



Lutheran Homes Barossa

TIT TAT

November 2024



Photo Location: Barossa Valley Chocolate Company



Message from the Assistant Chaplain - Helen McNicol

Connections



Connections; Boy, do we have them in abundance here at Lutheran Homes Barossa! Every time I turn around, I am delighted to find that someone is related to someone else here, or that they went to school together, or that they were neighbours. In a small country area like ours, and in this Home in particular, we have plenty of opportunities to reacquaint ourselves with old friends or neighbours; visit direct family members or catch up with cousins within our walls.

My own mother was here at LHB 2017-18 and some still remember her, not just from her time as a resident, but from her time as a music teacher at both Nuriootpa and Kapunda High School. She taught one of our residents' children and she played music with some from the Home here. She used to bring students into the Home for concerts too. I, myself, went to school with some of the children of residents, and I am also a neighbour to one of our residents' daughters. A small world indeed and don't I love it.

Connection is what makes community a real community I reckon. We all like to feel we are known and have some sense of fitting into our environment. We all ask the question; Where do I fit in? Knowing others and being known by others is essential to feeling good in our current situation as we humans are created for connection. Of course, there are many who come in knowing no one, and that is where we are encouraged to reach out to others so that they remain strangers for as little time as possible. It is part of the Christian ethos to "welcome the stranger among you" and draw them into a sense of family. This is what some of the Lifestyle activities encourage too, as do the services we offer each week. We are also all called brothers and sisters to one another in the faith. Our aim is that of Christ's; to be that "loving Christian community" who welcomes and extends grace to all of us who count Adam and Eve as our parents.

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

Irene Joppich

Permanent

Jim Irvine

Sandra Atze

Jean Mills

**NOVEMBER BIRTHDAY
CELEBRATIONS**

4th Margaret Kleinig

9th Norma Liersch

18th Clair Altus

23rd Laura Jovanovich

24th Lissa Claridge

28th Jeanette Muir

Happy Birthday!

IN LOVING MEMORY OF

Our deepest sympathy to the families of

Theresa 'Elizabeth' Ruediger 6th October

Audrey Leske 10th October

May they rest in peace ...

61 days until 2025

Countdown from 1st November

SHOPPING BUS

Wednesday 6th November

Wednesday 13th November

Wednesday 20th November

Wednesday 27th November



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 -

DECEMBER TIT TAT The deadline for all News/Information/Stories/Photos is **Wednesday 27th November 2024**. Please send to kasey.welch@tlhome.com.au or see at Reception.

NEED SOME MOTIVATION?



GET CREATIVE - Start a colouring in, do a puzzle or write a poem

SOCIALISE - Call a friend or family member, join in on a group activity or post a letter to someone

GET SOME EXERCISE - Go for a walk or sit outside, focus on some deep breathing exercises or move your hands to the beat of a song

SELF-CARE - Read a book, get a good night sleep or take time to do something you enjoy

YEARS OF SERVICE



Congratulations to all the staff who celebrated the 'Years of Service' awards. We celebrated 48 staff members who have worked with Lutheran Homes Barossa for three, five, and eight years, with eleven dedicating over 10+ years, the longest serving a remarkable 36 years. We thank every one of you for your exceptional work ethic and the years of outstanding service that have significantly enriched the lives of our residents. In celebration, a beautiful lunch was provided for the awardees. We are very grateful to have such a fantastic team representing Lutheran Homes Barossa.



QUALITY INFORMATION



Sharon Berridge - Executive Care Manager

Lisa Morrison - Clinical Nurse Consultant



Belinda Treloar - Customer Service, Volunteer and Leisure Coordinator



THINGS WE NEED TO NORMALIZE FOR MEN...

The month of November is to raise awareness about men's health issues such as Prostate Cancer, Testicular cancer and men's suicide. Men around the world grow their moustaches to observe MOVEMBER.



MENTAL HEALTH ISSUES



SHOWING EMOTIONS



SPEAKING UP



GOING TO THERAPY



NOT BEING "OK"



ASKING FOR HELP

COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During October, LHB received compliments about Care / Clinical (2), Housekeeping / Laundry (0), Customer Service / Administration (1), Education / Training (0), Environment (0), Catering (1), Lifestyle / Volunteers (2), Maintenance (0), Management & Communication (0), Safety (0), Staff (0), Wellbeing (0), CHSP (13) and Other (4).

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

and a total of (8) 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, North Sydney NSW 1585

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

WELCOME



Helen Hatch
CATERING



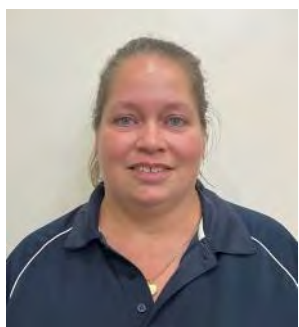
Alex Gregory
KITCHEN TEAM
LEADER



Jaspreet Dhillon
REGISTERED NURSE



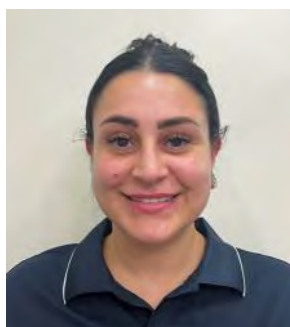
Sonya Kelly
CHSP PROGRAM &
WELLBEING COORDINATOR



Belinda Hoffmann
ENROLLED NURSE



Durga Shrestha
PERSONAL CARE
WORKER



Leah Estevez
PERSONAL CARE
WORKER



Tarnpreet Kaur
PERSONAL CARE
WORKER

NOTICEBOARD



Thankyou to all that donated for our Breast Cancer Awareness Month. We made a total of \$330 which will be donated to the McGrath Foundation to help McGrath Breast Care Nurses provide free support to patients and their families experiencing breast cancer.



FOR SALE

Blue Invacare Colibri Scooter

(Nov 2023) \$1,500 o.n.o

Red Shoprider Scooter

(2017) \$850 o.n.o

Both with good batteries & in good condition

Contact Shane Kraft for info: 0414 420 730



Yamaha Organ & Stall

GIVEAWAY to a good home

Contact Reception for info: 8563 7777



COURTYARD CAFE



Thankyou to everyone that supports our Courtyard Café. To give back to you all, we will be extending our opening hours to **9am-5pm weekdays** for 2 weeks as a trial run. This will allow anyone to pre-order dinner for pick up after shifts, purchase takeaway pre-made salads, sandwiches and freshly baked cakes, or collect a sweet treat, chips or drink on their way home. Be sure to check out the specials board out the front of Reception for the daily specials.



NOTICEBOARD



**you are
all invited**

...to our Christmas Fete on the 23rd of November,
a free family event 10am - 2pm
at Lutheran Homes Barossa, Gramp Chapel

...Join us, enjoy the Festive Food and Fun,
Bake Stalls, Craft Stalls and Christmas Collections
...make a day of it with entertainment,
raffles and prizes.

Home Tours - 11am & 1pm
27 Bridge Street - Tanunda
8563 7777



Some of the proceeds and donations from the day will go towards the Leisure and Lifestyle Team which directly benefits the Residents. If you are looking to make a donation, volunteer, or hold a stall on the day, please contact Belinda or Kasey on 8563 7777 as spaces are now limited.



ROBOT UPDATE



As you are all aware LHB is at the forefront of technology and innovation in the field of robotics in Residential Aged Care Facilities. Our NEW cleaning robots have both completed their trial stage. We have ironed out a few curlies during the trial stages, but we are super happy with the result thus far. We would love for anyone to share their comments regarding our robots on our Share Your Experience forms.

'WE STILL REMEMBER' - by Ken Fyfe

On 'Remembrance Day' here in November,
We wonder and we still remember.
Those heroic men who died, 'in vain',
As it happens; time and time again.
Each war that's fought, we're losing more,
And we wonder what they're fighting for.
They died, so others may survive,
To find out, if peace was still alive.
But, we rarely see true peace on earth,
Does man realise, just what it's worth?
While we revere the lives of all those lost,
Poppies still denote, the price wars cost.
God, reviewing all man's history pages,
Of what we've done, throughout the ages.
Still hopes one day, that we might learn,
And receive forgiveness in return.
We look, but we've not found peace yet,
Oh Lord please help, 'Lest We Forget'.



WHAT'S HAPPENING IN NOVEMBER

RESIDENTS MEETINGS

THURSDAY 14TH OF OCTOBER 1:30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US



Race events from 1:30pm

Main Race @ 2:30pm in the Chapel



Will be visiting here on..

Thursday
7th
November
1:30pm

For more information call
Jane Johnson
0408172111
jane.jadeesfashion@hotmail.com



Remembrance Service 11th of November in the Chapel at 10:30am

MOVERS AND GROOVERS

EVERY TUESDAY AND THURSDAY 10:30AM



**Sweet Beat & Harmony
Concert in the Chapel
Thursday the 28th at
1:30pm
Everyone is Welcome!**



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



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 or you can call reception.

Happy Birthday

To all our wonderful volunteers for the month of November, 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 November to all the amazing Volunteers at LHB, As the end of the year approaches, we can find it hard to get motivated to volunteer when we have so much to do in our personal lives. Please touch base with me if you are finding it difficult to fit everything in; I can help!

The Christmas Volunteer Appreciation Morning Tea will be held on Wednesday the 11th of December at 10am. Please keep the date free / invitations will be out shortly.

If you are available to assist in any way for the Christmas Fete, please let either myself or Kasey know as we have lot's of jobs that Volunteers can assist with and would love to see you there. 🎅

Thank you again for an amazing month, and we will see what November 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 Oleander garden is looking lovely this time of year, and the residents of ABGO take every opportunity they can to get out there and soak up the sunshine. Lennie Stoeckel loves watering the garden and watching it grow. Next time you are near ABGO, go check out the garden.



Elizabeth Kroehn, Rosalie Betts, Betty Holness

Cheryl Frost

Clair Altus

One of ABGO's favourite pass times continues to be Pampering. There is nothing better then having a foot soak or a hand massage.



Valda Fechner

Lin Bainbridge

Liz Mahoney

Fran Shrubsole



RESIDENTIAL ACTIVITIES

Congratulations to all the participants in the 2024 AFL Footy Tipping Competition. It was fantastic to see so many of you attend the presentation event. A special mention to the overall winners Irene Golding who scored the highest number of points on 137, closely followed by Eileen Ingham on 133. Most dedicated supporter on the day would have to go to Jan Schupelius. Go the POWER!



Irene Golding



Eileen Ingham



Jan Schupelius



Pat Rohrlach



ABGO Residents

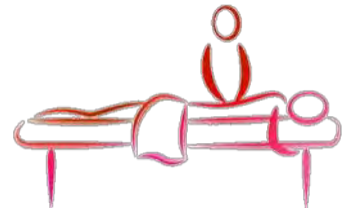


Residents from Trinity Court, Protea & Waratah



Abi is settling in well into her new home at LHB. Recently she was caught being cheeky and sassy to resident Brian Selwood and Maintenance Team Leader, Michael. Abi was entertaining with some ditties and jokes as well as pumping out some questionable dance moves.

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



We love family connections within the community, and we've captured a beautiful moment with club Member, Raymond Rosenzweig and his uncle, LHB Resident, Stan Rosenzweig.

Bus trip to Barossa Bowland was a big success! They all enjoyed the company spent together, and we had a few members come home with strikes!



PIZZERIA

Pizza was on the menu this month. The smells coming from the Club were absolutely delicious, and a fan favourite by all!

Bottom) Julie David, Rebecca Hudson & Sonya Kelly, Barossa Club Connections Staff Members.

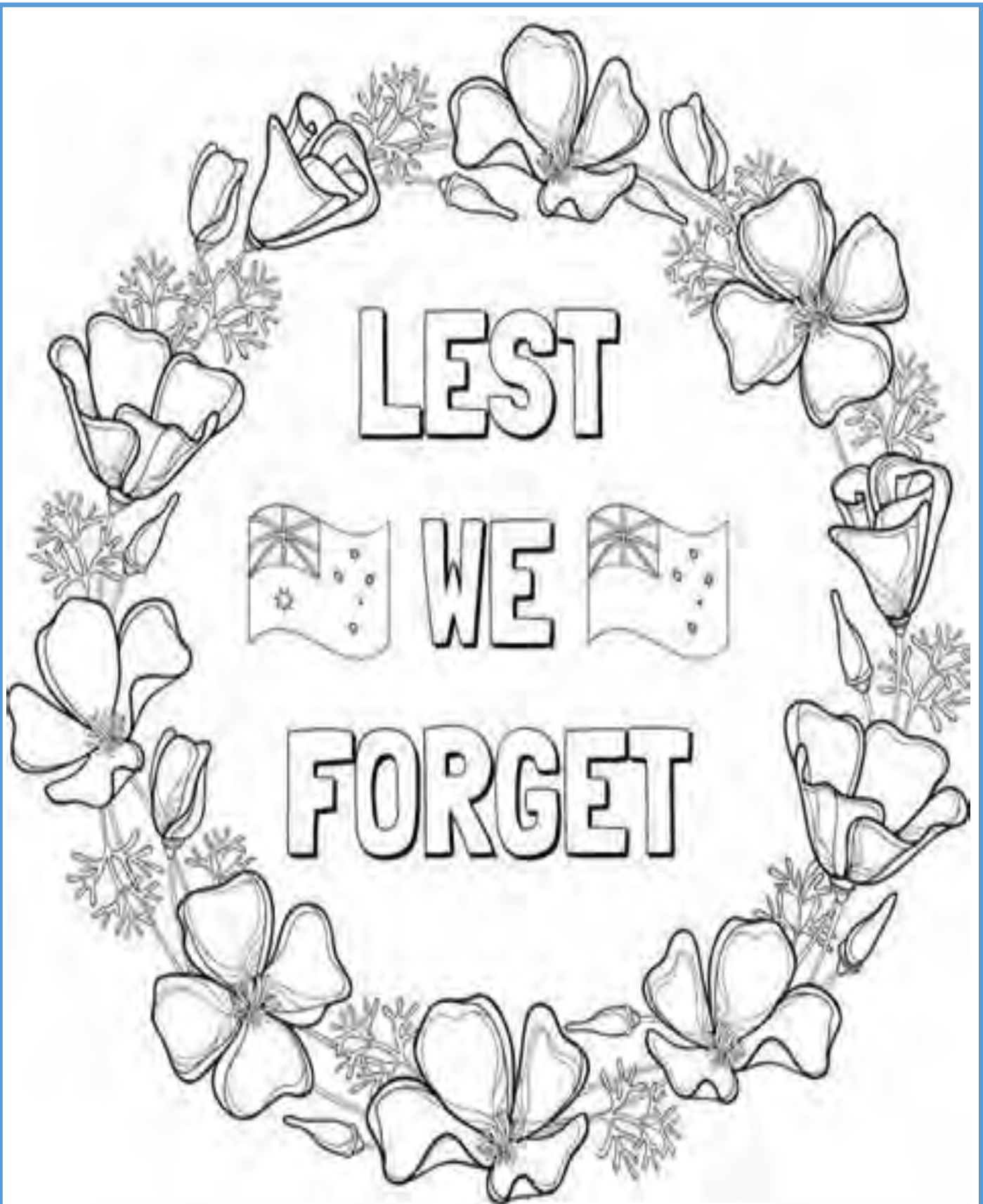


ACTIVITIES

We love sharing a big 'BBQ with friends' for lunch, and everyone gets involved in the cooking.

Doug Ramsey & Malcolm Nitschke are our garden gurus. They've been showing us their green thumbs by revamping the Courtyard Café garden. We cannot wait to see the final outcome as we tend to spend a lot of time in this area.





Ode of Remembrance

*They shall grow not old, as we that are left grow old.
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.*



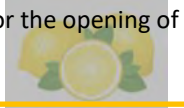
ACTIVITY PROGRAM

Friday 1st—Tuscan Hill Café Opening 11am-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Movement to Music	ABGO
11:00 Chapel Service	TC / Protea
1:30 Dart Ball	ABGO
3:00 Coffee & Chat	ABGO

Join Us in Tuscany from 11am—2pm

Located in the Waratah Neighbourhood for the opening of the Tuscany Hill Café.



Saturday 2nd

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

Sunday 3rd—All Saints Day

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

Monday 4th

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

Tuesday 5th—Melbourne Cup

10:15 Knit and Natter	Protea
10:30 Tit Tat Reading	ABGO
1:30 Melbourne Cup Event—All Areas	Chapel



Race events from 1.30pm

Main Race @ 2.30pm in the Chapel

Wednesday 6th- 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
1:30 Ten Pin Bowling	ABGO
1:30 Golf	TC / Protea
1:30 Art & Craft	Waratah
3:00 Bingo	ABGO

Thursday 7th

From 10am CAFÉ' SHOP TROLLEY	
10:15 Card Making With Irene & Friends	Protea
10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Jadee's Fashion	Chapel
3:00 Pampering	ABGO

Friday 8th

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

Saturday 9th

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

Sunday 10th

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

Monday 11th—Remembrance Day

10:30 Remembrance Day Service	Chapel
1:30 Drumming	ABGO
1:30 Memory Game	TC / Protea
1:30 Tunnel Ball	Waratah
3:00 Art & Craft	ABGO



Tuesday 12th

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 Carpet Bowls	TC / Protea
1:30 Word Games	Waratah
2:15 Sing Along with Doug	ABGO
3:00 1x1's	ABGO

Wednesday 13th- General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Bottle Top Sorting	Waratah
10:30 Armchair exercise	ABGO
1:15 Focus on October	ABGO
1:30 Art & Craft	TC / Protea
1:30 Golf	Waratah
2:00 Bingo	ABGO

Thursday 14th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Residents Meeting	Chapel
3:00 Pampering	ABGO

Friday 15th

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 16th

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

Sunday 17th

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

Monday 18th

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

Tuesday 19th

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
3:00 Balloon Tennis	ABGO



Wednesday 20th- 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 Dart Ball	ABGO
1:30 Ten Pin Bowling	TC / Protea
1:30 Art & Craft	Waratah
3:00 Bingo	ABGO

Thursday 21st

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

Friday 22nd

From 9am TLH LIBRARY OPEN	TC
10:30 Gardening Group	ABGO
10:30 Hoy	Waratah
1:30 Tunnel Ball	ABGO
1:30 1x1's	LHB
3:00 Memory Game	ABGO

Tuesday 26th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Café Visit	ABGO
1:30 Pick a Box—All Areas	Chapel
3:00 Interactive Table	ABGO

Wednesday 27th- 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 Dart Ball	ABGO
1:30 Art & Craft	TC / Protea
1:30 Ten Pin Bowling	Waratah
3:00 Bingo	ABGO

Thursday 28th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Concert— Sweet Beat & Harmony	Chapel
3:00 Pampering	ABGO

Friday 29th

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 30th

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



Saturday 23rd—Christmas Fete

10am—2pm Christmas Fete in the Chapel

Sunday 24th

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

Monday 25th

10:30 Singing in the Chapel	Chapel
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Pampering	TC / Protea
1:30 Ping Pong	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

A Day at the Races

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

sweepstake

champagne

jockey

horse



binoculars

betting

trophy

winner



fascinator

racecourse

trainer

race

odds

gate

