

July 2020

Grapevine



- ♥ New Mural for the Residency's Sports Bar
- ♥ Exercise Programs Launched in Angaston



Barossa Village
people at our heart

From Our CEO



It's great to see the lifestyle programs start again at Barossa Village as the COVID-19 restrictions ease a little.

The Thursday and Friday Café, happy hours, film nights, are all bringing back a wonderful energy to the organisation. It's also great to see our volunteers again, walking through our doors and providing valuable help to our teams and clients.

I cannot speak more highly of our staff, volunteers, residents and clients for how they have acted through the last few months in a very difficult time. I sincerely thank you all and I know that as an organisation and community, or should I say village, we will be better and stronger in the future.

As I have said many times, I am extremely proud to be associated with Barossa Village and all the people involved. I have the best job in the world.

The year has been very successful with many initiatives and projects completed or well underway. I am particularly excited by the hydrotherapy pool, as this project will be completed in the next six months

or so. Earlier in the year we completed the Joy Rice courtyard and garden area, with new cooking facilities and veggie gardens, creating a wonderful place for people to socialise. I can't wait for when we can hold the grand opening and celebrate with all the people who, through their generosity, made it happen. The new club bar adjoining the courtyard will also be opened on the day.

It has also been a good year financially, with Barossa Village achieving an operational surplus for the fourth consecutive year, in spite of the negative financial impacts of the COVID-19 situation. These surpluses are continually reinvested into our infrastructure, people and systems and builds long term sustainability for the organisation and the community as a whole.

The focus for management is finalising business plans and preparing the financial budgets that support and underpin these business plans. This is an exciting time for me as I get together with many of the team to explore new opportunities to further improve our services and customer experiences or expand our existing programs.

There is always a sense of enthusiasm from the team and we spend many hours brainstorming new ideas that will ensure that Barossa Village remains the leader in the delivery of integrated care through our retirement living options, in home care programs, supported accommodation and residential care. We will expand our lifestyle programs and allied health facilities to meet the needs of our residents and clients and also the broader community.

While we are confident and have a clear vision for the future at Barossa Village, there are still many challenges within the aged care sector. Funding is still not keeping up with the ever increasing costs. Community expectations are also growing and we are committed to providing quality affordable care and experiences for our clients and residents.

Another exciting game changing project for Barossa Village will be the expansion of the Atze

COVID-19 Resources

For facts, information and updates about Coronavirus please use these resources:

Australian Government Department of Health

www.health.gov.au

Coronavirus Health Information Line: 1800 020 080

Stay informed with the "Coronavirus Australia" government app in the Apple App Store or Google Play

SA Health

www.sahealth.sa.gov.au

p. 08 8226 6000

SA COVID-19 Mental Health Support Line: 1800 632 753

(available 8.00am to 8.00pm, 7 days a week)

Regular updates are also available on the Barossa Village website:

www.barossavillage.org and our Facebook page.

Road precinct including the 21 bed expansion of our residential care facility and the construction of the hydrotherapy pool within our Allied Health Centre. The total value of these construction projects is \$7.3m with the government providing \$3.4m in grant funding. Construction of the hydrotherapy pool is well underway and the 21 bed expansion will start later in the year. Ben is managing the two projects and is being supported by Matt. Both are doing a fantastic job to create something that will be very special for the community to enjoy for many years to come.

We are also undertaking a workforce review to ensure the right staff numbers and skills to deliver quality services throughout the organisation as we expand next year to provide high quality experiences for all our residents and clients. It also provides career

opportunities for current staff to become our leaders of tomorrow.

Barossa Village will also increase investment in technology and innovation to support our staff and improve our client services. Carl has been managing these projects very well and we have just signed off on \$350,000 of works including a new phone system, call bell, mobile technology and computer system.

Another exciting project is the development of our new website and digital marketing strategy. Daniela is managing this project and has engaged a web designer to undertake the work that will truly communicate to the world what we do and who we are. I believe we have great story to tell and these new initiatives will help us promote this to our current stakeholders and the broader community. This

project will be completed in September this year. We want to capture the wonderful stories that our clients and residents experience each day at Barossa Village.

With the new financial year approaching, it will be another exciting time for Barossa Village, our staff, volunteers, clients and residents. I am excited by the opportunities that we will embrace as an organisation. We will continue to solicit feedback from our clients and residents and endeavor to embrace our co-production co-design philosophy in developing new socialising activities that will build on our expanded lifestyle programs.

As always, if you have any issues, please contact me on 8562 0300.

Simon Newbold
Chief Executive Officer

Integrated Care Development Update



Well it's great to be starting our programs again and wonderful to see people from our community returning to activities.

Movie nights have recommenced but we are currently limited to maximum numbers we can host, so we will be holding multiple screenings. These numbers are changing week by week so hopefully we will get back to normal sooner rather than later.

The Men's Group is back and meeting fortnightly on Wednesday afternoons. Please call me if you're interested in joining us. We are also resuming the Art Group on alternate Fridays from 3:30 pm in the Joy Rice Centre.

Community Gardening

Our courtyard at the Joy Rice Centre has several raised garden beds. Chris & Ross Bassham have done a wonderful job of tending the first crops. Well done guys! We are seeking others to join them in this venture so we can have a team of people who can share the tending of these beds. Please let me know if you're interested.

The Basshams also led the idea rehabilitate a small garden bed in the ILU Scholz Ave cluster. Neighbouring residents are contributing to the planting and it's great to see our residents working together on these projects. Pictured is Heather Parker planting

in the space between her unit and Mike and Carol Fowler's unit.

Streaming Services

Most of us are aware of what streaming services are and many have them installed on their televisions, computers and devices. It's a great way to watch what you want when you want. There are a variety of service providers available which vary in price and content. The good news is that there are several great ones such as Netflix and Stan that sell accounts for under \$10.00 per month giving you access to literally hundreds of movies, television series and documentaries. It's like having a massive library at your fingertips. If anyone wants to find out more please let me know.

Information Session

Ben Hall and I will be presenting an information session at the Joy Rice Centre on Wednesday, July 29 at 1:30pm, to talk about energy usage, power bills and concessions.

My Aged Care

It's important to take

action when you begin to struggle with activities of daily living. A quick call to My Aged Care will arrange the required assessments for you to access services. The National Waiting List for Home Care Packages is still very long and I regularly meet people who purchase private services as an interim to keep them going while they wait for their Government funded service to be allocated. If you wish to discuss this further or wish to have support with navigating My Aged Care please give me a call.

Bereavement Support Survey

The National Ageing Research Institute is currently conducting a nationwide survey on grief in older people and how grief may affect older people's health and their use of healthcare services. Older people are often overlooked, so this study focusses on them and their unique needs regarding bereavement support.

The institute is looking for people to participate in a 25 minute survey (online or paper version) who are:



- a) Aged 65 years or older
- b) Currently living in Australia
- c) Able to read and write in English
- d) Have experienced the death of a significant person in their life at least six months ago or longer.

The survey addresses questions related to grief, wellbeing, health and the use of healthcare services. Everyone who completes a survey can enter into a draw to win one of five \$200 Coles Myer gift cards.

If you wish to participate in this survey, paper copies are available from Dr Katrin

Gerber at the National Ageing Research Institute. Phone 03 8387 2662 or email k.gerber@nari.edu.au.

Please contact me for the online link to this survey.

Holidays

I'll be taking leave during the school holidays, much to the chagrin of my tween and teen at home! I look forward to seeing you when I return on July 21.

Tom Herring

**Integrated Care
Development Coordinator**



Property and Infrastructure Update



May and June have seen us slow down a little with the cold and wet weather from previous months, but I am confident that we are continuing to keep on top of all our maintenance, handyman and building works.

Any feedback is always appreciated.

Unit Refurbishments

The demolition of units 19A and B Scholz Avenue and 1 Heidrich is approaching quickly now. We had a few

delays with power disconnections but it's not far off. In the meantime, our Builders have been tending to a few of our smaller projects like putting up verandahs, fixing ramps and improving access. Soon they will be returning back to 20A and 16C Scholz Avenue, while our contractors have been busy working on vacant River Road units.

Hydrotherapy Pool - finally a use for trigonometry!

We recently did the first concrete pour for the Hydrotherapy Pool. You would think that the wet weather is a terrible time to do this work. It does make mess, but being slightly cooler means that the concrete cures harder and will give us a greater product. It's been great to be doing trigonometry homework with my daughter during this time and

I can answer the age old question "What am I ever going to use this for?" with, "Well, if you ever want to build a pool..."

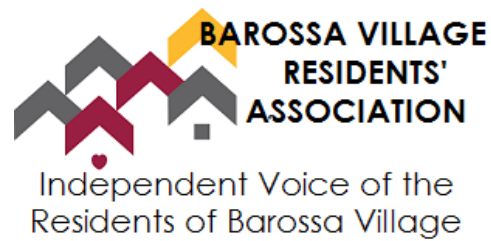
What gardens need

We have been busy mulching and weeding the gardens in recent weeks and soon our gardeners will start pruning all our roses. A few tips for this time of year:

- Pouring boiling hot water on the weeds instead of herbicide can be just as effective
 - Planting marigolds in your vegetable garden can act as a natural deterrent to pests
 - Keep up the Seasol during frosty days, for healthy plants during stressful times
- Stay warm, stay safe.

Ben Hall
General Manager,
Service and Delivery





The Grapevine Report

To say “absence makes the heart grow fonder!” is a fair stretch but members of the Committee were very pleased to meet at Joy Rice Centre with Ben Hall and Tom Herring for a belated June meeting, the first in four months.

This meeting presented an opportunity to thank Barossa Village for extended services and care during COVID-19. Some new services were introduced, like a shopping service for ILU residents and frozen meal delivery services, popular with ILU occupiers and the wider community. Tom praised Simon's decision to cut through some of the usual red tape associated with new services to enable needs to be speedily met.

Tom thought he might be less busy during lock-down but not so. Some of us needed extra visits and support. Some residents activated infrequently used devices to learn new skills and especially to keep in touch with loved ones. Tom found himself much in demand and he was also able to keep an eye on the unfortunate “scams” that emerged during this time.

Now he's getting us back together within safety limits of the ever-changing restrictions, recognising how much we need to have social contact. Films are back but probably three showings will be needed to accommodate the usual number who used to attend.

Ben's big projects proceed, awaiting Council Planning Approval for the Residency extension and construction has begun on the hydrotherapy pool. It is hoped the community will be able to use it for personal water exercise and swimming, as well as physio or exercise therapist professional services, but definitely not an “events” space – no children's parties!

Ben reported that dividing maintenance requests into “urgent” and “next up” is working well, as Carol is hearing when she rings to spot check on jobs. The gardeners are finding that they can manage more frequent visits at “horticultural appropriate” times. Next round will include rose pruning. On that score, many residents will miss Rodney Lindner now that he has retired from Village work – he and Michael were the only gardeners for many years. Rodney's pruning skills were greatly valued – we thank him and wish him well.

On a recent Saturday morning in Tanunda Foodland a Dad was finishing off at the check-out while 3-4 years old son eyed off the coin-in-the-slot car. He said “Daddy, when the coronavirus is over, can I have a ride in that car please?” He's learning the wisdom of sticking to the rules but having something to look forward to. Residents thank all Barossa Village workers. How fortunate we are to be in a caring and supportive community. We especially thank senior management for sorting through the astounding deluge of health information and relaying to us what we needed to know to get safely through COVID-19. Like that small boy, we await better times ahead.

Carmel Devonish, Secretary, BVRA - July 2020.



John Seizes the Day

Few people have led a life so exciting that if they had their chance again, they wouldn't change a thing.

John Day is proud to admit he's one of the lucky few and says "If I came back, I would come back as John Day."

Growing up in London in the post war years was an incredible time for John who experienced numerous adventures and discoveries in the suburbs where he lived. John went to school not far from Buckingham Palace and recalls being marched out onto the parade, rain or shine, with all the school boys to wave enthusiastically as the Queen and other members of the Royal Family went by.

The Queen visited John's school to thank them for their support, telling the boys, "As you know I have come here today to thank you personally for

making my ceremonies so memorable." John replied "Not a problem for me Your Highness, but some of the other lads don't like you very much, but I think that you're lovely".

John spent many happy years growing up with his grandparents and loved travelling to the coast to visit family and go fishing. On one of these fishing trips with his grandfather, John caught the largest Barbel (a freshwater fish) that his grandfather or anyone in the local Pub had ever seen. A short while later, John was visited by the Guinness Book of World Records and yes, they confirmed the size of the catch and John held the record for the largest Barbel caught, for many years.

John also spent time living in Malta with his mother. This was an amazing experience and so very different to living in suburban London, with the warm Mediterranean weather, beach access seven days a week, no

school and a private tutor who he adored.

When he was 14, John moved to Australia, living in the small town of Tanjil Bren in Victoria, boasting a population of 50 residents, which was a huge shock, not to mention the heat of an Australian summer, compounded by the flies.

Within a few months John moved to Tasmania and began working as an apprentice photographer. He went on to become a successful freelance photographer, having his photos published in the book, "Discovering Tasmania". With freelance work taking him all across the country, John saw more of Tasmania and Australia than most.

John's next success was as a travelling salesman selling televisions. Some of these years were spent in Sydney where he worked for Sound United, which led to work at the ABC on their much loved children's show, "Playschool", in Sydney and Melbourne.

In 1972 John went on a trip around the world with his partner, travelling through France, Spain, Germany, Austria and Italy. While visiting the small French town of Le Mans, John was taking photos of the scenery when he was approached by a film director to be an extra in a documentary he was making about the Le Mans 24 hour motor race. John can be seen in the documentary taking shots of the action with his state of the art camera equipment. He also experienced the excitement of actor Steve McQueen attending the race.



After living in the UK, John eventually returned to Australia where he continued with his working life and raising a family of seven children. He joined the Barossa Village ILU community ten years ago.

In addition to his ongoing interest in photography, John's hobbies include fishing, art, golf and world movies. He is an excellent writer and story teller.

His autobiography, "14 Years to the Day" is an amazing read and available on data stick (contact Tom).

Good on you John.

The picture above right shows John in his "hey day" (bearing an uncanny resemblance to Freddie Mercury) and above left, as a much valued part of our ILU community.



Barossa Village Independent Living Units Social Club Notes

The June meeting held on the holiday Monday was the first since lockdown started because of the virus and only eight people attended, all of whom were committee members.

Kevin, our president called the meeting together at 1.30 p.m. and thanked everyone for coming along. Those who attended were Jean Higgenbottom, Judy Richardson, Judy Clarke, Vi. Mitchell, Kevin Prouse, Jackie Chapman, Doug Fisher and Helen Roesler.

An apology was sent from Nita Jones, Jeanne Whitelaw and Magda Lausberg. Happy birthday was sung to Doug and Helen.

Jackie read the minutes of the last meeting (March). Jean asked that they be accepted and Judy seconded the motion. All members were in agreement.

Business arising from the minutes was mainly concerning the luncheon in July to celebrate the 21st year of the club. So on 13th July our meeting will commence with a catered for lunch consisting of chicken and salads and dessert. We ask members to arrive by 12.15 p.m. for a 12.30 p.m. start. It was decided that members would have a free lunch and non-members would need to pay \$20.00. Moved by Helen and seconded by Judy. All agreed. At this stage 20 people are able to attend because of social distancing.

After lunch the Annual General Meeting will be held as well as a short ordinary meeting.

Jean asked if we should consider having a meeting every two months but the constitution would have to be changed. Rejected.

Correspondence received was from St. John Ambulance asking for a donation but this year we give to the local C.F.S which is given at the end of the year.

Vi gave us the treasurer's report which she asked to be accepted as correct and seconded by Judy Richardson. All present agreed.

Please call Jackie (85657128) if you have any queries about the July meeting.

Meeting finished at 2.14 p.m.

New members are always welcome. Please contact Reception at The Lodge for information.

Jackie Chapman (Sec.)

A Night at the Movies

★ ★ ★ ★ ★
Free! ★ ★ ★ ★ ★

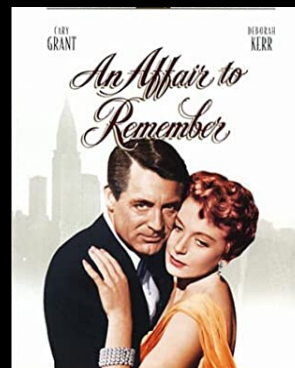
Joy Rice Centre, Scholz Ave, Nuriootpa
Big Screen - Popcorn - Bus Transport



Friday, July 3

An Affair to Remember

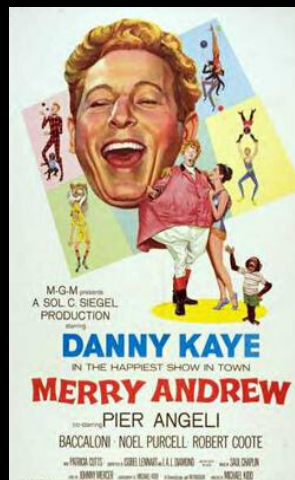
6.30pm start
No meal



Friday, July 24

Merry Andrew

6.30pm start
No meal



RSVPs to Reception on 8562 0300 (option 2)

Mick O'Brien's Bobby Dazzler Show

Watch on Facebook Live or catch up later

This month's shows, 1.30pm Fridays:

July 3 - 50s Rock n Roll

July 10 - Australiana

July 17 - The British pop invasion

July 24 - Country style

July 31 - Golden memories



Set your radio to 89.1fm and listen to great music on BBBfm 89.1 Community Radio

Playing all genres, from all decades
Country to Rock 'n' Roll,
Jazz to Blues & Big Band
20s to 60s, 70s to now

Not hearing your favourite music?
Phone 8563 3788 or email mail@bbbfm.com
Let us know what you want to hear

BBBfm is always looking for program presenters & administration help
To volunteer in a community organisation with a difference
call Margaret on 0409 823 412 or Sandie on 0417 833 691

Retirement Lifestyle



Barossa Village
people at our heart

Independent living at Barossa Village means accessing the services, support and lifestyle activities that allow you to enjoy the retirement you deserve. Make an appointment for a viewing, Monday to Friday 8.30am - 4.30pm.



♥ Units 6 & 7, 29-31 Greenock Rd, Nuriootpa

Light filled homes adjacent to reserve and walking paths. Close to shopping, cafés and health facilities. Unit 7 with solar array.

- 2 bedrooms, 1.5 bathrooms
- Garage with direct access to unit
- Upgraded interiors throughout
- Built in robes to bedrooms
- Private location at rear of cluster
- Shared outdoor space with views across reserve

\$265,000 each

♥ Unit 2, 18 Krieg St, Nuriootpa

Custom built contemporary home located in a small cluster of 3 units near main street shopping and medical centre

- 3 bedrooms (main bedroom with walk in robe)
- 1.5 bathrooms upgraded with new fittings
- Garage with direct access to unit
- New kitchen
- New flooring & window furnishings throughout
- Freshly painted indoors and outdoors

\$285,000

Community Lifestyle

Community Lifestyle held a successful open day at St Hughes Church Hall in Angaston, on June 15.

Many people were eager to sign up to our new exercise programs designed by Di from our Community Lifestyle team and Miriam our Occupation Therapist (pictured top right)

These exercise programs were developed for clients focusing on fall preventions, core strength and balance. We are looking forward to watching this group grow on Mondays. Clients can stay all day if they wish. Lunch and afternoon activities can be provided.

We are now offering another Café day on Thursday as well as our usual Friday, with bookings essential due to limits on numbers we can host in the Joy Rice Centre. We are playing bowls on Thursdays and everyone's favourite Bingo continues on Fridays. Local singer Doug Venning has volunteered to sing once a month on Thursday afternoons.



Tinkers Shed will also be back as of July 1 on Wednesday mornings.

It's great to be back up and running again.

The Lifestyle team

Volunteering

We are pleased to announce most of our Volunteers are returning in July.

We are slowly welcoming back Café, Church, our own visiting volunteers and those from Lutheran Community Care, art and craft volunteers, community drivers, also those that assist with bingo and bowls.

We have missed your wonderful work and smiling faces as much as our residents have.

To maintain social distancing and the time spent in the facility, we are asking all volunteers to ring to confirm with Lifestyle staff what role they have and when they wish to return.

As a government regulation, we are still only allowed to provide entry to those volunteers who have evidence of having had their flu vax this year.

Thank you for your patience during this time.



Thursday & Friday Café Menu

Date	Day	Café Menu
9/7/20	Thursday	Main: Beef sausages served with peas, mash potato, roast pumpkin & gravy Dessert: Tiramisu
10/7/20	Friday	Main: Roast lamb served with gravy & roast vegetables Dessert: Sticky Date Pudding with caramel sauce
16/7/20	Thursday	Main: Teriyaki chicken served with mashed potato, roast sweet potato & broccoli Dessert: Chocolate Pudding with custard
17/7/20	Friday	Main: Shepherd's pie served with roast carrots, green beans & gravy Dessert: Sherry Trifle
23/7/20	Thursday	Main: Roast chicken served with béchamel sauce, roast potatoes, pumpkin & zucchini Dessert: Bakewell Tart
24/7/20	Friday	Main: Braised beef in a red wine gravy served with mashed potato, green beans & roast carrots Dessert: Banana cake served with caramel sauce
30/7/20	Thurs	Main: Beef lasagne served with peas, roast pumpkin & garlic bread Dessert: Apple Pie served with custard
31/7/20	Friday	Plum chicken served with mash potato, roast carrots & green beans Dessert: Chocolate & Vanilla Cheesecake

Residential Lifestyle



Men2Men Group

We have a new mural on the wall in the Sports Bar painted by local artist Rachel Porter. The Men2Men Group meet here fortnightly for a beer and a chat to tell tall stories and jokes. They are still continuing to engage in this important activity whilst social distancing rules are in play.



Doug Venning's Sing a long

We are slowly welcoming back Entertainers and Volunteers. Doug Venning has been in to entertain residents in the Club room with resident Clarrie Pursche singing along to accompany him. All programs are also being streamed live into residents rooms via their TV.



Exercise Class

We are still holding our regular exercise Class on Wednesday mornings but they just look a little different with social distancing in place!



Church and Bible Study

This month we will be welcoming back our Church and Bible Study programs which have been missed by many residents.

Resident Profile

John Mitchell

An excellent all-rounder, John Mitchell was known as a good sport in his youth and he still has a passion for sport, especially supporting the Crows.

Born in Gawler on September 1, 1939 to Jack and Joyce Mitchell, John is the oldest of three boys and his brothers are Alan and Robert.

John and his family lived in Hamley Bridge where his father had his own vegetable store and John sometimes helped out.

"Dad also drove to Adelaide collecting vegetables and delivering to farmers in the region. I enjoyed my trips to Adelaide with him in the truck."

Married to Helen on August 8, 1964 at Stirling in the beautiful Adelaide Hills, they experienced snow on their wedding day.

"We have two beautiful daughters, Carolyn (Callie) born on January 23 1967 and Nola born on July 16, 1969 and we also have four wonderful grandchildren, Lauren, Erin, Dylan and Jorden."

"I am a qualified Plumber, had my own business and I also trained apprentices to become plumbers."

Though John's real passion was sport. "I went to High School but only because I loved sport. I loved Aussie Rules Football." John played for the local league and was picked up by the Sturt Football Club for several years and his coach was the legendary Jack Oatey, who John admired greatly.

"Jack said I had a brilliant left foot kick and a mean hand-pass. I really enjoyed my time at the Double Blues Football Club."



John likes chatting about football and is a Crows supporter. "I'll usually be seen wearing my Crows cap as it makes me feel comfortable."

"I liked to stay active and going for walks, playing ball games, singing, dancing and a social chat."

John says he can sing "Old Man River" and like songs from 50s and 60s.



What are You Thinking?



I recently read an article about research at London's University College in their psychiatry department looking at the correlation between repetitive negative thinking and dementia in people.

The question their researchers wanted to answer was around negative thinking as a potential risk factor for developing dementia.

In a two year period they monitored 360 people over the age of 55 and asked them to respond to questions about how they deal with negative experiences, focusing on repetitive negative

thinking patterns such as ruminating on negative past experiences and worrying about the future. The participants also recorded their symptoms of depression and anxiety.

The researchers assessed the participants' cognitive function, measuring memory, attention, spatial cognition, and language. From this they determined that there was a strong relationship between this negative thinking style, stress and the development of dementia.

There were PET scans conducted on 113 participants where there was evidence of increased deposits of amyloid plaques (linked to dementia) in the brains of participants who

were the negative thinkers (see www.hellocaresmail.com.au and their blog, "Negative Thinking Linked to Higher Rates of Dementia").

So, what to do? The researchers found that people who practiced mindfulness, and by mindfulness, I am referring to the practice of being in the moment, were at a lower risk of developing dementia. Research beyond this paper strongly supports the ability to build cognitive reserves and improve memory through practicing mindfulness and focusing on positive emotions.

This research also shows that mental health has more of an impact than we ever thought on the development of dementia and that there are steps we can take in our chances of improving cognition and how we age. I'm not suggesting that we need to just be happy all the time and if we are not then we will get dementia. We go through ups and downs in our thinking and emotions every day, the important part is to acknowledge this

and try to not dwell on the negative.

So what am I thinking? I am endeavouring, despite all terrible things that are happening in the world at present to focus on the here and now. Certainly reflect and acknowledge the past, because that's the only way we ever learn. However our focus needs to be on the good things that had happened, we should find the upside of the bad things.

I am trying not to look too far into the future - who knows what that will bring? What I do know is, by living as well as I can in the moment, this should support the next moment to be as good as the last, if not better. Remember, it is but a moment and like everything, it will pass.

Dementia is complex and its causes are many and varied. For some people there is no apparent link to any of the traditional risk factors. For me, anytime that I can take an action to reduce the potential impact of crippling disease why wouldn't I take it, especially when it only takes a bit of self-control to do it?

So ask yourself, what are you thinking? It might just give you an answer you didn't expect.

Matt Kowald
General Manager,
Residential Care Services




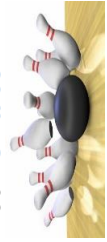



Community Connections Calendar

Monday	Wednesday	Thursday	Friday
	1 9.00am Tinkers Shed 2.00pm Games (Joy Rice Centre)	2 10.00am Thursday Café Bowls	3 10.00am Friday Café Bingo 6.30pm Movie (Joy Rice Centre)
6 St Hugh's Anglican Church 10.30am - Exercise for Fun 12:00 pm - LUNCH 1:30 pm- QUIZ / Word Games with nibbles	8 9.00am - Tinkers Shed 1.30pm - Men's Group (Joy Rice Centre) 2.00pm - Games (Joy Rice Centre)	9 10.00am Thursday Café Bowls 4.30pm ILU Happy Hour	10 10.00am Friday Café Bingo 3.00pm Art Group (Joy Rice Centre)
13 St Hugh's Anglican Church 10.30am - Exercise for Fun 12:00 pm - LUNCH 1:30 pm- BINGO / Board Games	15 9.00am Tinkers Shed 2.00pm Games (Joy Rice Centre)	16 10.00am Thursday Café DOUG VENNING SINGING	17 10.00am Friday Café Bingo
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What's New this Month: Exercise for Fun with fruit at the Anglican Church Hall Mondays at 10:30 am

Residential Lifestyle Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>NOTICE WEDNESDAY CHURCH IS BACK IN THE CLUBROOM</p>		<p>1 10:30 Exercises Read the News 1:30 Church 2:00 Doug's Sing a long</p> 	<p>2 10:30 A Day at the races in the Club Room 1:30 BINGO</p> 	<p>3 10:30 Art / Craft Peddlers & Movement 1:30 Fun and Games</p>	<p>4 10:30 Music Appreciation Movie to room Let's Reminisce</p>	<p>5 10:30 Church on TV Scrabble Afternoon</p>
<p>6 10:30 Exercises Word Games 1:30 Sensory Group 3:30 BV Music Choir</p>	<p>7 10:30 Crafting Fun 10:30 Bible Study in the Club Room 1:30 Flower Arranging</p>	<p>8 10:30 Exercises Poppy the Guinea Pig Visits 1:30 Church 2:00 Reminiscing</p>	<p>9 10:30 Tongue twisters Club room 1:30 Bingo</p>	<p>10 10:30 Art / Craft Peddlers & Movement 1:30 Tin Canning 6:00 pm Happy Hour pub quiz</p>	<p>11 10:30 Brain Trainer music Movie to Room</p>	<p>12 10:30 Church on TV Sensory fun with the Tovertafel</p>
<p>13 10:30 Jadees Fashions Word Games 1:30 Exercises 3:30 BV Music Choir</p>	<p>14 10:30 Crafting Fun 1:30 Pamper Day Men2Men (E – F Sports Bar)</p>	<p>15 10:30 Exercises Circle of Friends 1:30 Church 2:00 Cooking</p> 	<p>16 10:30 Cultural Day Each area 1:30 Bingo</p>	<p>17 10:30 Art / Craft Peddlers & Movement 1:30 Skittles</p> 	<p>18 10:30 Puzzle Craft Movie to room</p>	<p>19 10:30 Church on TV Brain trainer games</p>
<p>20 10:30 Exercises Word Games 1:30 Ball Games club room 3:30 BV Music Choir</p>	<p>21 10:30 Crafting Fun 10:30 Bible Study in the Club Room 1:30 Doug Sing a Long</p>	<p>22 10:30 Exercises Pet Therapy 1:30 Church 2:00 Old Wives Tales</p>	<p>23 10:30 BOARD GAMES 1:30 BINGO</p> 	<p>24 10:30 Art / Craft Peddlers & Movement 1:30 Bean Bag Toss Happy Hour pub quiz 6pm</p>	<p>25 10:30 Brainer trainer Games Movie to Room</p>	<p>26 10:30 Church on TV Robbie the Robot Visits</p>
<p>27 10:30 Exercises Word Games 1:30 Movie In each area 3:30 BV Music Choir</p>	<p>28 10:30 Crafting fun 1:30 Antoinettes Gifts 1:30 Men2Men (E – F Bar)</p>	<p>29 10:30 Exercises Jigsaws 1:30 Church 2:00 Let's tell A Joke !</p>	<p>30 10:30 George Davies Sing a long 1:30 Bingo</p>	<p>31 10:30 Art and Craft Peddlers & Movement 1:30 Bowls</p>		

**Corporate, Community
& Retirement Services**

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Front Cover

**Clarrie Pursche with the mural
painted by local artist, Rachel Porter
featuring members of the Residency's
Men2Men Group.**

**The Grapevine is printed on 100%
recycled paper**



Barossa Village
people at our heart