



# Lutheran Homes Barossa

## TIT TAT

January 2025



Photo Location: Charleston Farm, Adelaide



### Message from the Chaplain - Ian Lutze

#### *Welcome to the New Year!*



As a new year begins it is natural to wonder what the new year will bring. At LHB we look forward to the appointment of a new CEO who will work with us to make living under our 'roof' as physically and spiritually content an experience as it can be. We've all enjoyed meeting Uby, and perhaps have found ourselves asking, like John the Baptist did from his prison cell: Is he the one who is to come or should we look for another? But no, we're not waiting for the Messiah. Just a lovely new CEO!

The Messiah has come. That is what Christmas was about. And Jesus' presence shapes our expectations of a New Year again. We know that we and all those around us will not get it right all the time. We know this can not be Heaven on Earth, that disappointment and death is always lurking. But with Christ we change the things we can, leave alone what we can't change, and pray for wisdom to know the difference.

Blessings for the New Year. May it be a good one for you and for all whom you love.

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

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★ Website : [www.tlhome.com.au](http://www.tlhome.com.au)

★ Facebook : Lutheran Homes Barossa



**Lutheran Church  
of Australia**

*Welcome*  
**NEW RESIDENTS**

**Respite**

Neta Neldner

**Permanent**

Melvyn Sonntag

Richard Hylton-Stewart

**JANUARY BIRTHDAY  
CELEBRATIONS**

**1st** Fay Nixon

**13th** Rosalie Betts

**19th** Betty Braunack

**23rd** Edna Kuhn

**24th** Sandra Atze

**29th** Valerie Kraft

*Happy Birthday!*

**IN LOVING MEMORY OF**

*Our deepest sympathy to the families of*

*Brenda Button 5th December*

*Beverley Kernich 6th December*

*Ian Young 1st January*

*May they rest in peace ...*

*This year in 2025, find courage  
to break through your comfort  
zone, and find your true self  
(and let it guide you).*

Wednesday 8th January  
Wednesday 15th January  
Wednesday 22nd January  
Wednesday 29th January

**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 -

**2025 - MOTIVATION**

Move your body

Start a good habit

Learn a new skill

Read a book

Reach out to friends and family

Do self care

Spend time outside

Drink more water

# WELCOME



Lutheran Homes Barossa welcomes our new Interim CEO, **Uby Faddoul, MBA, MAICD.**

## **Firstly, what does Interim CEO mean?**

As planned and designed by Chris Pfeiffer and the Board, as interim CEO, Uby has been brought in to offer our community the reassurance of steady leadership during this time of transition and change. As a carefully selected professional, Uby brings valuable experience and expertise to guide our organisation through challenges, ensuring continuity while a permanent solution is found. An interim CEO is a strategic decision, focused on stabilising operations, maintaining morale, and fostering confidence among stakeholders. Uby provides a fresh, objective perspective, while working collaboratively to strengthen the organisation's foundation for the future. With his leadership, your community can rest assured that the transition will be smooth and that the long-term goals remain on track.

## **About Uby Faddoul, Director at BSSA, Strategic Planning and Executive Coaching**

Uby is married with 2 sons, is a wine fanatic, mad about AFL, loves jet skiing and socially cruising through the hills and along the coastline on his motorbike. He enjoys holidays with the family, golfing and 4-wheel drive trips with his mates.

With a Masters of Business Administration (Adel), Uby has had a long career in the Executive Sector in State and National Management roles, General Management and as a Chief Executive Officer. Uby founded BSSA, his Strategic Planning and Executive Coaching Consultancy in 2014.

Uby brings a vast amount of commercial experience and an understanding of corporate and community sector structures. An experienced strategic leader, who meets the needs of varied stakeholder groups and individuals, he is an excellent influencer and negotiator.

Uby's capabilities are well rounded and tailored to meet the particular needs of small to medium-sized enterprises (SME's), through to large organisations. These capabilities include People Leadership, Strategic Planning, Operations Management, Branding, Sales and Marketing, Networking and Partnerships, High Level Negotiation and Facilitations, Building and Developing High Performing Teams, Program and Project Management.

With a solid record of implementing significant change and innovation at operational and strategic levels, Uby also has expertise in governance through roles across various committee and board structures having also completed the AICD Directors Program and is an active member of the Institute.

Uby will continue to do all he can to improve our Retirement Living and Residential Care Communities and has quickly become passionate about the job we all do, and about the people we serve. "LHB has a passionate Board and a strong team of Managers and Coordinators who truly care for all our clients, residents, and their families. I want to extend my heartfelt gratitude to all our staff for the work they do. The dedication, care, and commitment you bring to your work is inspiring and greatly appreciated. We will continue to improve our care and services for our community by listening to those who matter most, our clients and residents."

# QUALITY INFORMATION



**Sharon Berridge - Executive Care Manager**

**Lisa Morrison - Clinical Nurse Consultant**



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

## HOME UPDATES:

Happy New Year everyone! The hot weather is now upon us so please remember to stay hydrated, keep cool and stick to the shaded areas when going outside.



We still 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.

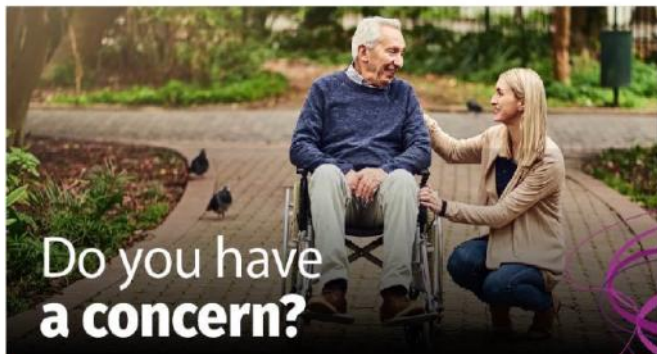
## COMPLIMENTS, COMPLAINTS AND SUGGESTIONS

During December, LHB received compliments about Care / Clinical (4), Housekeeping / Laundry (1), Customer Service / Administration (0), Education / Training (0), Environment (0), Catering (4), Lifestyle / Volunteers (6), Maintenance (2), Management & Communication (0), Safety (0), Staff (1), Wellbeing (1), CHSP (2) and Other (12).

During December, LHB received complaints about Care / Clinical (2), Housekeeping / Laundry (1), Customer Service / Administration (0), Education / Training (0), Environment (0), Catering (2), Lifestyle / Volunteers (1), Maintenance (0), Management & Communication (0), Safety (0), Staff (1), Wellbeing (0), CHSP (0) and Other (0).  
and a total of (3) 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@lhome.com.au](mailto:sharon.berridge@lhome.com.au)  
**Rachel Strudwick, Operations Manager**  
Phone: 08 8563 7771 or Email: [rachel.strudwick@lhome.com.au](mailto:rachel.strudwick@lhome.com.au)  
**Ameya Bhiskute, Finance Controller**  
Phone: 08 8563 7766 or Email: [ameya.bhiskute@lhome.com.au](mailto:ameya.bhiskute@lhome.com.au)  
**Cindy Penn, Home Care Manager**  
Phone: 08 8563 7709 or Email: [cindy.penn@lhome.com.au](mailto: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](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, 11 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:

<b>Care Manager</b> – Sharon Berridge (Including Clinical Care, Lifestyle, Allied Health)	<a href="mailto:sharon.berridge@lhome.com.au">sharon.berridge@lhome.com.au</a> or Ph: 8563 7757
<b>Operations Manager</b> – Rachel Strudwick (Including Catering, Housekeeping Administration & Maintenance)	<a href="mailto:rachel.strudwick@lhome.com.au">rachel.strudwick@lhome.com.au</a> or Ph: 8563 7771
<b>Community Services &amp; Retirement Living Manager</b> – Cindy Penn (Including CHSP & Retirement Living Units)	<a href="mailto:cindy.penn@lhome.com.au">cindy.penn@lhome.com.au</a> or Ph: 8563 7709
<b>Financial Controller</b> – Ameya Bhiskute (Including Accommodation & Fees / Bonds)	<a href="mailto:ameya.bhiskute@lhome.com.au">ameya.bhiskute@lhome.com.au</a> or Ph: 8563 7768

## CASH REMINDER

A reminder to all residents and families to please ensure we are not leaving large amounts of cash in rooms, purses, etc. We do provide a couple EFTPOS options of payment around the facility if needed. Residents can also withdraw petty cash from Reception, only if permitted.



## SANTOS TOUR DOWN UNDER



The 2025 Santos Tour Down Under visits Barossa Valley again for a full day of cycling. If you are planning to visit a loved one or take them on an outing on *Wednesday 22nd January*, please ensure you're aware of what roads will be closed by checking the Barossa Council page or visit the LHB Reception for a print out.

**Friday 24th January**  
Staff, Residents and Visitors are encouraged to dress up or wear Australian themed colours to celebrate this special day.



What do you call a lazy baby kangaroo?  
*A pouch potato*


How does a kangaroo win a gold medal?  
*In the long jump*

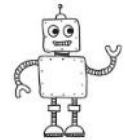


# NOTICEBOARD



## HAIRDRESSER UPDATE

Jill Boxall, who was our previous hairdresser for many years, will be returning to the salon every Tuesday and Friday. We will have further details to come shortly but in the mean time, to make an appointment with Jill, please contact her via phone .  0488 000 532



## ROBOT UPDATE

Well Robbie is not feeling too well so he is taking a break which is leaving the challenging work up to Axel who is looking after ABGO only. Good to know the Robot Dr is already on it, so hopefully all is good very soon.

Our cleaning robots are working a treat. We had one incident where the vacuum robot who I have nicknamed Dustin ( Dust- In) became stuck in the early hours of the morning, but once the staff called and alerted me, I was then able to restart the robot and send him home, all from my mobile phone. How good is technology.

Since the cleaning robots are here to stay as they have completed their trial and successfully passed, we will need to name them! Please let Kasey at Reception know your thoughts and we will revisit this on the next Tit-Tat.

We will need two names that go hand in hand. We have a wet cleaner and dry cleaner, so thinking caps on, a suggestion that has already been received is Spic and Span...

- Rachel Strudwick, Operations Manager



## WHAT'S HAPPENING AT LHB

There are plenty of wonderful areas in our facility that we have to provide for our residents, families and guests.

**Tuscany Café:** The newest area to LHB, bringing a little piece of Italy to the Barossa Valley (booking required)

**The General Store:** Take your loved one for an afternoon in memory lane. (booking required)

**The Sensory Room:** A multi-sensory experience to relax and unwind. (booking required)

**Oleander Garden :** The perfect place to sit and watch the plants grow.

**Courtyard Café:** Come and enjoy a sweet treat, or check out our daily specials.



**LHB Library:** Books, puzzles and more...open Wednesday and Friday mornings.

**For any further details or how to book in to visit these areas, please see Kasey at Reception or Belinda in Lifestyle.**

# CHRISTMAS FAMILY EVENTS

Another successful year for our Christmas Family Functions in December. The day was filled with smiles and conversations all round as our residents and their families came together for the festive season.

We absolutely love creating these special moments for families to connect and share in the holiday spirit. Thankyou to those who provided some beautiful feedback from the events.

A huge shoutout and a heartfelt thank you to everyone who helped with the planning, decorating and catering - these celebrations wouldn't have been possible without you!



## *'Cranky Old Man' - Poem*

What do you see nurses?... What do you see?  
What are you thinking... when you're looking at me?  
A cranky old man,... not very wise,  
Uncertain of habit... with faraway eyes?  
Who dribbles his food... and makes no reply.  
When you say in a loud voice... 'I do wish you'd try'!  
Who seems not to notice... the things that you do.  
And forever is losing... A sock or shoe?  
Who, resisting or not... lets you do as you will,  
With bathing and feeding...The long day to fill?  
Is that what you're thinking?... Is that what you see?  
Then open your eyes, nurse. You're not looking at me.

I'll tell you who I am... As I sit here so still,  
As I do at your bidding, ... as I eat at your will.  
I'm a small child of Ten... with a father and mother,  
Brothers and sisters... who love one another

A young boy of Sixteen... with wings on his feet  
Dreaming that soon now..... a lover he'll meet.  
A groom soon at Twenty... my heart gives a leap.  
Remembering, the vows... that I promised to keep.  
At Twenty-Five, now... I have young of my own.  
Who need me to guide... And a secure happy home.

A man of Thirty... My young now grown fast,  
Bound to each other.... With ties that should last.  
At Forty, my young sons...have grown and are gone,  
But my woman is beside me... to see I don't mourn.  
At Fifty, once more... Babies play 'round my knee,  
Again, we know children... My loved one and me.

Dark days are upon me... My wife is now dead.  
I look at the future... I shudder with dread.  
For my young are all rearing... young of their own.  
And I think of the years... And the love that I've known.  
I'm now an old man... and nature is cruel.  
It's jest to make old age... look like a fool.  
The body, it crumbles... grace and vigor, depart.  
There is now a stone... where I once had a heart.  
But inside this old carcass. A young man still dwells,  
And now and again... my battered heart swells  
I remember the joys... I remember the pain.  
And I'm loving and living... life over again.  
I think of the years, all too few.... gone too fast.  
And accept the stark fact... that nothing can last.  
So open your eyes, people... open and see.  
Not a cranky old man.  
Look closer... see..... ME!!

# WHAT'S HAPPENING IN JANUARY

## NEXT RESIDENT MEETING IS IN FEBRUARY

THURSDAY 6TH 1:30PM IN THE CHAPEL

ALL FAMILIES AND REPRESENTATIVES ARE WELCOME TO JOIN US



January 17th—26th

Join us on Monday 20th  
January 1.30pm in The  
Barossa Club.

An ARAS  
information  
session to find  
out all you  
need to know.

**aras**  
Aged Rights  
Advocacy Service

## CONSUMER COLLABORATION ADVISORY COMMITTEE

WEDNESDAY 22ND OF JANUARY 1:30PM IN  
THE SOCIAL CENTRE

ALL FAMILIES AND REPRESENTATIVES  
ARE WELCOME TO JOIN US



Join us for Thong Toss and the  
Ice Cream Cart

Thursday the 23rd at 1.30pm  
in Waratah



MOVERS AND  
GROOVERS

EVERY TUESDAY AND  
THURSDAY 10:30AM





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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

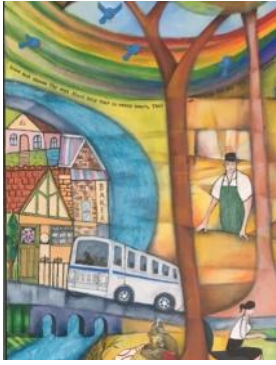
Would you like to discuss this issue with the relevant leadership team member? Yes/No

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.

## CAN YOU HELP?

We are currently seeking volunteers to assist with the **Wednesday Shopping Bus** **The Hairdresser on a Friday**

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

**Happy Birthday**

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



Happy January to all the amazing Volunteers at LHB, In 2024 LHB Volunteers contributed over 7500 hours of work across the organisation, you all deserve a big pat on the back. Let's see if we can beat this for 2025. We are currently looking for some Volunteers to assist with the Wednesday shopping bus, the hairdresser on a Friday, driving in the STV, 1x1 visits in the home, the Courtyard Cafe and Palliative Care. If you have any free time or know anyone that would like to join us, please send them our way. This is also a great time to update your details with me. Please look out for an email in the coming weeks. Thank you for your amazing contributions. We are truly blessed at LHB. I look forward to seeing what the year 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



Rosalie Betts



Sandra Atze



Ray Kraft



Edna Kuhn



Frances Shrubsole



Joyce Lehmann



Lin Bainbridge

## Congratulations to all of our Christmas Raffle winners!

Raelene Rosenzweig

Smriti Oli

Glenis Kupke

John Walker

Anthea Leslie

Dianne Cox

Barb White

Ella Larwood

Lorraine Adams

Sandy Semmler

Sue Pengilly

Jill Brinkes

Jeff Rosenzweig

Ledy Rowe

Harper Sawers

Lyn Hawkes

Roma Zeunert

Richard

Sharryn Hueppauff



**MEGA  
RAFFLE  
WINNER**

**DEBBIE  
NAEHER**

# RESIDENTIAL ACTIVITIES

Christmas was all around us during December and the residents of LHB were truly in the spirit.

We had an amazing month filled with concerts, themed events and time to reflect on what is most important to us.



Loris Fiebiger & Margery Baillie-Philips



Jan Schupelius & Eileen Ingham



The man in Red & Ken Fyfe



Fereleth Booth



Rosemary Berg



Shirley Harrison



Jean Carey



Liz Hussey, Volunteer Mark & Judy Heuzenroeder



Stan Rosenzweig



Shirley Rowe

# 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

## FESTIVE FUN

The Barossa Club Connections had a wonderful month, filled with Christmas celebrations and festivities. The Christmas tree was decorated, BBQ lunch supplied for our members and lots of fun and games throughout the month of December.



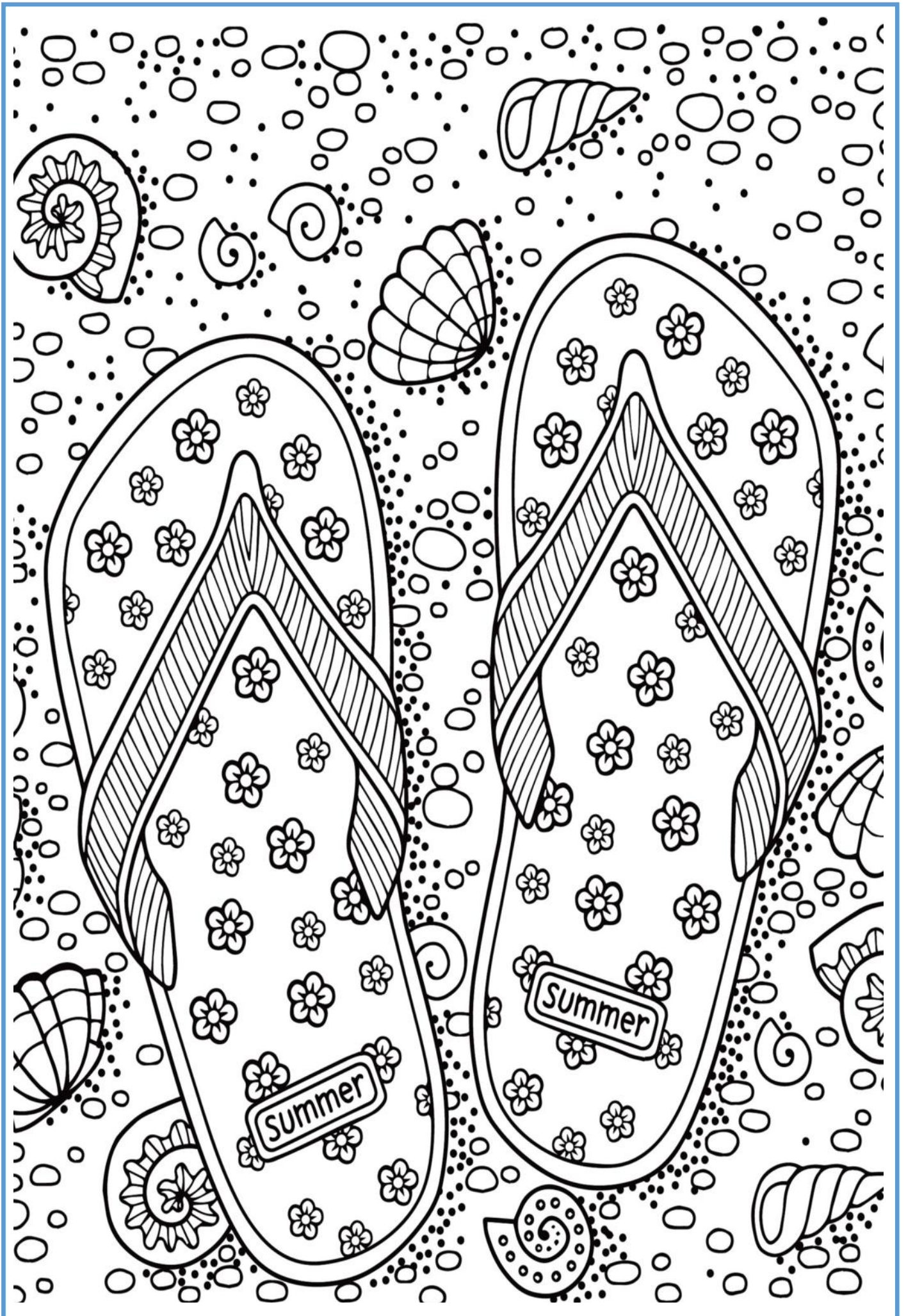
In December, we had a guest speaker come onsite to Oral Health. These talks are a great way to keep everyone informed and updated on these important topics for elderly.



Our members participating in the Balance Class run by our Program and Wellbeing Coordinator, Jules. What a great way to get the body and brain moving, while practicing our coordination skills.

Our Wednesday Men's Group love a good challenge. We have Wyndham, Malcolm and Ray pictured, enjoying themselves in a game of Chair Quoits.









## Consumer Collaboration Advisory Committee MEETINGS SCHEDULE 2025

All meetings are held in the social center and start at 1.30pm.

Please note meetings may be cancelled under covid regulations.

Minutes from the previous meetings can be found in the neighbourhood dining rooms.



January 2025  
**Wednesday, 22nd**  
1:30pm in the  
Social Centre

March 2025  
**Wednesday, 19th**  
1:30pm in the  
Social Centre

May 2025  
**Wednesday, 21st**  
1:30pm in the  
Social Centre

July 2025  
**Wednesday, 23rd**  
1:30pm in the  
Social Centre

September 2025  
**Wednesday, 24th**  
1:30pm in the  
Social Centre

November 2025  
**Wednesday, 19th**  
1:30pm in the  
Social Centre



## RESIDENT MEETING SCHEDULE 2025

All meetings are held in the chapel and start at 1.30pm. Please note meetings may be cancelled under covid regulations. Minutes from the previous meetings can be found in the neighbourhood dining rooms.

February 2025  
**Thursday, 6th**  
1:30pm in the Chapel

March 2025  
**Thursday, 6th**  
1:30pm in the Chapel

April 2025  
**Thursday, 3rd**  
1:30pm in the Chapel

May 2025  
**Thursday, 1st**  
1:30pm in the Chapel

June 2025  
**Thursday, 5th**  
1:30pm in the Chapel

July 2025  
**Thursday, 3rd**  
1:30pm in the Chapel

August 2025  
**Thursday, 7th**  
1:30pm in the Chapel

September 2025  
**Thursday, 4th**  
1:30pm in the Chapel

October 2025  
**Thursday, 2nd**  
1:30pm in the Chapel

November 2025  
**Thursday, 6th**  
1:30pm in the Chapel

December 2025  
**Thursday, 4th**  
1:30pm in the Chapel

*Everyone is  
Welcome*

Meeting Schedules can be found in your neighbourhood dining rooms along with previous minutes.

## Residential Lifestyle Program January 2025

### Tuesday 7th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Interactive Table	ABGO
1:30 Pampering	ABGO
1:30 Carpet Bowls—All Areas	Waratah
2:30 Sing Along with Doug	ABGO

### Wednesday 8th- General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Arm Chair Exercises	ABGO
11:00 Waratah Service	Waratah
1:15 Focus on January	ABGO
1:30 Golf—All Areas	Chapel
3:00 Bingo	ABGO

### Thursday 9th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Chapel
1:30 Golf	ABGO
1:30 Rapp Ball	Waratah
3:00 Pampering	Sensory Room

### Friday 10th

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 11th

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

### Sunday 12th

10:00 Church Service	Chapel
1:30 Tunnel Ball	ABGO
3:00 Memory Game	ABGO
4:00 1x1	ABGO

### Monday 13th

10:30 Word Games	Protea
11:00 Worship Service	ABGO
1:30 Drumming	ABGO
1:30 Tarp Target Toss	Waratah
3:00 Art & Craft	ABGO

### Tuesday 14th

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 Tunnel Ball—All Areas	Waratah
3:00 Interactive Table	ABGO

### Wednesday 15th- General Store Open in ABGO 10-2pm

From 9am TLH LIBRARY OPEN	TC
10:30 Armchair exercise	ABGO
10:30 Bottle Top Sorting	Waratah
1:30 Table Tennis	ABGO
1:30 Billiard Bowls—All Areas	Chapel
3:00 1x1's	ABGO

### Thursday 16th

From 10am CAFÉ' SHOP TROLLEY	
10:30 Quits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Wheel Of Fortune—All Areas	Waratah
3:00 Pampering	Sensory Room

### Friday 17th- Tour Down Under Starts

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 18th

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

## Residential Lifestyle Program January 2025

### Sunday 19th

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



### Monday 20th

10:30 Memory Game	Waratah
11:00 Worship Service	ABGO
1:30 <b>ARAS—Information Session</b>	BCC
3:00 Reminiscing	ABGO

### Tuesday 21st

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Waratah
10:30 Interactive Table	ABGO
1:30 Men's Shed	The Shed
Ladies Pampering	ABGO
1:30 Carpet Bowls - All Areas	Waratah
3:00 Pet Therapy	ABGO

### Wednesday 22nd - 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 Armchair exercise	ABGO
1:30 Ten Pin Bowling	ABGO
1:30 Back Yard Cricket—All Areas	Protea Courtyard
3:00 Bingo	ABGO

### Thursday 23rd

From 10am <b>CAFÉ' SHOP TROLLEY</b>	
10:30 Hoy	ABGO
10:30 Movers and Groovers	Waratah
1:30 Ping Pong	ABGO
1:30 Thong Toss with ice cream cart —All Areas	Waratah
3:00 Pampering	Sensory Room

### Friday 24th

From 9am <b>TLH LIBRARY OPEN</b>	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 25th

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

### Sunday 26th—Tour Down Under Finishes

10:00 Church Service	Chapel
1:30 Back Yard Cricket	ABGO / Garden
3:00 Memory Game	ABGO
4:00 1x1	ABGO

### Monday 27th—Public Holiday



### Tuesday 28th

10:15 Knit and Natter	Protea
10:30 Movers and Groovers	Chapel
10:30 Café Visits	ABGO / Cafe
1:30 Sing Along with Doug	ABGO
1:30 Ten Pin Bowling	Waratah
3:00 Social Spiders	ABGO

### Wednesday 29th - 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 Armchair exercise	ABGO
1:30 Table Tennis	ABGO
1:30 Billiard Bowls—All Areas	Chapel
3:00 Bingo	ABGO

### Thursday 30th

From 10am <b>CAFÉ' SHOP TROLLEY</b>	
10:30 Quoits	ABGO
10:30 Movers and Groovers	Chapel
1:30 Ping Pong	ABGO
1:30 Pick A Box—All Areas	Waratah
3:00 Pampering	Sensory Room

### Friday 31st

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

# Australian Mammals



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



ECHIDNA  
 FLYING FOX  
 SEAL  
 QUOLL  
 DUGONG  
 WHALE  
 TASMANIAN DEVIL  
 BILBY  
 DINGO  
 DUNNART  
 KANGAROO

WALLABY  
 DOLPHIN  
 KOALA  
 WALLAROO  
 MOUSE  
 WOMBAT  
 BANDICOOT  
 PLATYPUS  
 POSSUM  
 POTOROO  
 RAT  
 QUOKKA

