



# Lutheran Homes Barossa

# TIT TAT *September 2024*



Location: Seppeltsfield, Barossa Valley



## Message from the Chaplain — Ian Lutze



### *Time for a Spring Clean*



Is spring cleaning still a thing? Seems to be in my household: ensuring the pruning is finished, plants repotted as needed, windows cleaned, curtains washed and re-hung and so on. It's not that I *love* washing windows. It's just that a certain un-named person holds over me the threat that she'll employ a window cleaner if I don't do them myself. Talk about hitting me where it hurts!

Cleaning is such a big part of life isn't it? Cleaning our living space, personal hygiene, even the more abstract concept of cleaning up our language, approach to people, having our best habits and routines in ship shape. Such a huge effort in aged care is naturally to keep people and places clean.

There's an old statement (maybe only used by the upper class Brits) that 'cleanliness is next to godliness'. Nice sentiment but from where did the poor get their 'godliness' if, in the day, they could virtually never afford a wash?

A better concept is that God himself cleans us up, in fact, he loves giving us a wash. "A new heart, Lord, create in me; a heart from sin and guilt set free" goes an old hymn. All of us can feel a bit dirty and lost at times, but when we reach out to God, he *always* wants to forgive and forget, *always* wants to clean us up, *always* wants to empower us to do better. In fact in Christ God gets dirty for us so that we can be clean.

Blessings for your spring cleaning. May even 1 job be done well. And may you know the God who enjoys making all things new – even us.

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**

Noleen Thom

**Permanent**

Norma Robinson

Judy Heuzenroeder

Raelene Rosenzweig

Avis Humphrys

**SEPTEMBER BIRTHDAY  
CELEBRATIONS**

**3rd** Coral Kennett

**6th** Grant Taylor

**13th** Lorraine Moore

**29th** Brenda Hollitt

*Happy Birthday!*

**IN LOVING MEMORY OF**

*Our deepest sympathy to the families of*

*Phillis 'Phil' Siegele 7th August*

*Edna 'Jo' Zerk 12th August*

*Barbara Grear 23rd August*

*Iris Kleinig 28th August*

*May they rest in peace ...*



**SPRING  
IS IN THE  
AIR**



**OCTOBER TIT TAT**

The deadline for all : News/Information/  
Stories is **Wednesday 25th September 2024.**

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

Wednesday 4th September  
Wednesday 11th September  
Wednesday 18th September  
Wednesday 25th September

**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 -

SEPTEMBER

1

**HAPPY  
FATHER'S  
DAY**

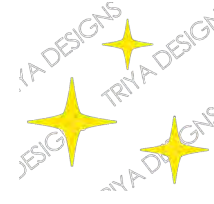
To all our Dad's, Step Dad's, Pa's, Pop's,  
Grandfather's, Future Dad's, Father Fig-  
ures...

Thankyou for inspiring, supporting

# FROM THE EXECS



.....  
**Sharon Berridge, Rachel Strudwick,  
Ameya Bhiskute & Cindy Penn**



Wow! What a busy month it has been. While Lee has been on Annual Leave visiting Scotland, the Executive team have continued looking after their areas.

Firstly, well done to Cindy and her team for achieving Full Compliance with the two-day Accreditation Audit which recently took place, in the CHSP space. It's a lovely space with lots of great activities being run to provide our Community with a social outlet whilst having a nice home cooked meal provided. If you know of any one at home needing extra support, please contact Cindy for further guidance for them to become part of the CHSP Community.

Rachel and Charlie along with their teams have also been successful and achieved Compliance in the SafeWork SA Audit. Well done! A great outcome.

The new Nurse Call System project has begun, and as this develops, we shall be sending out communications to staff with necessary information. IT projects have continued to be a priority, as you are aware a new Clock In and Out process is in place, please refer to instructions.

You may have noticed a lot of activity happening in Waratah recently. With the assistance from Maintenance and our Lifestyle Coordinator, the Tuscan Hill Café will soon be completed and ready for use. It's been nice to hear all the positive feedback from staff, residents, and their families. An opening date will be announced soon.

This Sunday, September the 1<sup>st</sup> marks the beginning of Spring, and we have certainly had some warmer days and seeing the sun coming through the clouds. May you all enjoy the day celebrating Father's Day with your loved ones and welcome in Spring.

Lee will be returning to the office on Monday 2<sup>nd</sup> September.

Thankyou to everyone who has offered assistance and support throughout this time.



# QUALITY INFORMATION



**Sharon Berridge - Executive Care Manager**

**Lisa Morrison - Clinical Nurse Consultant**



**Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator**

## HOME UPDATES:



### Symptoms of Allergic Rhinitis (Hay Fever)

<p><b>Sneezing, stuffy nose, runny nose.</b></p>	<p><b>Mucus, postnasal drip.</b></p>
<p><b>Sinus pressure and headaches.</b></p>	<p><b>Dark undereye circles.</b></p>

With spring here, please watch out for the signs and symptoms of Hay Fever. If you are experiencing any of these, please let the staff know and we can help.

## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During August, LHB received compliments about Care / Clinical (3), Housekeeping / Laundry (0), Customer Service / Administration (1), Education / Training (0) Environment (0), Catering (12) Lifestyle / Volunteers (6), Maintenance (2), Management & Communication (0), Safety (0) Staff (0) Wellbeing (0), CHSP (14) and Other (3).

During August, LHB received 0 complaints about Care / Clinical (0), Housekeeping / Laundry (0), Customer Service / Administration, Education / Training (0) Environment (0), Catering (0) Lifestyle / Volunteers (0), Maintenance (0), Management & Communication (0), Safety (0) Staff (0) Wellbeing (0), CHSP (0) and Other (0).  
and a total of (2) 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, 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

LHB 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:

**Care Manager** – Sharon Berridge  
(Including Clinical Care, Lifestyle, Allied Health)

[sharon.berridge@lthome.com.au](mailto:sharon.berridge@lthome.com.au) or Ph: 8563 7757

**Operations Manager** – Rachel Strudwick  
(Including Catering, Housekeeping Administration & Maintenance)

[rachel.strudwick@lthome.com.au](mailto:rachel.strudwick@lthome.com.au) or Ph: 8563 7771

**Community Services & Retirement Living Manager** – Cindy Penn  
(Including CHSP & Retirement Living Units)






[cindy.penn@lthome.com.au](mailto:cindy.penn@lthome.com.au) or Ph: 8563 7709

**Financial Controller** – Ameya Bhiskute  
(Including Accommodation & Fees / Bonds)

[ameya.bhiskute@lthome.com.au](mailto:ameya.bhiskute@lthome.com.au) or Ph: 8563 7768

## The Simplest Videophone For Your Loved Ones

The World's Most Disability-friendly Videophone!

-  Connect with Wi-Fi or hassle-free 4G
-  Automatic answering: Zero-touch operation
-  Perfect for aged care and assisted living
-  Doubles as a digital clock with large, easy to read date and time
-  Invited contacts only. No telemarketers!



If you would like to know more about our Care Window products, please contact Belinda Treloar, Customer Service Coordinator.



## CareWindow

The Simplest Videophone For Your Loved Ones

Perfect For Aged Care And Assisted Living



# NOTICEBOARD



## AGED CARE EMPLOYEE DAY

LHB celebrated our Aged Care Employee Day last month for all our wonderful staff. Thankyou for all your hard work and dedication to the care of our beautiful Residents.

We were honoured to have the newly appointed Daniela Ciccarello, ACCPA State Manager, visit our staff and facility on the day, and we presented her with a tour to some of our new projects, The General Store, and Tuscan Hill Café.



### Conversation Starters



Be prepared for the conversation



Ensure you have enough time



Find a private, quiet place to chat

I'm **here** to **hear**



Share what you've noticed in a non-judgemental way

Be present and actively listen



Remove distractions



Embrace any silences



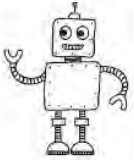
Let them know you want to support them



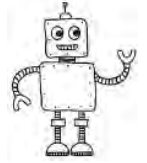
Talk through ideas of what they could do to manage the situation



Check in regularly so they know you care

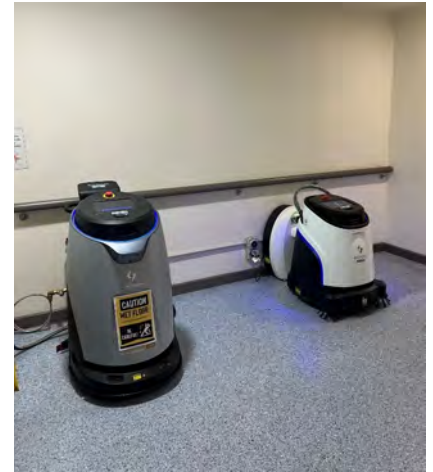


# NOTICEBOARD



## Robot Update

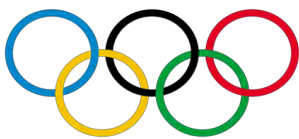
The two new cleaning robots have been put to work cleaning our corridor floors and they're doing a great job by the looks of things. We are very interested in what you think about the cleanliness of the facility. Let us know by filling in our 'Share Your Experience' forms. We are still in negotiations to take ownership of an "Abi" robot. At this stage, it appears the Abi robot will come to us hopefully within the next month due to the rate of development occurring with its abilities.



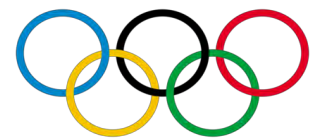
Please ensure that if you're using our disabled parks in the main carpark, that you are displaying your pass so it is visible through the front window.

If you do not have a disabled parking pass, please direct yourself to another parking space.

We are working hard on the new carpark project and thank you for your patience during this time.



## THANKYOU



Thank you for putting the 'games' on for us, they were very well run, without any fuss. So, whether we watched, or even took part, they were great fun, right from the start.

And maybe if some of us felt that our ways, of running and jumping were for the old days.

Well, sit and relax, and perhaps recall, there was a time when we did it all.

But won't try it again - we might break a bone, and that will not do - so leave it alone!

We've been there and done that, we've all run our race, it's time to let others now go in our place.

- Jean Carey (Waratah Resident)

# WHAT'S HAPPENING IN SEPTEMBER

## RESIDENTS MEETINGS

THURSDAY 5TH OF SEPTEMBER 1.30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US

SUNDAY 1st SEPTEMBER



CARD MAKING WITH IRENE AND FRIENDS  
THURSDAY 5th of September  
from 10am in Protea

September 12th  
R U OK Day  
Check in on your neighbour.



CAFÉ TROLLEY IS BACK  
TO THURSDAY  
MORNINGS FROM  
10am.

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



Consumer Collaboration  
Advisory Committee Meeting  
Wednesday 25th of September  
1:30PM in the Chapel.

All Neighbourhood  
Representatives & Consumers are  
welcome to attend.

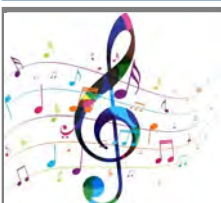


JOIN US IN THE OLEANDER GARDEN  
WEDNESDAY 18th OF SEPTEMBER  
11am—2pm  
FOR A SAUSAGE SIZZLE AND  
A COLD DRINK  
RESIDENTS, FAMILIES, VOLUNTEERS AND  
STAFF ARE WELCOME.

Dementia  
Action Week



16-22 September 2024



Annual Memorial Service Sunday 22nd  
at 2pm in the Chapel  
“ The song has ended ”





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



### 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 September, 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 September to all the amazing volunteers at LHB, This month will hopefully see a change in weather with the sun shining a bit more.

I would like to take this opportunity to thank all of our wonderful volunteers who continue to make a difference in the lives of others.

If you are a volunteer and looking for some more to do, we currently have a few residents that would like to have regular visits and build friendships.

If you have some regular free time, please let me know and we can arrange a meet and greet.

Thank you again for an amazing month and we will see what September 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

ABGO residents loving playing Snakes and Ladders



Rosalie Betts

Lorna Bosenberg

Lennie Stoeckel

Betty Holness

Jeanette and Alex Muir

Doug knows how to draw a crowd with his sing along music and upbeat personality



## FOOTY TIPPING COMPETITION



SAVE THE DATE



THE PRESENTATION FOR THE LHB AFL FOOTY TIPPING COMPETITION WILL BE HELD ON WEDNESDAY THE 2ND OF OCTOBER AT 1.30PM IN THE CHAPEL



# RESIDENTIAL ACTIVITIES

Time with Teddy - Residents enjoyed an afternoon with Teddy giving pats



Jan Schupelius



Grant Taylor



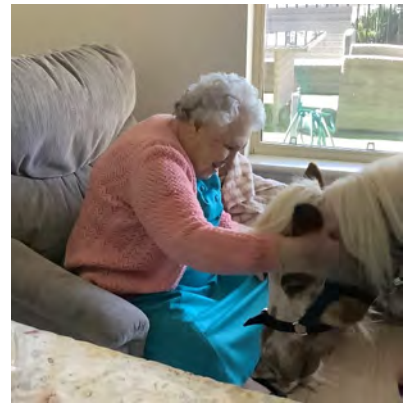
Kath Rochford



Val Kraft



Joan Minge



Rhonda Klemm

Coffee & Chat was all about the DAD's this month – Teaching the ladies how to tie a tie.



LHB Residents enjoying each other's company and an opportunity to reflect on their Dad, being a Dad and all the special men in their lives.

L, Top) Geoff Platten & Daphne Gower

L, Below) Errol Weiss, Elizabeth Hussey, Audrey Leske & Anne Hoebergen

Bottom) Waratah and Trinity Court Residents



# 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.

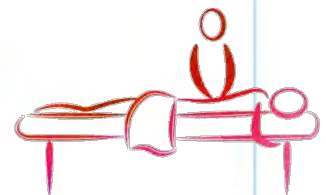
### Better Balance—Falls Prevention Program

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

## WINTER WONDERLAND

The Club was filled with a bit of magic during this month's 'Winter Wonderland' high tea lunch and chocolate fondue station. We had a successful turn out with some great feedback by all.

Top) John Schuster, Ken Schuster, Jenny Schuster, Eunice Schuster, Betty Bockmann & Jan Biscoe.

Bottom) Lorraine Hedley enjoying some fondue.



## WHAT A SUCCESS!

Club Members, Chris Thomas and Lena Rogers have successfully purchased the Barossa Club Connections their own table tennis table with the profits from their craft trolley. All their hard work has paid off and they are very thankful for all who have purchased their items. There are still plenty available and you will see the trolley moving around the facility over the next few weeks.



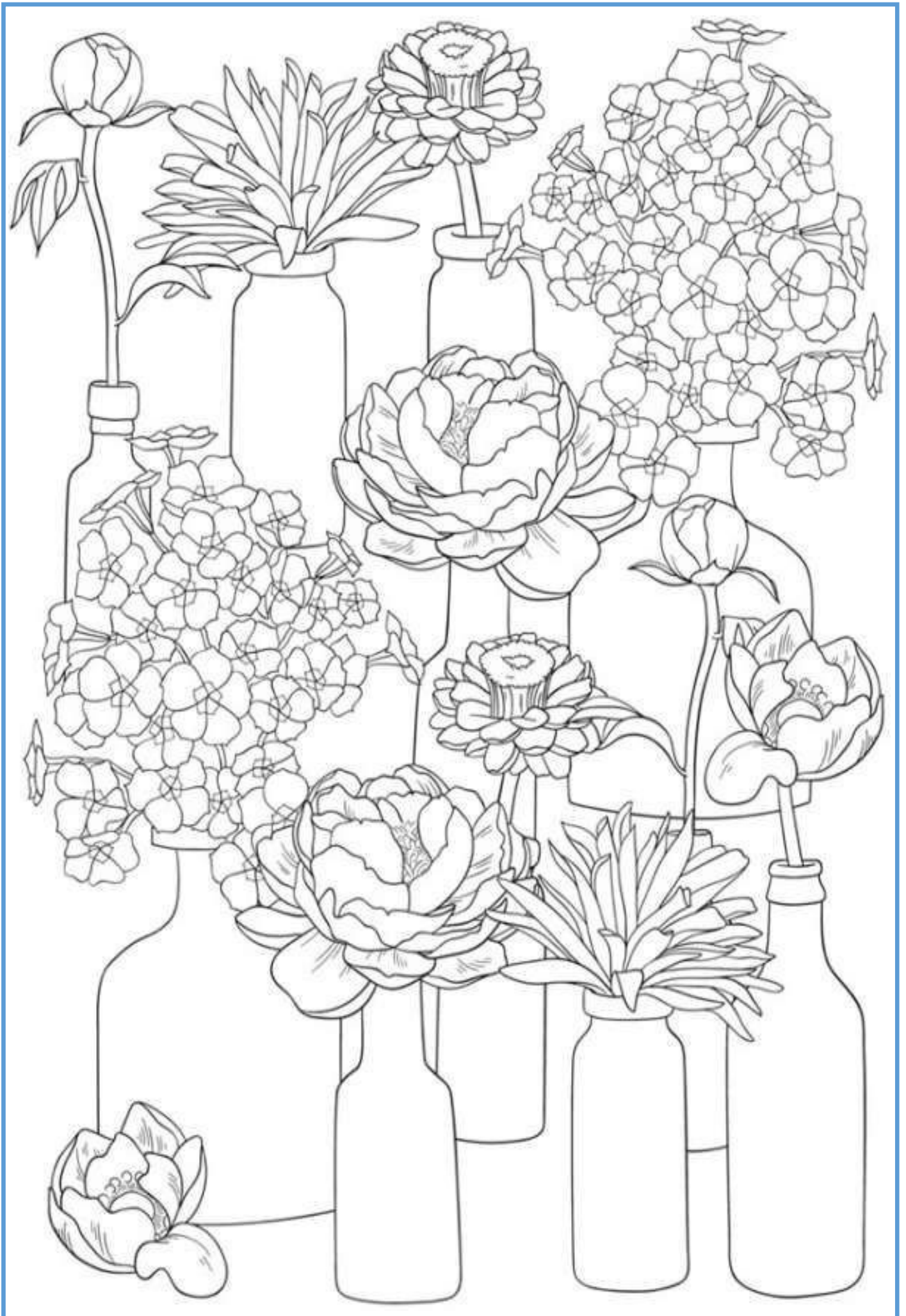
## CLUB ACTIVITIES

We've had a lots of fun, fabulous teamwork and friendly competition from our members this month.

From easel making in our 'Wednesday Wise Guy Men's Club' with Malcolm Nitschke and Raymond Rosenzweig, to card making with Una Harnath and Raelene Rosenzweig, to 'Scrabble Madness' games with Betty Bockmann and Neil Bainbridge.

Are you interested in one of these fun activities? Come & join us in the Club!







# ACTIVITY PROGRAM

## Sunday 1st - Happy Father's Day

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



## Monday 2nd

10.30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Billiard Bowls	ABGO
1:30 Dart Ball	TC / Protea
1:30 Pampering	Waratah
3:00 Art & Craft	ABGO

## Tuesday 3rd

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

## Wednesday 4th - General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:00 Walking Group (weather permitting)	Leave from Protea
10:30 Arm Chair Exercises	ABGO
10:30 Bottle Top Sorting	Waratah
1:30 Ten Pin Bowling	ABGO
1:30 Tunnel Ball	TC / Protea
1:30 Rapp Ball	Waratah
3:30 Bingo	ABGO

## Thursday 5th

From 10am CAFE' SHOP TROLLEY	
10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Residents Meeting	Chapel
3:00 Pampering	ABGO

## Friday 6th

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
10:30 Hoy	Waratah
11:00 Chapel Service	TC / Protea
1:30 Dart Ball	ABGO
1:30 Bingo	Chapel
3:00 Coffee & 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 Bean Bag Toss	ABGO
3:00 Bottle Top Sorting	ABGO
4:00 1x1	ABGO

## Monday 9th

10:30 Singing in the Chapel	Protea
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Pampering	TC / Protea
1:30 Dart Ball	Waratah
3:00 Art & Craft	ABGO

## Tuesday 10th

10:15 Knit and Natter	Protea
10.30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Safety Training—All Areas	Chapel
2:00 Sing Along with Doug	ABGO
3:00 1x1's	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**

Wednesday 11th- 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 September	ABGO
1:30 Rapp Ball	TC / Protea
1:30 Tunnel Ball	Waratah
3:00Bingo	ABGO

Thursday 12th - R U OK? Day



From 10am <b>CAFÉ SHOP TROLLEY</b>	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Tennis	ABGO
1:30 Golf—All Areas	Chapel
3:00 Pampering	ABGO

Friday 13th

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Gardening Group	ABGO
10:30 Hoy	Waratah
11:00 Chapel Service	Chapel
1:30 Tunnel Ball	ABGO
1:30 Bingo	Chapel
3:00 Memory Game	ABGO

Saturday 14th

1:30 <b>Knock'em Down</b>	ABGO
3:00 Picture Bingo	ABGO
4:00 <b>1x1's</b>	ABGO

Sunday 15th

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

Monday 16th

10:30 <b>Singing in the Chapel</b>	Chapel
11:00 Worship Service	ABGO
1:30 Billiard Bowls	ABGO
1:30 Memory Game	TC / Protea
1:30 Word Games	Waratah
3:00 Art & Craft	ABGO

Tuesday 17th

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 Ten Pin Bowling	TC / Protea
1:30 Art & Craft	Waratah
3:00 Pet Therapy	ABGO

Wednesday 18th- General Store Open in ABGO 10-2pm

From 9am <b>TLH LIBRARY OPEN</b>	TC
10:30 Armchair exercise	ABGO
11:00 Waratah Service	Waratah
3:00 Bingo	ABGO

**Dementia Action Week**

Residents, Families, Volunteers and Staff

Please join us for this free event

on Wednesday 18th in the Oleander Garden

for a Sausage Sizzle and Cold Drink

**11am - 2pm**

(Donations are welcomed,  
which will go towards ABGO)



**A Dementia-Friendly Community is friendly for everyone.**

Join the movement and start creating your Dementia-Friendly Community.

**Dementia Action Week**



16-22 September 2024



#DementiaActionWeek

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

Thursday 19th

From 10am **CAFÉ' SHOP TROLLEY**  
 10:30 Quoits ABGO  
 10:30 Movers and Groovers Chapel  
 1:30 Ping Pong ABGO  
 1:30 Billiard Bowls—All Areas Waratah  
 3:00 Pampering ABGO

Friday 20th

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

Saturday 21st

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

Sunday 22nd - Memorial Service

1:30 Bean Bag Toss ABGO  
 2:00 Annual Memorial Service Chapel  
 3:00 Bottle Top Sorting ABGO  
 4:00 1x1 ABGO

Monday 23rd

10:30 **Singing in the Chapel** Protea  
 11:00 Worship Service ABGO  
 1:30 Drumming ABGO  
 1:30 Word Games TC / Protea  
 1:30 Memory Game Waratah  
 3:00 Art & Craft ABGO

Tuesday 24th

10:15 Knit and Natter Protea  
 10.30 Movers and Groovers Chapel  
 10:30 Café Visit ABGO  
 1:30 **Men's Shed** The Shed  
     Ladies Pampering ABGO  
 1:30 Art & Craft TC / Protea  
 1:30 Ten Pin Bowling Waratah  
 3:00 Interactive Table ABGO

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

From 9am **TLH LIBRARY OPEN** TC  
 10:30 Bottle Top Sorting Waratah  
 10:30 Armchair exercise ABGO  
 1:30 Golf ABGO  
 1:30 Consumer Collaboration  
     Advisory Committee Chapel  
 1:30 Art & Craft—All Areas Waratah  
 3:00 Bingo ABGO

Thursday 26th

From 10am **CAFÉ' SHOP TROLLEY**  
 10:30 Hoy ABGO  
 10:30 Movers and Groovers Chapel  
 1:30 Tennis ABGO  
 1:30 Bean Bag Toss —All Areas Waratah  
 3:00 Pampering ABGO

Friday 27th

From 9am **TLH LIBRARY OPEN** TC  
 10:30 Gardening Group ABGO  
 10:30 Hoy Waratah  
 1:30 Tunnel Ball ABGO  
 1:30 Bingo Chapel  
 3:00 Memory Game ABGO

Saturday 28th - AFL Grand Final

1:30 **Knock'em Down / Happy Hour** ABGO  
 3:00 Picture Bingo ABGO  
 4:00 **1x1's** ABGO



Sunday 29th

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

Monday 30th

10:30 **Singing in the Chapel** Protea  
 11:00 Worship Service ABGO  
 1:30 Billiard Bowls ABGO  
 1:30 Coffee & Chat—All Areas Chapel  
 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**



# Father's Day

## WORD SEARCH



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

motivational

supportive

inspiring

memories

grandpa

celebrate

thankyou

father

special

loving

family

strong

mentor

brave

hero