

We would like to acknowledge the Gadigal people of the Eora nation, the traditional custodians of this land and pay our respects to the Elders both past and present.

Greetings from the DON

Spring has arrived and the weather is warming up fast, please make sure your loved one has a hat, cooler clothing, appropriate footwear for summer and all are labelled.

A reminder that you cannot book rooms for celebrations at Avalon House, lounge areas and outdoor areas cannot be booked.

Please continue to rapid test at home, this is an honest based system, and we appreciate your support.

I'd like to thank all our staff and residents for being so understanding throughout the recent COVID outbreak, the residents were truly amazing, and our staff did an excellent job with infection controls procedures – well done team!

We look forward to the warmer months ahead and enjoying our beautiful outdoor areas with our residents.

Kind regards,

Hayley Bonnici
Director of Nursing
Email: avalonhouse@thc.net.au



Staff Highlights



A huge welcome to George our new and fabulous Head Chef, we are so happy to welcome him to Avalon House!

George brings with him years of experience at Cottage Point Kiosk and Burke St Bakery (to name a few) and a love for cooking

Residents and staff are thrilled with all the homemade cakes and delicious meals emerging from the kitchen everyday.



Pet Therapy

We are incredibly lucky to have some amazing dogs that visit us at Avalon House ...

Buster is 13, he a Maltese x Schnauzer.

He is half blind and quite deaf.

He was born in Perth and came to NSW with his family when he was 1. He flew on the plane to get here.

Buster loves to run on the sand on the beach, but he hates the water.

Buster's favourite food is sausages cooked on the BBQ by his Poppy (Ali's Granddad).

He is a Manly Sea Eagles supporter and loves to wear his Manly jumper.

At Christmas Buster will wear his Santa outfit when he visits Avalon House!



Velvet is 5 ½ and she is a Black Labrador

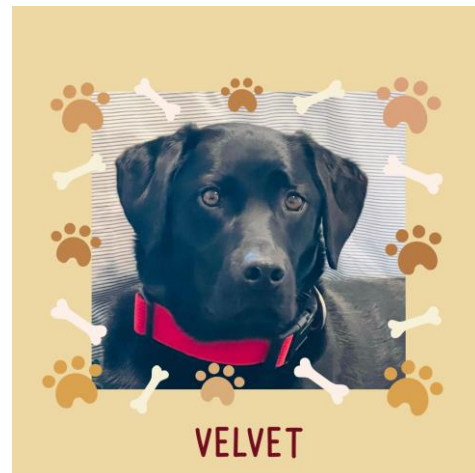
She was born in Queensland, and she was donated to Smart Pups Assistance Dogs, where she initially trained as an Assistance Dog for Autistic Children.

However, Velvet was a little too timid to continue this training and instead she became a much-loved pet for Amelia.

Velvet loves to play with her orange ball and loves to carry her toys around the house and present any visitors with her toys.

Velvet's favourite food is BBQ Chicken although she also loves her fruit and veg.

Velvet loves coming to Avalon House and visiting residents, especially when she is given a treat or two!!



Lola is a 2-year-old mini-Labradoodle, she is very friendly, loyal and a little bit naughty. Her favourite things to do are chasing birds, chewing socks and swimming.

Lola has been coming to Avalon House regularly since she was 11 weeks old, she is always happy, with lots of energy and loves getting pats from the residents and staff. Even though she is very energetic she is very smart and has always been calm around the residents of Avalon House. Since getting so much love from the residents, she will often walk up to elderly people in the street to greet them and wait to be patted.



Freddie is a support dog for one of our residents. Freddie is a very good boy and is very much loved.

Freddie responds to attention from residents and staff with happy barks and tail wags. Freddie loves to be involved in all activities and getting pats.

Activity Highlights and Photos

Bush to Bowl

We had a new and exciting experience at Avalon House called Bush to Bowl. An amazing indigenous educational experience about bush tucker, plants grown in our native wildlife that have been used for hundreds if not thousands of years by our indigenous peoples of Australia. Residents got to see, touch and smell a variety of trees, Old Mans Saltbush, apple berry blossom, oregano, lemon myrtle, cinnamon myrtle, midym berry, river basil, coastal pigface and bush basil. Ramsay was an amazing indigenous man who taught us many wonderful and interesting facts about indigenous culture and to conclude the experience Ramsay played the Didgeridoo for our residents it was a beautiful afternoon.



King Charles Birthday Celebrations

Residents enjoyed a lovely high tea of cakes and savoury delights to celebrate King Charles' Birthday. The home was decorated with bunting and flags which were a great topic of discussion.

During the week we watched a documentary on the King Charles' life and our Sunday Movie was The King's Speech

We had the pleasure of having our lovely pianist Natalya who played her delightful repertoire of songs classical and modern. It was a great chance for all to singalong and enjoy this special day of celebration.



Christmas in July

We celebrated Christmas in July with a traditional Christmas lunch, enjoying roast turkey and baked ham with all the trimmings, followed by mince pies and custard.

We decorated the tables with bright tablecloths and Christmas decorations, then pulled the crackers, wore the paper crowns and told each other bad jokes! Lunch was followed by a terrific concert by Hugh Moran, one of our Avalon House favourites, who also played a few Christmas songs that we all sang along too.

It was a lovely day that chased away the winter chill!



Market Day



Ferragosto

In August we celebrated the Italian National Day of Ferragosto, held in Italy on 15th August. We were thrilled to have our resident Guiseppe (Joe) tell us about his life in Italy and growing up on a farm in Calabria. Joe had some lovely stories to share. We also sang some Italian songs, and made bruschetta, with residents helping to chop up the bread, tomatoes and basil and had an Italian quiz to test our knowledge of all things Italian. It was a great afternoon and a wonderful celebration.

Monthly dates for your diary

September

1/9 Father's Day
5/9 Hugh Moran Concert
8/9 Dancing Troupe
9/9 Resident Meeting
10/9 Speaker Sheridan – Yarn Art
12/9 RU OK Day – Staff and Resident Morning Tea
12/9 Ross Hamilton Concert
13/9 Piano Bar with Juliet
16/9 Anglican Church Service
19/9 “Roll with It” Trio Concert
20/9 Ageless Moves
20/9 Love in Action Service
25/9 Catholic Service
26/9 Keff Concert
27/9 Drumming with Carly

October

4/10 Annette Octoberfest Concert
10/10 Roderic Concert
17/10 Kristy Lee Concert
18/10 Ageless Moves
18/10 Love in Action Service
21/10 Anglican Church Service
23/10 Catholic Service
24/10 The Chords Concert
25/10 Drumming with Carly

November

5/11 Melbourne Cup Celebration
5/11 Piano Bar with Natalya
7/11 Paul Leventhal Concert
11/11 Remembrance Day Service
14/11 Leyla Concert
15/11 Ageless Moves
15/11 Love in Action Service
18/11 Anglican Church Service
20/11 Catholic Service
21/11 Elvis Concert
26/11 Murray Furgason Concert
29/11 Drumming with Carly

Regular dates for your diary

Happy Hour - Everyday 3:45pm - 4:45pm

Hairdressers - Every Tuesday in the hair salon

Resident/DON Meeting - 1st Monday of every month

Library Delivery service – 25/9, 23/10, 20/11

Bus Trips –

Every Wednesday 1:30pm and Friday 10:30am

Church services

Anglican Service 16/9 21/10, 18/11

Pittwater Anglican Church Service

Christian Non-Denominational Service

Love in Action Service **20/9, 18/10, 15/11**

Catholic Service

Sacred Heart Church **25/9, 23/10, 20/11**

Welcome to all new residents and staff.

On behalf of the RAO staff and the home, we would like to warmly welcome our new staff, residents and their families who have joined Avalon House in the last 3 months.

We look forward to getting to know you and collaborating together.

Kind regards

All the RAOs at Avalon House

Helen, Kylie, Cait, Sarada, Rob, Mel and Marlene

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