

From the DON

Welcome to Summer newsletter!

As summer approaches, we look forward to enjoying the warm weather and longer days. This is a wonderful time for our residents to engage in more outdoor activities and take advantage of our beautiful outdoor space. To ensure everyone stays safe in the sun, we encourage residents, staff, and visitors to always wear hats, use sunscreen, and stay hydrated during outdoor activities.

With Christmas just around the corner, the festive season brings an extra layer of joy and excitement to our home. We are planning a variety of activities and celebrations to spread the holiday cheer, and we encourage everyone to participate and join us in creating wonderful memories together.

If you have any questions, feedback, or concerns, please feel free to reach out to me, Seonaid, or Pooja.

On behalf of all of us at Mona Vale House, we wish you a Merry Christmas and a Happy New Year!

Warm regards,
Sonal More



From the RAO Team

Firstly, a big warm welcome to the new residents who have joined us recently. We are very excited to get to know you and share good times together. What a busy time we have had these past three months. We have celebrated Henriette's 100th birthday, Melbourne Cup, Remembrance Day, Diwali & Halloween just to name a few. We have enjoyed our regular activities such as craft, cooking, exercises, music, concerts and games. Everyone enjoyed the arrival of the hatchling chickens and ducklings that were a constant source of wonder and amusement. We were also visited by two very handsome Shetland ponies that made their way around the home meeting all the animal loving residents. The next three months also promises to be fun packed with exciting activities. As always, if you have any questions, suggestions or feedback we would love to hear from you!

Wishing you all a very Merry Christmas and a safe and Happy New Year from the RAO Team: Walter, Janet, Kylie, Eve, Rob, Amy, Sarada and Felicia.

Happy 100th Birthday Henriette!



Henriette eagerly anticipated her 100th birthday, a marvellous milestone celebrated in true style. Henriette enjoyed the special luncheon as well as a party with her family and friends at MVH with singing, dancing, cake and of course, champagne.

Naturally, Henriette took to the dance floor kicking up her heels on her 100th birthday! Very impressive!



Above : Henriette with some of her family



Diwali

One of the highlights on the MVH calendar is celebrating cultural events such as Diwali. It is a wonderful opportunity to appreciate and gain a better understanding of each other's cultural backgrounds. A big thank you to the staff who dressed in their national dress, danced and told your stories.





Halloween games

Lots of spooky fun was had this Halloween with everyone getting into the spirit of things ! Residents enjoyed games, music and of course...treats!

Melbourne cup

In the lead up to Melbourne cup the ladies made their own fascinators which was great fun. On the day there were prizes for both the men and women in each category of best dressed, and best head fascinator/hat. There were sweep stakes as well as lucky door prizes. A special lucheon was served with champagne of course at 3pm we all gathered around the tele to watch the race that stops a nation !



Above : Sonal & Seonaid present Tomoe with best fascinator

Mona Vale Public School Choir

It was a real treat to have the Mona Vale Public School Choir come and sing for us. The residents and staff were very impressed by their performance and loved meeting and chatting with the children and their teachers before and after the concert. We hope they come back again soon.



Beautiful Tuesday



Big thanks to Nicky at Avalon Pharmacy for hosting the inaugural “Beautiful Tuesday”. Nicky bought in a range of cosmetics, nail polish, perfume and other items for both men and women to purchase

Hatchling Chickens & Ducklings

We were so pleased to welcome back the hatchling chickens and ducklings as they hatched out of their shells! Here is Maree watching the duckling having their very first swim!



visiting Ponies

We recently had Hannah from Adorable Pony Parties bring her two adorable ponies for a visit! They were an absolute hit! There was plenty of time for everyone to pat and feed them apples and carrots...



Getting Crafty



The residents have been enjoying a wide variety of craft activities these past three months. We have crafted daffodils, flower arranging, dot art painting, button bowls, decoupage, knitting and wool craft and cooking as well as Christmas themed crafts.

If there is something you are interested in, please let us know!

We are very fortunate to have a great variety of entertainers that perform for us on a weekly basis.

Regular performers Robin and Larry went all out and provided a concert with a difference! They created a themed concert based around the Teddy Bear's Picnic. They even came dressed in their Pajamas and brought their Teddy Bears for the residents to enjoy!

What Fun!

Concerts



Some highlights this Summer!

December

9th Mona Vale Market Day
11th Resident Xmas Party
25th Christmas Day Luncheon
31st Happy New Year Party

January

1st New Year's Day !
8th Elvis Presley's Birthday
26th Australia Day Celebrations
29th Chinese New Year !

Regular Activities

- Holy Communion 1st Tuesday of the Month at 3pm
- Love In Action 3rd Friday each month
- Bus Trips Wednesday and Friday
- Hairdresser Each Thursday
- Family Resident Meeting - last Tuesday each month at 11am

February

3rd Remembering Buddy Holly
14th Valentine's Day
28th Brazilian Carnivale

