

Grapevine

October 2023



Above: Barossa Village Ladies Auxiliary

HONOURING A LEGACY OF DEDICATION

The Barossa Village Ladies Auxiliary has been a shining example of unwavering dedication, service, fundraising and friendship for over half a century. On September 4th, 2023, with heavy hearts, this extraordinary organisation held a Special General Meeting to pass a resolution to conclude its unforgettable 54-year journey.

Founded in 1969, the Barossa Village Ladies Auxiliary held its first meeting in the Senior Citizens' Club Rooms. Mrs A. Michelmores as Chairperson, Mrs Ally Hill-Smith was appointed Secretary, and Mrs F. Parbs was Treasurer. The mission was clear: to raise funds for the Barossa Valley Nursing Home, now known as the Barossa Village Residency.

Continue reading on page 3.

IN THIS ISSUE

| | |
|---------------------------|----|
| AGM Invitation..... | 2 |
| Meet Mr Sid Rushton..... | 4 |
| RUOK? Day Activities..... | 7 |
| Mens Program..... | 8 |
| Sunshine Party..... | 9 |
| Calendars..... | 14 |





CEO Update

Spring has finally sprung, and with it, the onset of a few days of warmer weather.

I hope everyone is shaking off the winter cold and getting some sunshine. Looking through our Community Connections Calendar, many marvellous opportunities are coming forward, and I know that our Wellbeing and Community Teams are

continuing to explore a range of new activities.

On the 14 September, your staff participated in 'RU OK?' day. A National Day of Action when we highlight the importance of meaningful conversations and knowing that asking the question 'RU OK?' can make a real impact on anyone who may be going through a tough time, but for us, it is also one day as a reminder for every day as a core value for the Barossa Village is Compassion. Our strength is our genuine concern for the people we engage with and, when things aren't quite right, finding solutions while nurturing our relationships creating a great environment to live and work.

I want everyone to know that if you ever need help, support or simply someone to talk to, we are here for you.

Ben Hall

Barossa Village - Annual General Meeting



Advanced notice of Annual General Meeting

Barossa Village Members are invited to attend the Barossa Village Incorporated Annual General Meeting.

Date: Tuesday, 31 October 2023

Time: 7.30pm

Location: Joy Rice Building

An agenda will be distributed to all members in advance of the meeting.

Hairdresser
Tuesdays at the Residency | Thursdays at The Lodge
IRENE RICKARDS
8564 2195 | 0414 607 135
in salon or can come to you!

Celebrating 54 Years

A Heartfelt Farewell to the Barossa Village Ladies Auxiliary

-Story continued.

Over the years, the remarkable group of volunteers, the Barossa Village Ladies Auxiliary, raised an astonishing \$400,000 to support the Residency.

Their contributions ranged from purchasing everyday items like chairs and tables to highly technical equipment that enhanced the delivery of best practice care.

Fundraising initiatives took on various forms, from raffles to delightful afternoon teas and unforgettable fashion parades at the Vine Inn. The last fashion parade, attended by over 230 people, raised nearly \$10,000, a testament to the community's support.

Mrs. Sandra Johnston, who served as the President for the last seven years, has expressed her heartfelt gratitude at the final gathering to everyone past and present who has been part of this remarkable journey, including a special recognition to life members Jill Lilliecrapp, Pat Reusch, and former Barossa Village Director of Nursing Sophie Quadling. We also acknowledge the outstanding commitment of the current office bearers, Jeanette Kennedy (Treasurer), Angela Mousamas (Secretary), Val Crawford (Vice President), and Maggie Hughes (Public Officer), especially during these challenging times.

As a parting gift, the Ladies Auxiliary donated \$10,000 to purchase an ARJO Wellness Nordic chair valued at \$17,000. This innovative chair is used to assist residents living with dementia in finding

comfort through rocking and soothing music, representing a groundbreaking, non-pharmacological approach to dementia management. The chair's acquisition was made possible with the generous support of an anonymous contribution.

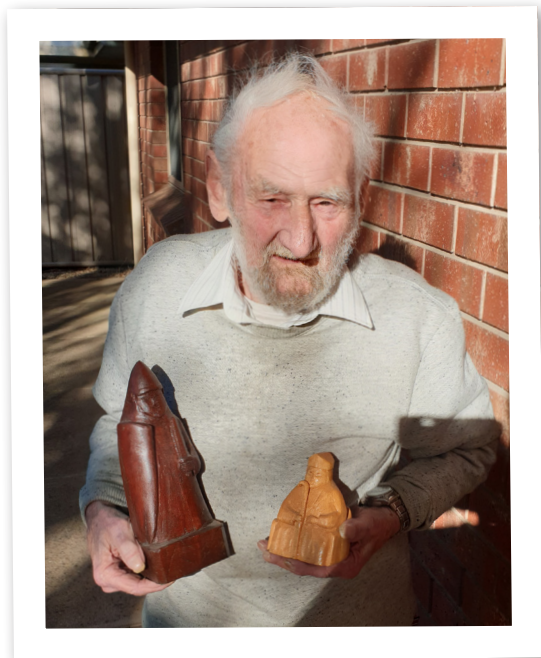
Barossa Village has planted various apple and pear trees in honour of the Ladies Auxiliary. The fruits harvested from these trees will be prepared in the kitchen and served to our Residents as a reminder of the care and support these remarkable women show.

As we say goodbye, join us in celebrating the immense impact of the Barossa Village Ladies Auxiliary. Let their story inspire us all to continue making a positive difference in our community.



The Barossa Village Ladies Auxiliary representatives, are pictured above with the newly purchased ARJO Wellness Nordic chair.

Meet our Community



Meet Mr Sid Rushton

Barossa Village ILU Resident

Mr Sid Rushton boasts a fascinating career that spans a diverse array of intriguing roles. His background as an engineer has empowered him to design a variety of projects and artworks characterised by impeccable precision and complex detailing.

Sid's enduring passion for chess, cultivated over many years, led to a unique opportunity when a friend commissioned him to craft a chess set. Leveraging his home workshop, Sid embarked on this creative journey, and it marked the beginning of something remarkable. Over the years, he has meticulously handcrafted dozens of chess sets, earning him a reputation that has left him inundated with requests for new collections from numerous enthusiasts.

These sets encompass a wide range of themes, including depictions of Henry VIII and his royal court, classic European styles, captivating Oriental designs, and a distinctive touch of Australiana.

Each set is a testament to Sid's remarkable artistry, with pieces that feature exquisite and intricate details, some paying homage to timeless designs while others bear the unique imprint of Sid's creative ingenuity.

Interestingly, Sid has never found the time to indulge in the game of chess himself, as he remains fully immersed in his creative pursuits, crafting chess sets, and engaging in various other projects.

If you happen to visit the Residency, you'll have the chance to admire some of Sid's masterpieces, as he has graciously loaned several sets for the enjoyment of the residents. Sid, your woodworking skills are nothing short of awe-inspiring, and your willingness to share your talents with others is truly commendable.

Thank you for your exceptional craftsmanship.

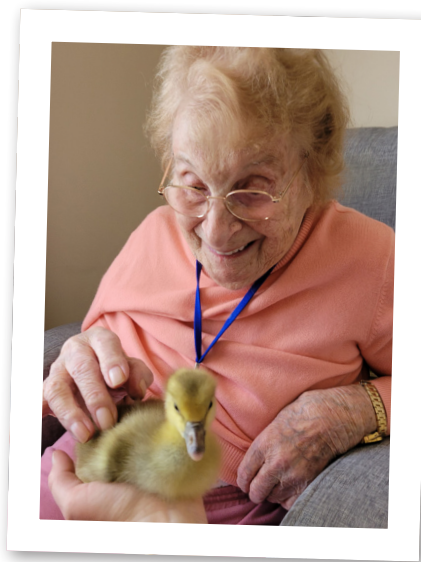
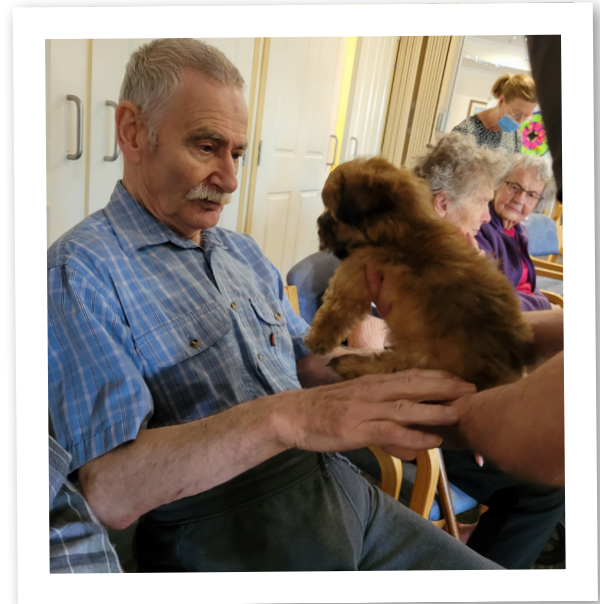


Royal Show Day

Our Residents had an absolute blast thanks to the wonderful folks at The Farm Barn! They brought along a delightful zoo of animals for our Residents to meet.

We had adorable ducklings, cuddly guinea pigs, playful Maltese puppies, fluffy rabbits, and Delilah the goat!

And what's a day at the Royal Show without some delicious treats? Our taste buds were treated to mouthwatering dogwood dogs and sweet jam donuts. Thank you to The Farm Barn for creating this special event for our Residents.



Resident Run Classical Music Group!

Exciting news, music lovers! Ian Ross has launched our very own Classical Music Appreciation Group! Join us as we immerse ourselves in the world of timeless compositions, unravel the stories behind the notes, and dive deep into the minds of legendary composers.

When: Every Wednesday and Thursday

Time: 11:00 AM

Where: The Residency - AB Meeting Room

Residency Activities



Bangers and Mash!

The Wellbeing team is thrilled to introduce our exciting new Music program! This creative program offers a dynamic blend of listening, hands-on interaction with musical instruments, lively dancing, and rhythmic movement to the beat of music.

We are delighted to share that this month, we had the pleasure of hosting 'Bangers and Mash,' who entertained us with their spectacular costumes and a captivating musical experience.

Drum your way to better health with Fitball Drumming!

Following a successful trial, Fitball Drumming is now a regular program at Barossa Village. It's fantastic to witness our residents having fun, getting active, and improving their fitness. Some even work up a sweat while having a blast!



Thank you, Candence Choir from Kapunda!

What a fantastic day at Barossa Village! Our Residents were treated to an unforgettable performance by the talented Candence Choir from Kapunda. Their beautiful harmonies and thoughtful song selection truly warmed our hearts.

Music has a magical way of uplifting spirits and bringing joy to our lives, and this choir did just that for our beloved Residents. Moments like these create lasting memories and a sense of community. Thank you, Candence Choir, for making our day so special!



Remember to ask, "Are you OK?"

RUOK? Day Recap

What a day it was! #AreYouOKDay2023 was buzzing with positivity and connection at Barossa Village. But remember, it's not just a one-day event. Keep asking, "Are you OK?" because these conversations matter daily.

Our Wellbeing Team took us on a journey, sharing the humble beginnings of RUOK Day. They then spent quality time with our Residents, crafting positive affirmations. The aim was to write down the things we love about each other, to brighten up those low days.

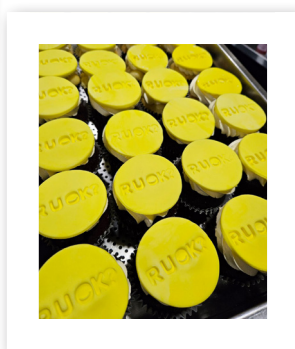
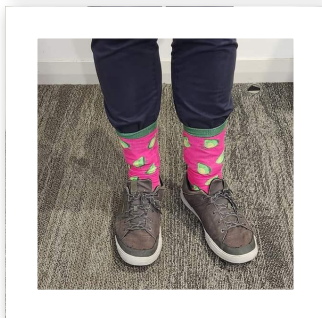
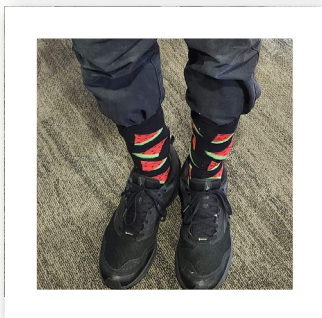
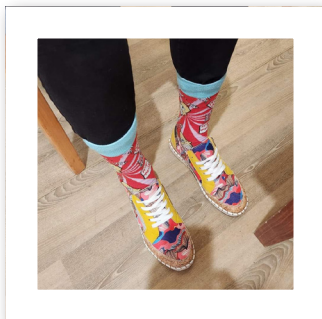
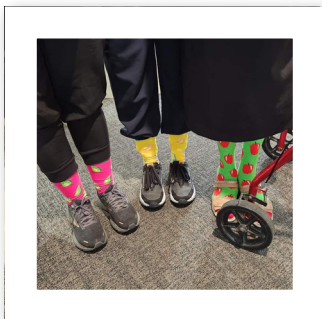
Our kitchen team outdid themselves, treating Residents to delicious Thai food. It was more than a meal; it was an opportunity to bond, share experiences, and ask, "Are you OK?"

Matt, our BBQ master, fired up the grill, providing a mouthwatering sausage sizzle for our amazing staff. Management even joined in, showing their support and care.

You may have even spotted people wearing funky socks over their pant legs to make people smile and remind them to have fun where they can!

But the highlight of the day? Tash's cupcakes! They brought smiles, sparked conversations, and were simply scrumptious.

Remember, the power of asking, "Are you OK?" lasts beyond a single day. Let's continue to check in, support each other, and spread positivity every day.



Men's Program

Thank you, Don!

Don Piro, our Guest Speaker at the Men's Group, shared his inspiring Cancer Journey story, focusing on the challenges of aging and our bodies' changing capabilities. Don offered valuable strategies for maintaining a happy, positive and present mindset amidst these life challenges. He concluded by encouraging the men to bond through laughter and conversation as mates.



| DATE | ACTIVITY TYPE | SPEAKER | TOPIC |
|--------------------------|------------------------------|--|---|
| OCTOBER | | | |
| 9 th October | MENS STORIES – Classic Cars. | Arthur Radke Sharyn Nicholls Bruce Robinson (Via Sandra) | Classic Cars – Car Park |
| 16 th October | SPORT – Coin toss | Staff | |
| 23 rd October | Oktoberfest on the green | Staff | Beer and Bratwurst with German Music on the Green |
| 30 th October | Music | | |

What's New

Meet Rick from Gully Gardens

A group of like-minded Residents embarked on a delightful outing to explore our brand-new apple and pear orchard. Rick from Gully Gardens shared his wisdom with us, teaching us the art of pruning and how to nurture these trees for their best growth.

It's not just a one-way lesson, though! Our residents had a few suggestions for Rick, too.

We could almost taste the future apple and rhubarb pies under the warm sun, surrounded by the new trees.



Sunshine Party!

Isn't it nice to see some sunshine? Enjoy these photos of some of our Residents experiencing fun and quality time outdoors.



Succulent Planting

Our Residents are embracing their green thumbs! They had a blast creating beautiful succulent pots for their rooms to bring a touch of nature and joy indoors.

Announcements

Advanced Care Directive

Barossa Village Sessions

On the 26th of September, Barossa, Gawler & Light Advanced Care Planning Group held a presentation on Advanced Care Directives at the Joy Rice Centre.

If you missed this gathering, we are providing follow-up sessions at **The Lodge** on the **17th and 24th of October by appointment.**

Retired Solicitor Wyndham Rogers, Barossa Village Board member Trudy Vaughn, Registered Nurses Kath Hampel, Gayle Gerhardy and Felicity Hage discussed how an Advanced Care Directive works and provide one on one consultation with anyone needing assistance.

Any members of our community, care programs and the wider community are most welcome to attend!

YOUR LIFE — YOUR HEALTH — YOUR CHOICE

If you were unable to make decisions about your life, what would you want others to choose for you?

An Advance Care Directive empowers you

Document your wishes, or nominate one or more substitute decision makers, with an Advance Care Directive. This is a binding document containing your instructions for future healthcare decisions to be made for you should you become unable to do so.



Contact the Home Assist team at The Barossa Council during business hours to arrange a free and confidential 45-minute consultation to assist you in completing your Advance Care Directive.

| | | | | |
|----------------|---|---|----------|--------------------------------------|
| WHERE | Nuriootpa Library — 43-51 Tanunda Road, Nuriootpa | | | |
| BETWEEN | 9.30am and 11.45am | | | |
| ON | July | 1 st 15 th 29 th | August | 12 th 26 th |
| | September | 9 th 23 rd | October | 7 th 21 st |
| | November | 4 th 18 th | December | 2 nd |
| CONTACT | Home Assist team – The Barossa Council (business hours only) Phone: 8563 8411 Email: homeassist@barossa.sa.gov.au | | | |

If you need to cancel your appointment on the day, please contact the Nuriootpa Library on 8563 8440
[Follow up appointments are encouraged](#)

Brought to you by the Barossa, Gawler & Light Advance Care Planning Group

For more information on Advance Care Directives, please visit www.advancecaredirectives.sa.gov.au

Supported by



Advance Care Directives

Your wishes for future care.

Thai Food Day

Residents enjoyed the beautifully prepared Thai food for lunch and Thai sticky rice with mango and coconut for dessert.



International Men's Day Event

This event presents an exciting opportunity for Men within our Barossa Village Community. If you would be interested in attending, please call Tom, Kobus or Dianne at Barossa Village on 8562 0300.



INTERNATIONAL MEN'S DAY
Sunday, Nov 19 2023

Proudly supporting  **BREAKTHROUGH**
mental health research foundation

SPECIAL GUEST SPEAKERS
Hear about their personal journeys and inspiring stories

| | | | |
|--|--|--|--|
|  <p>JIM WHALLEY AO Former RAAF Fighter Pilot</p> |  <p>ZANE KIRKWOOD Breakthrough Mental Health Research Foundation, SANFL Legend</p> |  <p>GARY WITTERT Professor University of Adelaide</p> |  <p>WILL FROGLEY CEO of Master Builders SA</p> |
|--|--|--|--|

Norwood Football Club,
12:00 - 2:30 pm

MC: Leith Forrest
Chris McDermott

Tickets at \$65, inclusive of
lunch & drinks package

Hosted by:
HON SARAH GAME MLC
an advocate for Men's Wellbeing



Get your tickets here: <https://rb.gy/t73j3>

Grapevine October Puzzle

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

Find the following words in the puzzle.

Words are hidden     and .

AGM
ANGELA
APPLE
AUXILIARY
BANGERS
BAROSSA
CANDENCE
CLUSTER

COLLABORATION
COMMUNITY
DAZZLER
DRUMMING
JEANETTE
LADIES
MAGGIE
MASH

MUSIC
ORCHARD
PEAR
PLANTING
REPRESENTATIVE
RESIDENTS
RUSHTON
SANDRA

SID
SUCCULENT
VAL
VILLAGE
WELLBEING

Barossa Village Residents Association - Annual General Meeting

The BVRA Annual General Meeting will be held **Tuesday, 10th October 2023 at 1:30 pm** in the **Joy Rice Centre** with tea and coffee available.

The President and Cluster Representative positions become vacant and are required to be reelected for the next year. Copies of all nomination forms are available in the Residents' Book Exchange and we encourage you to apply for those positions.

Copies of the Minutes of Meeting have been distributed to Cluster Reps and a copy is available in the Residents' Book Exchange folder.

Karen Davidson, Secretary BVRA
Mobile 0423 444 014



Barossa Village Residents Association
A Voice for Residents

Notice of Annual General Meeting

ILU residents are invited to attend at 1:30 pm on **Tuesday, 10 October 2023**, in the Joy Rice building.

Election of a President and Cluster Representatives will take place, as well as other general business.



**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

| MONDAY 2 | TUESDAY 3 | WEDNESDAY 4 | THURSDAY 5 | FRIDAY 6 |
|--|---|---|---|---|
| PUBLIC HOLIDAY | Joy Rice 10.30 – 11.30 am "Keep on Moving" Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes | Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs | 10 – 2.30 pm Eudunda/ Nuriootpa group: Held in Eudunda AM: Better Balance Exercises PM: Art n Crafty | 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO |
| 4 "Exotic and Australian Animals" Gorge Wildlife Park (\$18 entry fee) Up close with your favourite animals Moderate/High levels of walking Lunch: Picnic at the Wildlife Park | 10 Joy Rice 10.30 – 11.30 am "Keep on Moving" Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes | 11 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs | 12 10 – 2.30 pm Eudunda/ Nuriootpa group: Day Trip: Discovering Historic Kapunda Lunch: Fish n Chips- Davidson Reserve | 13 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO |
| 11 9 – 3.30/4 pm "A trip to the River" Waikerie Riverfront Come relax and enjoy the scenery the perfect way to enjoy the river and enjoy a game of lawn bowls Low/Moderate levels of walking Lunch: BBQ on riverfront | 17 Joy Rice 10.30 – 11.30 am "Keep on Moving" Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes | 18 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs | 19 10 – 2.30 pm Eudunda/ Nuriootpa group: Held in Eudunda AM /PM: Better Balance Exercises in Colin Thiele Park Picnic in the Park | 20 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO |
| 23 9 – 3.30/4 pm "Plant away" Visit Newman's Nursery A scenic drive through the hills to visit the garden nursery in Historical Tea Tree Gully Moderate levels of walking Lunch: "High Tea" at the Tea Tree Gully Park | 24 Joy Rice 10.30 – 11.30 am "Keep on Moving" Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes | 25 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs | 26 10 – 2.30 pm Eudunda/ Nuriootpa group: Day at the Joy Rice centre including Lunch 12.30 – 2.30 pm "Paint and Sip" No artistic experience required, just lots of fun, while enjoying a glass of wine with nibbles: at the Joy Rice Centre. \$.5 for materials | 27 10 – 11.30 am: Mix and Mingle 10 – 12.30 am: BV Bowlers Group 12.30 – 1.30 pm: Café Luncheon 1:30 – 2.30 pm: All Aboard BINGO |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>30</p> <p>9 – 3.30/4 pm</p> <p>“See, hear and touch the past” Burra Heritage Passport</p> <p><i>Moderate/High levels of walking</i></p> <p>Lunch: Burra St Just Cafe</p> | <p>31</p> <p>Joy Rice 10.30 – 11.30 am “Keep on Moving” Exercises</p> <p>Hydro Pool 1.30 – 3.30 pm Aqua Classes</p> | <p>1 November</p> <p>Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p> | <p>2</p> <p>10 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: Held in Eudunda</p> <p>AM: Better Balance Exercises</p> <p>PM: Indoor Bowls</p> | <p>3</p> <p>10 – 11.30 am: Mix and Mingle</p> <p>10 – 12.30 am: BV Bowlers Group</p> <p>12.30 – 1.30 pm: Café Luncheon</p> <p>1:30 – 2.30 pm: All Aboard BINGO</p> |
| <p>6</p> <p>9 – 3.30/4 pm</p> <p>“Gleeson Wetlands Clare”</p> <p>If you enjoy a bit of bird watching then this is for you, bring your binoculars and enjoy the sights and serenity.</p> <p><i>Moderate levels of walking</i></p> <p>Lunch: Clare Hotel</p> | <p>7</p> <p>Joy Rice 10.30 – 11.30 am “Keep on Moving” Exercises</p> <p>Hydro Pool 1.30 – 3.30 pm Aqua Classes</p> | <p>8</p> <p>Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p> | <p>9</p> <p>9 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: Day Trip: Manuka Native Nursey</p> <p>Lunch: At the Nursery (picnic)</p> | <p>10</p> <p>10 – 11.30 am: Mix and Mingle</p> <p>10 – 12.30 am: BV Bowlers Group</p> <p>12.30 – 1.30 pm: Café Luncheon</p> <p>1:30 – 2.30 pm: All Aboard BINGO</p> |
| <p>13</p> <p>9 – 3.30/4 pm</p> <p>“Semaphore Beach Picnic”</p> <p>Enjoy the sounds and smell of the sea, treat yourself to an ice cream while walking along the beach, or simply relax and take in the views from the jetty.</p> <p><i>Moderate levels of walking</i></p> <p>Lunch: Fish n’ Chips by the sea</p> | <p>14</p> <p>Joy Rice 10.30 – 11.30 am “Keep on Moving” Exercises</p> <p>Hydro Pool 1.30 – 3.30 pm Aqua Classes</p> | <p>15</p> <p>Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p> | <p>16</p> <p>10 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: Held in Eudunda</p> <p>AM: Better Balance Exercises</p> <p>PM: Board Games</p> | <p>17</p> <p>10 – 11.30 am: Mix and Mingle</p> <p>10 – 12.30 am: BV Bowlers Group</p> <p>12.30 – 1.30 pm: Café Luncheon</p> <p>1:30 – 2.30 pm: All Aboard BINGO</p> |
| <p>20</p> <p>9 – 3.30/4 pm</p> <p>“Food Tour Picnic”</p> <p>On our way to the picturesque Eden Valley we will make several stop where you can purchase food for your picnic.</p> <p><i>Low levels of walking</i></p> <p>Lunch: Eden valley Scenic Lookout Picnic and lawn bowls</p> | <p>21</p> <p>Joy Rice 10.30 – 11.30 am “Keep on Moving” Exercises</p> <p>Hydro Pool 1.30 – 3.30 pm Aqua Classes</p> | <p>22</p> <p>Individual Social Support or Small Interest Groups</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p> | <p>23</p> <p>9 – 2.30 pm</p> <p>Eudunda/ Nuriootpa group: At the Joy Rice, Nuriootpa</p> <p>12.30-2.30 pm</p> <p>“Learn the basics and research your Family history with Angie” At the Joy Rice, Nuriootpa</p> | <p>24</p> <p>10 – 11.30 am: Mix and Mingle</p> <p>10 – 12.30 am: BV Bowlers Group</p> <p>12.30 – 1.30 pm: Café Luncheon</p> <p>1:30 – 2.30 pm: All Aboard BINGO</p> |

Friday Café Menu - October

Community Connections Calendar

| Date | Lunch | Dessert |
|------------|--|--------------------------------------|
| 6 October | Chicken Kiev with Creamy Garlic Sauce | Chocolate Cheesecake Slice |
| 13 October | Braised Lamb chops in Pepper Sauce with Vegetables | Apple Crumble & Ice Cream |
| 20 October | Roast Pork , Apple sauce and Roasted Baby Vegetables | Peach & Apricot Cobbler with Custard |
| 27 October | Chicken Parmi, Wedges and Salad | Pavlova with Fresh Fruit |
| 3 November | Herbed Chicken Fillets , baby potatoes & Salad | Butterscotch Pudding |

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

ILU Residents Activity Calendar - October

| Activity | Date | Time | Location |
|--------------------------------------|---|-----------------------|-----------------------|
| Games Group | Wednesdays | 2.00 pm | Joy Rice Centre |
| Happy Hour | Thursday 12th | 4.30 pm | Joy Rice Centre |
| Movies - Alternate Fridays | Friday 13st:The Butler Friday 27th: High Society | 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 9th | 1.15 pm | Joy Rice Centre |
| Music Night | Saturday 21st | 7.00 pm | Joy Rice Centre |
| Men's Group | Wednesday 4th & 18th | 1.30 pm | The Lodge/ Outings |
| Residents Market | Saturday 7th | 9.00 am to 1.00 pm | Reusch Center |

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