Barossa Village's Community News

Grapevine

July 2024



Above: Resident Artists Judy and Rita Shine at the Barossa Village Community Resident Exhibition

JOIN OUR ARTIST EXPERIENCE!

During the month-long Barossa Arts Festival, our community was treated to an extraordinary display of local artistic talent at the Barossa Village's Lodge office. This captivating resident-curated exhibition engaged all our visitors and received overwhelmingly positive feedback from everyone who experienced it.

The community's enthusiastic response has further strengthened our commitment to showcasing and supporting our local artists.

Among these talented artists, Judy and Rita are passionate contributors, each offering a unique perspective through their work. Both artists have a keen eye for detail, creating captivating pieces for visitors to enjoy. Rita showcases beautiful landscapes and stunning animal drawings, while Judy presents intricate jewelled work alongside her latest abstract creations.

Story continued page 4

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CEO Update

I certainly hope that you have been keeping warm with the onset of the cooler weather and if at all possible taking advantage of the end of financial year sales.

Across last couple of months, we have seen many new team members join us at the Barossa Village across all areas of the business. It's a wonderful testimony to the quality of our organisation and community: that people want to work with us. I hope that their time at the Village is as rewarding for them as their care and service will be for you. If you come across someone new, please don't hesitate to say hello as what is overwhelmingly clear, for every member of our staff, is that it is the quality of the

relationships that we have with our clients that give us a strong sense of purpose and meaning every day.

I'd like to say my personal thanks for everyone in our Independent Living Unit community who took the time to participate in our consumer survey. We had an amazing 55% response rate and some solid results that are summarised in this edition of the Grapevine. The outcomes give us greater insight in to what we are doing and are the foundation on which we will continue to build.

As I write I'm reflecting on the fact that you will be reading this in the new financial year. We will soon be starting our processes to share how we have planned for the year ahead and reporting on the achievements, successes and highlights of the year past. It certainly has gone really quickly but it's when its all pulled together we get to see the results of our effort: something that I am personally looking forward to sharing.

Stay warm, stay safe.

Ben Hall





Board Message

Message from Barossa Village Board

Hello Barossa Village community members! I am pleased to write to you as Chairperson of the Barossa Village Board.

Recently, Board Members met with residents and community members to hear the affirmations, concerns and suggestions they have about the services offered by Barossa Village. Thank you to those people who asked the Board to give them regular updates on the business and work that is undertaken on your behalf.

Our Board currently has seven members and is supported by our CEO, Ben Hall and other senior leadership. Board members bring quite specific skills and knowledge to the table.

Our work focusses on ensuring that Barossa Village continues to provide excellent services to those in The Residency and in our independent living units as well as those clients who receive services in their own homes.

Critical to this is ensuring that Barossa

Village is an excellent place for our employees, volunteers and contractors. All of this means that the Board must attend to the organisation's culture, clinical governance, financial stability, legislative compliance and management of assets. The Board is committed to growth of our business to underpin sustainability. One of our current challenges relates to ensuring we continue to have the best staff in our organisation.

One of our current opportunities relates to the development of the land adjacent to our Scholz Avenue administration area for further independent living units and community use.

As well, the Board takes great delight in knowing that, in spite of the difficulties being experienced within the Aged Care sector, Barossa Village continues to grow and thrive.

Over the coming months, I will invite my Board member colleagues to introduce themselves to you.

Thank you for your support. Helen O'Brien Chairperson



Barossa Village Board (L-R): Matt McCulloch, Sally Collings, Barb Storey, Helen O'Brien (Chairperson), John Angas, Trudi Vaughn, and Kevin Renshaw



Follow us on socials @barossavillage.org
Website: barossavillage.org Phone: 08 8562 0300

Join Our Artist Experience!

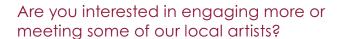
Cover Story continued..

Due to the overwhelmingly positive response, our residents have expanded the exhibition, now complemented by the facility's newly upgraded lighting, enhancing the artist experience to a new level!

Artists are continuing to rotate their works, and we are beginning to prepare for special features leading up to the SALA Festival. We are thrilled about the upcoming additions to the collection.

We invite you to immerse yourself in this awe-inspiring collection, available for viewing anytime during office hours or alongside our onsite events. Take advantage of this opportunity!

Visit the Barossa Village Lodge at 14 Scholz Ave, Nuriootpa, Monday through Friday, 8:30 AM to 4:30 PM.



Please join the Friday Art & Craft group at 3 PM in the Joy Rice Centre - 14 Scholz Ave, Nuriootpa. It's an excellent way to foster creativity and a great for connecting children and grandchildren during these upcoming school holidays.

Join us and become part of the vibrant art scene at Barossa Village, where community and creativity thrive together!

Enjoy this snapshot of just a few of our spectacular work on display!

























Meet Our Community



Meet Mr. Brian Barrett

Barossa Village ILU Resident

Brian is a quietly spoken man, intelligent, and supremely knowledgeable about florist botany. When visiting Brian, you can enjoy sitting and talking to him, surrounded by his fabulous pagoda garden. Brian was born in January 1944 at Glenelg and attended Urrbrae Agricultural High School in his later school years.

He started off his working career as a 'Telegram Boy', delivering telegrams to the recipients on his bicycle. Later, he worked mainly at the Postal Mail Exchange at night. Brian got his first job as a florist in St Peters in Adelaide, the start of a grand love affair with flowers.

In 1965 Brain left Adelaide for Milicent where he worked in the papermill for the next ten years. After that, he followed his passion and bought and managed the florist shop for eight years. Brian then moved to Mount Gambier, where he initially worked on constructing a papermill before again being sparked by his passion and returning to his love for floristry.

In 1967, he married. Brian and his wife adopted three children. Due to unforeseen circumstances, Brian raised the children as a single father.

Brian has now been a part of the Barossa Village family for almost ten years. He often shares the story of how he applied for the ILU unit but broke his shoulder in five places, fearing he might have lost out on the unit. However, on the day of his discharge, he was called and offered the unit. He is happy here in the Barossa and has never looked back.

We encourage you to connect with Brian and share the great happiness of his incredible garden that he has lovingly created, a testament to his enduring love for floristry.

Residency Activities



Men's Health Week

During Men's Health Week, the Monday Men's Group gathered to celebrate with meaningful discussions. They covered vital topics such as combating social isolation by reconnecting with friends, raising awareness about prostate cancer, and embracing the benefits of spending time outdoors for fresh air.

Residency Activities

Artist in Residents Series

This month, Brian Forgan has captivated us with his world-class photography. Accredited by the AAPS (Associate Australian Photography Society) and adorned with international awards, Brian draws inspiration from his global travels and the wonders of nature. His portfolio predominantly features breathtaking landscapes.

Brian has generously gifted the Village with some of his remarkable work, enriching our surroundings with his artistic vision.



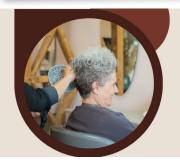














Hairdresser

Tuesdays: Residency | Thursdays: The Lodge IRENE RICKARDS | 0414 607 135

Residency Activities

German Day

Barossa Village Residency is proud to collaborate with the Maggie Beer Foundation to achieve our meals and meal services accreditation. Recently, as a special event, Maggie Beer herself crafted a traditional German menu for German Day.

Our residents thoroughly enjoyed this delightful meal, which evoked cherished memories for many.

Maggie Beer emphasises that everyone deserves quality meals, rich flavours, and beautifully presented dishes, regardless of dietary modifications or other barriers.

In a heartwarming community effort, Year 11 students from Faith School joined us to decorate the dining rooms across each wing, making the day special for our residents. Through such collective endeavours, we aim to bring joy and enhance the quality of life for those we support.

































Residency Activities

Jadees Fashion

The resident ladies were like kids in a candy store as Melinda from Jadees Fashion showcased the stunning winter collection. The Clubroom was buzzing with excitement as sales and specials enticed everyone to update their wardrobes. It was a delightful shopping spree with money swapping hands and new outfits being purchased. Jadees Fashion will return later in the year with the latest seasonal trends. Let's say the ladies are looking fabulous!







Residency Supports Community

The Residency recently hosted the Cancer Council's Biggest Morning Tea. This annual event aims to raise funds for those living with cancer. Each year, staff members contribute homemade dishes to share, fostering community while supporting a vital cause. Donations from staff members help make a significant impact. Thank you to everyone who contributed to this meaningful event.





Redeemer Year 5 Students Visit

Karina recently hosted Year 5 students from Redeemer for a tour and discussion at Barossa Village. The students are working on an end-of-year exhibition about aged care that reflects their career interests. They interviewed Karina about her role and the challenges and benefits of working in aged care, recording the insightful session.

After the interview, Karina gave them a brief tour of the facility. The students will also help with our knitted trees, pom-poms, and the Redeemer pallet project, bringing fresh energy to our initiatives. We are excited about their engagement and its positive impact on our community.





Lissy Celebrates 101st Birthday!

The end of May brought a special celebration at Barossa Village as we honoured Lissy on her incredible 101st birthday! On behalf of everyone at Barossa Village, we wish you a very happy birthday, Lissy!





Community Connections

Hydrotherapy Pool

Group Sessions – Every Tuesday

Level 3 Class: 2.45 PM Level 2 Class: 3.15 PM Level 1 Class: 3.45 PM

Barossa Village Residency – Hydrotherapy Pool, Atze Parade, Nuriootpa, SA 5355 Contact us to discuss cost options

Benefits of Hydrotherapy:

Hydrotherapy provides numerous benefits, including easing joint strain, enhancing balance and coordination, alleviating discomfort, and promoting nervous system relaxation, which fosters greater confidence in the water.

- Reduce Aches and Pains
- Improved Strength and Conditioning
- Faster Recovery from Injury
- Reduced Impact on Joints
- Improved Balance and Flexibility
- Increased Range of Movement
- Weight Loss
- Stress Relief

Water reduces the effects of gravity, making movement more comfortable. The warm water relaxes muscles, reduces joint stress, and encourages healing.

Class Levels

- **Level 1:** Uses the rail, supports, and warm water for healing and flexibility training. Ideal for pool introduction, and vision- or mobility-impaired individuals seeking hydrotherapy benefits
- **Level 2:** Builds on Level 1 by introducing additional equipment and floats, increasing water movement to support confidence and provide continued benefits.
- Level 3: Emphasises dynamic movement with an aerobic feel, using floats and equipment to empower individuals to improve their overall fitness and confidence.









Fit For Life Exercises

Every Tuesday
9 AM and 10:30 AM
Barossa Village Residency – Atze Parade,
Nuriootpa, SA 5355
Contact us to discuss cost options

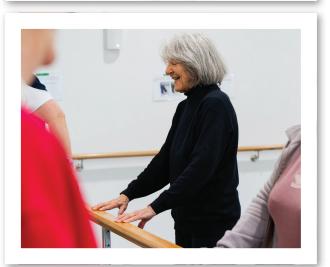
Join us for exercises that support your everyday life in a fun and engaging way. Located at the Residency Gym, our sessions are held every Tuesday 9 AM and 10:30 AM.

Why join a group session?

- Meet Like-minded People: Connect with others who are committed to maintaining their strength, flexibility, and balance. It's a great way to form new friendships and strengthen existing ones.
- Stay Motivated: Group sessions provide the motivation you need to keep going. When you know others are counting on you to show up, you're less likely to skip a workout.
- Social Interaction: Socialising while working out enhances your mood and makes the exercise more enjoyable.
- Varied Workouts: Enjoy a mix of seated exercise bands, machines, and bar work. Our gentle yet effective exercises are designed to build strength, flexibility, and balance.
- Positive Coaching: Receive support and encouragement from our experienced team to help you achieve your fitness goals.









To learn more or discuss your options further, contact the Lodge at 8562 0300 (option 2).

We look forward to you joining us soon

Community Connections

Martindale Hall Day Trip

Content and reflection by Resident Di Craig

MARTINDALE HALL was built in 1879/80 for Edmund Bowman Jnr. at a cost of 30,000. Built of local sandstone in the Georgian style with Italianate influence, the Hall has 32 rooms including the cellar of 7 rooms. Edmund surrounded the home with a polo ground, a racecourse, a boating lake and a cricket pitch on which the English X1 played at least once. He and his two younger brothers lived a gracious lifestyle entertaining Adelaide society, including the Adelaide Hunt Club. Edmund married Annie Cowes in 1884; they had 6 children but only 3 ever lived tin the Hall before Edmund had to sell up in 1891 because of over expansion, drought and the depression of the mid 1880s.

William Tennant Mortlock, a South Australian grazer and politician who had inherited his father's personal empire, bought Martindale Station (which included Martindale Hall) for 33,000 as a wedding present for his wife, Rosye Tennant. They had 6 children but only 2 boys survived into adulthood,

John Andrew Tennant Mortlock (known as

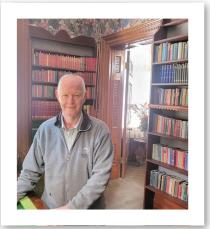
Jack or JT) born 1894 and Frederick Ranson Mortlock, born 1900. Unfortunately the latter drowned in Colombo Bay leaving Jack to eventually inherit Martindale Station when his parents dies.

In 1975 Martindale Hall was used as a set for the movie 'Picnic at Hanging Rock'. The movie is about a group of schoolgirls from Appleyard College who set out on a picini on Saturday 14 February 1900 at Hanging Rock in Victoria. During the afternoon several of the airls mysteriously disappeared and were never found.

"Visiting Martindale Hall was a wonderful walk through history. I would welcome the opportunity to return. A stimulating day!" **Dianne Craig**









Upcoming Workshops

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, July 25thTime: 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 or join the waiting list call: 8562 0300 (option 2)



Photography Workshop

Open to all

Join national award-winning and local professional photographer Rebekah Bianca for an immersive workshop where you'll learn to maximise the potential of your photography device. Whether you're a beginner looking to master your mobile camera, navigate settings, and share your photos, or you have a professional camera and want to enhance your image quality, this workshop has something for everyone. Rebekah will teach you essential skills to capture the best images. This workshop promises to be a valuable learning experience for all skill levels.

What to Bring:

The photography device you want to learn to use: mobile phone, tablet, or camera.

You will grow your understanding of lighting, navigating settings on your phone or camera and techniques to improve image quality.

• **Date:** Thursday, August 15th

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



Workshop Highlights

Keeping Safe Online

Thank you to the team at CommBank for presenting a valuable online safety workshop for the community. Here are some tips from the session to help you stay safe online:

Recognising a Secure Website

- 1. Look for "https" in the URL: A secure website's URL should begin with "https" rather than "http." The "s" stands for secure.
- 2. Check for a Padlock Icon: A closed padlock icon in the address bar indicates a secure page.
- 3. Inspect the Full URL: Browsers sometimes hide the URL's beginning. To see it, copy and paste the URL into another tab, hover over the left side of the URL, or click on the padlock icon to view more information about the site's security.
- 4. Simplified URLs: If a URL doesn't show "https" at the start, like "barossavillage. org," it doesn't mean the site isn't safe. Click on the site settings or the icon next to the web address to view the site's security information. For example, barossavillage.org will show a locked padlock with "Connection is Secure" text in the site settings.

Identifying Legitimate Companies

Contact Information: Legitimate companies provide clear contact information on their home page or an easily accessible link. Scammers avoid displaying "Contact Us" or "About Us" tabs.

Following these tips will help you recognise secure websites and avoid online scams. Stay vigilant and always check for signs of legitimacy when browsing the web.

Upcoming Workshops and Support

- Barossa Village will be hosting a second Keeping Safe Online workshop later this year for those who missed it or have further questions. Stay tuned for details!
- Device Help Sessions with Bill Wood. If you need additional support with using your phone or laptop, Bill Wood hosts a 3-hour help session each Friday at the office complex directly across from St Petri's Church in Nuriootpa.

Session Times: 9:00 AM - 12:00 PM and 12:30 PM - 3:30 PM

Cost: \$10 (includes tea and coffee) Contact Bill directly to attend: 0426 258 667





Friday Cafe - Christmas In July

Community Connections Calendar

You're Invited!

Join us for a festive and fun-filled Christmas in July edition of our Friday Café! We've planned a special day just for you, featuring a delicious lunch with dessert, exciting door prizes, and maybe even some fun and games to make the celebration extra merry!

What to Wear:

We're all about spreading joy and holiday cheer, so we encourage you to dress in your most festive Christmas-themed attire or something nice! The best dressed will win a fabulous prize!

Date: Friday, 19th July **Time:** 12:30 - 1:30PM

Location: The Lodge, 14 Scholz Ave, Nuriootpa SA 5355

Cost: Contact Barossa Village to confirm

RSVP Let us know you're coming and any dietary requirements by Friday, 12th July. **Bookings are essential:** Call 8562 0300 (option 2)

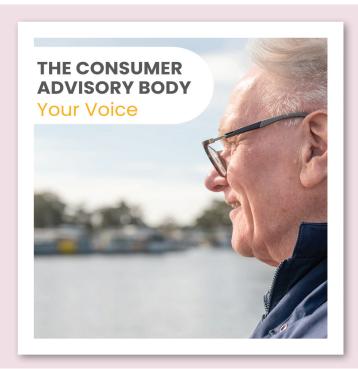
Get ready for a wonderful day filled with laughter and festive fun. We can't wait to celebrate with you!





All Welcome
Sundays 10.30am

Joy Rice Centre, Nuriootpa 0408 194 740



Barossa Village Consumer Advisory Bodies

Upcoming meeting reminder

Independent Living Tuesday 10th September at 10AM at the Lodge

Community Care Wednesday 11th September at 2.30PM at the Lodge

Residential Care Thursday 19th September 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

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

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

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

Scrabble

Join us for a fun game of Scrabble every Tuesday at 2 PM at the Nuriootpa Library.

Details

- Location: Nuriootpa Library
- Time: Every Tuesday at 2 PM
- Refreshments: Tea and coffee provided

All are welcome! For more information or to express your interest, please contact Dianne Craig at 7531 2025.



Volunteering

Why not join our Volunteer team?

At Barossa Village, our volunteers are a big part 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



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

> Open Wednesday to Friday 9.30 am - 3.00 pm

P: 8562 0300

Helpful Information

Did You Know?

How to make an alteration to your Independent Living Unit

At times, you might want to modify your home to better suit your needs, which could involve making structural changes to your unit. For instance, installing solar panels, new handrails, a ceiling fan, or an air-conditioner are considered permanent alterations that require approval from Barossa Village.

However, minor changes that personalise your home, such as hanging pictures or putting up curtains, do not need approval.

Please note that residents are responsible for the cost and maintenance of any approved alterations.

To Get Approval:

- Contact the office and request an Alteration Form.
- We will discuss the best way to proceed with your request.

If you have any questions or are unsure about the process, please don't hesitate to contact us at the Lodge on 8562 0300. We are here to help!



Tanunda, we're visiting from 12 June to 24 September!

BreastScreen SA
Book your breast screen online now

BreastScreen SA Visiting Tanunda: 12 June - 24

September 2024

Women aged 40 and over, particularly those between 50 to 74, are encouraged to book a free breast screening appointment while the mobile screening unit is in Tanunda.

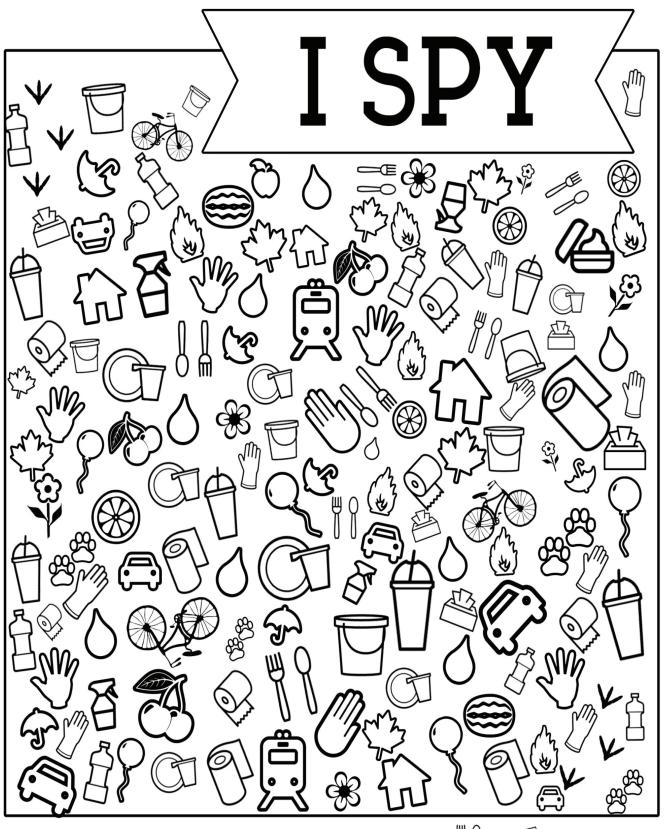
- Location: Soldiers Memorial Hall, 3 Basedow Road, Tanunda SA 5352
- **Dates:** 12 June 24 September 2024
- Hours: Monday to Friday, 8:30AM 4:00PM (excluding public holidays; hours may vary based on availability)
- Bookings: Essential

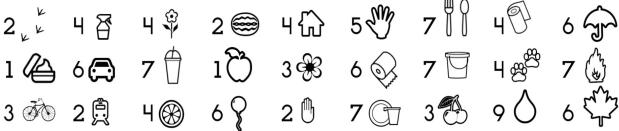
A breast screen is a quick 15-minute procedure that can detect breast cancer at an early stage, even before it can be felt.

Wheelchair access is available. Free interpreter services are provided.

Book your appointment now Online breastscreen.sa.gov.au/book Phone 13 20 50

Don't miss this opportunity for early detection and peace of mind.





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	9 am and 10:30 am	1:1 Exercises with Allied	9.30 am -11.30 am	10 - 11.30 am: Mix and
(Pick up starts at 8.30am)	Fitness For Life BY Besidency 8 Atta Bd Nuriooted	Health Assistant	"Living well with Dementia"	Mingle
Mannum River Dock Museum		Speak with your Care	Living with dementia fosters social	10 – 12.30 pm: BV Bowlers
		Coordinator to arrange for	interaction and a continued	doolo
Opportunity to redir about the history Scenic Drive ground the	Hydro Pool Group Exercise	assessment, including a	pursuit of meaningful activities.	12.30 – 1.30 pm: Café
	2.45pm- Level 3 Class	regular 1:1 visit from the	supportive environment for this	Luncheon
	3.15pm- Level 2 Class	AHA to implement a	important journey. Speak with your	1:30 - 2.30 pm: All Aboard
	3.45pm- Level 1 Class	homebased exercise	Care Coordinator to discuss this	BINGO
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- Enjoy a fun and rewarding shopping	1.30-4.30pm	for a physiotherapist	Sidy Cornected with mends of	Group
	Individual or Group Sessions	assessment, including a	a hobby or learn something new	12 30 – 1 30 mm: Café
and wide variety of stores.	Hydro Pool Group Exercise	regular 1:1 visit from the	Discuss your options with your Care	12:30 = 1:30 piii. Cale
	2.45pm- Level 3 Class	AHA 10 Implement d	Coordinator to support your	
Toda court Moderate/High levels of walking	3.15pm- Level 2 Class 3.45pm- Level 1 Class	program	individual needs.	1:30 – 2.30 pm: All Aboard BINGO
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the heritage trail	Hydro Pool Group Exercise	assessment, including a	Discuss volus potions with volus Care	12.30 – 1.30 pm: Care
	2.45pm- Level 3 Class	regular 1:1 visit from the	Coordinator to support your	
Lunch: Eden Valley Hotel	3.15pm- Level 2 Class	AHA to implement a	individual needs.	1:30 - 2.30 pm: All Aboard
Low levels of walking	3.45pm- Level 1 Class	homebased exercise		BINGO
200	23	24	25	36
8.30	9 am and 10:30 am	1:1 Exercises with Allied	WORKSHOP	10 – 11.30 am: Mix and
(Pick up starts at 9am)	Fitness For Life	Health Assistant	"Teacup Bird Feeder"	Mingle
-	BV Residency 9 Atze Pd Nuriootpa	:	Come and learn the basic	
Barossa Museum and Menz	1 20 4 20	Speak with your Care	techniques to reuse old glassware	10 – 12.30 pm: BV BOWIERS
Chocolates A distinctive collection of	mdos.4-oc.1	Coordinator to arrange for	or crockery to design and make	doolo
artefacts reflecting the Barossa	Individual of Group sessions		your own bird feeder.	12.30 – 1.30 pm: Café
settlers and their descendants,		realign 1:1 visit from the	-	Luncheon
rollowed by a selection of chocoldres at Menz Fruit Chocs Shop.	3.15pm Level 2 Class 3.45pm Lovel 1 Class	AHA to implement a	Centre, Scholz Ave	1:30 – 2.30 pm: All Aboard
Lunch: Tanunda Hotel	0.45017 - 10.051	program	Cost: >10 paid up tront (ilmited spaces)	
Low levels of walking				

July Community Connections Calendar - Bookings 8562 0300 (Option 2)

> ACINO W	THESDAY	WEDNESDAY	THIIBSDAY	ERIDAY
29	30	31	1 August	7
8.30 am - 4 pm	10.30 -11.30 am	1:1 Exercises with Allied	9.30 am - 11.30 am	10 - 11.30 am: Mix and
(Pick up starts at 8.30am)	Fitness For Life	Health Assistant	"Living well with Dementia"	Mingle
Worlds End, Redbank's, Burra Driving		Speak with your Care	Living with dementia fosters social	10 – 12.30 pm: BV Bowlers
trail . Enjoy the scenery as we take a		Coordinator to arrange for	interaction and a continued	
drive to view the ever changing landscape of our country side	Hydro Pool Group Sessions Hydro Pool Group Exercise	assessment, including a	pursuit of meaningful activities.	12.30 – 1.30 pm: Café
	2.45pm- Level 3 Class	regular 1:1 visit from the	supportive environment for this	Luncheon
Lunch: Burra Bakery	3.15pm- Level 2 Class	AHA to implement a	important journey. Speak with your	1:30 - 2.30 pm: All Aboard
Moderate levels of walking	3.45pm- Level I Class	nomebasea exercise program	Care Coordinator to discuss this further	BINGO
5	9	7	8	6
8.30 am - 4 pm	9 am and 10.30 am	1:1 Exercises with Allied	Individual/Small Group	10 – 11.30 am: Mix and
(Pick up starts at 8.30am)	Fitness For Life	Health Assistant	Social Support	Mingle
	BV Residency 9 Atze Pd Nuriootpa	"Coordinator to arrange		10 – 12.30 pm: BV Bowlers
Rainmoth Gallery Waikerie and Silo	1.30-4.30pm	for a physiotherapist	Stay Connected with triends or	Group
Artists	Individual or Group Sessions	assessment, including a	a hobby or learn something new.	12.30 – 1.30 pm: Café
	Hydro Pool Group Exercise	regular I:I visii from the	Discuss your options with your Care	Luncheon
Lunch: Waikerie Hotel	2.45pm- Level 3 Class 3.15pm- Level 2 Class	homebased exercise	Coordinator to support your	1:30 = 2 30 pm; All Abound
Low/Moderate levels of walking	3.45pm- Level 1 Class	program	individual needs.	BINGO
12	13	14	15	16
8.30 am - 4 pm	9 am and 10.30 am	1:1 Exercises with Allied	WORKSHOP	10 – 11.30 am: Mix and
(Pick up starts at 8.30am)	Fitness For Life	Health Assistant	Photography	Mingle
	BV Residency 9 Atze Pd Nuriootpa		Grow your understanding of	10 – 12.30 pm: BV Bowlers
SA Silo Art	1.30-4.30pm	Speak will your care Coordinator to arrange for	lighting, navigating settings on	Group
visil Eudunda, Faleli Fidi and Owen to	Individual or Group Sessions	a physiotherapist	Your priorite of carriera aria	
see the large formal all on the side of silos. Along the way a stop for	Hydro Pool Group Exercise	assessment, including a		12.30 – 1.30 pm: Cate
Morning Tea	2.45pm- Level 3 Class	regular 1:1 visit from the	12.30pm-2.30pm - Joy Rice	
)	3.15pm- Level 2 Class	AHA to implement a	Centre, Scholz Ave	1:30 – 2.30 pm: All Aboard
Lunch: Owen Arms Hotel	3.45pm- Level 1 Class	nomebased exercise	Cost: \$10 paid up front (limited	BINGO
low/Moderate levels of walking		ב ס ס ס	sbaces)	
19	20	21	22	23
8.30 - 4 pm	9 am and 10.30 am	1:1 Exercises with Allied	9.30 am -1.30 pm	10 - 11.30 am: Mix and
(Pick up starts at 9am)	Fitness For Life	Health Assistant	:	Mingle
Saddleworth Historical District Society	BV Residency 9 Atze Pd Nuriootpd	Speak with your Care	Faith Lutheran College	10 – 12.30 pm: BV Bowlers
Museum Preservations and	1.30-4.30pm	Coordinator to arrange for	JUNIOR SCHOOL	Group
presentation of local history, a large	Individual or Group Sessions	a physiotherapist		12.30 − 1.30 pm: Café
collection of artefacts that reflect the	Hydro Fool Group Exercise	regular 1:1 visit from the	Musical by the Junior School	Luncheon
	3.15pm- Level 2 Class	AHA to implement a	Matinee Performance	1:30 - 2.30 pm: All Aboard
Lunch: The Rising Sun Hotel Auburn	3.45pm- Level 1 Class	homebased exercise	8562 0300 (option 2). Limited	BINGO
Low levels of walking		<u> </u>	numbers so book quickly	

Friday Café Menu - July

Community Connections Calendar

Date	Lunch	Dessert
5th July	Beef Pot Roast, Baby Potatoes and Greens	Golden Syrup Dumplings & Cream
12th July	Braised Lamb Chops, Mash & Steamed Vegetables	Pavlova with Peaches & Cream
19th July	CHRISTMAS IN JULY Chicken Mignon or Slow Roasted Lamb Shoulder with Buttered Potatoes & Broccolini Orders & Diet Requirements in by 12th July	Plum Pudding & Brandy Custard
26th July	Pickled Pork, Potato Bake & Aussie Beans with Apple Sauce	Apple & Rhubarb Crumble & Ice Cream

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

ILU Residents Activity Calendar - July

Activity	Date	Time	Location
Games Group	Every Wednesdays	2.00 PM	The Joy Rice Centre
Happy Hour	Thursday 11th	4.00 PM	The Joy Rice Centre
Movies - Alternate Fridays	Friday 12th Philomena Friday 26th Rumour has it	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 8th	Meeting at 1 PM	The Joy Rice Centre
Music Night	Saturday 20th	7 PM	The Joy Rice Centre
Men's Group	Wednesday 10th Wednesday 24th	1.30 PM	The Lodge/ Outings
Community Residents Market	Saturday July 6th	9.00 AM to 1.00 PM	The Reusch Center

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