

Greetings from the DON

As we reflect on the past quarter, we are delighted to have welcomed several new residents to our St Ives family. Watching them settle in and form meaningful connections with fellow residents and staff has been truly rewarding. We also navigated a challenging COVID-19 outbreak, and I am immensely proud of how everyone complied with the necessary precautions to keep our community safe. Your teamwork and dedication ensured we could manage the situation effectively, and I thank you all for your resilience and support.

With the festive season upon us, I want to extend my warmest Christmas wishes to all residents, families, and staff. May this season bring joy, peace, and cherished moments with loved ones. As we look ahead to the New Year, I am excited for the opportunities and growth that 2025 will bring. Thank you for being an integral part of our community, and I wish you a safe, happy, and prosperous New Year!

Activity Highlights

Greetings from the Recreation/Activities Team.

We would like to extend our warm welcome to all our new residents who have joined us since we opened our doors in June 2024. We hope you feel at home here and enjoy our activities program that is designed to suit your interest and assist you to be active physically, socially and cognitively.

We have been quite busy over the last few months with special events and activities.

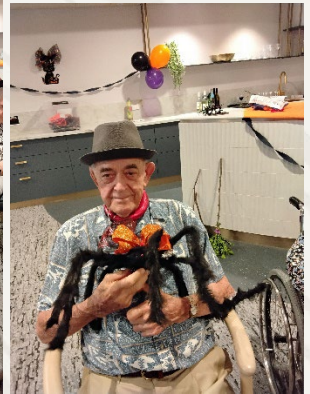
For **RUOK Day** we all dressed in yellow, shared yellow cupcakes and reminded each other of the importance of mental health and staying connected.



Oktoberfest was celebrated with delicious food, drinks and entertainment.

Dressing up for **Halloween** put everyone in a party mood once again turning folks into wizards and witches.





Celebrations

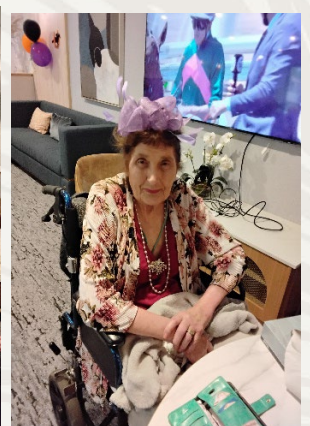
Creating our own fascinators for Melbourne Cup gave us an opportunity to experiment with various materials and techniques. Maureen Van Den Broek dedicated her time to lead a jewellery class, consulting with our ladies on how to add glamor to their looks.



As the results of our creative efforts, everyone looked fabulous on Melbourne Cup Day while cheering for the horses they bet on. The kitchen created amazing snacks washed down with a glass of bubbly with strawberries.



Everyone reported enjoying this special afternoon.



Special Moments

Remembrance Day

Remembrance Day Commemoration provided us with the opportunity to remember those who served our country in wars and conflicts. The ceremony was conducted by our resident, Commodore Bryan Wilson (RAN). A speech written by another honoured resident, Rear Admiral Rothesay Swan (AO, CBE, RAN, RETD) was read by Kathyne Grigor. Then Mary Boothe said The Prayer of Remembrance.

The Flowers of the Forest and The Rouse were performed by a bagpiper, Daniel Stretton and a bugler, Michael Tian from Knox Grammar School followed by 2-minute silence.



Bus Trips

We are excited to have weekly bus trips introduced as our new bus has arrived recently. If you would like to join our outings, please let the reception or RAO team know.



Aroma Therapy

Aroma therapy is being offered every Thursday afternoon. If you would like a gentle hand or foot massage with special oils, please let the team know.

Celebrations

Joy Yeo's birthday in November turned into one of the special days when Roseville College Choir paid her a surprise visit. Joy used to be a Principal of Roseville College for 14 years and she is still remembered and highly respected by teachers and pupils there.

The choir performed a number of songs for our residents and promised to visit us again early next year.



Ganeinu Kindergarten

Among our young friends are the children from Ganeinu Kindergarten, who visit us regularly and inspire us to make small gifts for them and even compete in games.



Upcoming events

With Christmas around the corner, we are getting ready to decorate our home and transform it into a Christmas wonderland for everyone to enjoy. There are various Christmas craft projects, entertainments, visits and celebrations on the way.

The special Christmas lunch will take place on 18 December at 12pm followed by entertainment with festive drinks and treats.

Thus, the Christmas season is promising to bring that special joy and excitement with it.

December 2024

St Ives Christmas Lunch 18th December

followed by Christmas Entertainment

Turrumurra Choir Performance 14th December

Christmas Day 25th December

January 2025

New Year Day 1st January

Australia Day 26th January

Chinese New Year 29th January

February 2025

Valentine's Day 14th February

Notices

Among our regular activities you can find daily exercises, weekly Bingo, movies, crafts, entertainments and Happy Hour. Among monthly activities are Tai Chi, pet therapy and church service.

We would like to thank Maureen Van Den Broek for initiating the jewellery club. We also would like to thank Sarah Main for donating a sewing machine for our craft sessions.

We are grateful to the residents for their continued support, feedback and suggestions.

If any of the family members would like to volunteer and assist in activities, please let us know.