

# Autumn 2026 NEWSLETTER

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## Bowral House

### Greetings from the DON

#### To all families and friends of Bowral House

As we move further into 2026 it is wonderful to see the many residents and families utilising our outdoor areas while the weather has been good. You might have noticed that the leaves are starting to turn and drop signifying the change of seasons.

We have had a great response to the changes in the café with the implementation of the Café attendant, and the introduction of a wider selection of treats. The area has had an increase in attendance, and residents and families are thoroughly enjoying the atmosphere. The café has now changed over to opening hours with staff assistance from the 1<sup>st</sup> of March 2026. If the café is unattended, please ask for assistance.

We hold bimonthly resident and relative meetings in the level 1 lounge area. The next scheduled meeting is 14<sup>th</sup> April 2026, everyone is welcome. We request a RSVP to manage seating.

We continue to maintain and improve the environment in Bowral House, most recently we have recovered all the guest chairs in the resident rooms.

If you have anything that needs fixing or suggestions, please let us know so we can assist as soon as possible. We also encourage feedback and suggestions via the feedback form, located at both reception areas.

We will reach out to you from time to time to discuss your care or your families care on their behalf. This is called care planning. Please remember at any time you can speak to a registered nurse, Charlotte or Tara about your care.

I would like to take this opportunity to thank the staff that make up our Bowral House team. Without the wonderful staff members, we would not be able to have such a lovely home environment. Our staff do an amazing job, and we appreciate them every day.

Kind regards

Joanne, Tara and Charlotte.

### Activities

The Activities Program is designed to support individual needs and preferences of each resident. It aims to maintain and enhance physical, cognitive, spiritual, creative and social wellbeing, while encouraging residents to pursue their personal interests and enjoy privacy in their own space. We also strive to foster a warm, inclusive environment that welcomes friends and family into the home.

### Special Celebrations

Congratulations to Domitilla who celebrated her 108<sup>th</sup> birthday with family, residents and staff.



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### Christmas

We had a wonderful Christmas season filled with festive cheer and happy moments. Over several days, everyone enjoyed great entertainment from talented musicians and choirs. It was wonderful to see so many visitors over the holiday period.



*Margaret & family and Gail & Sue with Santa*



Elvis meeting Abraham

### Craft

Mary Lou helps residents create something unique, learn new skills, and enjoy being creative, including crafting beautiful Christmas candles. Sarah continues to lead the social knitting groups with care and enthusiasm.



Elvis entertained everyone at the Resident Christmas Party.



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### Highlights

#### Community spirit

Residents were delighted to welcome a special visitor, eight-year-old Hunter, who arrived with his mother, Lucy, to celebrate his birthday in a truly meaningful way. For his 8th birthday, Hunter wished to visit Bowral House and personally deliver flowers to the ladies. Accompanied by staff, Hunter and Lucy visited residents in their rooms, where his thoughtful gesture brought smiles, joy, and heartfelt appreciation. Everyone felt touched and blessed by his kindness. During the visit, Hunter also had the chance to meet regular visitor Bob and his trained parrots, which made the day even more memorable. He happily declared it was “the best birthday present ever.”



Resident Kay

### Concerts

Residents are offered a range of performances each month including Jill Snow on Piano, Louise Bell and Dave on piano, harp and violin, the monthly birthday concert with Stan, Paul Leventhal classical guitarist, The Highland Singers, Highlands Theatre choir, Frensham choir and Elvis Christmas concert.



*The Highlands Musical Theatre Choir  
Singing songs from musicals old and new*

### Bus Outings

Staff organise twice weekly bus trips to a variety of locations. Some highlights include Lunchtime concerts at St Judes, Beauty and the Beast at Frensham, The Berrima Museum and viewing the Wynne prize at Ngununggula gallery



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### Pet Visits

Residents enjoy visits with Bob and his trained parrots and Gen with her dog, Smokey



*Heidi, Daphne and Cheryl enjoyed a visit with Gen and her therapy dog, Smokey, who also delivered fresh flowers to residents at Christmas.*

### Exercise

Residents have opportunities to exercise at their own level in groups led by physiotherapist Saad, Tai Chi with Anthony and staff run seated exercise twice weekly.



*Falls prevention physiotherapy with Saad.*

### Coming Up

In House gift shop

Greg Dymock with his Swag Full of Instruments

Shayne the Magic Jester performing on St Patrick's Day

Bryen's Cowboy concert

Louise Bell harp, piano and violin concert

Jill Snow piano recital

Moss Vale Show-residents are preparing items to enter in the Show

Anzac Day Service led by the Bowral RSL