

**Welcome to the Spring newsletter.**

**As we welcome the arrival of Spring, we're excited to embrace the warmer weather and the opportunities it brings for our residents to enjoy more outdoor activities.**

**I would like to take this opportunity to sincerely thank our residents, their families, and our dedicated staff for your understanding and support during the recent lift breakdown. My team and I are committed to continuing our efforts to ensure that Mona Vale House remains a safe, supportive, and caring environment for all our residents.**

**Your feedback, concerns, and questions are always valued. Please feel free to reach out to me or any member of our team at any time. Together, we can ensure the best possible care and experience for everyone at Mona Vale House.**

**Warm regards,**

**Sonal More  
Director Of Nursing**



**Residents enjoying a lovely morning soaking up the sunshine while relaxing and singing along with Greg as he played his guitar**

# Christmas In July

The residents enjoyed celebrating Christmas in July this year in true style. The tables were set to impress and the Xmas fare was delicious -Thank you Chef Carla & the team!

Fun games were played during lunch and the festivities continued into the afternoon with singing favourite tunes around the piano.



### Happy 100th Birthday Gwen!



Above: Seonaid, Sonal, Linda, Gwen & Rory Amon

A major milestone was celebrated with our Gwen turning the magic 100 in June. Gwen received so many congratulatory letters, including one from The King and Queen, Australia's Prime Minister and the Governor just to name a few. Gwen was presented with a State Recognition Certificate which outlines Gwen's many achievements and was read and acknowledged in Parliament.



Above: Gwen's celebrating with her family



Above: Gwen aged 18  
Women's Royal Australian Naval Service

Left: Gwen aged 100!  
Holding her letter from the King and Queen Camilla

### Happy Birthday to all who had birthday in June, July & August!



Jane receiving lovely flowers on her birthday



Evelyn Celebrating her special day

### fun & games

Whether it's carpet bowls, balloon tennis, quoits, board games, cards or bingo there it's always fun to meet up and have a good time and make new friends.



Aloha!



Residents enjoyed a reprieve from the cold this winter as we took a trip to Hawaii ! Once there we drank tropical fruit drinks, learned Hula moves to Pearly Shells and sang along to Hawaiian music played by Janet on her ukulele.



### music, dancing, singing concerts!



We are very fortunate to have a diverse range of musicians come and entertain us each week so there is always something for everyone. The monthly drumming session has been very successful with residents finding their own rhythm. Pictured top right is Murray Ferguson who is a very dynamic performer who plays a wide range of genres and never fails to get the audience clapping and singing along.



### Let's create!

No idle hands here! The residents have been busy creating a range of craft that have included button bowls, knitting and crochet and painting, drawing, sketching and making daffodils and bees for Daffodil day.



**From the RAO Team:** Hello Spring! It is so nice to have you back! We are looking forward to lots more fun times now that the weather is warmer, and we can make more use of the outside courtyard. We would like to take this opportunity to welcome new residents who have joined us recently. These past few months we have had many celebrations including our Gwen turning 100! What a terrific milestone. We have also celebrated the Kings Birthday, Bastille Day, Daffodil Day and of course the 26<sup>th</sup> Paris Olympics. We are also pleased to announce that the Hatchling Chicks and Ducklings are making a return in September. As always, if you have any questions, suggestions or feedback we would love to hear it.

Best Wishes from the RAO Team: Walter, Janet, Kylie, Eve, Rob, Amy, Nisha & Michael

### Regular Events

- Holy Communion: 1<sup>st</sup> Tuesday of each month
- Love in Action: 3<sup>rd</sup> Friday of each month
- Resident & Family Meeting: last Tuesday of each month at 11am
- Men's Club: fortnightly at 2pm
- BINGO: Wednesday & Saturday
- Coffee Club: Monday & Tuesday 9.30am
- Scenic Bus Trips: Wednesday (AM) and Friday (PM)
- Hairdresser: Each Thursday, book via reception or RAO Team.
- Birthday Celebrations/Happy Hour: Last Sunday of the Month

### September 2024

1<sup>st</sup> Father's Day

3<sup>rd</sup> Australian Flag Day

12<sup>th</sup> R U OK? Day

21<sup>st</sup> Octoberfest Begins (21<sup>st</sup> Sept -6<sup>th</sup> Oct)

### October 2024

1<sup>st</sup> International Day of Older Persons

12<sup>th</sup> Yom Kippur

31<sup>st</sup> Halloween

### November 2024

1<sup>st</sup> Diwali

5<sup>th</sup> Melbourne Cup Day

11<sup>th</sup> Remembrance Day

13<sup>th</sup> World Kindness Day