

# Grapevine

February 2024



Above: Messrs Herb Krieg, Arthur Reusch, George Wright, H. Burley, W. Leslie, M. Dallwitz, C. Maywald, L. Mader, A. Milway, A. Lange and C. Robin.

## CELEBRATING 60 YEARS!

Celebrating our 60th year in the Barossa Valley community, we honour those who've contributed to our founders' vision. In 1963, sub-committee The Barossa Valley Senior Citizen's Homes Inc. was born, focusing on creating a facility for the aged and infirmed, despite the initial challenge of raising \$40,000 with only \$15,000 on hand. Supported by leaders, doctors, and clergy, the facility started in 1969 with ongoing fundraising by the Ladies Auxiliary.

Over six decades, our focus on partnerships remains, seen in expansions like the 'Reusch Wing' (1970) and subsequent wings like 'Wieland' (1973), 'Community' (1975), 'Pam Floyed' (1979), 'Maywald' (1981), and 'Basedow' (1994). Becoming Barossa Village Incorporated in 1998, our facility, now 121 beds, expanded in 2015 and 2022, connected with the Allied Health Centre and Hydrotherapy Pool.

Our impact—touching nearly 1,000 lives annually—is made possible by a dedicated team of community contractors and volunteers, alongside over 2,000 employees who've worked tirelessly throughout our history.

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**Barossa Village**  
*people at our heart*



## CEO Update

Happy New Year, and welcome to 2024!

The February edition of the Grapevine is our first in a year of celebrating our 60th anniversary of providing service to the community of the Barossa Valley.

Across 2024, we are planning a range of activities to recognise and acknowledge the innovative vision of those people in 1963 who steered us to where we are today and celebrate those who have been and continue to be part of the Barossa Village and everything that it means to those that we serve.

The depth of community spirit, partnership and collaboration underpin our success. Whether you are an employee, a contractor, a volunteer or a partner, we look forward to celebrating our achievements with you and continuing to bring more good days.

**Ben Hall**

## Call For Support - Can You Help?

### Do you know a knitter?

Calling all knitting! The Wellbeing Team hopes to create Wellbeing Packs for new Residents. Help us knit cozy wool squares that will be skillfully assembled into delightful knee or bed rugs—a perfect addition to our welcome packs.

Whether you prefer the cozy atmosphere of the Residency or the comfort of your home, you can contribute! Pick up your wool from the Residency or knit from home, and drop off your creations at the reception when you're ready. Our ideal yarn is 8ply.

### Rhubarb Corwn, Seasonal Seedling and Fruit Donations

We continue to require additional donations of Rhubarb crowns and are actively seeking contributions of other seasonal seedlings and plums, apricots, figs and other fresh fruits from our community. Your support in providing these valuable resources is greatly appreciated.

Please contact if you can help - **8562 0300**  
*Thank you*



**Corporate, Community & Retirement Services** | 14 Scholz Avenue, Nuriootpa SA 5355  
**The Residency** | 9 Atze Parade, Nuriootpa SA 5355  
**Postal Address** | PO Box 531, Nuriootpa SA 5355

## Stunning Artistic Triumph

Artist in Residence Series  
Peter Heuzenrohder - Oil Painting

In January, Barossa Village hosted Peter Heuzenrohder as the Artist in Residence. The Chapel witnessed a vibrant gathering for the remarkable display of Peter's creations.

Peter's journey with Barossa Village began during a period of significant health challenges due to the impact of Parkinson's disease on his ability to paint steadily. His initial struggles with shaky hands made the creative process a daunting task. However, Peter's determination and passion for art led him to experiment with various techniques to adapt his brushwork to the challenges posed by Parkinson's Disease. His perseverance eventually paid off, resulting in renewed stability in his hand movements. Today, Peter confidently executes steady strokes, crafting breathtaking pieces of art that astound those who witness his creations.

Peter's story is a testament to the resilience of the human spirit and the power of pursuing one's passion. His remarkable feat reflects his exceptional talent and serves as a reminder of art's impact on overcoming life's obstacles. Peter's journey highlights the importance of doing what you love!



Above: Peter and Angella Heuzenrohder





## Meet Jim Wilton

Barossa Village ILU Resident

Jim was born in Calgoolie WA, and he lived there into his adult life. Post school he began his apprenticeship as a boiler maker at his Grandfathers shop James MClarty & Son. They made riveted boilers and air receivers.

One of Jims big passions was fishing. He fished on boats, the Warf and around the harbour. "You could net prawns in the river and grab crayfish".

Jim got married and the guy that lived next door was interested in the Speedway and this sparked Jims interest Jim in motor vehicles. He used to make wheels and bits and pieces as part of the steering mechanism for other peoples vehicles.

He moved away for a while and got to know this chap Bob St Lawrence who was building a dragster. This intrigued Jim and he was sharing a panel shop with someone who was also building a dragster. Another local from the fish n chip shop was building a car up for drag racing. Jim started buying fish and chips from there and was invited to attend the top fuel drags.

There was a strip of bitumen in the bush about  $\frac{3}{4}$  of a mile long. They raced lots of motor bikes and cars but then they brought out the top fuel car. They fired it up and the noise made the hairs on the back of Jims neck stand straight up . 170 miles per hour was the top speed. Jim thought "I have to get myself one of these".

It was some years later and Jim and Bob St Lawrence built a dragster together. It had homemade fuel injection and the fuel pump was off a washing machine. They got a plaque from America for being the fastest Y Block 292 in the world. They ended up running nitro in it, 119 miles per hour on alcohol, then they added 40% Nitro to the fuel and the first run was 160 miles per hour, second run was 169 mph, third run was just under 180 mph. Then the crankshaft fell out, blew the motor to pieces. The plaque stated an average speed of 170 mph. That was something special. They made so much of the parts themselves, it was an era when you could just do it. "You would have an idea, make a plan and do it".

For example Jim made an afterburner for a jet engine which he was able to do having only looked at photos of such things. Jim enjoyed working on experimental cars where he had to do all the engineering himself. In the meantime he worked in construction jobs, working in mines and at the allunium factory as a boiler maker.

Jim didn't leave WA until in he was in his 30's. He did a trip from Perth to Adelaide and onto Victoria for the drag racing events, travelling with a group of mates. He made lots of contacts in the hot cars scene. Jim also loved riding motorbikes.

*Jim's story continued..*

Jim had a major accident on the motor bike going to work, it was 11 months before he could get back to work. Jim had a job later on in life where he worked for Alfa Laval and was with them for 18 years, travelling all over Australia. Then got a job with Westfalia Separator which saw him travelling all over Australia and even to California. It also brought Jim to the Barossa a lot sourcing centrifuges for wineries.

He met Elsje at the Barossa Motor lodge where he used to stay when in the Valley. They moved into the Barossa Village 8 years ago in October. They thought "this is it" when they saw their new home.



## CALL FOR Volunteers

### Join our Orchard/ Gardening Project!

Volunteers are needed to care for growing trees and adopt garden areas **at the Residency**. We highly welcome any pruning experience. Contact the Residency to be part of our volunteer team!

Contact us 8562 0300 or visit to explore all our volunteering opportunities.



**The Village**  
**OP SHOP**



Find us: Arthur & Gladys Reusch Community Centre | 24a Murray St, Nuriootpa

**Open Wednesday to Friday**  
**9.30 am - 3.00 pm**

**P: 8562 0300**

# Enhancing Community Connections

## Exciting Program Announcement

Barossa Village Community Connections is expanding its horizons by introducing a diverse range of events and extending program hours, including weekends, to provide greater accessibility to the array of offerings available across Adelaide.

Take a glimpse at some of our best moments of 2023 Community Connections, which features an introduction to weekend and evening outings.

Some of our highlighted included

- River Cruises
  - Paint and Sip Workshop
  - Bugle Train Steamranger
  - Exploring Conservation Parks
  - Fringe Festival Event
  - Beach Trips
  - Historical and Art Exhibitions
- plus so much more!*

We're thrilled to reveal that more weekend and evening events are set to be introduced in 2024! Stay connected with your Community Connections Calendar, and we encourage you to share these exciting events with your family and friends.



## Invite Your Friends and Family

### Community Connections Welcomes Everyone!

Do you have family visiting or a grandchild who would love to come along with you? Our workshops and events are open to anyone from the community.

Enquire with the Community Connections team to learn about upcoming activities and outings. Whether you seek knowledge, connection, or relaxation, there's an event

for everyone in our diverse and inclusive Community Wellbeing Program. Join us in creating more good days and building a connected community!

**Check out our connections calendar on page 18**

## Book Your Spot!

### 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
- **Bring:** Soil sample from your garden

**Call 8562 0300 or book online:**  
[barossavillage.org/events](http://barossavillage.org/events)



  
CONVERT THE DIRT

# WORKSHOP

## Convert The Dirt

Discover the secrets beneath your feet with Sam Koerner

**Feb 22nd**

 **Barossa Village** Register - [Barossavillage.org/events](http://Barossavillage.org/events)  
*people at our heart*

# Community Connections 2023 Highlights

## Community Connections Highlights

- Trip to Burra
- Carol at the Abundant Wonder by Tom Moore
- Community Connections group at Bicentennial Conservatory
- Eden Valley Lookout - Helga and Theo in deep conversation
- Eunice at Mt Lofty Botanical Garden
- Lance cheese tasting in Angaston
- Norman at Morgan Museum







## Community Connections Highlights

- Friday Cafe indoor bowls - Lance
- Theo, Helga and Dianne - what a view!
- Theo on the Heysen Trail
- Resting in the Botanical Gardens - Sue, Eunice and Robert
- Volunteers - June at Morgan Museum



# Hairdresser

**Tuesdays:** Residency | **Thursdays:** The Lodge

**IRENE RICKARDS**

**8525 2376 | 0414 607 135**  
in salon or can come to you!



## What's On?



### YOGA 4 LIFE is back!

- Venue: Barossa Village (Club Room) - 9 Atze Parade, Nuriootpa
- Time: Wednesdays 3:30-4:15 pm
- Cost: \$10 per class (to be paid directly to the teacher)
- Term 1 started on February 7th.

Embrace "Yoga for Life," a specialised strength and mobility class facilitated by True North Yoga designed for those aged 50+. Cultivate healthy movement, enabling you to continue enjoying life's pursuits in

a lively and supportive environment! Held in the Barossa Village Residency - Club Room, these sessions are open to everyone, including members of the public.

Experience the benefits of this predominantly chair-based yoga class, which focuses on stretching, strengthening, stress reduction, improved sleep, mental tranquillity, and overall wellbeing.

If you have a Home Care Package or receive a Commonwealth Home Support Package with social support approval, these classes may be partially or fully funded. Please consult your Package Coordinator to explore possibilities.

No need to bring anything – just wear comfortable clothing, and you'll be all set for an enriching yoga session!

#### For inquiries or bookings:

Tanya at True North Yoga

0412 614 717

[hello@truenorthyogastudio.com.au](mailto:hello@truenorthyogastudio.com.au)



### Dementia Support Group

Barossa Village runs a community, free Dementia Support Group on the last Tuesday of every month. We understand that the journey for a carer of someone living with dementia is complex and often lonely.

- Tuesday, Feb 27th | 10 AM
- Barossa Village Residency: 9 Atze Parade, Nuriootpa
- Morning Tea Provided

RSVP by Monday, Feb 26th, to the Residency Reception in person or by phone 8562 0300.

Upcoming dates: February 27th | March 26th | April 30th



## Wet Felting Workshop

Community Connections

Learn wet felting techniques to create a stunning car diffuser or home decoration. With a range of colours, fragrances and charms to style just how you want it!

## Tech Group

Residency Wellbeing Program

Are you interested in tech or want to know how it works? Starting in March, the Wellbeing Team will run a tech know-how group on Monday afternoons at the Residency.

## Women's Group

Residency Wellbeing Program

Why should the men have all the fun? After the success of the Men's Group at the Residency, it is time to introduce a Women's Group. The Men and Women's Groups offer a small group of like-minded people to get together, share activities, and have fun.

DATE	ACTIVITY	WHAT TO EXPECT	
<b>MARCH</b>			
6 <sup>th</sup> March	PAMPER	Champagne and choc dip strawberries	Meditation, coffee and brown sugar scrub with home-made hand cream
20 <sup>th</sup> March	FAIRY FLOSS CUPCAKES	Tea and Biscuits	Tea tasting
<b>APRIL</b>			
3 <sup>rd</sup> April	PAMPER	Baileys Frappe	Meditation, rosewater towels and cucumber spritz with lavender bags.
17 <sup>th</sup> April	COOKING	Tea and Biscuits	ANZAC biscuits.
<b>MAY</b>			
1 <sup>st</sup> May	PAMPER	Tea and Biscuits	Meditation, make your own soap and what used to go in soap? Plus flower arranging.
15 <sup>th</sup> May	COOKING	Hot Choc	Choc Brownies. Play Cards
<b>JUNE</b>			
12 <sup>th</sup>	PAMPER		Meditation, make-up and hair chat and try. Guest head massage.
26 <sup>th</sup>	COOKING		Homemade sausage rolls.

## Goofy Black Puppy in Pastels

Sat 6th Apr 2024, 10:00 am – 1:00 pm | \$95 AUD + BF | Barossa Village - Lodge 14 Scholz Ave

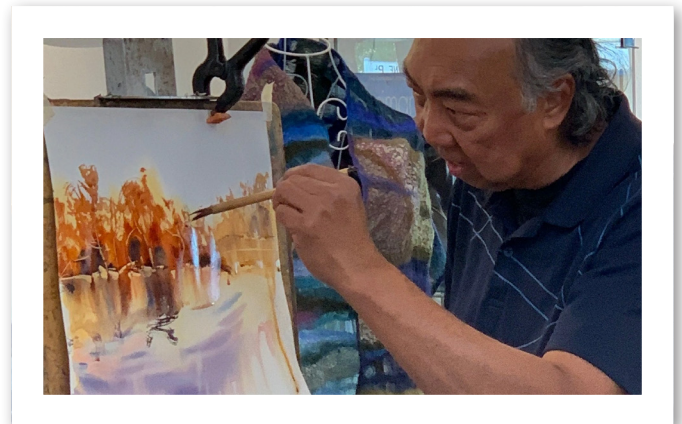
In this three-hour session, we shall draw a black puppy in glorious colour. Light from the sun and light reflected from surrounding objects bounces on the fur of this playful puppy, Bonnie (the artist's own), to make her come alive on paper. In this small group workshop, we will go over how to draw up using a grid, using a notan to identify values, and which pastels to use on which value areas. Quality pastels and paper are provided.



## Learn the art of Expressing a Watercolour Landscape

Sat 13th Apr 2024, 12:00 pm – 4:00 pm | \$85 – \$135 AUD + BF | Barossa Village - Lodge 14 Scholz Ave

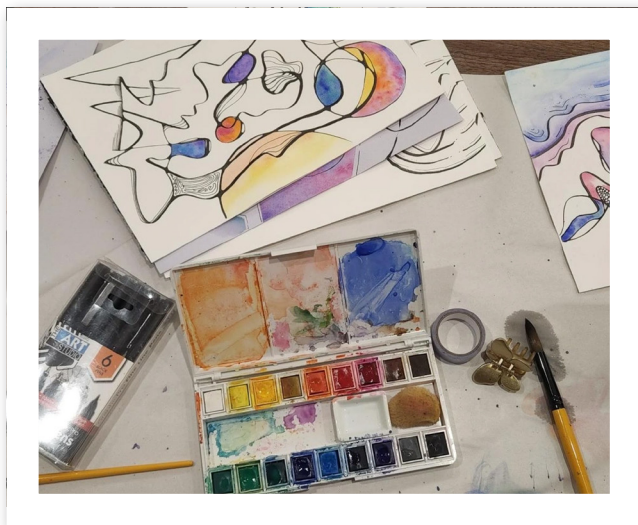
Learn the techniques for expressing a watercolour landscape in this 4 hour workshop. Bring along your own materials, or you can purchase materials for this workshop.



## Creative Watercolour Workshop for Seniors

Sat 20th Apr 2024, 2:00 pm – 4:00 pm | \$35 AUD + BF | Barossa Village - Lodge 14 Scholz Ave

Unleash your creativity and explore various art techniques in a fun and supportive environment. Whether you're a beginner or an experienced artist, this workshop is perfect for you! Our talented instructor will guide you through different projects, allowing you to experiment with different techniques and styles using watercolour. Don't miss out on this amazing opportunity to express yourself and share your passion for art. Materials included.



Book online:  
[Barossvillage.org/events](https://barossvillage.org/events)

## 2024 Resident Representatives

There will be a new process this year where Wing Meetings will be held as per a program activity. This is to encourage more residents to feedback information about their living environment, staff, kitchen activities and surroundings.

As always the people' representatives are available to inform management of any issues or requests.



**CD**  
CD Wing  
Alan Hall



**AB Wing**  
Brenton Raven  
Pam Schutz



**AB**

**EF**



**EF Wing**  
James Maitland  
Marlene Kemp



**GH**



**GH Wing**  
Sandra  
John Chilton



## December Wing Christmas Parties

December brought festive cheer to the Wings as residents gathered for joyous Christmas parties. The highlight was a delightful three-course meal that satisfied everyone, and was in high spirits. A special guest added to the merriment by blessing residents with thoughtful gifts.

On Christmas Day, the celebration continued with a carefully crafted set menu. Resident Sandra Hausler praised the excellent meal, noting that even her grandchildren, who rarely ask for seconds, couldn't resist going back for more—a true testament to the exceptional efforts of the Kitchen Team. The holiday season at the Wings was genuinely filled with warmth, good company, and delicious treats.



*All Welcome*  
**Sundays 10.30am**  
Joy Rice Centre, Nuriootpa  
0408 194 740



## Mediterranean Garden

The Wellbeing Team fosters collaborative endeavours this year, focusing on group projects. The dynamic fusion of the Art Group and Men's Group will be orchestrating the creation of a captivating Mediterranean and Sensory Garden for MSU. In January, the Men's Group will diligently craft wooden frames to construct a sensory wall while the Art Group channels their creativity into the intricate design of a pebble mosaic for the Mediterranean Garden.



This project is not just about aesthetics; it's a deliberate effort to foster meaningful connections with the residents. By engaging in the collaborative process, we aim to cultivate a sense of accomplishment among participants while transforming the designated area into a splendid and tranquil space. The overarching goal is to create a visually appealing garden and nurture a vibrant community spirit within MSU.



Images:

1. Dean and Theo preparing mosaic
2. Dorothy working on mosaic
3. Faye, Ruth and Audrey working on mosaic

## Thank you from JACK ATTACK Bowls

**A special thank you to Barbara Philp**, wife of Ian Philp, who has loaned their bowls to the Jack Attack teams and the Angaston Bowling Club for their long-term loan of 3 x Drakes Pride sets of bowls.

This has provided the Jack Attack outdoor lawn bowls teams with 2 x sets of 2 heavy bowls and 1 x set of 3 heavy bowls. This is the perfect weight for residents. A fantastic example of community support.

## Something Special!

We're thrilled to announce the creation of scrumptious homemade jams at the Residency. The first batch featured the mouth-watering plum jam, a labour of love meticulously crafted by our resident Angie, with the fantastic support of Tash in our kitchen! Together, they've transformed fresh plums into Angie's renowned Plum Jam, increasing the quantities for enjoyment throughout the Residency. Our residents had the pleasure of savouring this delightful jam paired with pork for lunch, and it was an absolute hit.

But it doesn't stop there! Our project goes beyond the kitchen—it includes creating a traditional cookbook with each resident's family recipe and the heartwarming stories that accompany so many cherished memories. Once completed, this marvellous book will be available for sale to our community to be a part of this meaningful and purposeful work.

Take it from Edith White, aka the jam fancier, who showered praises after tasting the freshly crafted peach jam, "Delicious, delightful, delectable, de-lovely! Homemade jam is always best; it has just the right amount of sugar and has real flavour."



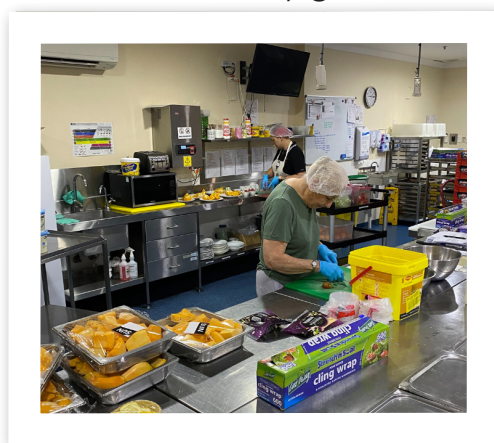
This is just the beginning of our incredible homemade jam project, a venture into our amazing residents' heartwarming stories and recipes. We warmly invite you to join us on this delectable adventure and support an initiative that's rapidly becoming a community sensation!

## We need your help!

We're reaching out to our fantastic community to keep the jam flowing and enable each of our residents to share their personal jam recipes and stories. Contribute fruits—whether they're plums, apricots, figs, or any other delightful options you'd like to share.

- Simply drop off your freshly washed donations in clean containers at the Residency (9 Atze Parade, Nuriootpa - between 9 am and 3 pm, Monday to Friday).

This ensures that your contributions align with our strict food safety guidelines.





## February

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

Find the following words in the puzzle.

Words are hidden     and .

ART  
 ARTHUR  
 BAROSSA  
 BEACH  
 BINGO  
 BOWLS  
 BURLEY  
 CELEBRATING

COMMUNITY  
 DALLWITZ  
 DAZZLER  
 EXERCISES  
 EXHIBITION  
 FITNESS  
 GAMES  
 GARDENING

GEORGE  
 HEART  
 HERB  
 JAM  
 JIM  
 KRIEG  
 LANGE  
 LESLIE

LODGE  
 MADER  
 MAYWALD  
 MILWAY  
 MUSIC  
 PETER  
 RESIDENTS  
 REUSCH

ROBIN  
 VILLAGE  
 VOLUNTEER  
 WILTON  
 WORKSHOPS  
 WRIGHT

MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
<p><b>8.30 - 3.30/4 pm</b></p> <p><b>Glenelg- Public Art Display</b> Public display of contemporary Sculptures. View along coastal paths of Glenelg North <b>Lunch:</b> Fish n Chips on the Beach Front <i>Moderate/High levels of walking</i></p>	<p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>10.30-2.30am</b> Nuriootpa/Eudunda Groups</p> <p><b>Historic Gawler Self Drive Tour</b> Explore Gawler where you learn about the merging of the old with the new <b>Lunch:</b> Fish n Chips at Conlea Reserve</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>8.30 - 3.30/4 pm</b></p> <p><b>Army Museum of SA</b> Established in 1992 come see a collection of preserved Military History. Cost \$5 <b>Lunch:</b> Villi's Bakery <i>Moderate/High levels of walking</i></p>	<p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>10.30-11.30am</b> <b>Fitness For Life</b> Location: Eudunda <b>12.30-2.30pm</b> <b>Art n Craft of Choice</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>8.30 - 3.30/4 pm</b></p> <p><b>Mount Lofty Summit Lookout</b> Panoramic view of the Adelaide City skyline and as far as Kangaroo Island and Yorke Peninsula <b>Lunch:</b> Picnic (cost \$5 on the day) <i>Moderate levels of walking</i></p>	<p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>10.30-2.30am</b> Nuriootpa/Eudunda Groups At Joy Rice Centre for Group Exercises/ Chat <b>12.30-2.30pm</b> <b>WORKSHOP - Convert The Dirt - Discover the secrets beneath your feet</b> Bring your soil sample along to be analysed, presented by Sam Koerner - Joy Rice Centre <b>FREE</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>9-3.30/4 pm</b></p> <p><b>Beerenberg Farm-Strawberry Picking.</b> Come and pick your own strawberries or buy a pre packed box at the Beerenberg Farm. <b>Lunch:</b> Hahndorf Inn <i>Moderate/High levels of walking</i></p>	<p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>10.30-2.30am</b> Nuriootpa/Eudunda Groups <b>Manuka Native Nursery</b> The property is situated on 40 stunning acres in the historic farming community of Allendale North - weather permitting. Cost \$5 on the day <b>Lunch:</b> Picnic Lunch</p>	<p><b>MARCH 1</b> <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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p><b>9-3.30/4 pm</b> <b>Adelaide Hills</b> <b>Fruit and Veg Markets</b> Amazing selection of fresh fruit and vegetables, including meats, small goods and artisan breads. Visit Hahndorf and Littlehampton <b>Lunch:</b> Great Eastern Hotel at Littlehampton <i>Moderate levels of walking</i></p>	<p><b>5</b></p> <p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>6</b></p> <p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>7</b></p> <p><b>10.30-11.30am</b> <b>Fitness For Life</b> Location: Eudunda</p> <p><b>12.30-2.30pm</b> <b>Wii Bowling and Games</b></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> <b>Bungaree Station in Clare</b> Picturesque and Historical Station, established in 1841 (Cost \$15) <b>Lunch:</b> Clare Bakery <i>Moderate/High levels of walking</i></p>	<p><b>12</b></p> <p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>13</b></p> <p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>14</b></p> <p><b>10.30-2.30am</b> Nuriootpa/Eudunda Groups</p> <p><b>Jetty Fishing at Semaphore</b> Relax and enjoy the sea breeze or a spot of fishing. Rods and bait supplied on the day. <b>Lunch:</b> Buy your Fish and Chips at the local Kiosk</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> <b>Lenswood Apples Farm</b> Experience the opportunity to pick your own apples. Come and see the behind the scenes working of an apple orchard <b>Lunch:</b> Lobethal Hotel <i>Moderate levels of walking</i></p>	<p><b>19</b></p> <p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>20</b></p> <p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>21</b></p> <p><b>10.30-11.30am</b> <b>Fitness For Life</b> Location: Eudunda</p> <p><b>12.30-2.30pm</b> <b>Celebrating Harmony Day</b></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>
<p><b>25</b></p> <p><b>5pm – 9/10pm</b> <b>Stargazing at Meldanda Camp Site (Cambrai)</b> For the best and brightest views of the stars above join us for an evening starting with a BBQ dinner. <b>Dinner:</b> BBQ (\$5 on the day) Bring a hat, warmer clothing &amp; comfortable shoes (sunscreen/ aeroguard available) <i>Low levels of walking</i></p>	<p><b>26</b></p> <p><b>10.30-11.30am</b> <b>Fitness For Life</b> Joy Rice Centre, Nuriootpa</p> <p><b>1.30-4.30pm</b> Individual or Group Sessions <b>Hydro Pool Group Exercise</b> 2.45pm- Level 3 Class 3.15pm- Level 2 Class 3.45pm- Level 1 Class</p>	<p><b>27</b></p> <p><b>Individual Social Support or 1:1 Exercises</b> Discuss your options and individual support needs with your Care Coordinator</p>	<p><b>28</b></p> <p><b>10.30-2.30am</b> Nuriootpa/Eudunda Groups At Joy Rice Centre for Group Exercises/ Chat</p> <p><b>12.30-2.30pm</b> <b>WORKSHOP - Wet Felting</b> Learn wet felting techniques and create a reusable Felted ball deodoriser for car or home. - Joy Rice Centre. <b>Cost</b> for materials/ fragrant oil.</p>	<p><b>29</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 - February/ March

Community Connections Calendar

Date	Lunch	Dessert
16/2/2024	Bacon Wrapped Meat loaf, Potato bake and steamed vegetables	Pineapple Upside down cake & Custard
23/2/2024	Roast Chicken & Vegetables with Dianne Sauce	Victoria Sponge Cake with Jam and Cream
1/3/24	Roast Turkey , Roast Vegetables & Cranberry Sauce	Tiramisu & Whipped Cream
8/3/24	Silverside, Mash & Steamed Vegetables with Cheese Sauce	Plum & Almond Pudding with Custard
16/3/24	Shepherd's Pie, honey Carrots & Peas	Panna Cotta with Blueberry Compote

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

## ILU Residents Activity Calendar - February/ March

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	<b>Feb</b> Thursday 8th <b>Mar</b> Thursday 7th	4.30 pm	Joy Rice Centre
Movies - Alternate Fridays	<b>Feb</b> Friday 2nd & 16th <b>Mar</b> Friday 1st & 15th 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	<b>Feb</b> Monday 12th <b>Mar</b> to be announced	12 pm BBQ followed by meeting	Joy Rice Centre
Music Night	<b>Feb</b> Saturday 10th <b>Mar</b> to be announced	7.00 pm	Joy Rice Centre
Men's Group	<b>Feb</b> Wednesday 7th & 21st <b>Mar</b> Wednesday 6th & 20th	1.30 pm	The Lodge/ Outings
Residents Market	<b>Feb</b> Saturday 3rd <b>Mar</b> Saturday 2nd	9.00 am to 1.00 pm	Reusch Center

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