

Greetings from the DON

Dear Residents, Families, and Friends,

We are pleased to welcome our new residents and their families. Our entire team is committed to providing professional, compassionate care, with your health and happiness as our top priority.

Since our last newsletter, we experienced an extended lockdown due to a COVID outbreak. Our focus remains on keeping everyone safe, and we have now initiated a six-monthly COVID booster clinic to ensure all residents have optimal protection.

Over the past month, we have concentrated on enhancing our environment. External contractors, including painters and upholstery cleaners, have been engaged to maintain the highest standards.

Our recreational officers have introduced a variety of new programs, many inspired by resident suggestions. These include performances by an accordion player, a drumming-to-music program, and visits from Turramurra Kindergarten. We've also welcomed guest speakers from Oz Harvest and the Bonsai Society. With

spring upon us, we're excited for more outdoor activities, such as garden walks, courtyard coffee, and our popular barbecues.

We value your feedback and encourage you to share any ideas or suggestions to help us improve.

Kind regards

Fiona

Elegance in every note, enriching lives through music. If music be the food of love play on



Residents enjoying piano concert by Alice



Hair salon looking fabulous,
a cut above the rest

This newsletter is dedicated to all the residents for contributing and participating in the activities to quote Mark Twain “Age is an issue of mind over matter, if you don’t mind it doesn’t matter



Donated quilts stitched with care
and sewn with love





Family visits, the best
medicine for the heart and
soul because family is
everything

Resident rendezvous
chatting, laughing and living
life where stories unfold,
and friendships take hold





STAFF AND RESIDENTS, SPECIAL MOMENTS

Our staff, a helping hand is always near, a listening ear is always available, because it's the small things that count



Get ready to be mesmerised by the whirl of colours and rhythm of Nepal. Nepalese staff entertaining the residents with traditional Nepalese Dances





Sharing meals in our warm and welcoming dining room where community and connection are always on the menu

Yoga transforming body and mind one breath at a time



Celebrations and congratulations Peter



May your 100th year be filled with all the love and happiness you've given us. Happy 10 decades young



Pet Therapy Unleashing joy one pat at a time, our residents and Cocoa the dog are the perfect pair



Upcoming events

Residents will be able to participate in Dance from Dance Health Alliance

Residents will be able to bond and share stories from around the world, sport and hobbies and words that describe me

Residents will be able to talk about their favourite book or author in our book club discussions

A choral choir will be coming to perform for the residents

To be or not to be that is the question, the residents will be able to participate and complete these famous quotes

The residents will be able to participate in words that sound the same but have different meanings - homophones

Residents will be able to enjoy our diverse range of guest speakers

The Shetland pony will be visiting in September and will go from room to room so each resident can enjoy one on one time patting it



Celebration and congratulations
100 years young as Win was joined
by family and residents for a century
of celebration that was the icing on
the cake



Wheels in motion, bus ting
with excitement, our bus
outings are a route to
happiness

