

Grapevine

December/ January 2024



Above: Barossa Village Volunteers Celebration luncheon at Wanera Wine Bar in Angaston

DEDICATED VOLUNTEERS

As we approach the close of another remarkable year, we find ourselves reflecting on the abundance of success that has graced us, and at the heart of it all are our dedicated Volunteers!

Our heartfelt gratitude for your immeasurable contributions, over 7,700 hours, leaving an unforgettable mark on our community. Notable achievements, like the op shop's \$50,000 fundraising and positive environmental impact, vividly illustrate your resounding influence.

Whether part of the Ladies Auxiliary, providing social support, driving the bus, or assisting at the Op Shop, today is a sincere thank you. Your generosity at events like ILU happy hour highlights involvement beyond direct hours, fostering a better community. Your actions create more good days for those we support, and every contribution, big or small, is deeply appreciated. As we express gratitude, we hope you enjoy your service, knowing your efforts have truly made a difference. Thank you for being integral to Barossa Village's volunteer community.

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CEO Update

Welcome to our final Grapevine Barossa Village Community Newsletter for 2023.

Its been a wonderful year with many milestones. We've honoured our Ladies Auxiliary, had the first family dinner event and grown our community in Mt Pleasant to name a few. Whilst these may seem disconnected, what stretches across all that we do is a focus on enabling everyone to have more good days.

All members of the Barossa Village team work in the interest of our current and future communities to ensure that the vision of those that founded our organisation exists well in to the future.

I am looking forward to 2024 as we enter our 60th year of providing service, in particular the exciting projects that we have coming forward, finding new ways of working together and of course celebrating this wonderful milestone.

I'll close by wishing you and your families a safe and enjoyable festive season. I sincerely hope that whatever your plans, you are taking the opportunity to spend time with those that are important to you.

Merry Christmas and a Happy New Year

Ben Hall

Advanced Closure Notice

Advanced Notice: Our Lodge office will undergo a temporary closure from Wednesday, December 27, to Friday, December 29, allowing our dedicated administration team a well-deserved break.

Core team members will still be working and we will provide details about how to access services during this time

The Lodge Office will resume regular operations following the Public Holiday on Tuesday, December 2. Anticipating minimal disruptions, we kindly remind everyone to engage with our staff in a polite and respectful manner. Your cooperation is greatly appreciated.



Resilience in Adversity

Covid/Gastro shutdown


The Wellbeing Team had to change up activities for a few weeks as the residency was virtually shut down with Covid and gastro. Using some adaptive methods and technology, activities still continued.

There were daily wellbeing packs delivered of word searches, crosswords, trivia and short stories.

Bingo was done over the camera in the clubroom and delivered into people's rooms. GH were fortunate enough to be out of their rooms. Everyone won a prize.

Robyn delivered short stories over the Clubroom microphone. It was a strange week but everyone got through and still continued to have fun!





Hairdresser

Tuesdays at the Residency | Thursdays at The Lodge

IRENE RICKARDS

8564 2195 | 0414 607 135

in salon or can come to you!

Meet our Community



Meet Heather Wilkinson & Roger Harrington

Barossa Village ILU Resident

Part 2. CONTINUED...

Roger was born in Adelaide and his parents emigrated to Adelaide after the second World war from India.

Roger started work at TAFE as an illustrator after he attained an Advanced Diploma in Commercial Art.

Roger loves music and became involved in the music industry.

Roger is a drummer and also did sound engineering for live shows, working and playing in numerous bands. It was an exciting time travelling around the state and country.

Later in life Roger got work with the Adelaide Grand Prix from 1986 to 1995, he was the stage manager for the Grand Prix Ball and post-race concerts.

After the Grand Prix left South Australia he worked on the first Tasting Australia events and was a event coordinator. Roger did all of the site maps and graphic design work. In 1999 got the job to do the same work with the V8's at the Adelaide 500, again doing graphic design work. Then this

migrated to the Clipsal 500. Roger did this work annually up until 2020 when Covid hit.

In 2022 he came back to do the Adelaide 500 in Adelaide and is doing this year's event as well.

Roger does all of the art work for the credentials, identification lanyards and graphic design.

Back in the year 2000 Roger went to Sydney hoping to volunteer at the Olympics but they ended up employing him instead, coordinating on the opening and closing ceremonies and managing part of Olympic Park Site.

Roger has worked for many musical artists over the years including John Farnham, the Eagles, INXS, Hunters and Collectors to name a few. He has also worked on the Adelaide Fringe festival. Roger also does some freelance work as required started on Adelaide 500 in 1999 this years event will be his 23rd year with it.

Its wonderful to have you both in our Community.

(Read Part.1 Heather Wilkison's stroy in the November Grapevine edition)



Volunteers Lyn, Miriam and Judy

Where would we be without volunteers! Lyn, Miriam and Judy helped out with the Service of Remembrance gifts and paint and pour. The "Art ladies" have so many skills and it was welcomed by the residents and wellbeing team.

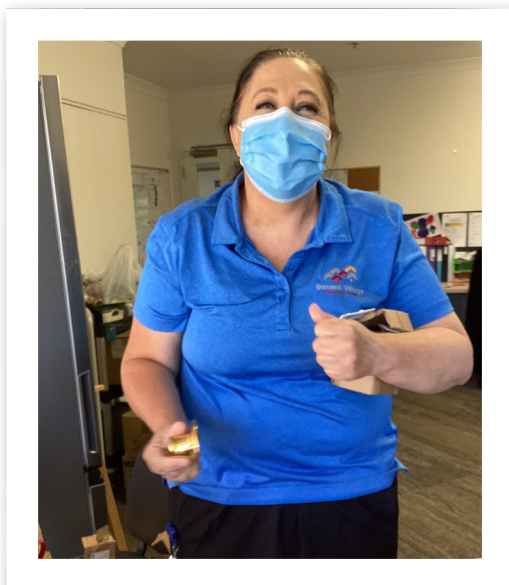


Thank you, Jess

Jess has helped out with the service of remembrance and putting the life story scrolls together.

Handy Chris!

Chris has been painting with his left hand helping out in the garden and with the summer series of lawn bowls.



Mel is always happy to help!

Thank you Mel, for helping out with Quality of Life Survey.

Volunteer Activities

Barossa Village Volunteers Celebration luncheon at Wanera Wine Bar in Angaston



Volunteer Activities



Enhancing Community Connections

Engaging in social outings brings significant advantages for older individuals, fostering connections, promoting physical activity, and providing opportunities to explore new activities or reminisce about cherished experiences. Recognising the significance of group outings, our Community team is committed to tailoring programs that align with the preferences and desires of our older community members.

In response to feedback, we've recently expanded our Community Wellbeing program by introducing weekend outings. For the first weekend expedition, a journey to Mt Barker for lunch followed by a scenic 1-hour Bugle Ranger Train Ride departing from the Mt Barker Train Station generated considerable interest and garnered overwhelmingly positive responses from the attendees.

Your feedback is invaluable as we continue to evolve and refine our programs, ensuring that each outing contributes to the overall wellbeing and enjoyment of our community members. We look forward to creating more memorable experiences and strengthening community connections in the future.



Bugle Ranger Train Experience



Community Connections Welcomes Everyone!

Did you know our Community Connections program is open to ALL? We believe in fostering inclusivity and, as such, the program is not restricted to Barossa Village residents. Whether you're a friend of a resident, visiting family, a younger community member, or simply interested in the program on offer - all are welcome!

Did You Know?

Feel free to reach out to us for information on costs and, don't forget, securing your spot is essential! The popularity of our exciting new outings means the bus fills up quickly. Make sure to book in advance to ensure you don't miss out on the opportunity to connect, explore, and create lasting memories with the Community Connections family. We look forward to welcoming you aboard!

Check out our connections calendar on page 16

Introducing WORKSHOPS!

2024 Welcomes Fun and Interactive Workshops

Unearth the Secrets: Convert The Dirt Workshop

Discover the secrets beneath your feet with Sam Koerner, the founder of Convert The Dirt. A passionate advocate for cultivating healthy soil, Sam believes in the impact it has on crop yield and overall wellbeing. Having received excellent feedback for his Soil Biology Workshop at the Bush Gardens, Sam brings a wealth of knowledge and a whole new, engaging approach to gardening.

In this unique workshop, participants are invited to bring a sample of their home

garden soil for a personalised analysis. Sam will guide you through the intricacies of soil biology, offering insights to enhance your gardening techniques. With a focus on practicality and enjoyment, Convert The Dirt promises not only a learning experience but also an opportunity to foster a deeper connection with your garden.

- **Date:** Thursday, 22nd, February 2024
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** FREE

Book online: barossavillage.org/events

This is just one of the workshops that are coming to the Barossa Village in 2024!




CONVERT THE DIRT

WORKSHOP
Convert The Dirt
Discover the secrets beneath your feet with Sam Koerner

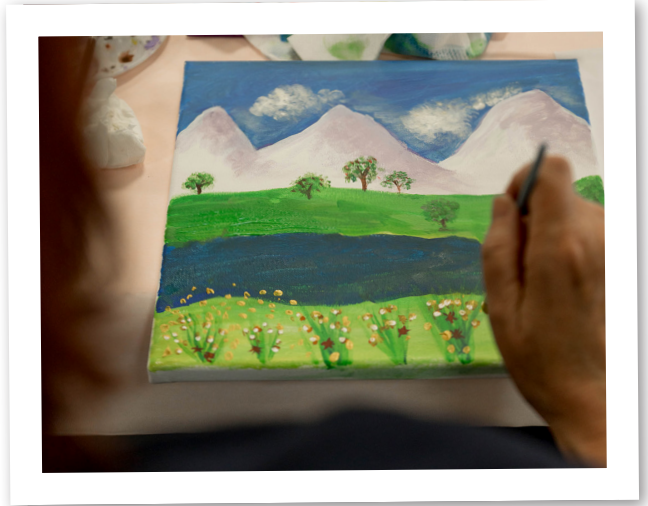
Feb 22nd

 **Barossa Village** Register - Barossavillage.org/events
people at our heart

Paint and Sip Workshop

The afternoon workshop offered a fantastic opportunity for participants to delve into their creative expressions, surrounded by the warmth of shared company and the joy of the creative process.

Facilitated by Christine Wilsdon, a seasoned Art Therapist with extensive artistic experience, the session emphasised the belief she passionately shares—that everyone possesses an innate creative spirit. According to Christine, the essence lies in enjoying the journey of creation rather than fixating on the final outcome.



Merry Christmas

Tanunda Christmas Parade winners of Best Community Float
Theme: Grandparents are our greatest gift!





ILU Social Club Celebrating 25 Years

Special Celebrations marking years of connections

In jubilant spirit, the Barossa Village ILU Social Club marked a quarter-century of meaningful connections with a joyous celebration at The Vine Inn, treating its members to a delightful lunch accompanied by a delicious Tanunda Cake.

We extend our heartfelt congratulations to the club on its well-deserved success and praise them for the years of engaging and entertaining events and activities that have bonded our community. Here's to many more years of creating a space for friendship and connection.





JOIN US!

Carols IN THE

CORRIDOR



Monday 18th of December

Residency | 9 Atze Parade, Nuriootpa

Sausage Sizzle 5:30pm

Singing starts 6:00 pm

RSVP to Reception by 15th of December

All Welcome



Staff, Volunteers, Residents, Residents families and friends



Barossa Village
people at our heart

Little helper, Rose

Rose Graham – Karina Graham's daughter hanging out with some residents.

Rose and Wyndham colouring in.
Rose collecting the indoor bowls for residents.



Amazing Art!

1. Dean prepping pot for paint pour.
2. Wyndham colouring in
3. Shirley and Audrey working on the paint pour canvas
4. Noreen, Miriam, Daphne, Lyn and Glenda working on canvas



Residency Activities

Outdoor Bowls

1. Dean, Fay, Peter and John
2. Rosemary and Nancy waiting to bowl.
3. Staff Michelle and John bowling
4. Ken having a go at lawn bowls.



Something New at Bowls

Outdoor lawn bowls is back. We are running a program called "Jack Attack" The plan is to build up a few competitive teams and then compete with other residencies.

**BAROSSA CHRISTIAN
FAMILY CENTRE**
All Welcome
SUNDAYS 10.30AM
JOY RICE CENTRE, NURIROOTPA
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

JACK ATTACK Bowls

The concept:

Jack Attack emulates the style of play of the Bowls Premier League, which is broadcast live on Fox Sports and Sky Sport NZ each February and November.

Jack Attack allows for the BPL format to be played directly at clubs across the nation, capitalising on its social, fast-paced format to help encourage participation with non-bowls audiences, by appealing to people opposed to playing in longer formats like pennant, and providing a more structured competition than barefoot bowls.

It's intended to be run as a four to eight week competition, staged ideally on a midweek evening, but clubs are free to schedule games any time that suits their club and audiences.

Jack Attack is super easy to play. It's three players per team (known as triples), each with two bowls, who play two sets of five ends, and if the sets are split then a one-end tie-breaker is played to determine a winner – and it's all over in less than 75 minutes!

The basics:

- Three players per team
- Team order can be interchangeable
- Each player plays two bowls per end
- Five ends completes a set
- Two sets completes a match
- A sudden-death tie-break will determine a winner, should sets be evenly split
- Players aim to deliver their bowl as close to the jack as possible
- The number of your team's bowls closer to the jack than the nearest opposition bowl is the number of points you score
- The jack is placed wherever the winning team wants at the opposite end of the green
- Players to wait until all bowls are delivered before changing ends
- Each team gets to have one power-play end per set. A power-play is where points are worth double.
- Should the jack be knocked out of play, it will be re-placed back in a central position known as the 'T'

Upcoming in Music Group

Music

December is the month of music! The Wellbeing Team will be putting on music throughout all of December.

- 14th December is the Valley Voices Choir
- 15th December is the Lynch Brothers Trio – Violins

- 18th December is the Carols in the Corridor
- 19th December is Doug and Garry Christmas
- 26th December Peter Hutchins on the organ

And of course the **Classical Music group every Tuesday in the Clubroom at 10:00am.** Timetable below.

12th December: Tchaikovsky 'Nutcracker Suite'

19th December: Christmas Selection

26th December: Christmas Selection

New Year: Tchaikovsky 1822 Overture. Handels Firework suite

Mini Golf Challenge

1. John, Dean, Peter and Ian having a hit of mini golf on the EF Green. Dean taking a putt while staff Michael looks on.
2. Ian having a putt
3. Dean, Ian and John enjoying the sunshine at golf
4. Peter having a putt
5. Wyndham having a putt
6. Ian going for a swing



Christmas Edition Word Search

December

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

Find the following words in the puzzle.

Words are hidden     and .

BAROSSA

BELLS

BERRY

BETHLEHEM

BLITZEN

CAROLS

CELEBRATION

CHILDREN

CHRISTMAS

COMET

COOKIES

CUPID

DANCER

DASHER

DONNER

ELF

FAMILY

FEAST

FRIENDSHIP

GREEN

HAPPY

HOLLY

JESUS

JINGLE

JOSEPH

LOVE

MARY

NOEL

PRANCER

RED

REINDEER

RUDOLPH

SANTA

SNOWBALL

SNOWFLAKES

SNOWMEN

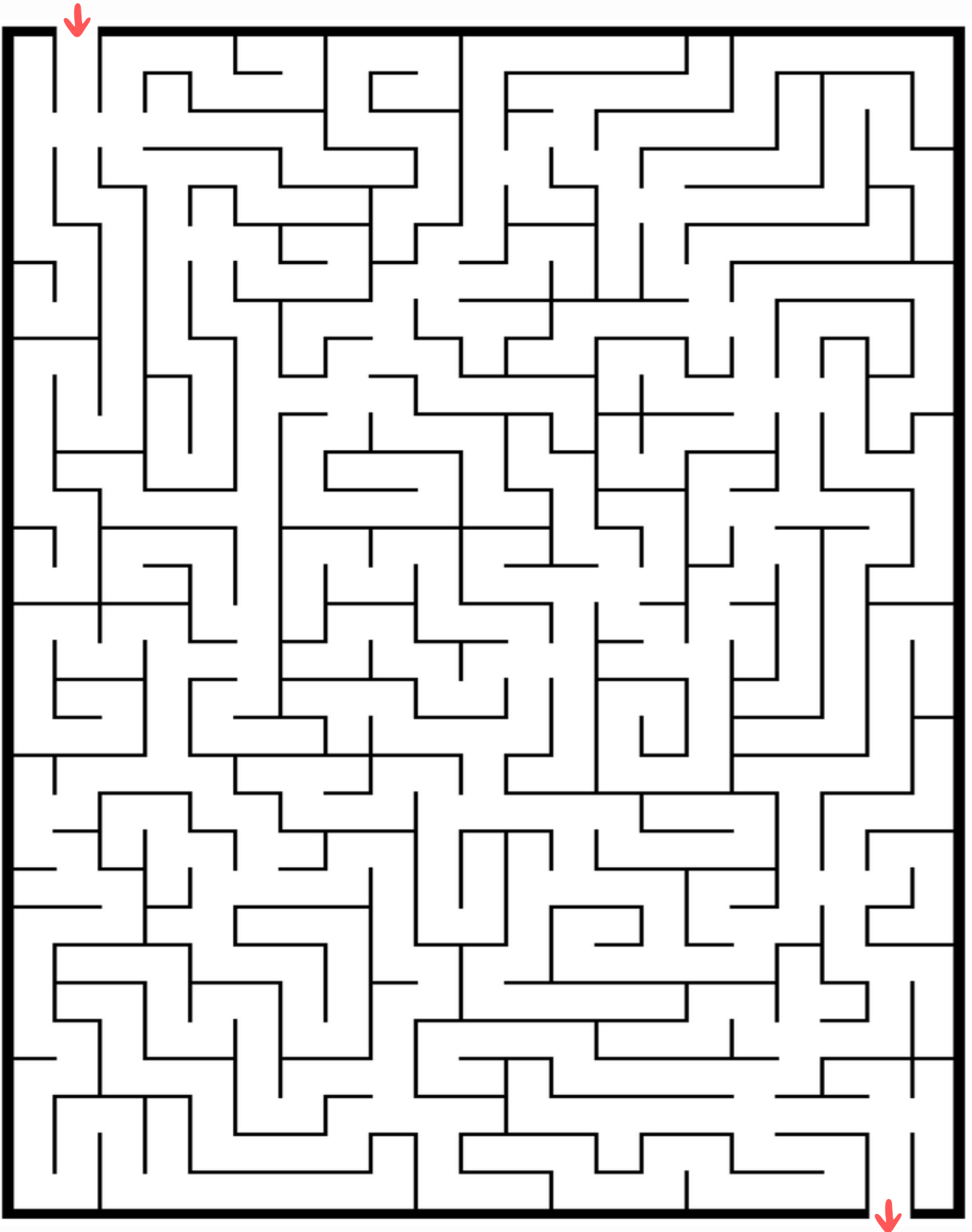
TRADITIONS

TREE

VILLAGE

VIXEN

Advanced Maze



Christmas Edition Spot The Difference

Can you spot the 10 differences?



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 5 – 10:30 pm Dinner at the Vine Inn Followed by Nuriootpa Christmas Lights at Night" <i>Low levels of walking</i></p>	<p>12 Joy Rice 10.30 – 11.30 am "Keep on Moving" Exercises Hydro Pool 1.30 – 3.30 pm Aqua Classes</p>	<p>13 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>14 10 – 2.30 pm Eudunda/ Nuriootpa group Joy Rice Centre, Nuriootpa 12.30-2.30 pm Follow up Ancestry at the Library with Angie Angie has extensive experience. To be held at the Nuriootpa Library</p>	<p>15 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</p>
<p>18 8.30 - 4 pm Christmas Four Knots River Cruise Lunch: Mannum Community Club Xmas Luncheon <i>Moderate/High levels of walking</i></p>	<p>19 Joy Rice 10.30 – 11.30 am "Keep on Moving" Exercises Christmas Hydro Pool 1.30 – 3.30 pm Aqua Classes</p>	<p>20 Individual Social Support or Small Interest Groups Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>21 10 – 2.30 pm Eudunda/ Nuriootpa group: Riverton Duck Pond & Christmas luncheon: Riverton Hotel</p>	<p>22 Café Christmas Morning Tea and Games Christmas Luncheon</p>
January 2024				
<p>8 9-3.30/4 pm Army Museum of SA Established in 1992 come see a collection of preserved Military History. Cost \$5 Lunch: Villi's Bakery <i>Moderate/High levels of walking</i></p>	<p>9 10.30-11.30am Fitness For Life Joy Rice Centre, Nuriootpa 1.30-4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p>10 Individual Social Support or 1:1 Exercises Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>11 10.30-2.30am Nuriootpa/Eudunda Groups Bunnings DIY Workshop Munno Para West Lunch: Fasta Pasta Gawler</p>	<p>12 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</p>
CLOSED				
CLOSED				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 9-3.30/4 pm</p> <p>Semaphore Coastal Pathways Foreshore pathway that hugs the coastline and links the beaches</p> <p>Lunch: Love of Semaphore</p> <p><i>Moderate/High levels of walking</i></p>	<p>16</p> <p>10.30-11.30am Fitness For Life Joy Rice Centre, Nuriootpa</p> <p>1.30-4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p>17</p> <p>Individual Social Support or 1:1 Exercises</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>18</p> <p>10.30-1130am Fitness For Life Location: Eudunda</p> <p>12.30-2.30pm Movie Afternoon, Nibbles and Drinks</p>	<p>19</p> <p>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</p>
<p>22</p> <p>9-3.30/4 pm</p> <p>Holdfast Bay History Museum Discover objects, textiles, paintings and photographs that reflects Holdfast Bays unique History.</p> <p>Lunch: Fasta Pasta Brighton</p> <p><i>Moderate levels of walking</i></p>	<p>23</p> <p>10.30-11.30am Fitness For Life Joy Rice Centre, Nuriootpa</p> <p>1.30-4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p>24</p> <p>Individual Social Support or 1:1 Exercises</p> <p>Speak with your Care Coordinator to discuss your options and to support your individual needs</p>	<p>25</p> <p>10.30-2.30am Nuriootpa/Eudunda Groups Brookfield Conservation Park (Blanchetown)</p> <p>Lunch: Blanchetown Hotel</p>	<p>26</p> <p>PUBLIC HOLIDAY</p>

Workshops coming in 2024 - visit barossavillage.org/events to book



Friday Café Menu - December

Community Connections Calendar

Date	Lunch	Dessert
8 December	Roast Pork, Vegetables and Apple Sauce	Apple Pie Bites & Ice Cream
15 December	Braised Lamb Chops, Mashed Potato & Mint Peas	Panna Cotta & Strawberry Coulis
22 December	Entrée - Prawn Cocktail Main - Roast Turkey & Glazed Ham, Roasted Vegetables & Cranberry Sauce	Plum Pudding & Brandy Custard

CAFE RETURN JANUARY 12th Menu to come. Bookings are essential; please confirm your attendance by the Wednesday prior - Phone 8562 0300

ILU Residents Activity Calendar - December/January 2024

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	DEC Thursday 14th JAN Thursday 11th	4.30 pm	Joy Rice Centre
Movies - Alternate Fridays	DEC Friday 22nd JAN Nil movies 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	DEC Monday 11th Annual Christmas lunch JAN NIL	12 pm	Vine Inn
Music Night	DEC Saturday 16th JAN Saturday 13th Elvis night	7.00 pm	Joy Rice Centre
Men's Group	DEC Wednesday 13th JAN Wednesday 10th & 24th	1.30 pm	The Lodge/ Outings

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