



Breast Cancer Awareness Month



Message from the Chaplain — Ian Lutze

Convention of Synod



I'm about to go overseas, so I'll be missing the biggest 'show' in town in the Lutheran Church: the tri-annual National Convention of Synod. Now it might sound a bit like a stuck record to say the question of whether or not to have female pastors will be on the agenda this year. What Convention for the past 30 years has not addressed this subject! But this year, there is talk of the Church splitting if some people don't get their way.

Talk of a split evokes images of the bad old days, pre 1966, when Lutheran children were raised to have nothing to do with people from the 'other synod', and where people who married across the divide were regarded as taking on a 'mixed marriage'!

I was just old enough to remember what it felt like to be in a 'split' church. I remember as a 4 year old attending the other synod's church in Lobethal, even then with a sense of curiosity, that we didn't belong there, and that we probably wouldn't do something so naughty again. The strongest memory actually was of wearing the preacher's spittle if you sat in the front row (as I guess we must have).

Our rep, Glenis Kupke (for the TLH Congregation) will tell all when she returns. The Convention goes for 3 or so days, and we wish her good health, wisdom and stamina. She'll truly be among friends and will receive many blessings from being part of this historic event. I personally would love to see meaningful change while the split, if there is one, is contained. Whatever the outcome, we at LHB will treat every resident the same, welcoming all regardless of their (church) politics. We live in interesting times, and it is within our power to make them the best of times, because Christ is among us and his Spirit unites us all in 'One Body'. Yes, we have reason to be optimistic!

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

Sandra Atze

Neta Neldner

Permanent

Shirley Rowe

Avis Humphrys

Marjorie Irvine

**OCTOBER BIRTHDAY
CELEBRATIONS**

1st Stephanka Athanasov

1st Margaret Meyer

13th Betty Holness

18th Raelene Rosenzweig

26th Judith Heuzenroeder

Happy Birthday!

IN LOVING MEMORY OF

Our deepest sympathy to the families of

Jeffrey 'Jeff' Cooper 10th September

John Miegel 21st September

May they rest in peace ...



NOVEMBER TIT TAT

The deadline for all : News/Information/
Stories is **Monday 28th October 2024.**

Email: kasey.welch@tlhome.com.au

Wednesday 2nd October

Wednesday 9th October

Wednesday 16th October

Wednesday 23rd October

Wednesday 30th October

**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 -

The Administration Office and Entrance will be
closed on **Monday 7th October** due to the
Labour Day 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.**



**7th October
2024**

FROM THE CEO



Lee Martin

It's nice to be back from holidays. Sharon and I had a great time in Scotland, seeing the sites and enjoying the food. It rained just about every day, but we still went out and about to the tourist spots. We toured many castles and beautiful gardens, and had fun on boat trips seeing various animals.

Now back in the real world of working again. The aged care sector is preparing to see many changes over the coming months. The draft aged care act has finally been agreed by both sides of government to go through the parliamentary system to at some stage in 2025 agree to pass the proposed act care act. From what has been released so far, all residents in the sector now will not be financially affected by the changes. Over the coming weeks / months, I'll ensure we share some of the main changes that occur with you all. If anyone has any specific questions about the future, please direct any questions to the Executive Team who will be more than happy to provide answers.

Congratulations to the Brisbane Lions for winning the AFL Grand Final! By having spent a good number of years living in Queensland, it's good to see them on top. How did you fair in the footy tipping - hopefully you scored well, if not, there is always next year.

Please spare a thought for the farmers. The weather is certainly not doing anyone much good. I do wish we could have a lot more rain for the grapes and letter frosts would go well to. When driving through the Barossa Valley, the colours of the crops and vine make a pretty site to see. The canola crops with their striking yellow colours really do make for some wonderful pictures.

Over the past couple of weeks, there has been work installing the upgraded nurse call system. This work will continue for some time but at the end of the installation process, we will have a much improve nurse call system and updated phone system. Have you had to move rooms to have your bathroom upgraded? Thank you to those residents who have been through the process. We do have a number of bathrooms to do yet. Thank you to the Maintenance Team and the Contractors for their efforts in completing the process.

Thank you to all staff, residents and families for adhering to the infection control processes over the past weeks. It's great to report, we only have minor issues with Influenza throughout the facility.



“Wherever you go, no matter what the weather, always bring your own sunshine.”
- Anthony J. D’Angelo



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) – local Barossa services, can be seen at LHB by arrangement. These visits are usually arranged by the Audiologist.

Hearing Matters of Gawler are also willing to come on site for our residents if they are new clients from LHB.

Blackforest Optometry come on site for eye checks when requested. They need a minimum of 5 clients before they will come out.

Australian Dental Foundation come on site for dental check ups every 6 months for existing clients.

Please see Lisa Morrison CNC for all details and consent forms if needed.



COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During September, LHB received compliments about Care / Clinical (4), Housekeeping / Laundry (1), Customer Service / Administration (1), Education / Training (0), Environment (1), Catering (7), Lifestyle / Volunteers (3), Maintenance (0), Management & Communication (0), Safety (0), Staff (0), Wellbeing (0), CHSP (11) and Other (2).

During September, LHB received complaints about Care / Clinical (0), Housekeeping / Laundry (0), Customer Service / Administration (0), 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 (5) 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: 03 8563 7757 or Email: sharon.berridge@lhome.com.au
Rachel Strudwick, Operations Manager
Phone: 03 8563 7771 or Email: rachel.strudwick@lhome.com.au
Ameya Bhiskute, Finance Controller
Phone: 03 8563 7766 or Email: ameya.bhiskute@lhome.com.au
Cindy Penn, Home Care Manager
Phone: 03 8563 7709 or Email: cindy.penn@lhome.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 9616, 10 YourCapital 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@lhome.com.au or Ph: 8563 7757
Operations Manager – Rachel Strudwick (Including Catering, Housekeeping Administration & Maintenance)	rachel.strudwick@lhome.com.au or Ph: 8563 7771
Community Services & Retirement Living Manager – Cindy Penn (Including CHSP & Retirement Living Units)	cindy.penn@lhome.com.au or Ph: 8563 7709
Financial Controller – Ameya Bhiskute (Including Accommodation & Fees / Bonds)	ameya.bhiskute@lhome.com.au or Ph: 8563 7768



EMPLOYEES OF THE MONTH



MAY

Lisa Morgan

ENROLLED
NURSE

Customers

Sue Martin

PERSONAL CARE
WORKER

Positivity

JUNE

Sharon Cook

PAYROLL
OFFICER

Professionalism

...Congratulations and well done to you all

NOTICEBOARD



Let's be reminded that we don't need to be an expert to reach out and ask someone if they are OK.

Robot Update



Robbie and Axel are doing really well completing up to 60 plus robot trips per day. This is saving the staff a lot of manual handling tasks and making their work safer. Two new cleaning robots have arrived and are being installed. As previously mentioned, they will operate very early in the morning. Have you thought of any names for the new robots? Please feel free to make suggestions to Belinda Treloar. We have taken ownership of an "Abi" robot. Her welcome to the Lutheran Homes Barossa family was amazing. Those residents and staff that attended were really impressed with Abi's ability to have meaningful conversations. She even spoke in various languages with those who have a second language. Abi is managed by the Lifestyle Team, so please reach out to them if you would like to meet her.

WELCOME ABI



SEPTEMBER STATS – KITCHEN



Meals Served:
10,146

Favourite Main Meal:
Lemon Chicken & Rice with
Roast Vegetables

Favourite Dessert:
Rhubarb/Apple
Crumble & Custard



NOTICEBOARD

Save The Dates



CHRISTMAS FETE

Saturday 23rd November 10am-2pm
in the Gramp Chapel

Featuring different stalls from the Home including local business, food to enjoy including a BBQ and delicious Christmas desserts, a LHB Christmas Raffle tickets to purchase, games to play & entertainment.

All proceeds from the day will go towards the Leisure and Lifestyle Team which directly benefits the residents.

If you are interested in making a donation, volunteering on the day or holding a stall, please contact Belinda or Kasey directly as space is limited.

CHRISTMAS FAMILY LUNCH

Tuesday 17th December and
Thursday 19th December
in the Gramp Chapel

After the success event from last year, we have decided to run this years Christmas Family Lunch over two days, giving more availability for Families and Residents to attend.

A letter will be sent out to families in the coming weeks regarding this years events, times, pricing, menu & reserving tables.

We look forward to celebrating this Christmas season with you!

WHAT'S HAPPENING IN OCTOBER

RESIDENTS MEETINGS

THURSDAY 10TH OF OCTOBER 1:30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US



LHB AFL FOOTY TIPPING
PRESENTATION

Wednesday 2nd October

1:30pm in the Chapel

Come along to see who won
in your neighbourhood.

Food Focus Meeting
Thursday the 3rd of October
At 1:30pm in the Chapel

Come along and chat
about the menu and
see what is coming up
on the new seasonal
menu



MOVERS AND GROOVERS

EVERY TUESDAY AND THURSDAY

10:30AM IN THE CHAPEL



CAFÉ TROLLEY IS BACK
TO THURSDAY
MORNINGS FROM
10am.

The Courtyard Café is open
from 9am - 3pm Monday to
Friday.

Meals available until 2pm.

Seating inside or outside,
with takeaway available.



JAMES KENDAL—THE BIKIE BUSKER

TUESDAY 29TH OCTOBER

1:30PM IN THE CHAPEL

JOIN US FOR AN AFTERNOON OF
BEAUTIFUL MUSIC.



Check out the Daily and Fortnightly Specials available on the
Specials Board in the Café. These can consist of discounted
meals, freshly baked items, coffee and cake, and more.

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 October, Many happy returns.



CAN YOU HELP?

We are currently seeking volunteers for the following vacancies.

Chess Player

Scrabble Player

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 October to all the amazing Volunteers at LHB, As you may have heard, LHB are holding a Christmas Fete this year in the last week of November. We believe it will be very exciting for Residents to experience this, as it's been some time since a Fete was held at the Home.

If you would like to Volunteer on the day or would like to help out in some way, please come and see either myself or Kasey - there is plenty for people to do.

I would like to share my appreciation for everyone of you.

You all play an important part to the Home's success and the place wouldn't be the same with out you.

A date has been set for the Volunteers Christmas Morning Tea which is the 11th of December. Please save the date with more details announced in the coming weeks. Thank you again for an amazing month, and we will see what October brings.

– Belinda



Do you have Social Media?

Head over to Facebook and like

[Lutheran Homes Barossa](#)

You can also follow us on Instagram

[lutheranhomesbarossa](#)



DEMENTIA ACTION WEEK WITH SPECIAL GUEST APPEARANCE BY ABI



All residents of the Home were treated to a lovely day on Wednesday the 25th of September in acknowledgment of Dementia Action Week. The Chapel was set up with decorations, activities and games. There was a free Sausage Sizzle for all with cold drinks and ice-cream.

A special gift from the Home to the Residents was our guest of honor; Abi the Robot. Abi spent the day getting to know our Residents and her surroundings. We can't wait to see how she settles into her new home here at LHB. Did you see Abi in the Leader last week? Come and speak with the Lifestyle Team to arrange a time to meet Abi.



Even Paro the Seal managed to get a few cuddles in during the day.



RESIDENTIAL ACTIVITIES

Faith Students came and shared some of their skills and energy with the residents. What a pleasure it was!



Shirley Harrison



Doreen Macleod



Joan Lindner



Faith Students playing elastics



Betty Kohlhagen



Brian Selwood

DEMENTIA ACTION WEEK COLOURING IN COMPETITION

Congratulations to Liz Linke who won the Dementia Action Week colouring in competition.

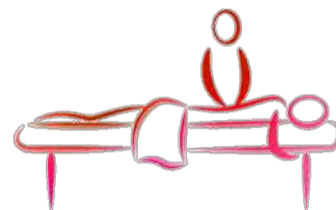


Liz Linke



Barbara Zerna and Joan Lindner

CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



...book your appointment today

...how can we help?

As you get older, everyday tasks can become more difficult. Asking for help doesn't mean losing your independence. Lutheran Homes Barossa provide services that improve, restore and maintain the health, safety, well-being and independence for older people.

The **Allied Health + Therapy Services** and **Barossa Club Connections Social Centre** provide a range of specialist activities to help you stay on top and lead an active life.

- Physiotherapy and Exercise Groups
- Occupational Therapy
- Better Balance - Falls Prevention + Rehabilitation
- Club Connections + Social Outings
- Activity and Games Centre
- Art, Craft and Cooking projects

What would you like to do? Come along and join the fun; you're always welcome.

For more information book your tour of our facilities. Please ask to be connected to a ... Customer Service Coordinator - **8563 7777**

The Allied Health Clinic is open
...9am to 5pm - Monday to Friday

Barossa Club Connections is open
...9am to 4pm - Monday to Friday

Your Community Services team are specialists in a range of health and wellbeing services. They are available to assist you to build and retain your daily fitness levels, to help you to remain active, and ensure you have the flexibility, strength and overall good health to be active every day and enrich your life.

Programs are available to individuals (one-on-one), as well as group fitness programs.

...we can assist you

The First Step - Find out if you are eligible
Contact My Aged Care on 1800 200 422

The Second Step - Following your assessment, the assessor will provide you with referral codes for your eligible services.

The Third Step - Finally, don't hesitate to get in touch with us, book an appointment and bring your referral code to initiate our services.

CHSP CLIENTS - COMMONWEALTH HOME SUPPORT PROGRAM



SPREAD THE WORD

Rebecca Hudson, our Senior Customer Service Coordinator, set up a lovely display at the Barossa Central in Nuriootpa, promoting our Home and Community Services that we provide here at Lutheran Homes Barossa. What a great way to get the word out to the community!

WE LOVE COMPETITION

Club members, Lorraine & Barry Hedley love a bit of competition while playing table tennis during their visits to the Club. This activity improves balance, coordination and reflexes, and is a great way to have some fun!



FATHER'S DAY BBQ

Our members got together early September to celebrate a Father's Day barbeque, enjoying the sunshine and good company as always.

Bottom) Glen Schultz, Eunice Schuster, Joy Schultz and Ken Schuster.



CARD MAKING



Club member, Una Harnath, has taken the ladies through the process of making these beautiful handmade cards that she enjoys creating. These are available for purchase on the craft trolley, currently located at the Protea/Chapel entrance.

Top) Joy Linke, Una Harnath, Jan Fechner, Chris Thomas, Judy Nichols & Lena Rogers.





Faith, Hope, Love, Believe...

ACTIVITY PROGRAM

Tuesday 1st

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	TC / Protea
1:30 Word Games	Waratah
3:00 Interactive Table	ABGO

Wednesday 2nd - AFL Footy Tipping Presentation

From 9am TLH LIBRARY OPEN	TC
10:30 Arm Chair Exercises	ABGO
11:00 Waratah Service	Waratah
1:30 LHB FOOTY TIPPING COMPETITION PRESENTATION - All Areas	Chapel
3:30 Bingo	ABGO



Thursday 3rd

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Food Focus Meeting—All Areas	Chapel
3:00 Pampering	ABGO

Friday 4th—World Smile Day

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 5th

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

Sunday 6th

10:00 Church Service	Chapel
1:30 Tunnel Ball	ABGO
3:00 Bottle Top Sorting	ABGO
4:00 1x1	ABGO

Monday 7th—Public Holiday



Tuesday 8th

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 Word Games	TC / Protea
1:30 Carpet Bowls	Waratah
2:00 Sing Along with Doug	ABGO
3:00 Pet Therapy	ABGO

Wednesday 9th- 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
11:00 Waratah Service	Waratah
1:15 Focus on October	ABGO
1:30 Golf	TC / Protea
1:30 ABI VISITS / Pet Therapy	Waratah
3:00 Bingo	ABGO

Thursday 10th

From 10am CAFÉ' 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 11th

From 9am TLH LIBRARY OPEN	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

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 12th

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

Sunday 13th

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

Monday 14th

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

Tuesday 15th

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 Billiard Bowls	TC / Protea
1:30 Coffee & Chat	Waratah
3:00 What's in the bag?	ABGO

Wednesday 16th- 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 Tennis	ABGO
1:30 ABIVISITS / Pet Therapy	TC / Protea
1:30 Golf	Waratah
3:00 Bingo	ABGO

Thursday 17th

From 10am CAFÉ SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Dart Ball	TC / Protea
1:30 Wheel Of Fortune	Waratah
3:00 Pampering	ABGO

Friday 18th

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 19th

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

Sunday 20th

10:00 Church Service	Chapel
1:30 Tunnel Ball	ABGO
3:00 Bottle Top Sorting	ABGO
4:00 1x1	ABGO

Monday 21st

10:30 Singing in the Chapel	Protea
11:00 Worship Service	ABGO
1:30 Billiard Bowls	ABGO
1:30 Pampering	TC / Protea
1:30 Ping Pong	Waratah
3:00 Art & Craft	ABGO

Tuesday 22nd

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 Coffee & Chat	TC / Protea
1:30 Billiard Bowls	Waratah
3:00 Pet Therapy	ABGO

Wednesday 23rd- 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 Ten Pin Bowling	ABGO
1:30 Art & Craft	TC / Protea
1:30 Ten Pin Bowling	Waratah
3:00 Bingo	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

Thursday 24th

From 10am **CAFÉ' SHOP TROLLEY**
 10:30 Quaits ABGO
 10:30 Movers and Groovers Chapel
 1:30 Ping Pong ABGO
 1:30 Wheel Of Fortune TC / Protea
 1:30 Dart Ball Waratah
 3:00 Pampering ABGO

Friday 25th

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 26th

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

Sunday 27th

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

Monday 28th

10:30 Memory Game Protea
 11:00 Worship Service ABGO
 1:30 Drumming ABGO
 1:30 Ping Pong TC / Protea
 1:30 Pampering Waratah
 3:00 Art & Craft ABGO

Tuesday 29th

10:15 Knit and Natter Protea
 10.30 Movers and Groovers Chapel
 10:30 Café Visit ABGO
 1:30 **Concert—James Kendal**
 The Bikie Busker Chapel
 3:00 Interactive Table ABGO



Wednesday 30th- 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 Tennis ABGO
 1:30 Ten Pin Bowling TC / Protea
 1:30 Art & Craft Waratah
 3:00 Bingo ABGO

Thursday 31st

From 10am **CAFÉ' SHOP TROLLEY**
 10:30 Hoy ABGO
 10:30 Movers and Groovers Chapel
 1:30 Golf ABGO
 1:30 **Knock'em Down** —All Areas Chapel
 - Ice Cream Cart
 3:00 Pampering ABGO

Food Focus Meeting
Thursday the 3rd of
October
at 1:30pm in the Chapel

Come along and
chat about the
menu and see
what is coming
up on the new
seasonal menu



RESIDENTS MEETINGS

THURSDAY 10TH OF OCTOBER
1:30PM IN THE CHAPEL

ALL FAMILIES AND
REPRESENTATIVES ARE
WELCOME TO JOIN US

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



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

mindfulness

butterfly

adventure

birds

sunshine

daylight

outdoors

bees

rainbow

blossom

flowers

picnic

season

nature

garden

seeds