

Grapevine

April 2024



Above: Barossa Village Community Care Team

ACCREDITATION EXCELLENCE!

Barossa Village is thrilled to announce another remarkable achievement, 100% compliance accreditations, following our recent success in the Community Care audit. This accomplishment, meeting all audit requirements, showcases our commitment to providing exceptional care for our Residents and the Barossa Valley community.

Our back-to-back successes demonstrate our dedication to upholding the highest level of care outlined by the Aged Care Quality Standards. These standards ensure tailored quality care and services covering various aspects, from consumer dignity and choice to organisational governance, all contributing to Resident health, safety, and wellbeing.

Our accreditation success is a collaborative effort, with every team member, Resident, and family member playing an essential role in maintaining exceptional care standards. We sincerely appreciate everyone involved in delivering and achieving this outcome. Thank you!

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Barossa Village
people at our heart



CEO Update

I hope you have had an enjoyable Easter and the chance to spend time with your family and friends.

There has certainly been lots to celebrate for the Barossa Village in the past month.

A clear standout has been our Community Care team's marvellous accreditation result. We achieved a 100% result, meeting all audit requirements and giving Barossa Village back-to-back audit success outcomes. We are immensely proud of this outcome and all those

people involved in delivering the service to the community.

Our Consumer Advisory Bodies have been a wonderful success. The nature of conversations has been very complimentary of the Barossa Village, supportive of our endeavours and constructive about how we can continue to get better. I'm looking forward to seeing these discussions continue and the results that follow.

Some of you may have participated in community engagement sessions in 2022 for the Heritage Park site, a piece of land owned by the Barossa Village west of the Lodge, which we plan to develop. The Australian Government is currently seeking proposals for funding for developments of this type, and we have a specialist team working on our funding application. I look forward to sharing more about the plans for this site in the near future.

There are so many ways to connect with the Barossa Village, whether it's participating in opportunities like the ones I have shared above or any of the other exciting programs you can read about in the Grapevine.

Ben Hall



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



Barossa Village Consumer Advisory Bodies

Mrs Helen O'Brien, Barossa Village Board Chairperson

Across March-24 members of our Board have attended the Barossa Village Consumer Advisory Bodies.

We are required to have these bodies in place for our Residential and Community Care Services, but we have consciously opted to include our Independent Living Unit community as well; affording everyone the same opportunity to share their thoughts and insights about the services that we provide directly with representatives of the Board. As a Board we have been discussing how we can better engage with our clients and residents, and these groups are certainly a step in the right direction.

I will share that the nature of conversations has been very complimentary of the Barossa Village, supportive of our endeavours and constructive about how we can continue to get better. I am thankful to Brenton and Barbara Chappell from Simply Speaking for their expert facilitation of our discussions.

It is the Board's role and function to set the strategic direction for the organisation and monitor and support its execution. We receive regular updates and reports from Ben and the team, and the insights received through these meetings have been greatly appreciated and we are looking forward to responding to the points that have been raised and having an ongoing role with these groups.

I understand that you may join in these discussions at any meeting, so please feel free to contact reception on 8562 0300 (Option 2) and find out more.

Upcoming Meetings

- Independent Living Tuesday 9th April at 10.00am at the Lodge
- Community Care Wednesday 5th June at 2.30pm at the Lodge
- Residential Care Thursday 13th June at 10.30am at the Residency

If you would like to attend, please contact Reception know on 8562 0300



Follow us on socials @barossavillage.org

Website: barossavillage.org Phone: 08 8562 0300

Barossa Village Hosts Vintage Motorcycles



Vintage Motorcycle Enthusiasts Share Tales of Timeless Rides

Barossa Valley Classic Motorbike Club and Barossa Valley Veterans Motorcycle Club

The Clubroom was roaring with motorbikes on the public holiday on Monday 11th of March. Many of the residents had motorbikes when they were young, and this was an opportunity to relive the joy and buzz that motorbikes bring.

The Barossa Valley Classic Motorbike Club and Barossa Valley Veterans Motorcycle Club shared their bikes and stories with the residents. A few family members joined in and brought in bikes of their own. Thanks to Graeme Gibney – Harry's son, and Dan Ryan – Sandra's son-in-law, for sharing their bikes and stories. Please enjoy the following story, written by Pete Rosser of the Barossa Valley Classic Motorcycle Club.

BIKERS STORM AGED CARE FACILITY

For many people Monday, March 11th, was a welcome Public Holiday, but for the residents of the Barossa Village Aged Care Home it represented an infiltration of their safe living environment by a gang of bikers, apparently set on taking over the facility. Aah, but all was not as this sounds, however!

At the invitation of the Village Men's Group, three gentlemen with links to the Village and supported by seven riders from the Barossa Valley Classic Bike Club, wheeled a glittering array of two wheels, paint and chrome into the community hall. With the aid of staff members, Michele and Kylie, the motorcycles were carefully manoeuvred and evenly spread over a matted area.

Once everything was in place, the club room's doors were thrown open and those involved with the men's group came forth to eagerly view the display. Word quickly spread to the other residents and within a few minutes the room was crammed with excited villagers reminiscing about times gone by. The Harleys, Triumphs and BMWs were co-habiting with Wheelchairs, Walkers and Comfort Chairs. Enthusiastic people wandered among the bikes everywhere.

After a welcoming word from Robyn, a BV wellbeing coordinator, each rider present had the opportunity to speak about their motorcycle, its history, and their own history as well. Graeme explained his link to the village while discussing his new Triumph with his father, Harry, a client at the Village.



Continued..

Bike club member, Gerard, impressed many with his modern black and chrome Harley Davidson, while Bob talked about his old, but reliable 1948 250cc BMW. The highlight vehicle on the day however was the rarely seen 1948 125cc 'Dot Truck', an articulated delivery motorcycle, beautifully restored and owned by David. This vehicle was one of only three brought to Australia after the war and was used by Mr Sophus Obst, of Tanunda, to deliver poultry and eggs around the Barossa. Six other owners each spoke proudly about their classic bikes; 1972 Yamaha R5C, Kawaski Vulcan, 1976 Ducati 860GTS, Suzuki Boulevard, 1975 Suzuki RE5 Rotary and a 1958 Triumph T100.

After the riders completed their information session, interested locals mingled among the bikes and chatted with owners about their own experiences. Several Villagers took the opportunity to speak to the large crowd about special motorcycles and stories they remembered. Angela spoke on behalf of her husband, Peter, and volunteer James provided his own extensive biking background. His wife, Heather, had her own riding experience to share with some. BSA motorcycles played a big part in Dorothy's



life and Lyall explained how he had passed his pride and joy bike to his son, David. An elderly village 'biker', John, was witnessed climbing eagerly upon the Suzuki Boulevard of volunteer, Rick. (a kid on a motorbike reminiscing!)

This opportunity provided some good memories for many at the Barossa Village, a slightly different experience for all, and a nice, enjoyable occasion for the BV Classic Motorcycle Club to support our community. Thanks should go to Michael, Robyn and Pete for making it happen and to the staff and riders who participated.

Pete Rosser
Barossa Valley Classic Motorcycle Club
(BVCMCC)



Residency Activities

Come and Try Art Day

On Friday, 1st March, the Wellbeing Team ran an Art Come and Try day! The art room has been revamped with new cupboards, a freshly painted table and an overall new look. "We want residents to feel like they can come and be creative whenever they want" – says Chris Wilsdon, Art therapist and Wellbeing Coordinator.

The day was a great success. The art room had stations set up so people could paint with watercolours and acrylics or do decoupage, pom pom making, mindfulness colouring and more. It was also an opportunity to show the beautiful talent of the Artists from the Artist in Resident series, which was set up in the adjoining room to act as an art gallery.

Needless to say, there is a lot of talent in the facility. We thank Chris Thiele for painting the table, Garry for sorting out the cupboards, and Alan and all the residents who showcased their art on the day.





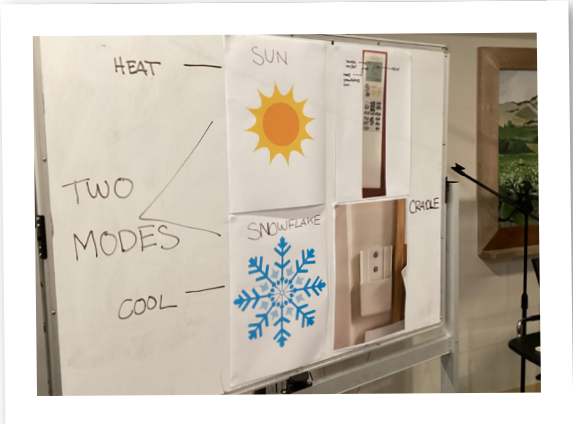
Tech Group

We recently embarked on a new technology group for residents. The aim is to increase independence with everyday technology and improve knowledge on technology terms as well as have a bit of fun along the way. The activity was well attended with the first topic being 'how to use everyday items'.

The first session focused on air-conditioner remotes and how to use them and how to change the mode and the temperature setting. Cheat sheets were offered for people to see how their individual remote worked and people were encouraged to bring their remotes in. The Wellbeing team will be following up with individuals for one to one support after each session.

Following sessions will include, mobile phone and computers. There will be some fun groups offered using Virtual Reality and the use of green screens for film!

Are you interested in tech or want to know how it works? Why not join the Wellbeing Team as they grow the tech know-how group on Monday afternoons at the Residency. Contact the Residency to find out more - 8562 0300



Residency Activities



Celebrating the start of our Women's Group

The Women's Group convened for the first time on March 6th in response to feedback from female residents seeking smaller, more intimate gatherings. From these suggestions, the Wellbeing Team created the opportunity.

Seven lovely ladies attend the first group, with a glass of bubbles on arrival. This was very well received and the ladies enjoyed sitting around the table and making hand scrub and cream.

The most fun was had getting to know each other better and having a chat in a more personalised environment.

The following activity on March 20th was making cupcakes and indulging in a tea tasting. The Wellbeing staff will be working with the Women to go over the program and get their ideas and thoughts on how the program will look and what they want it to be.

Stay tuned for updates on this exciting journey!

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

What's Coming Up?



Mother's Day High Tea

Sunday, May 12th

Indulge in elegance this Mother's Day with a charming high tea experience at the Residency.

Join us on Sunday, May 12th, for a delightful array of teas, savory bites, and sweet delights. Make this Mother's Day special!

Contact the Residency for more information 8562 0300.



Hairdresser

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

IRENE RICKARDS

0414 607 135

in salon or can come to you!

Call for Volunteers

Explore Exciting Opportunities at Barossa Village!

As National Volunteer Week approaches in May, we pause to celebrate the remarkable contributions of our devoted volunteers throughout our organisation. From facilitating wellbeing activities in our Residency to serving as volunteer drivers, gardeners, and op shop assistants, their dedication knows no bounds.

With a diverse range of opportunities available, volunteering with us enables you to make a meaningful impact. It offers the chance to be part of our exceptional team. We extend a heartfelt invitation for you to join our volunteer program at Barossa Village!

Contact Barossa Village to learn more: 8562 0300

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

Community Connections

Fit For Life Exercises

Come and join in exercises that support your everyday life, it's a fun way to keep moving. Located at the Residency in the Gym and held **every Tuesday morning from 10.30am-11.30am**, come and see for yourself. So what are the benefits to join a group session? Let's begin by saying it's a chance to meet people, like yourself who wish to maintain their strength, flexibility and balance. It's also a great way to meet new people and build on existing ones. You are motivated to keep going and less likely to bail out as you agree to meet others at the gym not only for a workout but also a chance to chat. Socialising while working out makes you feel good.



Hydro Pool

How do you take care of yourself when your life is busy? Why not try exercising in a hydrotherapy pool. There are so many benefits just to name a few, it reduces impact on joints, improves balance and coordination, reduces pain, and relaxes the nervous system, also increasing confidence in the water. Barossa Village offer 1:1 sessions with the physiotherapist, speak with your coordinator to see if this can be covered through your Home Care Package, or alternatively you may be interested in joining the group sessions, here you will meet with a physiotherapist where from your discussions will determine the class level that will best meet your needs.

Please call the Lodge on 8562 0300(option 2) or the Community Wellbeing Mobile on 0488 220 205 for more information or to talk to one of the Allied Health Team who will be able to discuss the process with you further.



You're Invited!

Come and join the fun at ILU Games Group!

Join us every Wednesday from Social Games Group from 2 to 4.30 pm at the Joy Rice Centre, 14 Scholz Avenue. Have fun, share laughs, and play various card and board games. Gold coin donation, with tea and coffee included.

All welcome, phone 8562 0300 or just pop part next Wednesday.



Paint Pouring Art

Paint Pouring for Beginners

Unlock your creative potential with our beginner's paint-pouring workshop! Dive into the exciting world of paint pouring and discover hands-on techniques to craft stunning canvas art and personalised gardening pots.

In this engaging workshop, you'll learn the fundamentals of paint pouring and experimenting with various colours to create mesmerising patterns and designs.

With a wide range of colours available, you'll have endless possibilities to express yourself and bring your artistic visions to life.

- **Date:** Thursday, 11th, April
- **Time:** 12:30 - 2:30pm
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$8

Call 8562 0300 or book online:
barossavillage.org/events



Kimekomi Balls

18th Century old Japanese Craft

Let's delve into the art of creating Kimekomi balls, where square fabric pieces are folded into triangles and pinned onto a ball to form a quilted pinwheel design. This craft is a great way to use fabric scraps, offering opportunities to craft unique patterns and colour combinations. It's a wonderful project for giving handmade gifts to friends and family. During the session, you will also learn how to personalise your Kimekomi ball. Feel free to bring your fabric scraps; we will provide all necessary materials.

Some interesting history:

The technique of Kimekomi involves drawing and cutting patterns on a surface like softwood or smooth foam, with fabric then tucked into the cuts. Originating in 18th-century Japan as a method for making dolls, Kimekomi, which means "to tuck into a groove," has been passed down through generations. Over time, Kimekomi balls became a popular variation. With the introduction of polystyrene foam and easily accessible materials, Kimekomi has expanded beyond Japanese artisans.

- **Date:** Thursday, 23th, May
- **Time:** 12:30 - 2:30pm
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$5

Call 8562 0300 or book online:
barossavillage.org/events



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 lead by an esteemed artist. Bring along your own materials, or you can purchase materials for this workshop.

About the artist Alan Louis Ramachandran

Alan Louis Ramachandran, who migrated to Adelaide in 2007, has achieved notable success as a full-time artist, with a particular focus on watercolour as his chosen medium. His experience as an immigrant in this country has provided him with a unique perspective on the interplay between cultural and environmental factors, which, in turn, have greatly influenced his artistic choices regarding colour, texture, and composition. This distinctive viewpoint has proven invaluable in shaping his role as an art educator and tutor. With a deep understanding of the diverse learning needs of others, he excels in bringing individuals together to develop their self-expression skills through art creation, both in formal and informal settings.



Alan's contributions to the local art scene are significant, with a substantial body of work, including ten solo exhibitions and ten group exhibitions. He has also actively participated and organised in various competitive forums catering to the local artistic community. His passion for the fluid and expressive nature of the watercolour medium is evident in his work, as he skillfully applies washes to paper to create atmospheric moods within his paintings.

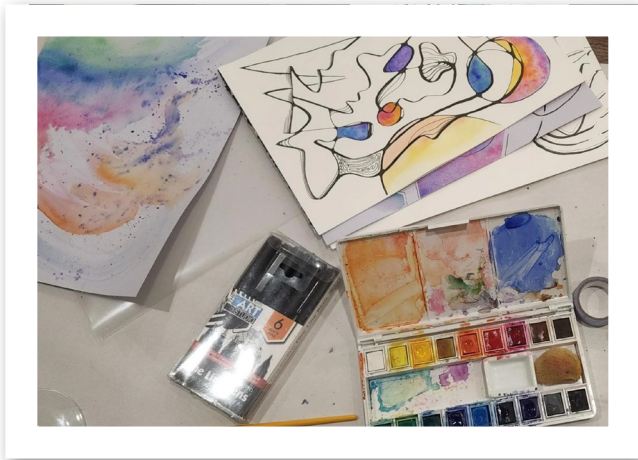
Book online:
[Barossavillage.org/events](https://barossavillage.org/events)



Join the Artist Experience!

During the April, month long Barossa Arts Festival, talented artist Heather Lastname unveils her captivating photography exhibition at the Barossa Village Lodge. Alongside, indulge in a spectacular resident-curated showcase through the halls.

We invite you to immerse yourself in this awe-inspiring collection. Free to view at any time during office hours or in conjunction with any on-site events. Don't let this opportunity pass you by! Visit the Barossa Village Lodge - 14 Scholz Ave, Nuriootpa, Monday to Friday 8:30am - 4:30pm.



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.

About the artist Sarah Quast

Sarah Quast is a qualified Art Therapist and Holistic Counsellor as well as an artist herself. Sarah will have your playful side exploring new creative artistic expression. It is almost always not what you expect, and it will have you asking, 'Why don't I do this more often?'. Think meditation without the awkward silences. Using brush strokes to explore and express the heart's desires as well as soothing the nervous system. Sarah's classes are fun and relaxing.

You can join Sarah at the Glass Hippo Studio in Greenock, for one of her soulful sessions. As a shy exhibitor of her own work, it is also an opportunity to see her artwork on display. The Glass Hippo Studio is a charming open-plan studio space designed to invite and relax visitors. Sarah sees her private clients in this space and opens it up for group classes twice a month. Sarah works with children, teenagers and adults in their collective groups because everyone at every age should experience the healing power of art.

Book online:
[Barossavillage.org/events](https://barossavillage.org/events)

Connect with Other Creatives

Do you love arts, crafts and all things creative? Why not bring your supplies or latest project and connect with like minded individuals at our Friday Art & Craft Group.

Each week, we join together to continue our art projects, enjoy a hot tea or coffee and build friendships.

Every Friday from, 3pm

Reminder - What's On?



YOGA 4 LIFE

- 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 2 starts on May 1st

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



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, April 30th | 10 AM
- Barossa Village Residency: 9 Atze Parade, Nuriootpa
- Morning Tea Provided

RSVP by Monday, April 29th, to the Residency Reception in person or by phone 8562 0300.

Upcoming dates: May 28th | June 25th | July 30th



aras
Aged Rights
Advocacy Service

Residents, Representatives and Family members
are invited to attend a talk by the

Aged Rights Advocacy Service (ARAS)

**When: 10.30am
Monday 29 April 2024**

**Where:
Barossa Village Residency**

9 Atze Parade, Nuriootpa

The talk will cover:

- **Role of ARAS**
- **What is Advocacy?**
- **Charter of Aged Care Rights**
- **How ARAS can assist you to uphold your rights**
- **How to raise a concern?**
- **Any questions you may have**

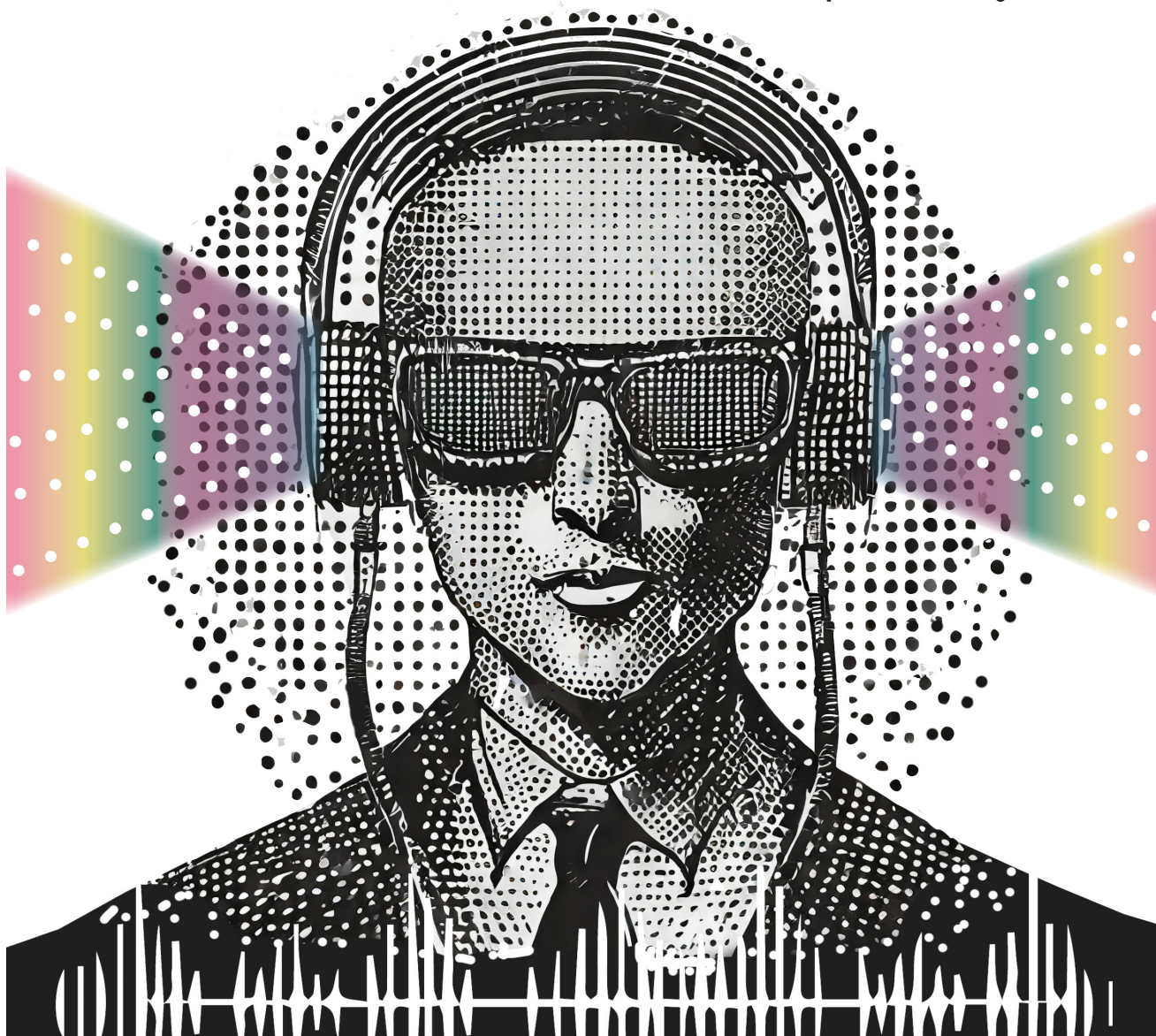
What's Coming Up?

Faith Lutheran College presents

SHOWSTOPPERS

The Evolution of Sound

Music from the 50s to the present day



Thursday, 9 May 10:30AM
Friday, 10 May 7:00PM

Barossa Arts Centre, Faith Lutheran College, 130 Magnolia Road, Tanunda

Tickets : barossaarts.com.au or phone 8561 4299

Offer for all Barossa Village Residents: Book the Thursday 9th, 10:30am show with the very special (Barossa Village exclusive) matinee price of \$12/per ticket (normally \$20/per ticket for concession or adult \$25). Phone Barossa Village Community Connections 0488 220 205

April

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

Find the following words in the puzzle.

Words are hidden     and .

ANGELA

ARTIST

BAROSSA

BELONG

CARE

CLASSIC

CLUB

COMPASSION

COURAGE

DOROTHY

DUCATI

EXERCISE

EXPERIENCE

FACEBOOK

FAITH

FESTIVAL

GERARD

GRAEME

GRAPEVINE

HARLEY

HARRY

HEART

HEATHER

HYDRO

INSTAGRAM

JAPANESE

KAWASKI

KIMEKOMI

LYALL

MATINEE

MOTORCYCLE

PETE

SANDRA

STUDENTS

TECH

VALUE

VILLAGE

VINTAGE

VOLUNTEER

YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>EASTER MONDAY PUBLIC HOLIDAY</p>	<p>2</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>3</p> <p>1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</p>	<p>4</p> <p>9.30-11.30am "Living well with Dementia" Creating opportunities for individuals to socialise and maintain their passion for meaningful activities. Facilitated through small group settings with the support of a Wellbeing Coordinator. Discuss further with your Care Coordinator.</p>	<p>5</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>8</p> <p>8.30 - 3.30/4 pm</p> <p>Wonderwalls Port Adelaide Best mural artists from around the world, come see Port Adelaide's iconic destination for street art.</p> <p>Lunch: The Birkenhead Tavern Low levels of walking</p>	<p>9</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>10</p> <p>1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</p>	<p>11</p> <p>12.30-2.30pm WORKSHOP Paint Pouring Beginners Class: Learn basic paint pouring techniques to design an abstract pot and canvas art. COST: \$8</p>	<p>12</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>15</p> <p>8.30 - 3.30/4 pm</p> <p>Gawler View Picnic Area A large open recreation space, with a beautifully constructed nature play forest set amongst the blue gums. BBQ, shelter and toilet facilities. Come and relax.</p> <p>Lunch: BBQ Low/Moderate level of walking</p>	<p>16</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>1:1 Exercises with Allied Health Assistant "Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visits from the AHA to implement a homebased exercise program"</p>	<p>18</p> <p>Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.</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>Lyndoch Lavender Farm and Cafe Largest Lavender farm in SA, visit a working farm and take a tour. Browse their lavender merchandise in the shop.</p> <p>Lunch: Lyndoch Hotel Moderate/High levels of walking</p>	<p>23</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</p>	<p>25</p> <p>ANZAC DAY PUBLIC HOLIDAY</p>	<p>26</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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <p>9.30 - 3.30/4 pm</p> <p>Adelaide Hills Chocolate and Cheese Journey Tantalise your tastebuds with a visit to Woodside Cheese Wrights followed by Melbas Chocolates</p> <p>Lunch: Bakery <i>Low/Moderate levels of walking</i></p>	<p>30</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>MAY 1</p> <p>1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</p>	<p>2</p> <p>9.30-11.30am "Living well with Dementia" Creating opportunities for individuals to socialise and maintain their passion for meaningful activities. Facilitated through small group settings with the support of a Wellbeing Coordinator. Discuss further with your Care Coordinator.</p>	<p>3</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>6</p> <p>8.30 - 4 pm</p> <p>Glenelg- Public Art Display Public display of contemporary Sculptures. View along coastal paths of Glenelg North</p> <p>Lunch: Fish n Chips on the Beach Front <i>Low/Moderate levels of walking</i></p>	<p>7</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>8</p> <p>1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</p>	<p>9</p> <p>9.30am - 1.30pm Faith Lutheran College "SHOWSTOPPERS" Music from the 50s to the present-day Matinee Performance. Limited spots - Bookings essential. Phone 8562 0300 (option 2) or Community Wellbeing Mobile 0488 220 205.</p>	<p>10</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>13</p> <p>8.30 - 3.30/4 pm</p> <p>Mount Lofy Summit Lookout Panoramic view of the Adelaide City skyline and as far as Kangaroo Island and Yorke Peninsula</p> <p>Lunch: Bridgewater Inn <i>Low/Moderate level of walking</i></p>	<p>14</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>15</p> <p>1:1 Exercises with Allied Health Assistant "Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visits from the AHA to implement a homebased exercise program"</p>	<p>16</p> <p>Individual/Small Group Social Support Stay Connected with friends or people with similar interests, restart a hobby or learn something new. Discuss your options with your Care Coordinator to support your individual needs.</p>	<p>17</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>20</p> <p>9-3.30/4 pm</p> <p>Army Museum of SA Established in 1992 come see a collection of preserved Military History. Cost \$5</p> <p>Lunch: Villi's Bakery <i>Moderate levels of walking</i></p>	<p>21</p> <p>10.30-11.30am Fitness For Life BV Residency 9 Atze Pd 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>22</p> <p>1:1 Exercises with Allied Health Assistant Speak with your Care Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</p>	<p>23</p> <p>WORKSHOP "KIMEKOMI BALLS" 18th Century old Japanese Craft A method involving drawing patterns, cutting in and folding fabric on a foam ball. \$5 inc. materials 12.30pm-2.30pm - Joy Rice Centre, Scholz Ave</p>	<p>24</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>

Friday Café Menu - April

Community Connections Calendar

Date	Lunch	Dessert
7th April	Roast Pork, vegetables and Apple Sauce	Apple Pie Bites with Ice Cream
12th April	Roast Lamb & Roast Vegetable, Minted Peas & Gravy	Strawberry Cheesecake
19th April	Lemon Chicken & Rice with Steamed Vegetables	Bread & Butter Pudding With Custard
26th April	Corned Silverside, Mashed Potato & Vegetables with Cheese Sauce	Apple Pie Bites with Ice Cream
3rd May	Apricot Chicken , Chat Potatoes & Vegetables	Sticky Date Pudding & Caramel Sauce With Ice Cream

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

ILU Residents Activity Calendar - April

Activity	Date	Time	Location
Games Group	Wednesdays	2.00 pm	Joy Rice Centre
Happy Hour	Thursday 11th	4.30 pm	Joy Rice Centre
Movies - Alternate Fridays	Friday 12th & 26th 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 8th	Meeting at 1pm Anne Auld performance	Joy Rice Centre
Music Night	Wednesday 6th & 20th	7pm	Joy Rice Centre
Men's Group	Wednesday 6th & 20th	1.30 pm	The Lodge/ Outings
Residents Market	Saturday April 6th	9.00 am to 1.00 pm	Reusch Center

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