

August 2022

Grapevine

Barossa Village's community news

- ♥ Making & creating at the Residency
- ♥ Get to know new CEO Ben Hall
- ♥ Stay well this Flu season



Welcome



Barossa Village
people at our heart

**Corporate, Community
& Retirement Services**

Barossa Village
14 Scholz Avenue
Nuriootpa SA 5355

The Residency

9Atze Parade
Nuriootpa 5355

Postal Address

PO Box 531
Nuriootpa SA 5355



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100% recycled paper.



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enquiries@barossavillage.org

On our cover:
Resident Daphney Martin.

Contents

Meet the CEO	3
Stay well this Flu season	6
Crossword puzzle	7
Meet ILU resident Julie Turner	10
Making and creating at the Residency	11
Residency extension	12
Thanks Shirley	14
Meet resident Margaret Schliebs	15
What makes you happy?	16
Community lifestyle	17
Positive ageing	18
Community connections calendar	19
August cafe menu	20



Early bird copies of the Grapevine are sent out via email before copies are delivered to mailboxes. Join the list!

Email enquiries@barossavillage.org

Meet the CEO



You may recognise him from his previous role as General Manager Service Delivery, or perhaps his trademark yellow high-vis jacket!

Find out more about Barossa Village's new CEO Ben Hall...

What are you most excited about stepping into the role of CEO?

There are certainly big shoes to fill which is daunting, but I am most excited about the opportunity to continue to be part of, to lead the wonderful Barossa Village team and continue to deliver great outcomes for those that make the most of our service.

What do you hope to achieve in the first 12 months?

I am lucky that I am not new to Barossa Village, but I still have a lot to learn about services, team members and clients with whom I have not yet had the opportunity to work with.

During the first 12 months I hope to get to know the areas of the business that I am not familiar with by listening and asking questions and develop my understanding of how, as CEO, I can best support the business going forward, both from a staff and client perspective.

I hope that with the support of the team we will then be able to manage the business in a manner that is measured, balanced and understood so that we are well placed to continue to provide services well in to the future, particularly in line with what will become our new Strategic Plan which will be reviewed in the next 12 months.

What do you think the biggest challenges are that face Barossa Village?

We are entering a very challenging time as we navigate our way out of the pandemic, which doesn't seem to want to loosen its grip, alongside regulatory and funding reforms for the Aged Care sector.

Despite this I think that the single biggest challenge that we are facing (and the sector on whole) is making sure that we have enough skilled and passionate people in the work place so that we can effectively and sustainably deliver services.

What motivates you?

Problem solving – finding out 'how' rather than saying 'no': I love finding the solution and the feeling that comes from people coming together in a spirited and collaborative manner to do the same. Inside every problem is an opportunity to be better in yourself or improve a situation for someone else.

Helping others to be the best they can be. I've been fortunate to have received accolades, but I get great satisfaction from being able to help others achieve their goals.

My 'why' is very clear to me – to be part of something that is creating great places for people. Once you understand your answer to 'what do you want to do?', as long as you are doing it you'll always find satisfaction and motivation.

How do you maintain a good work/life balance?

This is not something that I am particularly good at – but I am working on it! I am lucky though, as I enjoy what I do and I get a lot of satisfaction out of a day's work. I do always try and make time for my family so that we are doing things together, but most importantly that I am there for them if they need me.

What advice would you give to your younger self?

I have a beautiful wife, a confident daughter, a wonderful family and great friends. My advice would be simple: "keep going – it's all going to work out just fine!"



Preventing Dementia: a free online course by UTAS

Preventing Dementia is a Massive Open Online Course (MOOC), offering university-quality education about the latest research in dementia risk and protective factors. The free course provides an opportunity to engage with the perspectives of a global community, without requiring exams or assignments.

With the ageing of the world's population, dementia is a major public health issue. Is it possible to modify your risk of dementia? A substantial proportion of risk is associated with advanced ageing as well as genetic risk factors, but the latest research has indicated there are factors you can modify which may decrease your susceptibility to dementia. The Preventing Dementia MOOC investigates the best available evidence about dementia prevention, drawing on a range of expertise from around the globe.

Preventing Dementia is suited to everyone.

To obtain the most from this course, participants should expect to spend approximately 2 hours per week engaging with the content and completing related course activities. The 4 weeks of scheduled content is released weekly and is accessible across 6 weeks in total, with the additional 2 weeks providing time to catch up on (or review), content. After successfully completing the final quiz, participants will be eligible to download a certificate of completion.

You can work through the content at any time of day and at your own pace within this release schedule. This includes revisiting earlier released content or catching up as needed.

Module 1 – Can Dementia Be Prevented?

- Key concepts in dementia prevention
- Definition of dementia and introduction to the diseases that cause dementia
- The impact of dementia across the globe
- The major non-modifiable and modifiable risk factors for dementia
- The impact of genetics on dementia risk
- How dementia risk is measured at individual and population levels

Module 2 – Dementia Risk: It's Not All in Your Head

- Evidence supporting links between key vascular risk factors and dementia
- The impact of physical activity and diet on dementia risk
- The impact of smoking and alcohol on dementia risk

Module 3 – A Healthy and Active Mind

- Evidence supporting links between key lifestyle factors and risk of dementia
- Impact of depression on dementia risk
- Impact of education on dementia risk
- Concept of cognitive reserve

Module 4 – Interventions for Prevention

- Key strategies for prevention at the individual and population level
- Encouraging healthy behaviours
- What you can do to reduce your risk of dementia
- Current research initiatives in dementia prevention

Enrollments are now open with the course commencing in October.

utas.edu.au/wicking/preventing-dementia



COVID-19 information

sahealth.gov.au | 08 8226 6000
SA COVID-19 Mental Health Support
Line 1800 632 753 (8am-8pm, 7 days)

health.gov.au
Coronavirus Health Information Line
1800 632 753

Don't wait, get vaccinated

Book at sahealth.gov.au

Masks and QR / sign in are a requirement to enter The Lodge*, the Residency*, Joy Rice Centre* and the Arthur & Gladys Reusch Community Centre.


*Proof of vaccination is also required.



Hairdresser

Tuesdays at the Residency
Thursdays at The Lodge

IRENE RICKARDS
8564 2195 | 0414 607 135
in salon or can come to you!



BAROSSA CHRISTIAN FAMILY CENTRE

All Welcome
SUNDAYS 10.30AM

JOY RICE CENTRE, NURIOOTPA
0408 194 740

The Village

OP SHOP

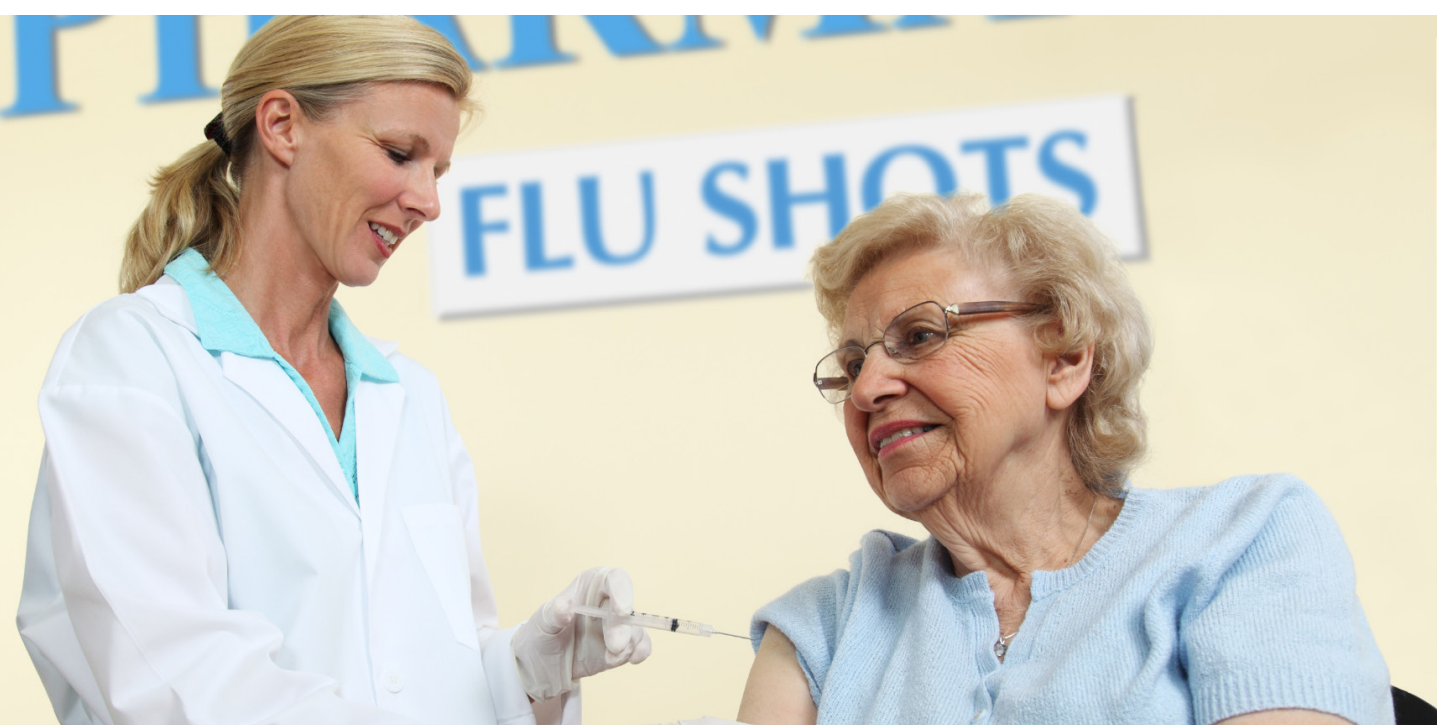


at the Arthur & Gladys Reusch
Community Centre
24a Murray St, Nuriootpa

Open Wednesday to Friday
9.30am – 3.30pm

P: 8562 0300

New volunteers always welcome!



Stay well this Flu season

The past two years have been challenging and we've all done our part to keep ourselves and others safe through the COVID-19 pandemic. Alongside the pandemic we are also experiencing a high risk Influenza (Flu) season.

As you are likely aware, the Flu is highly contagious and can be contracted via airborne droplets spread when an infected person coughs or sneezes, as well as through touching surfaces where infected droplets have landed (including via handshaking), surviving on some surfaces for several hours. People with influenza can be infectious from the day before their symptoms start.

Prevention is the key to staying well:

- Vaccination - reduces the associated risk and can lessen symptoms if you do become sick with the Flu. Vaccinations are FREE - speak to your GP or pharmacist.
- Hygiene - washing your hands regularly with soap and water, or using hand sanitiser can help reduce your risk.
- Cover your nose and mouth when coughing or sneezing with the crook of your elbow or into a tissue (dispose of immediately) to reduce the spread.
- Avoid touching your face, nose and mouth to avoid germs entering your respiratory tract.
- Disinfect high touch surfaces, including phones, within your home regularly.
- Boost your immune system by maintaining a healthy diet, regular exercise, reducing stress and maintaining good sleep habits.

If you develop Flu-like symptoms contact your GP. Most mild cases of Flu can be treated with rest, drinking plenty of water and paracetamol to manage fever. However, people aged 65+ have a higher risk of developing complications such as bronchitis or pneumonia which may require hospitalisation so it is important to seek medical help early - if you experience chest discomfort/pain, shortness of breath or dizziness call 000.

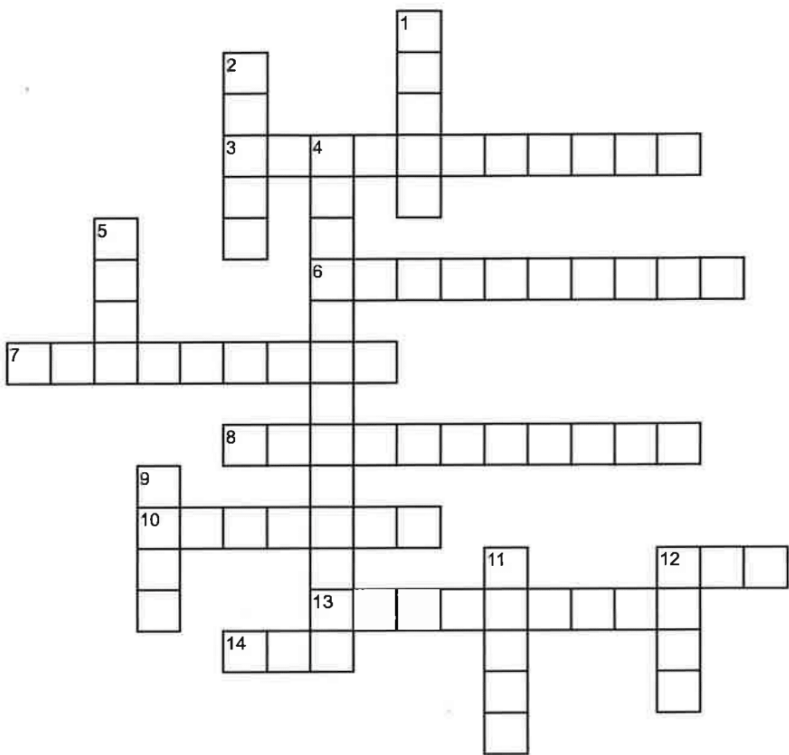
It may be difficult to differentiate between the Flu, COVID-19 and a 'common cold', therefore a COVID test is recommended via either an at-home RAT (Rapid Antigen Test) or a PCR (Polymerase Chain Reaction) test if you have any symptoms. The Barossa PCR testing station is located on the corner of Belvidere Road and Sturt Highway, Nuriootpa.

Let's keep each other safe! If you have any Flu like symptoms please let us know prior to our staff attending your home so we can complete your service safely. Contact Barossa Village on 8562 300 (2) day or night.

Crossword Puzzle

FLU CROSSWORD PUZZLE

Have a go !



Across

- 3 What is the best protection against contracting Influenza
- 6 what is the key to help avoid the flu
- 7 A complication of Influenza
- 8 what is one thing you can do to boost your immune system
- 10 When can you leave a message to let us know you are unwell
- 12 What 'medical' season are we in
- 13 What town is the Barossa's PCR testing station
- 14 Do you know the number to call to let Barossa Village care workers know that you have flu like symptoms

Down

- 1 Antigen Test
- 2 what is the name of the recent Pandemic
- 4 More likely to develop after the age of 65 from flu
- 5 We want to keep everyone
- 9 what can you wear when out and about to help avoid contracting the flu
- 11 One way flu can be transmitted from person to person
- 12 Something you should avoid touching with your hands

Barossa Village ILU Social Club July meeting summary

Kevin opened the meeting, welcoming ten members, a little down on previous years.

Present: Kevin Prouse, Vi Mitchell, Helen Roesler, Bette Kempton, Pauline Farrell, Jackie Chapman, Judy Richardson, Judy Clarke, Jean Higgenbottom and Magda Lausberg.

Apologies: Ros Hayward (who resigned as a member), Rita Jury, Yvonne Wuttke, Nita Jones and Bev Reid.

- Mike Reglar had a birthday in July.
- The secretary read the previous minutes. Helen asked that they be accepted and Jean seconded the motion. All who attended the last meeting agreed.
- Business arising was mainly about the fact that we can now have our meetings back in the normal part of the activity room as the new group is not going to use the room anymore.
- There was no correspondence.
- Vi read the Treasurer's report from June which she asked to be passed and Judy Richardson seconded the motion. If any member would like to see the report, please ask Vi.
- It was decided not to hold the auction due to lack of numbers.
- Next month (August 8th), Mike (Mr. Bobby Dazzler) will be our entertainment. Please bring afternoon tea.

Ordinary meeting closed by Kevin at 2 pm

AGM began at 2 pm - attendance as per above.

Minutes of previous AGM was read. Vi asked they be accepted. Helen seconded. All agreed. All positions were vacated and Helen was asked to chair the elections. She thanked all officers from 2021.

President:

Kevin Prouse nominated Vi Mitchell. Seconded Judy Richardson. Accepted

Vice President:

Helen Roesler nominated Vi Mitchell. Did not accept.

Judy Richardson nominated Vi Mitchell. Seconded Bette Kempton. Accepted

Secretary:

Jackie Chapman nominated Jean Higgenbottom. Seconded Magda Lausberg. Accepted

Treasurer:

Vi Mitchell nominated Judy Richardson. Seconded Judy Clarke. Accepted.

Committee:

Jean Higgenbottom nominated Magda Lausberg. Seconded Judy Clarke. Accepted.

Pauline Farrell nominated Jean Higgenbottom. Seconded Bette Kempton. Accepted

Helen Roesler nominated Vi Mitchell. Seconded Kevin Prouse. Accepted

Vi read the financial report for the year and any member is welcome to have a look. Vi asked that it be accepted and Jean seconded the motion. All who attended last year agreed.

AGM closed at 2.20pm.

The Barossa Village Ladies Auxiliary Inc.

Proudly supporting and subscribing to the general welfare of residents of the Barossa Village Residential Aged Care Facility.

Warmly invites you to join us for our

SPRING AFTERNOON TEA

to be held at the Vine Inn
Wednesday 14 September 2022, from 2pm

RAFFLE DRAW

Sandra Johnston – 8565 7025
Jeanette Kennedy – 0419 995 681

Tickets \$25 | limited seating
Remittance by 7 September



ILU Residents Activity Calendar - August 2022

Activity	Date	Time	Location
Games group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 11 August	4.30 pm	Joy Rice Centre
Movies:			
Finding Your feet	Saturday 6 August	2.00 pm	Joy Rice Centre
Casablanca	Saturday 20 August	2.00 pm	
Art & Craft group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler live shows on Facebook	8 August	1.15 pm	As per Facebook page
ILU Residents social club meeting	Monday 8 August Mr Bobby Dazzler	1.15 pm	Joy Rice Centre
Concerts at Joy Rice:	Saturday 13 August	6.30 pm	Joy Rice Centre
Elvis - Aloha from Hawaii			
Men's group	Wednesday 10 Aug Wednesday 24 Aug	1.30pm	The Lodge / outing

All activities are subject to COVID restrictions.

For more information about the activities phone Reception on 8562 0300

Or visit the Client Zone at barossavillage.org



Meet ILU Resident Julie Turner

Julie Turner has recently moved into a Barossa Village independent living unit in Nuriootpa from Salisbury East, enjoying a 'vine change'.

Julie was born in Prospect, Adelaide, attending primary school in Blair Athol. When she was 12 she moved to Brahma Lodge and finished year 7 at Salisbury Primary School before attending Elizabeth Girls Tech where she studied office work.

Having left Intermediate school Julie got a job at British Tube Mills in Kilburn, which was originally set up in 1939, supplying the arms and equipment during World War 2. By the 1960's they employed 1500 people and primarily made tubing for BHP.

Julie worked in the general store office. They had a fundraising event called "Miss Tube Maker". Julie entered and won the competition with the funds raised being the third highest charitable donation made to the Spastic Centre that year.

It was while working at British Tube Mills that Julie met her first husband. After they married they moved to Para Hills West and had two sons.

After 21 years together they decided to divorce but remained friends until his passing six years ago, "My ex-husband, my new husband and another friend would all go out to play golf on Sundays!"

Julie remarried five years after separating from her first husband and resettled in Salisbury East.

Julie had a number of jobs but the one she felt the most passionate about was an being an Agency Care Giver providing at-home care, and volunteered at the Salisbury Nursing Home for over seven years.

"I eventually had to give the work away on account of my husband's illnesses. He passed away 13 months ago," Julie explains.

Following the loss of her husband, her son Ian, who lives in Tanunda, expressed his keenness to have her live closer by, "That's why I'm here," Julie says of her move to Barossa Village.

Julie's hobbies and interests include crafts, card making, cross stich, reading, knitting and music.

"I love music and always have the radio on at home".

Welcome to Barossa Village Julie!

Making and creating at the Residency

Barossa Village Residents had a fun month of making and creating starting with World Chocolate Day celebrations!

This annual celebration of chocolate, occurs globally on 7 July, which some suggest to be the anniversary of the introduction of chocolate to Europe in 1550.

Residents made delicious hot chocolate, tasted and tried to guess the flavours of a variety of different chocolates, watched a short documentary on chocolate making and played a game of 'guess the number of chocolates in the jar'. A fun day was had by all!

Trifle making was also a popular activity this month with many residents sharing their secret recipe tips and happy memories of their family recipes.

Our craft volunteers Lyn, Judy and Miriam continue to support our residents in crafting endeavours, this month making book marks and our lifestyle team making beautifully decorated note books with residents.

Two students from Faith Lutheran College spent the week with the Lifestyle Team for their school work experience. A big thank you to students Eve and Aimee for their support and efforts!



May Carter guesses how many chocolates.



Michelle and Gail make trifle.



Daphney's decorated notebook.



Pegge making bookmarks.



Eve Doecke on work experience.

Residency extension

The extension of the Residency is nearing completion and I have had lots of questions about what will be happening in these new spaces. As you all know we are constructing 21 rooms which will take the residency to 121 beds. The additional beds are separated into two distinct units plus a special wing which comes off of AB.

AB Wing extension

This group of seven beds will be specifically equipped with lifting hoists that are fitted to the ceiling. These hoist lifters reduce manual handling for staff and make transfers more comfortable for the resident. These rooms also have king single beds and equipment especially designed to make personal care such showering and toileting a lot easier. Interestingly although the room size has remained the same the addition of pocket doors has made the space more usable.

Respite Rehabilitation wing

The aim of these seven beds will be to provide short term targeted respite which will have the clients setting goals to improve their functional capacity for when they go home. We hope that all of our clients who have home care will take advantage of the respite opportunity to spend time working on strength, balance and improving exercise tolerance. It will be through improving these aspects of a person's health which will enable them to remain at home for a longer time. Obviously there will be the need for respite for people to just have a break and rest, but we hope that when someone comes into respite they go home much better than when they came in. This wing will have a high level of allied health support with the physiotherapy and allied health assistants being key in the service delivery model.



Top left: Ensuite bathroom.

Top right: Resident accomodation.

Bottom left: Hallway and shared space.



Above: AB courtyard area.



Above: Lower courtyard area.

Memory Support Unit

The final seven beds will form a targeted Memory support unit which is designed to support people who are living with dementia and require specific care interventions. Some of these residents will be moving from the existing GH area. This area will be what is considered a “locked” area, which will mean that the access to the outside of the facility is limited to the courtyards. We first built a Memory unit in 2018 (GH wing) and it became a locked area by necessity, however, we have learnt a lot about dementia care since then. Based on evidence and research we believe that a seven bed unit is the correct number of residents for the space, along with the size of both the internal and external spaces for providing the best level of care.

Existing wings

As we highlighted there are a number of residents who will be moving to the new wings, these beds and spaces will be refurbished and there will be the opportunity for new residents to come into care. There will also be a review of the existing wings and some step down spaces

may be developed. This will include a lower stimulation area for people living with dementia and potentially some dedicated palliative care spaces.

Ultimately it is a very exciting time to be part of Barossa Village and we are very excited about what we have planned and built. Built environments are one thing, but it is the people that work in these spaces who make it a fantastic care environment - it's why I love working here, the people who go above and beyond every day and truly embody, 'people at our heart'.

Matt Kowald
General Manager
Integrated Care



Barossa Village Residence Representative Group

14 July meeting summary

- **Current COVID restrictions** - Current restrictions of two visitors per resident, per day. Visitors must complete a RAT before entering and be fully vaccinated against COVID and Flu. Residents eligible for a fourth COVID vaccination have now received it, with all others to receive a fourth dose during August. Residents expressed thanks to the staff for continuing to work to keep residents safe from COVID.
- **Bathrooms** - Some fluctuation in temperature and water pressure is continuing to be experienced by some residents. Heat lamps are being installed in bathrooms where residents have reported feeling the cold.
- **Recycling** - Residents are keen to be part of recycling efforts and have requested the option of having paper and plastic recycling bins in the common area be explored.
- **Storage** - Request to address storage of beds, wheelchairs and lifters in the corners of the wings.
- **Call bells** - System records the wait time as being from when the bell is pressed to when a staff member comes into the room and turns this off. A staff member may enter the room to acknowledge the bell and turn it off, explaining they are currently assisting another resident but will return within a few minutes. Residents can use the bell again if the staff member hasn't returned in the specified time frame.
- **Towels** - If residents feel their towel needs changing at any time they can ask staff to address this.
- **Group members** - Marj Kenney and Trevor Reu were acknowledged for their participation in the group with members expressing that they will be missed. James Maitland, David Heuzenroeder and Alva King have expressed an interest in joining the group.

Thanks Shirley!

"Everybody can be great because everybody can serve." – Martin Luther King.

This is most definitely the case for Shirley McMillan who since arriving in the Barossa Valley 15 years ago has spent a life in service of others.

During her years of volunteering Shirley has spent many, many hours visiting residents, sitting and providing companionship and forming lasting friendship along the way. Shirley has also been involved in assisting the Church services that have been held at the Residency.

Shirley we wish you all the best in your retirement from volunteering and a heartfelt thank you for your years of dedication and service to Barossa Village.





Meet Resident Margaret Schliebs

I was born to Carl Hugo and Charlotte Elsa Weber on the 8th May 1934 at Angaston Hospital. I have one sister Rhonda and two brothers Colin and Graham. I grew up at Moculta and lived there for 22 years before moving to Vine Vale Road in Tanunda once I was married.

I completed my schooling at Moculta until grade 7 and came top of my class. At that time Moculta had around 60 children attending the Primary School and my class had 7 children. I enjoyed the lessons and playing games and recess and lunch. Our lessons were very different to what children study today, when I was at Primary School I had a laundry and cooking class which was only attended by the girls and the boys had to attend wood work classes, which the girls weren't allowed to attend.

Once I finished Primary School I worked at home on our mixed farm at Moculta, we had cows, sheep, pigs, chooks and grew all our own fruit and vegetables; very self-sufficient. I remember this as a very carefree time, I would play with my sister playing horses and carts and spent our whole day outside.

At the age of 15 I decided to study dressmaking. A qualified dressmaker came out to Moculta, her name was Ms Pffifer and after four years of study I graduated as a qualified dressmaker. I really enjoyed being a dressmaker and I continued this throughout my married life. I sewed all of my daughter's wedding dresses and their bridesmaids. I also took piano lessons.

At the age of 19 I had the best time working for 2 weeks on a sheep station, helping with cooking

for the shearers. The station was out past Truro and I stayed away from home for the 2 weeks, we cooked scones and tarts for the shearer's morning teas and at night I would sit around the fire and talk with the owners of the station.

I met Kenneth Desmond Schliebs who was this handsome curly, dark haired man sitting on the edge of a table at a gathering at Moculta school when I was 22. I married Kenneth on the 5th May 1956 at Gruenberg Lutheran Church, Moculta. We have 4 children Katheryn, Bronwyn, Jacquelyn who has sadly passed away and my son Brett. I also have seven great-grandchildren Brandon, Ruby, Margo, Milo, Jack, Samuel, Sadie and another on baby on the way.

I have always knitted for my family and to this day still enjoy knitting. I was a member of the "Busy Fingers" knitting group in Tanunda, it was a great friendship and fellowship and we knitted items of clothing for Community Care in Nuriootpa who passed on our knitted items to families in need.

Ken and I have travelled to America, New Zealand, Kangaroo Island and all around Australia except for Darwin. My favourite trip was to America, we landed in San Francisco where we then travelled down to the bottom of America and then back up to New York. When we were in New York we went to the Broadway production of Sound of Music which was amazing to see on stage!



What makes you happy?

In my role working with the Lifestyle Team at Barossa Village a strong focus will be on positive ageing, the concept of positive ageing is about making the most of the benefits of being older (and wiser) and how we can keep a good attitude about life as we age.

I'll be holding discussions with residents and members of our community to hear your ideas around positive ageing and what gives you those feelings of being in awe, what experiences bring you that sense of amazement, or simply make you happy.

We strive to bring a variety of experiences to our clients and residents and we want these experiences to be based on your ideas - my door is always open if you wish to stop by and share your ideas and thoughts on positive ageing.

On a personal note, I was very fortunate to go swimming with giant cuttlefish at Stony Point in the Upper Spencer Gulf Marine Park between Fitzgerald Bay and False Bay near Whyalla during the recent school holidays. Up to 250,000 giant cuttlefish congregate along an 8km stretch of the coastline to put on a colourful show, mate and lay eggs. The annual migration of giant cuttlefish to this coastline is now well known across the world after staring on David Attenborough's Blue Planet II. The water was a very cool 12 degrees and we had very thick wetsuits, boots, gloves and hoods on to be able to stay in the water for over an hour. The colour display was amazing, the cuttlefish pulsed through all the colours of the rainbow, often in a bright blue colour to attract their mate, and they were huge! A wonderful experience to share with my family, and an experience that leaves you in awe of nature and just feeling alive being able to swim with these amazing creatures.



Lisa and family ready for their cuttlefish swim.

Lisa Ognjanovic

**Community
Development Officer**



Community Lifestyle

Winter hasn't stopped us from enjoying a range of indoor programmed activities, keeping socially active instead of hibernating!

We've enjoyed warming Winter meals over great conversation at a number of different venues, including the delight of some with feature fire places to keep cosy by.

Pet therapy with a visit from a kitten called Jelly was a highlight, bringing back fond memories for many of previous pet cats.

Kapunda Museum was a great day out, as was our first market stall day with another planned closer to Christmas. The market will again provide the opportunity of part day attendance, or a full day with lunch - information will be distributed closer to the date.

We currently have capacity to welcome new clients to our lifestyle activities. If you are interested contact the Community Lifestyle team at community.lifestyle@barossavillage.org or phone 8562 0300.



Carol with Jelly.



Geraldine and Jelly.



Penny with Jelly.



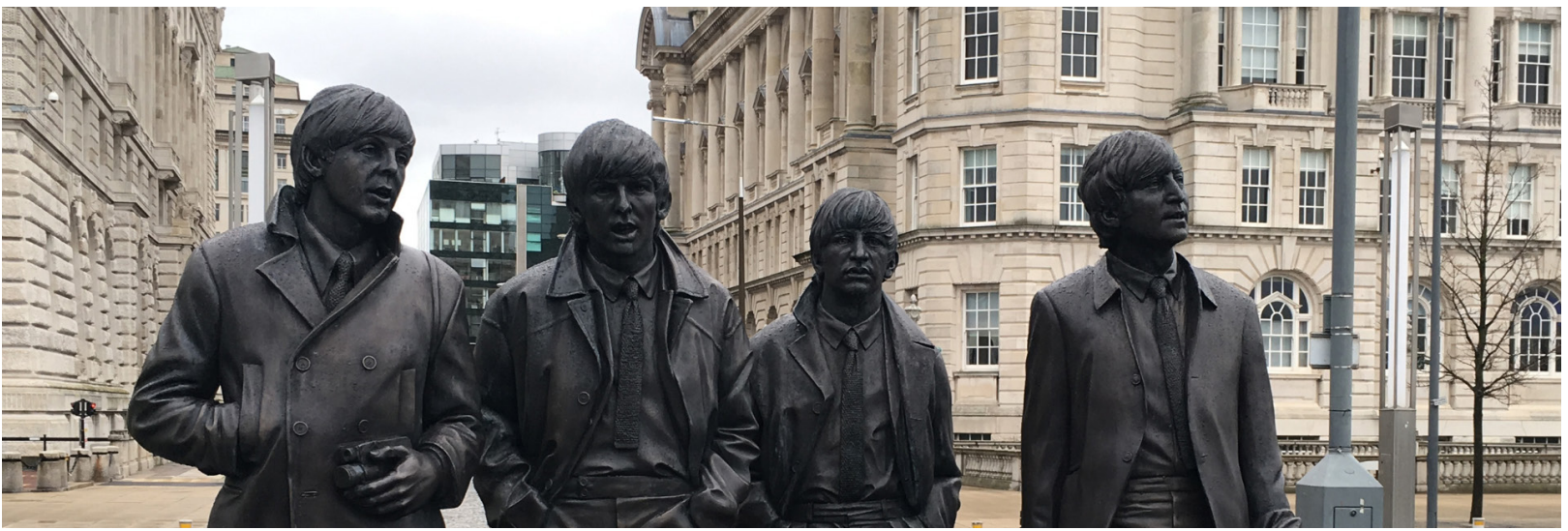
Bonny at Kapunda Museum.



Judy, Eunice and Julie at the Kapunda Museum.



Robert exploring the underground museum.



The Beatles immortalised at Liverpool's Pier Head

Positive Ageing

Sir Paul McCartney turned 80 last month and headlined the Glastonbury Music Festival, performing for over two hours - an amazing example of positive ageing. Read on for further inspiration!

At 80, Christine Brown of Laguna Hills, CA, flew to China and climbed the Great Wall.

At 81, Bill Painter became the oldest person to reach the 14,411-foot summit of Mt. Rainier.

At 82, William Ivy Baldwin became the oldest tightrope walker, crossing the South Boulder Canyon in Colorado on a 320-foot wire.

At 83, famed baby doctor Benjamin Spock championed for world peace.

At 84, W. Somerset Maugham wrote "Points of View."

At 85, Theodor Mommsen became the oldest person to receive a Nobel Prize in Literature.

At 86, Katherine Pelton swam the 200-meter butterfly in 3 minutes, 1.14 seconds, beating the men's world record for that age group by over 20 seconds.

At 87, Mary Baker Eddy founded the Christian Science Monitor.

At 88, Michelangelo created the architectural plans for the Church of Santa Maria degli Angeli.

At 89, Arthur Rubinstein performed one of his greatest recitals in Carnegie Hall.

At 90, Marc Chagall became the first living artist to be exhibited at the Louvre museum.

At 91, Allan Stewart of New South Wales completed a Bachelor of Law degree from the University of New England.

At 92, Paul Spangler finished his 14th marathon.

At 93, P.G. Wodehouse worked on his 97th novel and was knighted

At 94, comedian George Burns performed in Schenectady, NY, 63 years after his first performance there.

At 95, Nola Ochs became the oldest person to receive a college diploma.

At 96, Harry Bernstein published his first book, "The Invisible Wall," three years after he started writing to cope with loneliness after his wife of 70 years, Ruby, passed away.

At 97, Martin Miller was still working full time as a lobbyist on behalf of benefits for seniors.

At 98, Beatrice Wood, a ceramist, exhibited her latest work.

At 99, Teiichi Igarashi climbed Mt. Fuji.

At 100, Frank Schearer is the oldest active water skier in the world.

Community Connections Calendar

Monday at St Hugh's Anglican Church	Tuesday	Wednesday	Thursday at Joy Rice	Thursday at Ward St Eudunda	Friday
1 10.30am Exercise for Fun 1.30pm Battle of the Sexes Round 2	2 9.00am Seven Hill Adventure Lunch The Little Red Grape	3 Tinker Shed	4 10.30am Exercise for Fun 1.30pm Travel Through Mexico	4 10.30am Exercise for Fun 1.30pm Bake and Take	5 10.00am Circle of Friends BOWLS Competition 12.30pm Friday Café Lunch
8 10.30am Exercise for Fun 1.30pm Bake and Take	9 9.00am City Of Churches Lunch Fasta Pasta	10 Tinker Shed	11 10.30am Exercise for Fun 1.30pm Cheese Tasting	11 10.30am Exercise for Fun 1.30pm Crafting Day	12 10.00am Circle of Friends BOWLS Competition 12.30pm Friday Café Lunch
15 10.30am Exercise for Fun 1.30pm Winter Photography (Mobile/Camera)	16 9.00am Silver Screening Phantom of the Opera Lunch At the Cinema	17 Tinker Shed	18 10.30am Exercise for Fun 1.30pm DOUG VENNING SINGING	18 10.30am Exercise for Fun 1.30pm Afternoon High Tea	19 10.00am Circle of Friends BOWLS Competition 12.30pm Friday Café Lunch
22 10.30am Exercise for Fun 1.30pm Fondue Afternoon Delight	23 9.00am Produce Shopping day Hahndorf Lunch Stanley bridge Hotel Verdun	24 Tinker Shed	25 10.30am Exercise for Fun 1.30pm Board Game Adventures	25 10.30am Exercise for Fun 1.30pm Bird Feeders	26 10.00am Circle of Friends BOWLS Competition 12.30pm Friday Café Lunch
29 10.30am Exercise for Fun 1.30pm Bird Feeders	30 9.00am Kangaroo Creek Reservoir Lookout Lunch Maidstone Hotel	31 Tinker Shed			



Friday Café Menu - August

Date	Lunch	Dessert
5 August	Chicken with mushroom sauce, mash and steamed vegetables	Bakewell tart with whipped cream
12 August	Beef lasagne with garlic bread and tossed salad	Apple and rhubarb crumble with custard
19 August	Chicken cacciatore with baby potatoes and steamed vegetables	Tiramisu
26 August	Beef and potato curry in a coconut sauce with rice and greens	Apple and cinnamon tarts
2 September	Braised steak in red wine sauce with potato mash and vegetables	Chocolate and mint cheesecake