

#### **GREETINGS FROM THE DON**

We have officially entered our Festive Season as our corridor's fill up with all things Christmas. What an amazing time of year as you may notice we love a good decoration or two! We can do so little; together we can do so much.

I would like to welcome all our new residents and their families who have joined us at Turramurra House. I hope they soon feel part of the Turramurra family.

Another year has almost passed, it has been difficult at times for everyone especially with COVID outbreaks and restrictions.

This is my opportunity to thank you for all your support and understanding.

I am very humbled by all our resident and family support.

Please feel welcome to provide your feedback or a suggestion by phone, email or in person when you visit. Feedback drives change and improvement, something we are proud of and encourage at Turramurra House.

Finally, I would like to wish everyone a very Merry
Christmas and a very happy healthy year to follow.



Queen Mary wearing one of the fabulous hats









Hats off to a perfect fit with residents enjoying a guest talk by milliner Neil Griggs







Bear-y special friends as the snuggle squad was assembled for another memorable guest talk by local business owner Steve Ogden on bears through the ages













Bonsai presentation a tree of beauty ,a test of patience





Fun in the sun our floral crown queen



Husband and wife showing a love that time won't let go













Veronica sharing memories on girl guides where craft meets courage













Residents Les and Judy sharing memories about music and volunteering respectively in our "sharing circle" group















Clap along, sing along, smile along, dance along to our accordion player. Music therapy for the soul











101 birthday party for Ossie. A shining example of aging with grace and joy



Turramurra choir and Turramurra Uniting Church choir sing for our residents, where music meets memories





**UPCOMING EVENTS** 

Residents will be able to participate in painting in our plaster fun house group

In the sensory box we are focusing on our taste sensations. Residents can enjoy a variety of food [ chocolate, biscuits, jam, honey to name a few ], whilst blindfolded and try guess what they are eating

Over Christmas, residents can enjoy icing ginger bread and making cards for family and friends





Residents can participate in a leisurely game of carpet bowls

As per resident request exercise classes are now scheduled twice a week

Residents can enjoy our popular coffee shop outings to St Ives Shopping Centre

Residents can enjoy baking a variety of things like bread and pizza and enjoy them with friends in the coffeeshop with hot chocolate and marshmallows