

Grapevine

June 2024



Above: The Village OPShop open Wednesday to Friday weekly

EXTRAORDINARY VOLUNTEERS

At Barossa Village, our volunteers are the unsung heroes who infuse our community with warmth, joy, and compassion. Their dedication shapes a nurturing environment that brightens the lives of our residents daily.

Their contributions are vast and varied, ranging from running the Village OpShop and leading weekly wellbeing activities to gardening, walking groups, and assisting with the Community Connections program. They also drive our buses and conduct enriching workshops, among many other roles.

The impact of their selfless service is immeasurable. Their efforts support our programs and foster a sense of belonging and happiness among all. To each and every volunteer, we extend our heartfelt gratitude. You are the backbone of Barossa Village, and we couldn't thrive without you. Thank you for making every day special. Your commitment and kindness are truly valued!

View the celebration event photos from page 8

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CEO Update

I hope that as you look through the pages of this edition of the grapevine you enjoy some of the many fantastic photos of our celebrations over the month through which we acknowledged International Nurses Day and National Volunteers Week. For those of you that participated in the events, I hope that you had a wonderful time.

The last month has certainly been a busy one. We have been planning and budgeting for the new year in tandem with the announcement of the Australian Government's FY2425 budget; which is a step forward with its continued investment in Aged Care and support mechanisms to assist with the cost of living.

There is however no question that there is a way to go with Aged Care funding, importantly as we prepare for the enacting of the new rights based Aged Care Act; a once in a generation reform that is planned to put older people at the centre of the aged care system.

Continuing to engage with our communities to understand and improve our services will be a focus in June. We will be reconvening our Consumer Advisory Bodies and we will also be evaluating the feedback received through our annual survey of our Independent Living Units. I look forward to these conversations continuing and sharing the results.

To wrap up my update this month – some exciting news! We will be purchasing a new bus to support our growing community programs. This is made possible through the gratefully received, very generous donation from a benefactor to the Barossa Village. I know that our community team are very excited about the buses impending arrival so that we can continue to deliver #moregooddays, for more people with greater comfort.

Stay warm, stay safe.

Ben Hall

60 Celebrating years



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

Exciting Announcement!

We bought a bus!

Our growing community #moregooddays programs are increasing pressure on our aging vehicles. Their limited seating space impacts our ability to provide support and service to more people. The benefits of these programs are far-reaching for those who participate, and they have been well captured in some of the wonderful photographs that feature in our communications.

With the gracious and generous donation from Mr. Howard Schulz, a member of the Barossa community, we have purchased a brand new 22-seat Toyota Coaster Deluxe.

About the Toyota Coaster:

- **Seating and Space:** The Coaster seats 22 people, including the driver. It offers plenty of room between the seats and a high roof, creating a spacious interior that makes even the longest journeys feel relaxing.
- **Luggage:** It is fitted with an integrated luggage rack, allowing passengers ample space to stow away bags neatly.
- **Comfort:** The Coaster provides large, comfortable seats with air-conditioning and heating throughout the cabin. Deluxe models also feature cloth-covered seats and window curtains, perfect for long trips.
- **Future Modifications:** We plan to make modifications to aid in accessibility, storage, and comfort for our clients.

The Grand Reveal!

We shared this exciting news first with our volunteers who accompany our community clients at their Volunteer

Luncheon on Saturday, May 25, at the Vine Inn Hotel. The announcement was met with a grand round of applause and heartwarming cheers of support, followed by tears of joy from many in the room.

"Wow"

"Yes, yes, yes, oh my goodness, yes!"

"Oh, I can't believe it!"

"We have had an increase in people who want to attend, and I have had to say there is a waiting list. Now, all of this will change. I am so happy."

Everyone in attendance can agree that Di Borrington - Community Connections Coordinator was blown away by the announcement and is already thinking of all the new adventures we can create!

For now, we patiently wait for the few months to pass until our new vehicle arrives, which will allow us to continue expanding our services to the community. We look forward to updating you when it is ready for action!



Follow us on socials @barossavillage.org

Website: barossavillage.org Phone: 08 8562 0300

Meet Our Community



Meet Marilyn Gabel

Barossa Village ILU Resident

Marilyn was born in New Hampshire, England, to an Irish mother and an Australian father. She was a war baby. Her father served as a turret gunner in the Short Sunderland Flying boats, while her mother packed parachutes in factories. After the war, her father was relocated back to Australia, and Marilyn and her mother travelled with other war brides on the

Empire Abacorn. They arrived in Melbourne and then made their way by train to South Australia, where they were finally reunited.

The family-owned Gryst's Pharmacy in Kilkenny and lived in Enfield at the time. Marilyn attended a Catholic school in Enfield, where she described herself as a "city girl," although she wouldn't want to be one again. After school, Marilyn worked in the city as a ledger machinist. She then joined the Air Force, hoping to become an aircraft plotter, but ended up continuing her work as a ledger machinist due to the demand for that role. It was in the Air Force that she met her future husband, Robert.

Eventually, they moved back to the Barossa, Robert's hometown. They had two wonderful children, and Marilyn is now a proud grandmother to four beautiful grandchildren, who she loves having over regularly. Recently, Marilyn moved into a Barossa Village Independent Living Unit (ILU) and is enjoying her new home.

Welcome to Barossa Village, Marilyn!

Celebrating International Nurses Day

Thank You!

On International Nurses Day, May 12th, and every day, we sincerely thank and express our gratitude to the remarkable nurses who tirelessly care for our loved ones.

With the support of Wendy in the Residency cafe, we gifted coffee and cake to our dedicated nursing workforce on Sunday and Monday. Thank you to all from our community who joined our celebration and shared their gratitude and support for our nurses.



Mrs Johanna Holzer celebrates 100th birthday!

It is with great joy that we announce Mrs. Johanna Holzer's 100th birthday, celebrated on the 14th of May. Johanna was born in Austria and, in 1955, she and her beloved husband Bill migrated to Australia. The couple settled in Tasmania, where they enjoyed many happy years together. Following Bill's passing, Johanna relocated to South Australia and took residence in a Barossa Village Independent Living Unit, where she also receives a Home Care Package.

Johanna has been a delightful presence, and we at Barossa Village are honoured to be her chosen providers. The entire staff extends their warmest wishes to Johanna on this incredible milestone.

Happy 100th Birthday, Johanna!



Artist in Residents Series

Margaret Green was the Artist in Resident for the Month of May. Margaret comes from a very talented family and always had pencils in her hands as a child. Margaret has taken a real interest in painting with both acrylic and oils.

June Artist in Resident will be from the community. His name is Bryan Forgan. He will be showcasing his photography. Bryan is a world-class photographer and has won awards worldwide.



Mother's Day High Tea

We had a delightful Mother's Day celebration with a charming high tea experience at the Residency. Thank you to everyone who attended and shared their love and appreciation for the wonderful women in our lives.

Congratulations to our raffle winners:

- Norm – "husband of Cindy"
- Betty – resident

Thank you all for making the event memorable!





Volunteer Celebration



THANK





YOU

National 20-26 MAY 2024
Volunteer
Something for Everyone **Week**



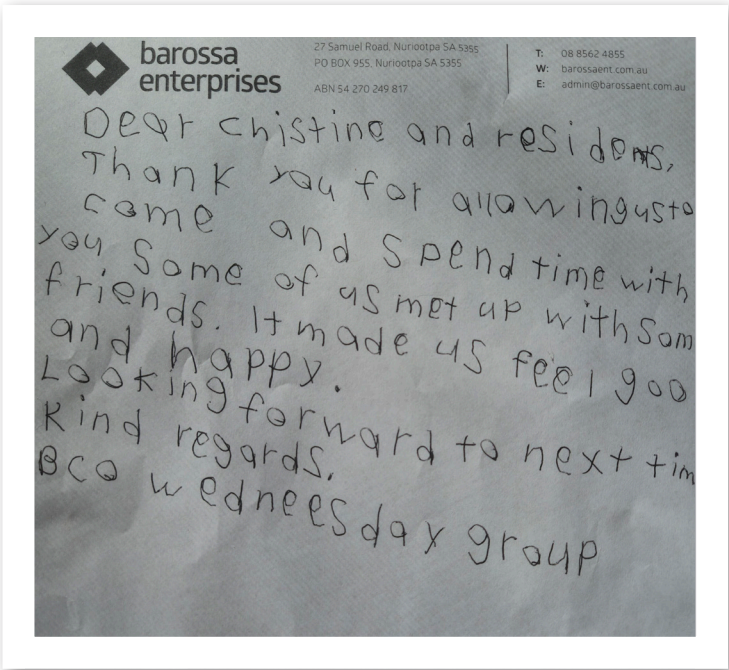
Volunteer Celebration



Barossa Enterprises
Volunteering Stars

Volunteers bring immense value to our organisation, and this month, our volunteers benefited even more from their time here. Barossa Enterprises, which supports individuals with disabilities, sent their Wednesday Community Options Group to Barossa Village for a day of enriching activities. The group worked in the garden, washed windows, and joined our residents for exercise sessions, bringing joy and positive energy to everyone involved.

The participants were thrilled to contribute to the local community and help shift perceptions about people with disabilities. Many residents enjoyed watching and interacting with the group, creating a warm and inclusive atmosphere. We look forward to welcoming the Barossa Enterprises group back soon and continuing our collaborative efforts.

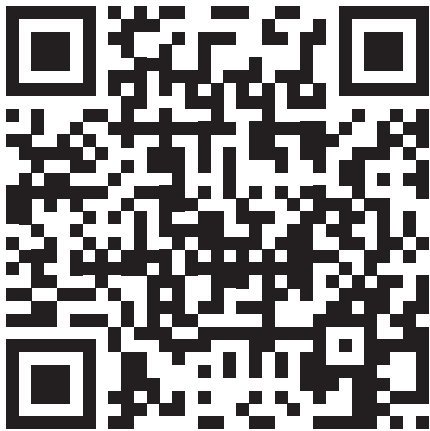


Thank You Video

We made this for you!

We are excited to share a special highlight video showcasing our incredible volunteers in action and a heartfelt thank you message from the Barossa Village staff. This video is our way of expressing our deep appreciation for all that you do.

Scan the QR code below to watch the video and see the difference you make daily.



Join Our Volunteer Family

Considering joining our Volunteer team?

At Barossa Village, our volunteers are the heart of our community, bringing joy and companionship to our residents. Volunteering makes a special difference in the lives of those who need it most, providing not just a service but friendship and support.

As a volunteer, you have the opportunity to:

- Engage in friendly in-home visits or at our aged care facility
- Participate in outings to local cafes, galleries, or parks
- Help residents with hobbies and activities they enjoy
- Support community interest groups and social gatherings

Here are just a few examples of the exciting opportunities we have available:

- Residency walking group
- Residency Memory Support Unit activities
- Wellbeing activities include BINGO, Bowls, Knitting Group, etc.
- Barossa Village OpShop
- Community Connections outing drivers

If you have a few hours a week to spare, we'd love to hear from you. We create a supportive, vibrant environment where residents feels valued and connected, creating more good days together! Contact us 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

Around Our Community

Crafting what more good days means to you

At Barossa Village, our ethos centers around creating “More Good Days” for our residents. We believe that each day holds the potential for joy, connection, and fulfillment.

To capture what truly makes a day special, we asked some of our community members: “What makes a good day for you?” Here’s what they had to say:



Carol Trinne: “Having Fun, Going on different trips and meeting people”.



Lance Schild: “Going out with Barossa Village and wherever we go”.



Eunice Rogasch and Rita Modistach shared the same thoughts: “Going Out with Company.”

Updates on Our Beloved Cube Car

In recent months, our beloved cube car has been undergoing some maintenance. We are awaiting a special part from Japan to repair the wheelchair lifter, and while the timeline is uncertain, we are dedicated to ensuring the car is 100% operational before resuming resident bookings.

In the meantime, the cube car is still serving the community by handling important tasks such as delivering

“The Grapevine” and making post office runs. We understand how vital this car is to many of you, and we are committed to getting it back on the road as soon as possible.

During this period, we encourage you to contact the Barossa Council to become certified for hiring their wheelchair-accessible vehicles.

Thank you for your understanding, and we will keep you updated with any new information.

Workshop Highlights

Exciting Workshop Update

This year, our Community Connections program introduced a fantastic series of workshops designed to create opportunities for social connections, fun activities, learning, and, of course, fostering more good days! We're thrilled to share that these workshops have been a huge success, and we're actively planning even more exciting events for the future.

So far this year, we've hosted a variety of workshops catering to diverse interests. Highlights include:

- Convert The Dirt: Gardening education and soil sampling
- Paint Pouring: Unleashing your inner artist
- Wet Felting: Crafting beautiful felted creations
- Kimekomi Balls: Our most recent hit, combining creativity and tradition

We've been gathering your feedback on what you'd like to see in future workshops, and we're excited to announce that more amazing workshops are on the way!

Important Workshop Details

To ensure your spot in our popular workshops, please make sure to pay the associated cost at the time of booking. Due to the high interest, our sessions are filling up fast! We believe in fair access for everyone, so we won't offer any sneak peeks of the upcoming calendar. Each issue of Grapevine will announce the upcoming two months of workshops.

For more details about our program, visit our website barossavillage.org/events

- Book your spot at the Lodge/Scholz Ave office reception or phone 8562 0300 - option 2.

We can't wait to see you at our next event! Get ready for more fun, learning, and connections with Community Connections!



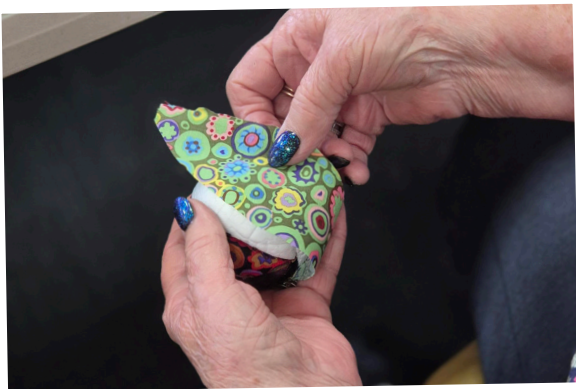
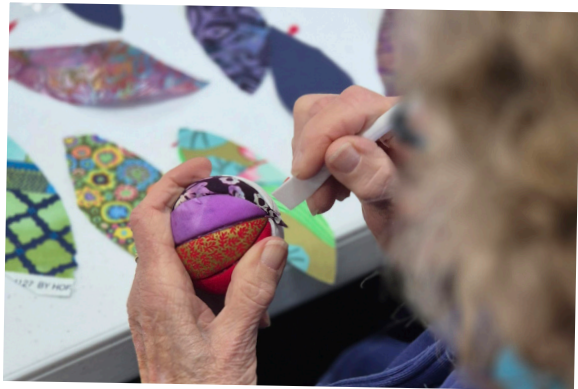
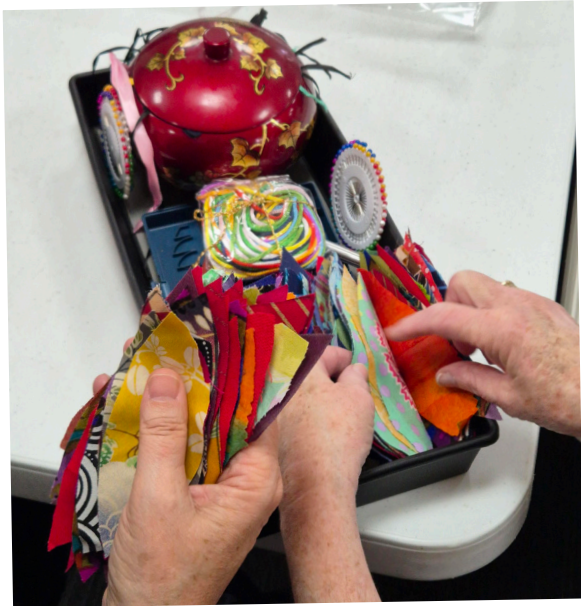
Wet Felting Workshop

Paint Pouring Workshop



Workshop Highlights

Kimekomi Workshop





Upcoming Workshops

Staying Safe Online

Presented by CommBank - Open to all

Join us for a free workshop tailored specifically for seniors focused on staying safe online. Learn to recognise scams, secure your personal information, and digitally protect yourself.

Join us to learn how to:

- Identify scams and suspicious links
- Protect yourself from scams and fraud (online and telephone scams)
- Create strong passwords and keep them secure
- Safely access online banking
- Stay digitally safe while travelling

Discover simple and effective ways to ensure your safety and security while enjoying the benefits of online banking. This workshop will also help you connect with friends and family, treat yourself to online shopping, and have fun watching funny videos with confidence and peace of mind.

- **Date:** Thursday, 27th, June
- **Time:** 2:00 - 3:30pm (TIME CHANGE)
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** FREE

Book: 8562 0300 (option 2) or online:
barossavillage.org/events



Teacup Bird Feeder

Open to all

You're invited to discover how to transform old glassware and crockery into charming bird feeders! In this hands-on workshop, you'll learn the basic techniques to repurpose teacups, glasses, and other items into beautiful and functional bird feeders for your garden.

What to Bring:

- Wear old clothes or bring an apron
- Bring an old rag for your hands
- Any old teacups or glasses you'd like to use

Get ready to get creative and give your feathered friends a delightful new dining spot!

- **Date:** Thursday, 25th, July
- **Time:** 12:30 - 2:30pm
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$10 - payments now required at booking to confirm your spot

Book: 8562 0300 (option 2) or online:
barossavillage.org/events



THE CONSUMER ADVISORY BODY Your Voice



Barossa Village Consumer Advisory Bodies

Upcoming meeting reminder

Independent Living Tuesday 4th June at 10am 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

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 past next Wednesday.



Dementia Support Group

Dementia Support Group

Join our dementia support group to share experiences, access resources, and receive compassionate assistance. Together, we navigate the challenges of dementia caregiving with resilience and empathy.

- Tuesday, June 25th | July 30th
- Starts 10 AM
- Barossa Village Residency: 9 Atze Parade, Nuriootpa
- Morning Tea Provided

RSVP by Monday, June 24th, to the Residency in person or by phone 8562 0300.

Did You Know?
- Mobility Scooters

Do you use a mobility scooter or are you considering if it is right for you? Here is some helpful information:

Can Mobility Scooters Be Ridden on the Road?

Mobility scooters are classified as pedestrians, not vehicles. Users must not exceed 10 km/h and are not required to pay third-party insurance. Therefore, mobility scooters should only be used on footpaths, not roads.

However, if the footpath is obstructed (e.g., by a tree branch or a wheelie bin), users should keep to the left of the road and return to the footpath as soon as possible. In areas without footpaths, travel on the right-hand side of the road facing oncoming traffic, just like pedestrians.

Remember, whether on the road or footpath, wearing bright-colored clothing or a high-visibility vest is important so that other road users can see you.

Can I Park My Mobility Scooter in a Car Park?

Mobility scooters should not be left in car parking spaces. This practice is neither safe nor courteous to other vehicles that can only park in designated bays.

Do I Need a Driver's Licence to Ride a Mobility Scooter?

No, a driver's licence is not required to use a mobility scooter. However, if you have a medical condition that prevents you from driving a car, it may affect your ability to safely use a mobility scooter.

According to RAA Senior Manager for Safety and Infrastructure, Charles Mountain, essential skills for safe mobility scooter use include good hearing, coordination, and reaction time.

When using a mobility scooter, remember to:

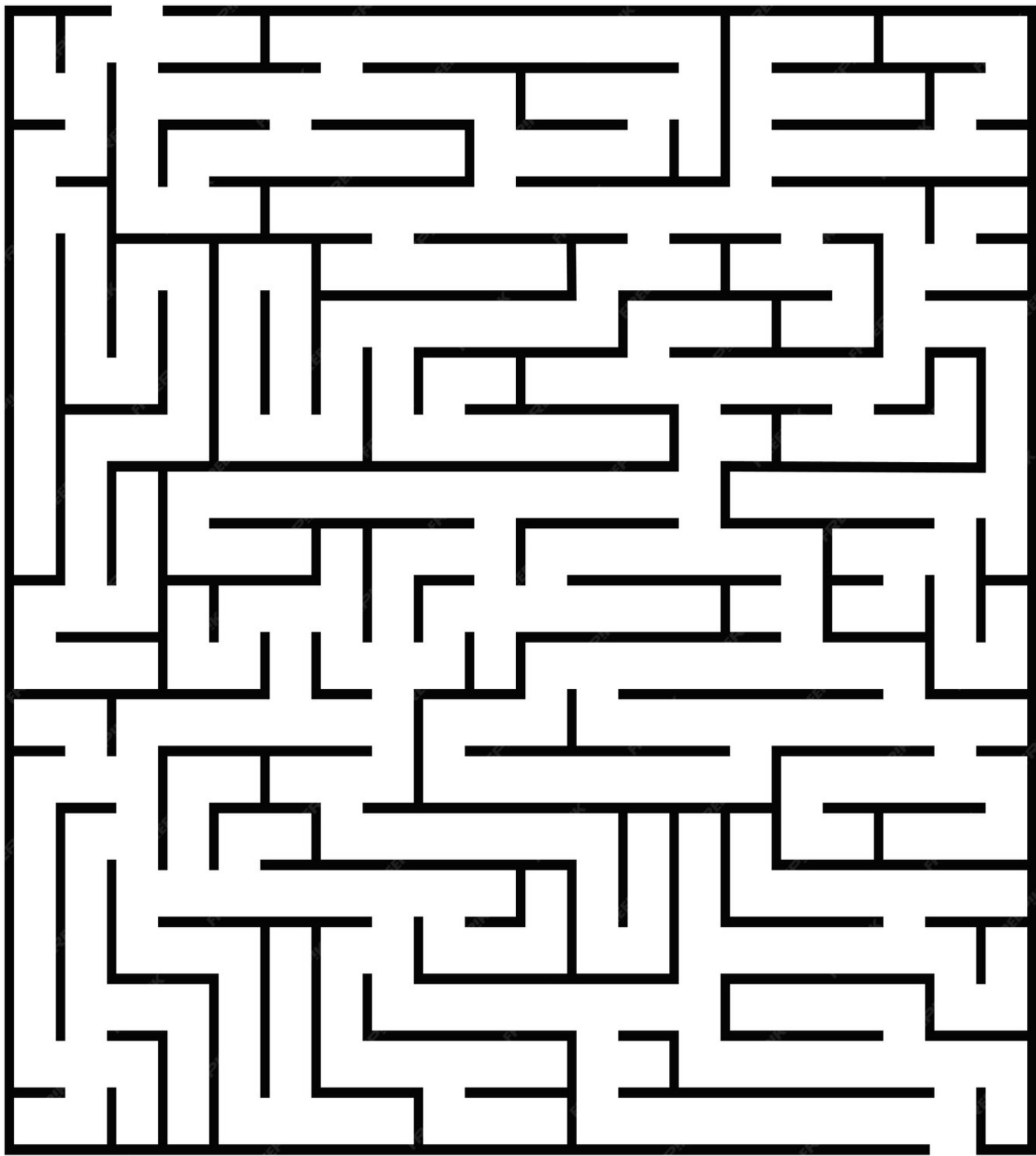
- Observe road crossings carefully and ensure it is safe to cross, just as you would as a pedestrian. Do not assume you are seen or have the right of way.
- Only travel if you feel well enough.
- Ensure your batteries are fully charged before leaving home.

Wear bright-colored clothing or a high-visibility jacket so others can easily see you.

For more information, visit:
samove.raa.com.au/do-i-need-a-licence-to-a-mobility-scooter/



START ↓



FINISH ↓

We would love to know what puzzle pages you would love to see in the Grapevine!
Contact the reception - 8562 0300 option 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>8.30 - 4 pm</div> <div>(Pick up starts at 8.30am)</div> <div>Brighton Rd Bargain Shopping</div> <div>Love a bargain, save money on lots of everyday items come and enjoy the day with others, at least 3 bargain shops will be visited.</div> <div>Lunch: Watermark Hotel (all you can eat)</div> <div>Low/Moderate levels of walking</div>	<div>4</div> <div>10.30-11.30am</div> <div>Fitness For Life</div> <div>BV Residency 9 Atze Pd Nuriootpa</div> <div>1.30-4.30pm</div> <div>Individual or Group Sessions</div> <div>Hydro Pool Group Exercise</div> <div>2.45pm- Level 3 Class</div> <div>3.15pm- Level 2 Class</div> <div>3.45pm- Level 1 Class</div>	<div>5</div> <div>1:1 Exercises with Allied Health Assistant</div> <div>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</div>	<div>6</div> <div>9.30am -1.30pm</div> <div>"Living well with Dementia"</div> <div>Living with dementia fosters social interaction and a continued pursuit of meaningful activities. Our small group sessions, offers a supportive environment for this important journey. Speak with your Care Coordinator to discuss this further</div>	<div>7</div> <div>10 - 11.30 am: Mix and Mingle</div> <div>10 - 12.30 pm: BV Bowlers Group</div> <div>12.30 - 1.30 pm: Café Luncheon</div> <div>1:30 - 2.30 pm: All Aboard BINGO</div>
<div>10</div> <div>Public Holiday</div>	<div>11</div> <div>10.30-11.30am</div> <div>Fitness For Life</div> <div>BV Residency 9 Atze Pd Nuriootpa</div> <div>1.30-4.30pm</div> <div>Individual or Group Sessions</div> <div>Hydro Pool Group Exercise</div> <div>2.45pm- Level 3 Class</div> <div>3.15pm- Level 2 Class</div> <div>3.45pm- Level 1 Class</div>	<div>12</div> <div>1:1 Exercises with Allied Health Assistant</div> <div>"Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program</div>	<div>13</div> <div>Individual/Small Group Social Support</div> <div>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.</div>	<div>14</div> <div>10 - 11.30 am: Mix and Mingle</div> <div>10 - 12.30 pm: BV Bowlers Group</div> <div>12.30 - 1.30 pm: Café Luncheon</div> <div>1:30 - 2.30 pm: All Aboard BINGO</div>
<div>17</div> <div>8.30 - 4 pm</div> <div>(Pick up starts at 8.30am)</div> <div>Martindale Hall</div> <div>Come visit a living Museum and step back in time to gracious living.</div> <div>Cost: \$18pp</div> <div>Lunch: Bakery Lunch</div> <div>Moderate/High levels of walking</div>	<div>18</div> <div>10.30-11.30am</div> <div>Fitness For Life</div> <div>BV Residency 9 Atze Pd Nuriootpa</div> <div>1.30-4.30pm</div> <div>Individual or Group Sessions</div> <div>Hydro Pool Group Exercise</div> <div>2.45pm- Level 3 Class</div> <div>3.15pm- Level 2 Class</div> <div>3.45pm- Level 1 Class</div>	<div>19</div> <div>1:1 Exercises with Allied Health Assistant</div> <div>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</div>	<div>20</div> <div>Individual/Small Group Social Support</div> <div>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.</div>	<div>21</div> <div>10 - 11.30 am: Mix and Mingle</div> <div>10 - 12.30 pm: BV Bowlers Group</div> <div>12.30 - 1.30 pm: Café Luncheon</div> <div>1:30 - 2.30 pm: All Aboard BINGO</div>
<div>24</div> <div>8.30 - 4 pm</div> <div>(Pick up starts at 8.30am)</div> <div>Codes and Symbols Mystery Tour</div> <div>Decipher the codes and symbols, to find our destinations, explore your surroundings with others.</div> <div>Lunch: Mystery Place</div> <div>Low levels of walking</div>	<div>25</div> <div>10.30-11.30am</div> <div>Fitness For Life</div> <div>BV Residency 9 Atze Pd Nuriootpa</div> <div>1.30-4.30pm</div> <div>Individual or Group Sessions</div> <div>Hydro Pool Group Exercise</div> <div>2.45pm- Level 3 Class</div> <div>3.15pm- Level 2 Class</div> <div>3.45pm- Level 1 Class</div>	<div>26</div> <div>1:1 Exercises with Allied Health Assistant</div> <div>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</div>	<div>27</div> <div>WORKSHOP</div> <div>"STAYING SAFE ONLINE"</div> <div>Presented by staff from CBA. Learn how to stay safe when going online, with opportunity to ask questions, and it's FREE!</div> <div>12.30pm-2.00pm</div> <div>Joy Rice Centre, Scholz Ave</div>	<div>28</div> <div>10 - 11.30 am: Mix and Mingle</div> <div>10 - 12.30 pm: BV Bowlers Group</div> <div>12.30 - 1.30 pm: Café Luncheon</div> <div>1:30 - 2.30 pm: All Aboard BINGO</div>

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
8.30 - 4 pm (Pick up starts at 8.30am) Manum Evar Dock Museum and Local Drive Opportunity to learn about the history of Manum. Scenic Drive around the town. Lunch: Manum Community Club <i>Low/Moderate levels of walking</i>	10.30-11.30am Fitness For Life BV Residency 9 Atze Rd 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	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	9.30am - 1.30pm "Living well with Dementia" Living with dementia fosters social interaction and a continued pursuit of meaningful activities. Our small group sessions, offers a supportive environment for this important journey. Speak with your Care Coordinator to discuss this further	10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1.30 - 2.30 pm: AI Aboard BINGO
7 Sunday Event "A Bad Year For Tomatoes" A Comedy Play by John Patrick (Pick up starts at 12.00pm) Come and join in on a Sunday afternoon of fun and laughter, as we enjoy the show. Booking via reception - Hurry Limited Seats. Cost: \$20 Food: BYO drinks and snacks <i>Low levels of walking</i>	10.30-11.30am Fitness For Life BV Residency 9 Atze Rd 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	1:1 Exercises with Allied Health Assistant Coordinator to arrange for a physiotherapist assessment, including a regular 1:1 visit from the AHA to implement a homebased exercise program	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.	10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1.30 - 2.30 pm: AI Aboard BINGO
8.30 - 4 pm (Pick up starts at 8.30am) Keynote: Heritage Trail Drive Come and learn about the history and its buildings as we drive around the heritage trail Lunch: Eden Valley Hotel <i>Low levels of walking</i>	10.30-11.30am Fitness For Life BV Residency 9 Atze Rd 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	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	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.	10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1.30 - 2.30 pm: AI Aboard BINGO
8.30 - 4 pm (Pick up starts at 9am) Barossa Museum & Mena Chocolates A distinctive collection of artefacts reflecting the Barossa settlers and their descendants, followed by a selection of chocolates at Mena Fruit Chicks Shop. Lunch: Tanunda Hotel <i>Low levels of walking</i>	10.30-11.30am Fitness For Life BV Residency 9 Atze Rd 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	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	WORKSHOP "Teacup Bird Feeder" Come and learn the basic techniques to reuse old glassware or crockery to design and make your own bird feeder. 12.30pm-2.30pm - Joy Bice Centre, Scholz Ave Cost: \$10 paid up front (limited spaces)	10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Café Luncheon 1.30 - 2.30 pm: AI Aboard BINGO

Friday Café Menu - June

Community Connections Calendar

Date	Lunch	Dessert
31st May	Roast Lamb, Baby Potatoes and Greens	Fruit Flan
7th June	Chicken Schnitzel with Mushroom Sauce, Wedges & Salad	Tiramisu
14th June	Steak Dianne with Mashed Potato & Steamed Vegetables	Apple & Rhubarb Crumble
21st June	Corned Beef Silverside with Cheese & Mustard Sauce	Apple Pie Bites & Ice Cream
28th June	Sweet & Sour Pork with Fried Rice	Chocolate Mudcake

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

ILU Residents Activity Calendar - June

Activity	Date	Time	Location
Games Group	Every Wednesdays	2.00 pm	The Joy Rice Centre
Happy Hour	Thursday 13th	4.00 pm	The Joy Rice Centre
Movies - Alternate Fridays	Friday 14th The Holiday Friday 28th Town & Country	6.30 pm	The Joy Rice Centre
Art & Craft Group	Every Fridays	3.00 pm	The Joy Rice Centre
Bobby Dazzler Live Shows on Facebook	See Facebook for live shows		As per Facebook Page
ILU Residents Social Club Meeting	Monday 13th	Meeting at 1pm	The Joy Rice Centre
Music Night	Saturday 21st	7pm	The Joy Rice Centre
Men's Group	Wednesday 12th Wednesday 26th	1.30 pm	The Lodge/ Outings
Community Residents Market	Saturday June 1st	9.00 am to 1.00 pm	The Reusch Center

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