

# Grapevine

August 2023



Above: Talunga Village Residents with Barossa Village CEO, Ben Hall, Barossa Council CEO, Martin McCarthy and Councillor Cr Don Barrett

## WELCOME TALUNGA VILLAGE RESIDENTS!

We are delighted to share some incredibly exciting news!

Barossa Village and Barossa Council have united in a landmark partnership to enrich the lives of Talunga Village, Mt Pleasant Residents. The CEOs, Ben Hall and Martin McCarthy signed a management agreement on July 6, 2023, promising vital housing support and enhanced community connection through Barossa Village's programs and services.

The collaboration aims to ensure ongoing housing services at Talunga Village, fostering wellbeing and prosperity for its Residents. Together, they will provide resources and opportunities to empower the community. Residents can anticipate access to health, wellness, social, and recreational initiatives, creating a vibrant and inclusive environment.

Welcome to our community!

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## CEO Update

Despite the chilly weather, our community is celebrating significant achievements and collaboration. We warmly welcome Talunga Village, Mt Pleasant Residents to the Barossa Village family, following the signing of a landmark collaboration agreement with the Barossa Council.

Recently, at the Vine Inn on July 14th, we celebrated our devoted staff and volunteers, acknowledging nearly 400 years of combined service to the community. This fills us with immense pride and gratitude.

We are delighted to share that our recent full accreditation audit resulted in a perfect 100% compliance rating, a testament to our compassionate team of people across the organisation.

Here's to a promising year ahead, filled with continued success and bright moments. Stay warm, stay safe.

**Ben Hall**

## Residency Activities

### Sensory Delights

Residents engaged through touch, smell and taste.

The Wellbeing team hosted a sensory program encouraging residents to immerse themselves in touch, smell, and taste experiences.

They joyfully explored a collection of diverse textures and captivating aromas while indulging in delightful sweet treats. The flood of memories sparked a heartwarming nostalgia, remembering old sweets and cherished times. Discoveries were made while exploring new items.

This thoughtful initiative blended enjoyment with reminiscence, creating connections and storytelling opportunities.



# Volunteer and Staff Recognition Dinner

## Thank you!

On the 14-July at the Vine Inn, Barossa Village celebrated those volunteers and members of staff that have reached milestone anniversaries in their service to the community of the Barossa Village.

Ben Hall aptly filled the role of MC for the evening, enjoying the opportunity to share some personal insights and reflections and recognise the achievements. He shared that for those in attendance, they represented close to 400 years of care and compassion: something to be genuinely proud of. The recognition dinner is an event that has been missing from our calendars over the past few years.

We look forward to the next time we can all come together and celebrate these achievements and contributions.



## Volunteers

### 5 Years:

Val Crawford  
Angela Falconer (6 Years)  
Tom Falconer (6 Years)  
Joan Fiebiger  
Mary Hampel  
Chris Henry  
Sandra Johnston  
Rita Koehler  
Heather Parker  
Pat Reusch  
Kay Edwards  
Martyn Fraser  
Jeanette Kennedy  
Lynette Langridge  
Marg Miller  
Kath Moore  
Angela Mousamas  
Helen Porter

Marilyn Sherwood  
Noelene Thomson  
Anne Tscharke  
Rocky Williamson

### 10 Years:

Colleen McNicol  
Irene Rickards (11 years)  
Lyn Wheeler (12 years)  
Graham Shilton (11 years)

## Staff

### 5 Years:

Michael Scheer  
Robyn Voigt  
Michael Caruso  
Julia Dalby  
Shandell Harrop-Tregaskis  
Kathleen Hender

### 10 Years:

Jamie-Lee Hunt  
Julianne Schmidt  
Joanne Sutton  
Caroline Baker  
Nicole Davis  
Gabrielle Hilliam

### 15 Years:

Amelia Jennings  
Amanda Quodling  
Lynda Todd

### 20 Years:

Cheryl Beckmann  
Trisha Price

### 25 Years:

Lynette Cartwright  
Valda Rohde

## Meet our Community



### Meet Pamela Schultz

Barossa Village Residency Resident

I was born on the 5th of September 1939 at Alberton to Gordon and Dorothy Shillavier. I have one brother Dean who lives in Salisbury.

I grew up and went to school at One Tree Hill. After leaving school, I started working at a Delicatessen and doing farm work, including moving sheep, driving tractors, etc.

I married Geoffrey on the 21st of March 1959 at the One Tree Hill Uniting Church. We lived at Tarlee/Riverton, where we did crop farming, had 200 chickens and had a sheep stud.

I have Four children, Kerry, Peter, Mark and Tim. I also have 15 grandchildren and 1 great-grandchild. My husband passed away in 2006 from cancer.

I was the President of the Riverton Bowls Committee; I had a 50-year membership and served as secretary for the Women's Agriculture Bureau and as President of the Ladies Guild of the St Paul's Church at Riverton.

I played netball, tennis and bowls, like watching AFL and am a Crows supporter.

I enjoy listening to most music and reading books, with my favourite music being Country and Western and romance, biographies and the Stock Journal books. I enjoy watching sports and current affairs on Television. My hobbies have included gardening, patchwork, sewing, and folk painting, and I enjoy doing crosswords and playing table games.

**BAROSSA CHRISTIAN  
FAMILY CENTRE**  
*All Welcome*  
**SUNDAYS 10.30AM**  
JOY RICE CENTRE, NURIOOTPA  
0408 194 740

**The Village**  
OP SHOP  
Located at the Arthur & Gladys Reusch  
Community Centre | 24a Murray St, Nuriootpa  
**Open Wednesday to Friday**  
**9.30am - 3.30pm**  
**P: 8562 0300**



## Winter Fun

Staff at the Residency hosted a delightful Winter warmers day that brought warmth and joy to everyone. The atmosphere was truly cosy and inviting, with a crackling fire, gooey marshmallows, and steaming hot chocolate.

Our dedicated staff ensured everyone enjoyed the gooey marshmallows while Mick serenaded us with his wonderful songs around our makeshift campfire indoors.

The event was perfect for us to gather, share stories, and create cherished memories. We all felt the warmth of friendship and community as we embraced the season's spirit.



## Knitting Group

### Residents Supporting Residents

Sandra from GH has been assembling knitted squares from the knitting group to make knee rugs. Recently Beverley received one of the rugs to keep her warm. Beverley stated, "Oh, it's lovely. I shall treasure it forever."

Well done to all the Residents who support each other.



# Residency Activities

## Cultural Connections

Thank you Catherine and Bec

In a heartwarming display of cultural celebration, we had the privilege of hosting the talented musician Catherine and her sister Bec, who treated us to the enchanting sounds of the bagpipes. For some of our beloved Scottish Residents, it was a heartwarming journey down memory lane.

One of our Residents, Alex Mchendrie, brought a precious picture of his father dressed in full Scottish regalia, proudly holding the bagpipes. The emotions in the room were special as we gathered to celebrate our rich cultural heritage together.

When we spoke with Alex about the event, his face lit up with joy as he described it as "Absolutely wonderful!" Such genuine expressions of happiness reaffirm these cultural connection moments' impact on our Residents' wellbeing.

These cultural connection moments make our community special - fostering a sense of belonging and bringing joy to our Residents' hearts.

Thank you, Catherine and Bec, for sharing your incredible talent! And a big thank you to all our Residents who made this event truly unforgettable.



## Dancing up a storm

Winter musical fun

We had a bit of fun as some of our ladies lit up a cold afternoon with their exuberant dance moves, swaying to swing and jazz rhythms. Their energy and passion showcased the power of music, turning an ordinary day into a joyous celebration.

A reminder of the simple pleasures that bring us together.

# Connections Calendar Day Trip



Monday Morgan outing. From left to right: Maureen, Lyn, Helga and Diane.



Lots of laughter and cheeky antics at the Adelaide Goal outing.



# Residency Men's Program

## Update on Men's Program

We are thrilled to share some exciting developments in our Men's Program over the past few weeks. Our team has been actively engaging with male residents to gather valuable feedback and insights on what they want to see in the program. Thanks to the efforts of Carer Michael, who has been actively involved in discussions, we have launched a well-rounded program tailored to the interests and preferences of our male residents.

The program is structured around four engaging themes that cater to a variety of interests:

**TINKER** - Hands-On Activities: Residents engage in stimulating hands-on projects, utilising diverse tools and materials.

**MEN'S STORIES** - Sharing Experiences: In this engaging theme, community men come together to share their life stories.

**SPORT** - Indoor and Outdoor Activities: Our program offers a diverse range of sports activities, providing opportunities for residents to enhance their fitness levels, enjoy fun-filled moments, and engage in friendly competitions.

**MUSIC** - Community Performances: Talented musicians grace us with their performances, offering not only entertainment but also valuable insights into musical history, cultural heritage, and a wide array of musical instruments.

To accommodate the preferences of our residents, we have designed the program to take place in smaller activity groups. The current schedule runs from 2:45 pm to 3:30 pm. We understand that flexibility is crucial, so we will continuously review the program's effectiveness and make adjustments to ensure its success.

DATE	ACTIVITY TYPE	SPEAKER	TOPIC
<b>AUGUST</b>			
7 <sup>th</sup> August	Tech Talk	Ben Ford - Carer	Mobile phones and how to use them.
14 <sup>th</sup> August	MEN'S STORIES – Bistro Art Journey	Bistro - Community	His Art journey.
21 <sup>st</sup> August	SPORT - Golf Putt and Games.	Doug/ Staff	Who's the best putter?
28 <sup>th</sup> August	Music TBC		
<b>SEPTEMBER</b>			
4 <sup>th</sup> September	TINKER - Stepping Stones	Chris W	Making stepping stones for the garden.
11 <sup>th</sup> September	MEN'S STORIES – Don's Journey.	Don Piro	Don's story of survival.
18 <sup>th</sup> September	SPORT - Bocce on the green.	Staff	Team bocce – who's the next player.
25 <sup>th</sup> September	Rachels Horses TBC	Rachel	Meet with Rachel's therapy horse.



## Tinker

Our first Tinker: Hands-On Activity, with the help of our community friends from Barossa Enterprises, involved assembling pencil packs. The men took charge of the project, nailing, gluing, and screwing the packs enthusiastically and skillfully. The activity was a resounding success, and it was heartwarming to witness the men concentrating, smiling, and enjoying the process.



## Sport

The Men's Group took on a unique and enjoyable activity for their Sports session. The Wellbeing team organised an indoor bowling session using a Wii console. The primary goal was to encourage the residents to stay active while keeping the activity low impact. The men embraced the challenge with enthusiasm and quickly mastered the remote control. It was a delight to see Alan confidently going for a strike during the game. The indoor bowling experience brought laughter, fun, and a sense of accomplishment to the group, making it a memorable and successful event.

## Dementia Support Group



### Dementia Support Group

10 am Tuesday, August 22nd | **Benefits of Exercise** | Barossa Village Residency

Barossa Village is offering a Dementia Support Group because we understand that the journey for a carer of someone living with dementia is complex and often lonely.

We also know that the lived experience is invaluable in providing others support and ideas in managing the day-to-day care needs of the person living with dementia and their own. Barossa Village is grateful for the support that carers continue to provide in the aged care facility.

This month we will focus on exercise and how it helps people with dementia.

- Tuesday, August 22nd
- 10 AM
- Barossa Village Residency: AB Meeting Room | 9 Atze Parade, Nuriootpa
- Morning Tea Provided

**RSVP by Monday August 21st** to the Residency Reception in person or by phone 8562 0300.

## Join Barossa Community Markets!

# Barossa Community Markets

Barossa Village  
*people at our heart*

05.08.23

02.09.23

Reusch Community Centre

**Consider joining as a stall holder** for a \$10 registration – phone 8562 0300 (option 3)

📍 **Find us the Reusch Community Centre between the Vine Inn and Bank SA Nuriootpa Main Street.**

Barossa Village Residents and friends come together to sell a wide range of products, including local crafts, homemade goods, jewellery, knitting, potted plants and much more.

Held at the Reusch Community Centre, between the Vine Inn and Bank SA in Nuriootpa main street.

### Upcoming Markets

- Saturday, 5th August
- Saturday, 2nd September

We welcome new stall holders; \$10 per stall phone 8562 0300 to book for September.

Please show your support for our local talent. We can't wait to see you there!

## Bev is asking for your help

Bev Reid would like to request donations of knitting yarn to be used for making rugs that are donated for domestic violence and the homeless.

Please drop off any donations to The Lodge in a bag addressed to Bev. Thank you in advance for your generosity.



## Legacy South Australia Needs Our Support



It's Legacy's 100<sup>th</sup> Anniversary year. Our annual fund-raising occurs from **28 August to 3 September** this year. We'll have

kiosks at Nuriootpa Mall, outside Foodland Tanunda and Angaston on different days during these dates. We'll have a range of interesting products for sale including our ever-popular military bear collection. If you see our volunteers at any of the above locations, please do drop in, have a chat, make a donation or buy one of our products.

For further information please contact Legatee Robin Henry, 0404 1844 74.

**Serving the  
families of those  
who served**



## Grapevine August Puzzle

L S O D I D A N C I N G Q E N I M U L O C J F  
R S A K M S C O U R A G E A P S W B W D U I M  
I I T N S U P P O R T Y G K Q W Y P O B W L U  
V W L O D X I W C S P O R T Q K T J O A J N S  
E V H R R R A P P L E W D R I F I D D R O X I  
R A L Y D Y A D K N I T T I N G N E W O X Y C  
W R A R E C O G N I T I O N B X U M O S E B D  
A T S H H P X T E K R A M M Z I M E R S B Q S  
E B A C E R E K N I T Q Y Z V Y M N K A Q R E  
Z S G N O I T A I C E R P P A U O T H W E A N  
R H N D C R W I I K Z N Y W T C C I L Q H P S  
E F E R N J T R E E T N U L O V B A N L J J O  
N N X E U J S E P I P G A B F P U D D I N G R  
N Y W X L C R A F T K A G N U L A T P A P A Y  
I N V A L U E P A M E L A J L B Y T C P J V Y  
D E U W F T Z F U L C N I V I L L A G E T V O

Find the following words in the puzzle.

Words are hidden     and .

APPLE  
APPRECIATION  
ART  
BAGPIPES  
BAROSSA  
COMMUNITY  
COURAGE  
CRAFT

DANCING  
DEMENTIA  
DINNER  
KNITTING  
LASAGNE  
LUMIN  
MARKET  
MUSIC

PAMELA  
PUDDING  
RECOGNITION  
RIVER  
SANDRA  
SENSORY  
SPORT  
STORY

SUPPORT  
TALUNGA  
TINKER  
VALUE  
VILLAGE  
VOLUNTEER  
WII  
WOODWORK

### Stay Connected with Lumin

We are introducing the Lumin Tablet, a large, easy-to-use touch screen that aims to enhance the lives of even tech-shy people and help them keep in touch with family, friends or carers – through video calls, text and photo sharing.

The device is a simplified touch screen with big understandable icons for easy navigation, with no clutter. Family, friends & carers can also use the app to add reminders, photos and meaningful events to the device calendar.

Key features include easy-to-use phone and video calls, Alert messaging for emergencies, catching up on the latest news services, weather, radio, and wellbeing support, but best of all, no technical knowledge is required with the 24/7 remote monitoring service.

Each tablet can be personalised to suit each individual's needs and is updated by Lumin ensuring confidence in solving any technical issues. At a time when visiting or catching up with friends or family from further afield is compromised, this technology presents a great way to reconnect.

Purchase and rental packages are available at very reasonable prices. The purchase cost is just under \$1000, or you can do a monthly rental for \$86 per month.

To learn more, visit <https://mylumin.org/> or discuss with Tom and Kobus- phone 8562 0300.



## Helpful Information

### ILU On-Call Maintenance

This is a friendly reminder for our Independent Living Unit Residents that the on-call after-hours maintenance number is 0408 030 020. If you ring the office number after hours in the pre-recorded message, option 1 will connect you to the Residency, option 2 will connect you to the Community Care message bank, and option 3 will connect you to the on-call maintenance.

### Advanced Care Planning

The Barossa, Gawler and Light Advanced Care Planning group currently offer Advanced Care Planning sessions on Alternate Saturday mornings at the Nuriootpa Library. Team members from the group can supply you with the Advanced Care Directives information and forms and step you through the process of addressing the questions and fulfilling the requirements correctly.

To make a booking phone the Nuriootpa Library on 8563 8440

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Joy Rice 10.00 – 11.00 am</b> "Keep on Moving" Exercises</p> <p><b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>Eudunda/ Nuriootpa group:</b> Held in Eudunda</p> <p>AM: Better Balance Exercises</p> <p>PM: Eudunda SALA project. Paint Pouring Art</p>	<p><b>10 – 11.30 am:</b> Mix and Mingle</p> <p><b>10 – 12.30 am:</b> BV Bowlers Group</p> <p><b>12.30 – 1.30 pm:</b> Café Luncheon</p> <p><b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>7</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Barossa Valley Lookouts Tour: : Drink and Nibbles tour. : Bring your Camera/binoculars : Bring a Blanket/Rug up <b>Low levels of walking</b></p> <p>Lunch: Bakery Stop</p>	<p><b>8</b></p> <p><b>Joy Rice 10.00 – 11.00 am</b> "Keep on Moving" Exercises</p> <p><b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>9</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>10</b></p> <p><b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Day Trip: Scholz Park Museum</p> <p>Lunch: Riverton Hotel</p>	<p><b>11</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle</p> <p><b>10 – 12.30 am:</b> BV Bowlers Group</p> <p><b>12.30 – 1.30 pm:</b> Café Luncheon</p> <p><b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>14</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Bay Discovery Centre- Glenelg Jam Factory ICON Tom Moore (Glass Artist) <b>Low/Moderate levels of walking</b></p> <p>Lunch: Boardway Hotel</p>	<p><b>15</b></p> <p><b>Joy Rice 10.00 – 11.00 am</b> "Keep on Moving" Exercises</p> <p><b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>16</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>17</b></p> <p><b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Held in Eudunda</p> <p>AM: Better Balance Exercises</p> <p>PM: Eudunda SALA project Construct your own Birdhouse</p>	<p><b>18</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle</p> <p><b>10 – 12.30 am:</b> BV Bowlers Group</p> <p><b>12.30 – 1.30 pm:</b> Café Luncheon</p> <p><b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>21</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Mannum Outfing River Cruise <b>Moderate levels of walking</b></p>	<p><b>22</b></p> <p><b>Joy Rice 10.00 – 11.00 am</b> "Keep on Moving" Exercises</p> <p><b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>23</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>24</b></p> <p><b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Day Trip: Luncheon at the Watermark Hotel - Glenelg</p>	<p><b>25</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle</p> <p><b>10 – 12.30 am:</b> BV Bowlers Group</p> <p><b>12.30 – 1.30 pm:</b> Café Luncheon</p> <p><b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>August 28 <b>9 – 3.30/4 pm</b></p> <p>Bicentennial Conservatory <i>Moderate levels of walking</i></p> <p>Lunch: Walkers Arm Hotel</p>	<p>August 29 <b>Joy Rice 10.00 – 11.00 am</b> “Keep on Moving” Exercises <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p>August 30 <b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>August 31 <b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Held in Eudunda</p> <p>Day Trip: Waikerie Drive/Lookout</p> <p>Lunch: Bakery</p>	<p><b>1</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 12.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>4</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Applefields Orchard Shop @ Karkoo Nursery in Oakbank <i>Moderate levels of walking</i></p> <p>Lunch: Oakbank Hotel</p>	<p><b>5</b></p> <p><b>Joy Rice 10.30 – 11.30 am</b> “Keep on Moving” Exercises <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>6</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>7</b></p> <p><b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Held in Eudunda</p> <p>AM: Better Balance Exercises PM: Quiz Races</p>	<p><b>8</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 12.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>11</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Hills Sculpture Trail Mt Barker <i>Moderate levels of walking</i></p> <p>Lunch: Great Eastern Hotel at Little Hampton</p>	<p><b>12</b></p> <p><b>Joy Rice 10.30 – 11.30 am</b> “Keep on Moving” Exercises <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>13</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>14</b></p> <p><b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Day Trip: Landseer Museum in Morgan</p> <p>Lunch: Bakery and picnic on the river</p>	<p><b>15</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 12.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>
<p><b>18</b></p> <p><b>9 – 3.30/4 pm</b></p> <p>Heysen the Cedars (Self-Guided Tour) <b>Cost:\$17</b> <i>Moderate levels of walking</i></p> <p>Lunch: Bring own lunch or buy from the Bakery</p>	<p><b>19</b></p> <p><b>Joy Rice 10.30 – 11.30 am</b> “Keep on Moving” Exercises <b>Hydro Pool 1.30 – 3.30 pm</b> Aqua Classes</p>	<p><b>20</b></p> <p><b>Individual Social Support or Small Interest Groups</b></p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p><b>21</b></p> <p><b>10 – 2.30 pm</b></p> <p><b>Eudunda/ Nuriootpa group:</b> Held in Eudunda</p> <p>AM: Better Balance Exercises PM: Movie Afternoon (Chocolates/Popcorn)</p>	<p><b>22</b></p> <p><b>10 – 11.30 am:</b> Mix and Mingle <b>10 – 12.30 am:</b> BV Bowlers Group <b>12.30 – 1.30 pm:</b> Café Luncheon <b>1:30 – 2.30 pm:</b> All Aboard BINGO</p>

# Friday Café Menu - August/ September

Community Connections Calendar

Date	Lunch	Dessert
4 August	Beef Lasagne with Wedges & Salad	Pavlova with Whipped Cream & Fresh Fruit
11 August	Plum Chicken with Fried Rice	Bread & Butter Pudding & Cream
18 August	Roast Lamb & Vegetables with Mint Jelly	Warm Chocolate Brownie with Ice Cream and Berry Compote
25 August	Shepherds Pie	Panna Cotta with Strawberry Compote
1 September	Silverside, mashed Potatoes, Greens & Mustard Sauce	Peach Cobbler & Custard
8 September	Braised Lamb Chops & Vegetables	Apple Crumble & Ice Cream

Bookings are essential; please confirm your attendance by the Wednesday prior - Phone 8562 0300

## ILU Residents Activity Calendar - August

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 13th	4.30 pm	Joy Rice Centre
Movies - Alternate Fridays	Friday 4th & 18th Movies to be announced	6.30 pm	Joy Rice Centre
Art & Craft Group	Fridays	3.00 pm	Joy Rice Centre
Bobby Dazzler Live Shows on Facebook	See ILU Social Club date for live show		As per Facebook page
ILU Residents Social Club Meeting	Monday 14th - Harmony from Two Wells	1.15 pm	Joy Rice Centre Bobby Dazzler
Music Night	Saturday 12th	7.00 pm	Joy Rice Centre
Men's Group	Wednesday 9th & 23rd	1.30 pm	The Lodge/ Outings
Residents Market	August 5th	Start 9.00 am Finish 1.00 pm	Reusch Center

For more information about the activities or bookings - Phone 8562 0300