

Email: [britany.mickan@tlhome.com.au](mailto: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](mailto:belinda.treloar@tlhome.com.au)

# Share Your Experience



**Lutheran Homes**  
**Barossa**

### 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

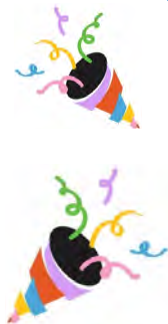


## VOLUNTEERING AT LHB

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

### Happy Birthday

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



## CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

**Café Helpers**

**Barossa Club Connections**

**STV Drivers**

**Activity Helpers**

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

Happy cold July,  
Thank you for coming out in the cold to visit the residents this month. I hope you are all staying healthy, warm, and dry.

We are finalising our Palliative Care volunteer list this month and wanted to remind you that it's not too late to join up. If you would like to be part of the volunteer Palliative Care team, please let either myself or Pastor Ian know.

We will be holding some training in the coming months for this special group.

We are still desperately looking for volunteers who can drive our residents in the STV to and from appointments. If you are a confident driver and have some free time, please get in touch (training is provided).

Thank you again for an amazing month and we will see what July brings.— Belinda



Do you have Social Media?

Head over to Facebook and like

Lutheran Homes Barossa

You can also follow us on Instagram

lutheranhomesbarossa



# RESIDENTIAL ACTIVITIES ABGO

The interactive table continues to be a real draw card in ABGO with the residents enjoying a variety of games followed by some much enjoyed pampering.



( L-R ) Rosalie Betts, Betty Holness, Lorna Bosenberg and Barbara Gear enjoying the Interactive Table.

( L ) Cheryl Frost enjoying some pampering time.

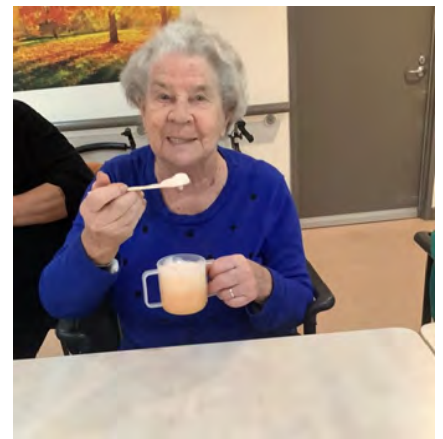


What better way to enjoy an afternoon then to have a spider!

Barbara Gear

Frances Shrubsole

Dorcas Kernich



## FOOTY TIPPING COMPETITION

### NEIGHBOURHOOD LEADERS



ABGO

Pat Rohrlach

83



Grant Kohlhagen

83



PROTEA / TC

Eileen Ingham

87

WARATAH

Keith Mickan

86



Scores correct as of the 28/6



# RESIDENTIAL ACTIVITIES



Audrey Leske Betty Kohlhagen  
Anne Hoebergen



Rosemary Berg Daphne Gower  
Shirley Harrison



Residents enjoyed a morning of learning about the homes of the students from Faith, and building houses. There were lots of laughs and smiles had by all.



Bronny Rees came to entertain the residents with her variety of songs from the past. The entertainment was enjoyed by all.



Joyce Lehmann



# 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

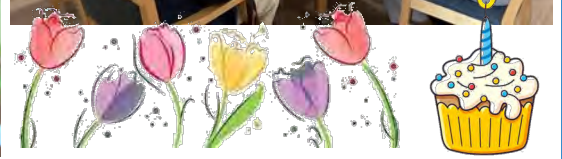
### Individual Physiotherapy

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





# CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



Club member, Chris Thomas has been using her creative skills for an art project in the club called 'Colour Me With Flowers'. We are all excited to see the final results. The staff and members celebrated a special birthday for Judy Nichols last month. Judy has been a member/volunteer for 26 years at LHB, that's an amazing achievement!

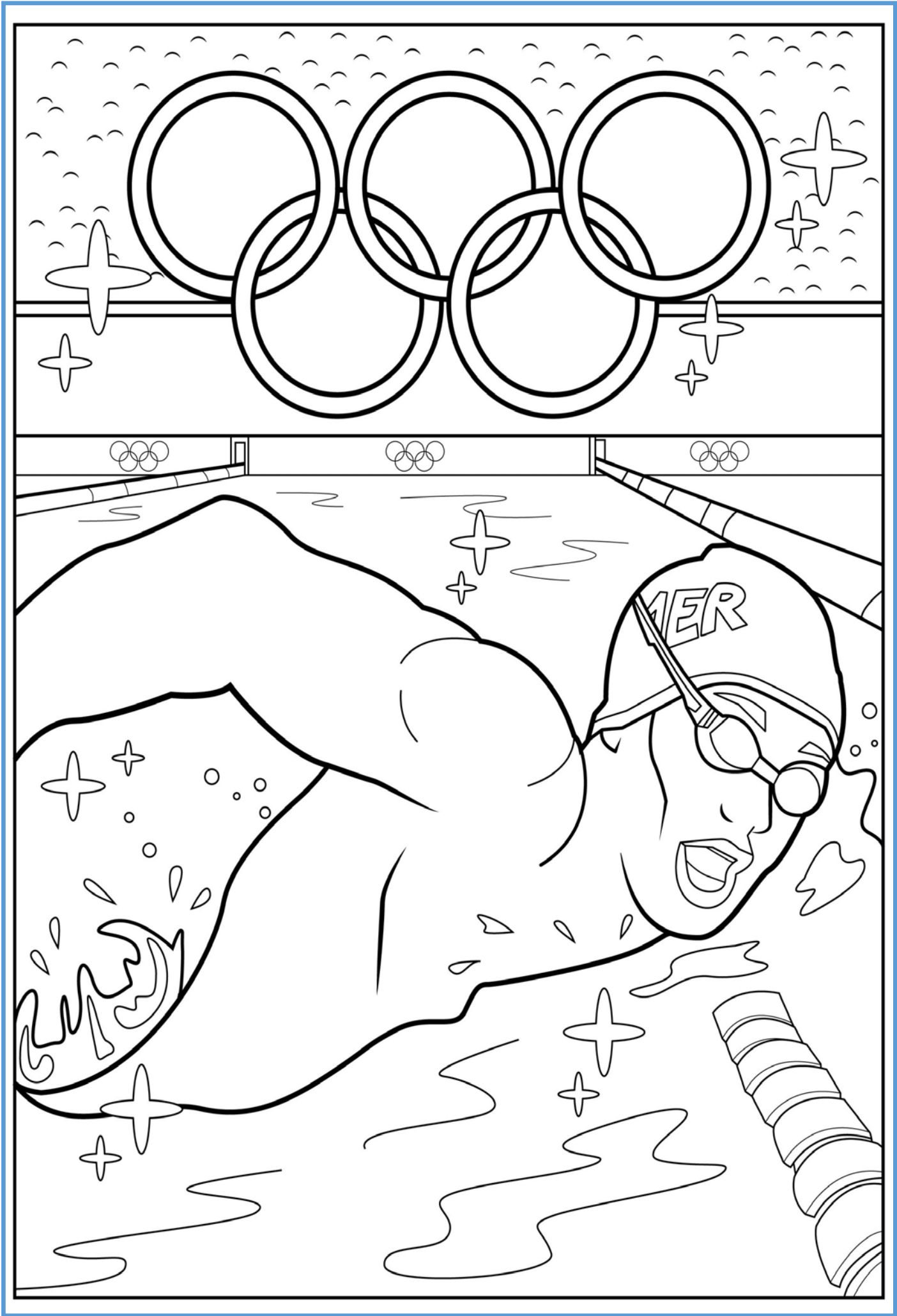


CHSP Clients, Club Members and Retirement Living Residents were able to attend the Advance Care Directive Planning session this month, and have the chance to chat with guest speaker Wyndham who presented a detailed discussion and we thank him for his time. Pizza Friday with Dom was a success, the smell of hot pizzas filled the room.



Club member of 12 years, Doug Ramsey, enjoys being crafting and creative, and has been busy last month building some home-made wooden toys. Doug always appreciates being able to bring in his new creations to show staff and members. Well done Doug!







# ACTIVITY PROGRAM

## Monday 1st

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

## Tuesday 2nd

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Tit Tat Reading	ABGO
1:30 <b>Men's Shed</b>	The Shed
Ladies Pampering	ABGO
1:30 Carpet Bowls—All Areas	Chapel
3:00 Interactive Table	ABGO

## Wednesday 3rd - General Store Open in ABGO 10-2pm

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Arm Chair Exercises	ABGO
11:00 Waratah Service	Waratah
1:30 Ping Pong	ABGO
1:30 Art and Craft	TC / Protea
1:30 Word Games	Waratah
3:00 Bingo	ABGO

## Thursday 4th

10:00 Card Making with Irene and Friends	Protea
10:30 Table Games / Puzzles	ABGO
10:30 Movers and Groovers	Chapel
1:30 Pampering	ABGO
1:30 <i>Residents Meeting-All Welcome</i>	Chapel
3:00 Reminiscing	ABGO

## Friday 5th

From 9am <b>TLH LIBRARY OPEN</b>	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 <b>What's in the Bag?</b>	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**

## Saturday 6th

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

## Sunday 7th—NAIDOC WEEK



10:00 Church Service	Chapel
1:30 Bean Bag Toss	ABGO
3:00 Bottle Top Sorting	ABGO
4:00 1x1	ABGO

## Monday 8th

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

## Tuesday 9th

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 <b>Men's Shed</b>	The Shed
Ladies Pampering	ABGO
1:30 Bean Bag Toss	TC / Protea
1:30 Pampering	Waratah
2:00 Sing Along with Doug	ABGO
3:00 <b>1x1's</b>	ABGO

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

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Arm Chair Exercises	ABGO
11:00 Waratah Service	Waratah
1:15 Focus on July	ABGO
1:30 Word Games	TC / Protea
1:30 Art and Craft	Waratah
2:00 Bean Bag Toss	ABGO
3:30 Bingo	ABGO

Thursday 11th

10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Pampering	ABGO
1:30 Quiz / Happy Hour - All Areas	Chapel
3:00 Dreamtime	ABGO



**Join us while we read dream  
time stories together and learn  
about Aboriginal Culture.**

Friday 12th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Gardening Group	ABGO
10:30 Hoy	Waratah
1:30 Balloon Tennis	ABGO
1:30 Bingo	Chapel
3:00 Memory Game	ABGO

Saturday 13th

1:30 <b>Rapp Ball / Knock'em Down</b>	ABGO
3:00 Hoy	ABGO
4:00 <b>1x1's</b>	ABGO

Sunday 14th

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

Monday 15th

From 10am <b>CAFÉ' SHOP TROLLEY</b>	
10:30 <b>Singing in the Chapel</b>	Protea
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Parachute Ball	TC / Protea
1:30 Coffee & Chat	Waratah
3:00 Art & Craft	ABGO

Tuesday 16th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 <b>Men's Shed</b>	The Shed
Ladies Pampering	ABGO
1:30 Pampering	TC / Protea
1:30 Bean Bag Toss	Waratah
3:00 Pet Therapy	ABGO

Wednesday 17th- General Store Open in ABGO 10-2pm

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Bottle Top Sorting	Waratah
10:30 Armchair exercise	ABGO
1:30 Ping Pong	ABGO
1:30 Tunnel Ball	TC / Protea
1:30 Ten Pin Bowling	Waratah
3:00 Bingo	ABGO

Thursday 18th

10:30 Table Games / Puzzles	ABGO
10:30 Movers and Groovers	Chapel
1:30 Pampering	ABGO
1:30 Ping Pong	TC / Protea
1:30 Pick A Box	Waratah
3:00 Coffe & Chat	ABGO

Friday 19th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
1:30 Tunnel Ball	ABGO
1:30 Bingo	Chapel
3:00 <b>What's in the Bag?</b>	ABGO

Saturday 20th

1:30 Balloon Tennis	ABGO
3:00 Word Games	ABGO
4:00 <b>1x1's</b>	ABGO

Sunday 21st

10:00 Church Service	Chapel
1:30 Bean Bag Toss	ABGO
3:00 Bottle Top Sorting	ABGO
4:00 1x1	ABGO

Monday 22nd

From 10am <b>CAFÉ' SHOP TROLLEY</b>	
10:30 <b>Singing in the Chapel</b>	Chapel
11:00 Worship Service	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Coffee & Chat	TC / Protea
1:30 Parachute Ball	Waratah
3:00 Art & Craft	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**



Tuesday 23rd

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 <b>Men's Shed</b>	The Shed
Ladies Pampering	ABGO
1:30 Dart Ball	TC / Protea
1:30 Pet Therapy	Waratah
3:00 Quiz / Trivia	ABGO

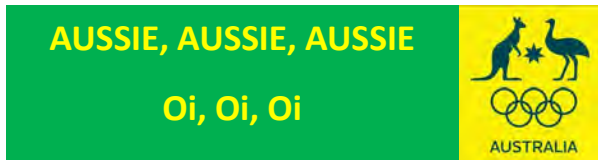
Wednesday 24th - General Store Open in ABGO 10-2pm

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Bottle Top Sorting	Waratah
10:30 Armchair exercise	ABGO
1:30 Bean Bag Toss	ABGO
1:30 Ten Pin Bowling	TC / Protea
1:30 Tunnel Ball	Waratah
3:00 Bingo	ABGO

Thursday 25th

10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Pampering	ABGO
1:30 Pick A Box	TC / Protea
1:30 Ping Pong	Waratah
3:00 Reminiscing	ABGO

Friday 26th—Olympics Starts



From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 LHB Opening Ceremony	ABGO
10:30 Hoy	Waratah
1:30 OLYMPIC EVENTS	ABGO
1:30 OLYMPIC Bingo	Chapel
3:00 <b>1x1's</b>	ABGO

Saturday 27th

1:30 <b>Rapp Ball / Knock'em Down</b>	ABGO
3:00 Hoy	ABGO
4:00 <b>1x1's</b>	ABGO

Sunday 28th

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

Monday 29th

From 10am <b>CAFÉ' SHOP TROLLEY</b>	
10:30 <b>Singing in the Chapel</b>	Protea
11:00 Worship Service	ABGO
1:30 OLYMPIC EVENTS	ABGO
1:30 OLYMPIC EVENTS	TC / Protea
1:30 OLYMPIC EVENTS	Waratah
3:00 Art & Craft	ABGO

Tuesday 30th

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Memory Game	ABGO
1:30 <b>Men's Shed</b>	The Shed
Ladies Pampering	ABGO
1:30 OLYMPIC EVENTS	TC / Protea
1:30 OLYMPIC EVENTS	Waratah
3:00 Interactive Table	ABGO

Wednesday 31st- General Store Open in ABGO 10-2pm

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Bottle Top Sorting	Waratah
10:30 Armchair exercise	ABGO
1:30 OLYMPIC EVENTS	ABGO
1:30 OLYMPIC EVENTS	TC / Protea
1:30 OLYMPIC EVENTS	Waratah
3:00 Bingo	ABGO

Join us during the **Paris Olympics**  
for your chance to win  
**Gold, Silver, or Bronze**  
and have a photo on the podium.



# HIGH TEA WORD FIND

Black	Ginger	Matcha	Sencha	Teapot
Breakfast	Green	Mint	Strainer	White
Brew	Herbal	Mug		
Chamomile	Hibiscus	Oolong		
China	Hot Tea	Party		
Cozy	Iced Tea	Peppermint		
Cup	Infusion	Red Zinger		
Darjeeling	Kettle	Rooibos		
Earl Grey	Lemon	Saucer		
English	Loose Leaf	Scones		



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

