

Grapevine

November | December | January 2025



Above: Barossa Village celebrated its 60th Anniversary with community members at Peter Lehmann Winery

CELEBRATING 60 YEARS!

Over the past 60 years, Barossa Village has flourished into a vibrant Barossa regional network of aged care services, including independent living units, a state-of-the-art Residency, and comprehensive in-home care programs. The vision of a community that values and supports its most vulnerable members remains central to its mission.

As we celebrate Barossa Village's 60th anniversary, we reflect on the pioneering spirit that has shaped its extraordinary journey. From its origins in wartime camaraderie to its role today as a leading aged care provider, Barossa Village continues to embody the power of community united by a shared purpose.

Thank you to everyone who has contributed to Barossa Village's story—our residents, families, staff, volunteers, and supporters. Your care, commitment, and generosity have built a legacy of community spirit with a focus on people at its heart.

Together, we've created a place where people feel connected, valued, and supported.

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CEO Update

As 2024 draws to a close, we've spent time reflecting on and celebrating our achievements while we prepare for the year ahead.

Our Resident's Association has had its AGM and I congratulate Mr John Irlam for his election as president of the BVRA, and offer my thanks to Mr Tom Falconer for his contributions over the past few years as he steps down from the role.

We have also held our organisations AGM. It gave me great pride to share all of our achievements. By the time you read this you will have hopefully seen our annual report where we have presented a collection of our highlights from last year. We will always be looking for new ways to enhance the lives of our clients and residents, which is central to "more good days".

At the end of November, we all came together at Peter Lehmann's to celebrate our 60th anniversary of community service. A marvellous event attended by nearly 200 people, each with their own connection and lived Barossa Village experience. I am confident that our founders would have been thrilled with the display of community spirit, collaboration and general fun had by all those who attended.

Our successes and achievements are attributable to our wonderful team who work tirelessly to provide the highest possible level of care and service every day. I must acknowledge them one more time as we bring the year to a close.

As we look forward into 2025, there are many exciting opportunities on our horizon be it Heritage Park, new team members through our DAMA or collaborative outcomes arising through one of our many partnerships which give us the will and depth to explore new boundaries. I look forward to working with everyone to realise these new outcomes and sharing our successes as they unfold.

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

Merry Christmas and a Happy New Year.

Stay safe.
Ben Hall

Lodge Closure Notice

Please be advised our Lodge office (14 Scholz Ave, Nuriootpa) will be **temporarily closed from 3.30pm Tuesday, 24th December.**

Returning to regular business hours Thursday 2nd January allowing our team a well-deserved break.

A small team will remain available through this closure period. You can contact them on 8562 0300 (option 2) during this time.

Thank you for your understanding.

Message from the Barossa Village Board

An update on the business of the Barossa Village Board. The Board met for its October meeting, followed immediately by the Annual General Meeting.

At its regular meeting, the Board received reports related to the Quality of Care for those living in the Residency, Quality of Life within the Village and Business Sustainability and Growth. Of particular interest was the in-principle support of policies relating to Human Rights and Trauma Informed Care prepared for aged-care providers by the SA Innovation Hub.

At the Annual General Meeting, Sally Collings, Barb Storey, and Helen O'Brien were re-elected to the Board for a further 3-year period, John Angas was re-elected for a further 12 months and Phil Armstrong was elected as a new Board Member. Members heard about the achievements of the past year and plans for the future. Lisa Teburea from BRM Advisory spoke to Members about a future consultation around a presented draft of a Board Member Allowance Policy, an outcome from the April 2024 adoption of the Rules of Association.

In November, the Board convened for its final meeting in 2024 and spent some time celebrating the achievements of the past 12 months.

In addition to its normal business, following the appointment of members at the October 2024 AGM, the Board undertook elections for its Chair and Vice Chair, with Helen O'Brien and John Angas both re-elected into these roles for a further two years. Members also ratified the terms of reference for its two key committees: Finance Audit and Risk and Clinical Governance.

Members received a presentation from Ord Minnett, which manages the organisation's investments. Ord Minnett shared a 6-month summary highlighting the positive growth of the fund, which underpins our financial sustainability as we look ahead. The board also received a report highlighting our position with regard to compliance when the strengthened Aged Care Act was enacted. Pleasingly, we understand where improvements are required, and we have a clear and structured plan to guide us forward.

We finished the year with a report regarding a beneficiary donation that the organisation had received, which is planned to be used to complete landscaping around the Residency in 2025: another supported improvement to bring the year to a close.

Thank you for your support,
Barossa Village Board



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

Meet Our Community

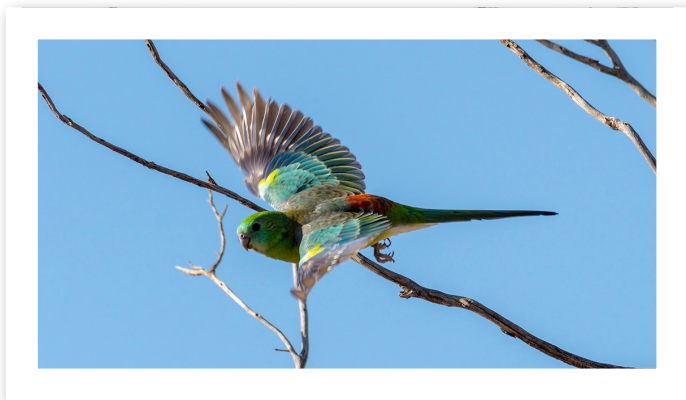
Meet Tony & Shelia Sacree

Interdependent Living Unit Resident

Tony and his wife Sheila have enjoyed getting out and about, going on trips capturing the beauty of nature through Tony's telescopic photo lens. Tony reflects that as a kid he always had a camera of sorts but around 2006 he began taking photography up as a serious hobby. He started shooting landscapes. It was a natural process being in the bush that they began to notice the variety of birdlife and this became a new focal point taking over as his photographic subject of choice.

"There's a level of difficulty in capturing the array of birdlife in this country which involves researching where the various species live and when they are going to be there. Birds aren't the easiest thing to take photos of and you also have to factor in whether the conditions are going to be conducive to photography. A good shot needs the right weather, the sunlight being at the right direction and the species itself performing appropriately.

It's a process to have tracked a bird that you have been looking for and when you finally find it and have that creature in the frame of your lens, it's a pretty incredible feeling". When you start you are taking pictures of everything but after time your seeking out rarer birds and it is a real thrill to capture a good shot of them".

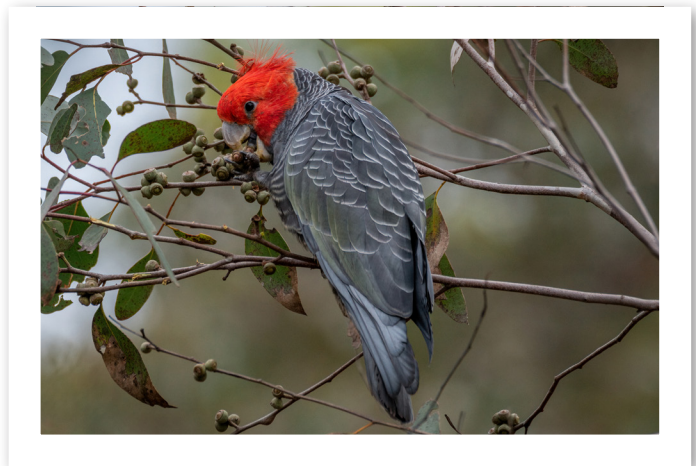
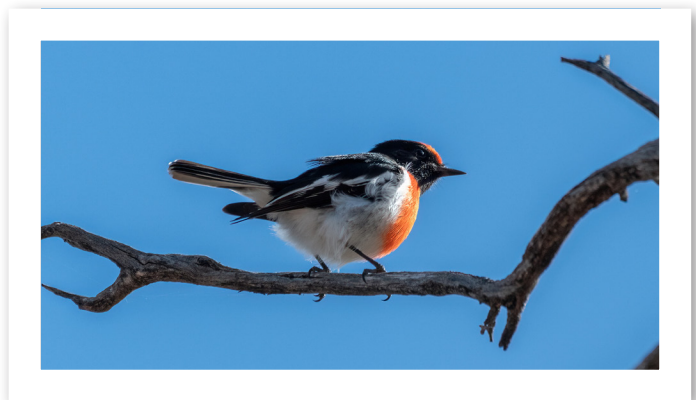


Tony recalls going to a favorite place called Glue Pot which is a reserve that is close to Waikery. Birds Australia took it over as a reserve which has been habituated by some rare and beautiful birds that Tony has captured in some splendid photographs. A terrific day trip but Tony has also travelled far and wide in the pursuit of his passion.

Tony also had a rare opportunity to visit a site where he had an excellent vantage point to capture imagery of a young Wedgetail Eagle in the nest. Tony went there every week for months and was lucky enough to be there to capture its first flight.

We hope that you enjoy this small selection of shots but we are planning on creating a digital slideshow set to music that will include a great number of Tonys shots of these beautiful animals. We will advise when this is available for you to enjoy.

Thanks for sharing the magic Tony.





Residency Activities More Good Days in action

Halloween

To finish October the Residency had some fun with Halloween. The Clubroom was decked out in spiders, witches hats and glowing skulls. Volunteer Jess had put in a huge effort to create games made from Halloween props. It was a full turn out and a buzz of activity.



Residency Displays

A Celebration of Creativity and Community

Barossa Village's Residency displays have transformed the outdoor pallet boxes and indoor spaces into vibrant showcases of creativity, collaboration, and connection. Thank you to everyone who contributed to making these displays so meaningful. We look forward to continuing these creative collaborations in the new year!

International Day of Older Persons

In October celebration honoured the wisdom, creativity, and contributions of older community members. A stunning art installation, crafted by residents and students from Tanunda Primary School, represented the five Wellbeing Domains: Knowledge, Exercise, Art, Music, and Community. Students prepared for months, creating decorated CDs, pompoms, and knitted pieces, showcasing the value of lifelong engagement.



Residency Activities More Good Days in action

Melbourne Cup

The Melbourne Cup 2024 was themed with bright colours, yellows, oranges and pinks this year. Some very brave residents chose to be part of the residency fashion parade. With support of the Op Shop and one of our volunteers, the residents looked absolutely stunning. Adorned with bright clothes and jewellery they took to the red carpet.

The best comment from a resident was “ We are beautifully dressed, you do lots of things to make us feel real” Our thanks go to the Nurses and Carers that supplied hats and fascinators and to Carpet Court for a “borrow” of the red carpet.



Remembrance Day

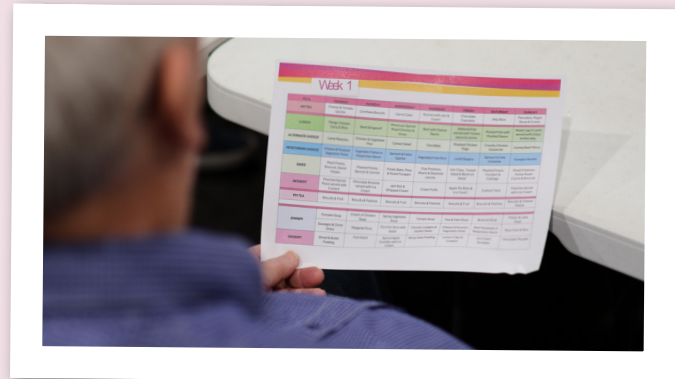
Remembrance Day is always a special day in the Residency calendar. There are many current and past residents that have served. A beautiful service was held by Pastor Wally on Monday 11.11.2024 . The Wellbeing team transformed the pallet boxes again creating a heartfelt tribute featured handmade red poppies, rosemary wreaths, and illuminated wooden soldiers. This Remembrance Garden created a reflective space for the community to honour and remember.



Food Focus Group

Barossa Village residents gathered for a Food Focus Group, representing their wings to share feedback on meal experiences, including taste, serving size, temperature, menu options, and custom orders. Chef Manager Tash and team member Kenya facilitated the discussion with representatives James Maitland, Alan Hall, Lyle Green, Brenton and Sandy Raven, Marlene Kemp, Sandra Hausler, Elizabeth Mueller, and Edith White.

Residents provided insights, shared suggestions, and tasted upcoming menu items, fostering collaboration to enhance the dining experience. Highlights included requests for more green leafy vegetables, menu alternatives, and opportunities to engage in food service activities. The group concluded with smiles and clean plates, showcasing the positive impact of these sessions on residents' satisfaction.



Residency Activities More Good Days in action

Christmas Celebrations

Kindy Visit

Nuriootpa Kindy kids joined residents to craft Christmas ornaments, filling the Clubroom with chatter, laughter, and glitter. These decorations, paired with visiting musicians and student carollers, brought festive joy to our indoor spaces, ready for celebrations and Christmas parties.

Wing parties

Our Christmas lunch parties are a highlight of the year, spreading holiday cheer across the wings.

Residents have praised the delicious food, particularly the prawn cocktails, and the exceptional service. Each party featured a visit from Santa, who delighted residents with cuddles and gifts, along with one special ukulele performance that added to the festive atmosphere. Thank you to everyone who made these events so special.



Carols in the Corridor

Barossa Village Residency
December 23rd

- ★ Sausage Sizzle Dinner 5 pm.
RSVP with dietary requirements
by Friday, 20th 8562 0300
- ★ Carols start 6 pm.



Cyber Security Tips To Protect You This Christmas

The Residency was delighted to welcome the SAPOL to Barossa Village for an engaging and insightful session on cyber security and scams. Discussing this vital topic with our community helps everyone stay informed and protected.

With the holiday season here, online threats and scams are on the rise. Here are a few

simple tips to keep you and your loved ones safe:

- **Be cautious with unexpected messages:** If you receive a text message claiming an AusPost delivery was undeliverable and asks for payment, it's likely a scam. Avoid clicking any links or providing personal details.
- **Verify unfamiliar calls or emails:** If someone contacts you claiming to be from your bank or a government agency and asks for personal or financial information, hang up and call the organisation directly using a trusted number.
- **Think before you click:** Don't open links or download attachments from unknown or suspicious senders. When in doubt, delete the message.

If you're unsure about something, it's always okay to stop, take a moment, and double-check with a trusted family member, friend, or organisation. Staying informed and vigilant is the best defence against scams!

● Hairdresser

Tuesdays: Residency | **Thursdays:** The Lodge
Book for the salon or I can come to you!
IRENE RICKARDS | 0414 607 135



Community Updates

BVRA Meeting Report

Resident and Cluster Representatives

The table below lists the elected Cluster Representatives and proxies for our Independent Living Unit (ILU) community BVRA Management Committee for the current year.

Role of Cluster Representatives:

- Introduce themselves to the residents in their cluster as their official community representative.
- Raise matters affecting the wellbeing of residents within their cluster to the Management Committee and provide feedback to residents.
- Support residents in connecting with Barossa Village for assistance with care and services.

If you're unsure how to contact your Cluster Representative or are interested in filling a vacancy, please contact the Lodge on 8562 0300.

The first meeting for 2024/25 was held on November 12th, with nearly every cluster represented. This strong attendance supports a more comprehensive approach to addressing issues affecting ILU residents and reinforces

the BVRA's philosophy of maintaining an independent voice.

Key Updates:

- John Irlam, President BVRA, introduced himself to the committee and conducted the election of the Secretary -Karen Davidson and Vice President -Rudolph Koenders. This is the new BVRA Management Committee.
- Cluster Representatives raised outstanding issues, which were passed on to Barossa Village Management for action.

Important Reminders:

the purpose of the BVRA is to represent you to Barossa Village Management with ideas and suggestions that are put forward by your Cluster Representative at our meetings. All individual maintenance requests should be directed to the Barossa Village Reception in the first instance and a job number should be provided.

Copies of the Minutes of Meeting have been distributed to Cluster Reps and a copy is available in the Residents' Book Exchange BVRA folder.

Karen Davidson, Secretary BVRA - 0423 444 014

President	John Irlam	
Cluster Representative	Cluster Proxy	Cluster Name
Shirley Nash	Phylip Nash	ATZE/HUMBERDROSS/KELLETT
Gisela Irlam	Carol Luckhurst	PENRICE
Sid Wooby	Yvonne Wuttke	SCHOLZ
Julie Smith	Dorothy Lee	SCHILLING NTH
Gayl Sanderson	Barbara Emmel	HILL ST
Carol Seidel	Diana Cowan	ANGAS ST
Karen Davidson	<vacancy>	BASEDOW HOF
Robin Henry	Maurice O'Brien	MAGNOLIA
Carmel Devonish	Bryan Lythgoe	MARIA ST
Tom Falconer	Michael J Reglar	RIVER RD
Jean Higginbottom	Pat Reusch	BUNA/KOKODA/EL ALAMIEN
Rachel Smith	Maggie Hughes	GREENOCK Rd PINES
<vacancy>	<vacancy>	KREIG ST
<vacancy>	<vacancy>	AMSTBERG
<vacancy>	<vacancy>	HEIDRICH/MAYWALD

Barossa Village Residents Association



Election of Barossa Village Residents Association President

John Mark Irlam (pictured with wife Gisela)

For anybody not at the recent Barossa Village Residents Association (BVRA), AGM, I would like to introduce myself as the elected president. Two nominations for president were received (Karen Davidson and myself), thus requiring a vote.

At the meeting and just before the vote both of us publicly pledged our support for each other regardless of the outcome. Little did we realise how quickly those words would require action. When the votes were counted it was declared a tie. As there is nothing in the BVRA constitution covering this situation, we were given 3 possible outcomes, joint presidency, one of us withdrawing or a re-vote. We were given a few minutes to talk privately and after that discussion Karen volunteered to withdraw her nomination.

It says a lot about Karen that I have come to know and greatly respect. Without any doubt she would make a wonderful president, and I only hope that she fills that role someday.

I see my role as representing the views and desires of the ILU residents, not my own. The BVRA slogan says, "a Voice for Residents", so please use this option if you have a need. Please contact me with any requests or comments (good or bad) that you have about the organisation. I may not be able to give an answer straight away but will find out or connect you with somebody who can help.

The main ways you can contact me are:

- Whenever you see me,
- Via Cluster Reps,
- Email: gandjirlam@bigpond.com.au
- Mobile: 0408 969 552,
- Home address: 24b Penrice Road, Nuriootpa

Regards,
John Mark Irlam
BVRA President

All Welcome
Sundays 10:30am
Joy Rice Centre, Nuriootpa
more information 0408 194 740

BAROSSA CHRISTIAN FAMILY CENTRE

Community Updates Barossa Christmas Parade

Adventure At Any Age

Winner - Best Community Float

This year, our float drew inspiration from Disney Pixar's *Up*, a deeply touching story about love, loss, and rediscovery. It follows Carl Fredricksen, a widower who embarks on an extraordinary journey to fulfil a lifelong dream shared with his late wife, Ellie. Along the way, Carl finds unexpected companionship with a young boy named Russell, a loyal dog named Doug, and others who help him rediscover joy, purpose, and the beauty of connection.

At its heart, *Up* reminds us that life is an ongoing journey. Even amidst loss, it shows how we can honour cherished memories while continuing to embrace new opportunities for connection, growth, and happiness. By remaining open to new experiences, we celebrate the past while also finding meaning and joy in the present.

The story also offers timeless lessons for all of us:

- **Life After Loss:** Carl's journey reflects the resilience of the human spirit, showing us that moving forward doesn't mean forgetting—it's about carrying love with us as we navigate new chapters.
- **Everyday Adventures:** *Up* redefines adventure as more than grand moments; it can be found in small joys, meaningful relationships, and shared experiences.
- **The Power of Connection Across Generations:** Carl and Russell's friendship is a beautiful reminder of how intergenerational bonds can heal, inspire, and bring new perspectives to life.

Up is a story about hope, resilience, and the power of love in all its forms. It teaches us that life's most meaningful adventures aren't about the destination but the journey itself—and the people we share it with.

A heartfelt congratulations and thank you to our team for sharing this important message and for their passion for bringing people together!





Close Encounters

There's a snake in the house - poem by John Irlam

Gisela walked into the bedroom just after sunrise,
And on her bedside cabinet a big snake she spied,
It moved slightly then slithered under the bed,
Not the usual thing to see, it must be said,
"John, close the doors, I don't think it's a fake"
We blocked all exits so it couldn't make a break,
Its Sunday so we called Gary the maintenance man.
To see if he could come up with some sort of plan.

Gary arrived with the very best man
From Barossa Reptile Service, of course it was Dan,
Dan dressed in his clothes of high vis yellow,
Was very calm and a really nice fellow.
He entered the room with a steady pace,
And saw it looking in Gisela's wardrobe space,
Was it checking out her spring fashions with a curious eye?
He called out "It's a red-bellied black, my, oh my".

We took its photo from a distance well clear,
To remember the day without any fear,
For snakes, though scary are creatures to respect,
Awareness is key but your safety don't neglect,
So in a black bag Dan put our uninvited guest,
He will find a new home, we think that's best,
To live a happy life somewhere in the Adelaide Hills,
Living in Barossa Village is not boring its full of thrills?

John Irlam 7th October 2024

Remember the hot weather can result in a higher viability of snakes around our homes. If you see a snake, do not approach it.

Contact **Barossa Reptile Service - Snake Catcher** who will help relocate these visitors, 24 hours a day, 7 days a week - Dan 0410 571 931.

Join Our Community Events & Programs

Join Our Singalong Group

Do you love music, singing, and connecting with others? If singing brings you joy but you haven't found a place to share it, our new Singalong Group is the perfect opportunity! Join Gisela Irlam and others who share your passion for music in a warm and welcoming environment.

- **When:** Last Monday of each month from 2:00 pm to 4:00 pm
- **Where:** Joy Rice Centre at The Lodge

Our first session will on Monday, 27 January 2025. We'd love to see you there!

Come and join the fun at Games Group

Looking for a fun way to spend your Wednesday afternoon? Join us at the **Social Games Group** every Wednesday from 2:00 pm to 4:30 pm at the Joy Rice Centre, 14 Scholz Avenue.

Whether you want to try a new game, bring friends to host your own table, or just join in the lively fun, there's something for everyone. Expect plenty of laughs, great company, and a variety of card and board games to enjoy!

Gold coin donation (includes tea and coffee). Everyone is welcome – we can't wait to see you!



Have you visited our Community Markets?

Join us on the *first Saturday of every month* for our vibrant **Community Markets**, where residents and community members come together to showcase and sell their goods. Whether you're an artist looking to share your creations, a gardener with fresh produce or flowers to sell, or a musician eager to perform, this is the perfect platform to connect with others and share your talents.

It's a wonderful atmosphere for the whole family – enjoy a spot of local shopping, meet friendly faces, and soak up the community spirit.

- When:** 9:00 am – 1:00 pm
- Where:** On the lawn and inside the Reusch Centre, 24a Murray Street, Nuriootpa.

We can't wait to see you there!



Dementia Support Group

Our Dementia Support Group recently celebrated the end of the year with a joyful Christmas lunch. Over time, we've grown together, creating a close-knit network of support, compassion, and understanding as we navigate the challenges, successes, and trials of dementia.

If you're interested but haven't yet connected, we warmly invite you to join us. Our group offers a safe and welcoming space to share experiences, access valuable resources, and receive compassionate support. Together, we face the journey of dementia care with resilience and empathy.

- Last Tuesday of each month
- Starts 10:00 am
- Barossa Village Residency: 9 Atze Parade, Nuriootpa
- Morning Tea Provided

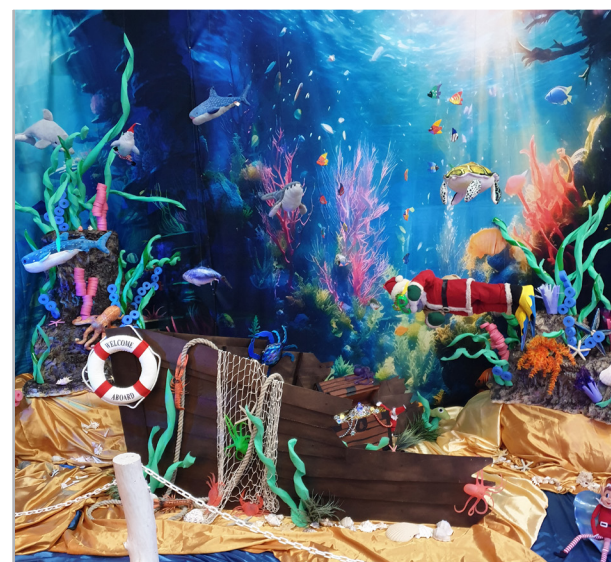
RSVP by the Monday prior to the Residency in person or by phone 8562 0300 (option 1).



Community Connections

Community Connections is a vibrant program offering a diverse range of activities — open to everyone in our community!

Keep reading to discover what exciting events and activities we have coming up!



Community Connections

What is Community Connections?

At Barossa Village, we live by the motto 'More Good Days'—and our Community Connections programs are designed to bring that to life! Whether you're looking to learn something new, enjoy great company, or explore exciting adventures, there's something for everyone.

Engaging Activities for Everyone

Monthly Workshops: Dive into hands-on workshops that inspire creativity and connection. Learn new skills, explore art techniques, and enjoy a welcoming space to create, connect, and have fun.

- **Individual and Small Group Social Support:** Tailored around your unique interests and hobbies, offering personalised opportunities for meaningful connection.
- **Specialised Dementia Group:** A safe, nurturing space for social interaction and purposeful activities, designed to support the specific needs of those living with dementia.
- **Friday Café:** Join our vibrant weekly community lunch! Kick off with a friendly game of indoor lawn bowls, enjoy a delicious meal, and finish with an afternoon of lively bingo.
- **Weekly Outings:** Every Monday, embark on a new adventure! From scenic train rides and gallery visits to historic tours and more, our outings are thoughtfully planned with great lunch stops and weather in mind.

Dedicated Staff, Tailored Support

- Qualified staff lead every session.
- Meals, transport, and personalised support.
- options available.
- Affordable choices through CHSP, HCP, or private payments.

Exciting Updates for Community Connections in 2025!

To stay up to date with everything happening in Community Connections, you can find our **calendar on the last pages of The Grapevine**.

We want to extend a heartfelt thank you to everyone who has shared their feedback about our programs—the joy they bring, the friendships formed, and the wonderful experiences shared. We've also heard that, despite the calendar being in the Grapevine, some of you would like even more detailed information about what's on.

We've listened, and we're thrilled to announce an exciting change for 2025! We'll be introducing a new, detailed calendar of events, designed to provide:

- **A weekly planner** with more in-depth details of regular programs.
- **Extra space to highlight** upcoming Monday groups, workshops, and special events, ensuring you have plenty of notice to plan ahead.

We're excited to roll out these changes in the new year and make it even easier for you to enjoy all that Community Connections has to offer.

Stay tuned for more updates—we can't wait to share this with you!

Upcoming Workshops 2025

Harper's Happiness Polymer Clay - Wearable Art!

Open to the community for all skill levels

Join the talented creator behind Harper's Happiness for a hands-on workshop exploring the art of polymer clay jewellery! You'll learn about this versatile medium, experiment with textures, master fixing techniques, and develop a range of creative skills.

By the end of the session, you'll walk away with your own custom-made earrings and brooch – wearable art designed by you! Plus, the skills you gain will empower you to continue creating beautiful pieces long after the workshop ends.

Don't miss out on our first workshop of 2025 – **book your spot now!**

- **Date:** Thursday, February 27th
- **Time:** 12:30 - 2:30pm
- **Location:** The Lodge -14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$15 - payments now required at booking to confirm your spot

Book: Visit the Lodge - 14 Scholz Ave, Nuriootpa or phone 8562 0300 (option 2)



Monday's Day Trip - Anlaby Gardens



Community Connections

Monday's Day Trip - Anlaby Gardens



CHRISTMAS

word search

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

- | | | | | |
|---------------|----------------|--------------|-------------|-----------|
| BELLS | CHRISTMAS TREE | GIVING | MISTLETOE | STAR |
| CANDLES | DECORATIONS | HOLIDAY | NORTH POLE | STOCKING |
| CANDY CANE | ELF | HOLLY | ORNAMENTS | TIDINGS |
| CAROLING | FAMILY | JOLLY | REINDEER | TINSEL |
| CHIMNEY | FESTIVE | KRIS KRINGLE | SANTA CLAUS | TRADITION |
| CHRISTMAS | GIFTS | LIGHTS | SLEIGH | WORKSHOP |
| CHRISTMAS EVE | GINGERBREAD | MERRY | SNOW | WRAPPING |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8.30 - 4 pm (Pick up starts at 8:30am)</p> <p>Waikerie Santa Cave Come see the Christmas display decorated by volunteers and the local council and start December by getting into the spirit of Christmas</p> <p>Lunch: Waikerie Bakery Low/moderate levels of walking</p>	<p>3 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p>	<p>4 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>5 9.30-11.30am "Living well with Dementia". Individuals living with Dementia, brings an opportunity for individuals to socialise and the drive to continue to do the things that matter the most. Delivered in a small group setting and facilitated by the Wellbeing Coordinator.</p>	<p>6 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: All Aboard BINGO</p>
<p>9 8.30 - 4 pm (Pick up starts at 8:30am)</p> <p>Chihuly in the Botanic Gardens Take a walk through the lush landscape of botanic gardens and celebrate the beautiful glass sculptures on display. Lunch: Pasta at Sefton Park HIGH levels of walking</p>	<p>10 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p>	<p>11 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>12 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>13 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: All Aboard BINGO</p>
<p>15 SUNDAY (Pick up starts at 5:00pm)</p> <p>Christmas Nuriootpa Lights Tour around Nuriootpa to enjoy the Christmas lights on show in the local Community. Dinner: BBQ at Joy Rice Centre (Cost \$5) Low levels of walking</p>	<p>17 9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nuriootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p>	<p>18 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>19 WORKSHOP Christmas Wreath Add that final touch to your Christmas Celebrations with our festive wreath-making workshop! Cost: \$15 (includes materials) Where: Joy Rice Centre, Scholz Ave TIME: 12.30pm-2.30pm</p>	<p>20 10 - 11.30 am: Mix and Mingle 10 - 12.30 pm: BV Bowlers Group 12.30 - 1.30 pm: Christmas Café Luncheon 1:30 - 2.30 pm: All Aboard BINGO</p>

Closed for Christmas **December 22nd to January 5th**
Calendar recommenced Monday, January 6th 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>January 6 8.30 - 4 pm (Pick up starts at 8.30am)</p> <p>Barossa Chateau High Tea (\$12.90) followed by a lovely walk around the property.</p> <p>Lunch: Lyndoch Bakery Low levels of walking</p> <p style="text-align: right;">13</p>	<p>9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nurfootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p> <p style="text-align: right;">14</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 style="text-align: right;">8</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 style="text-align: right;">9</p>	<p>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: All Aboard BINGO</p> <p style="text-align: right;">10</p>
<p>8.30 - 4 pm (Pick up starts at 8:30am)</p> <p>Semaphore Beach Enjoy a stroll along the coast and Jetty or relax at the café</p> <p>Lunch: Fish and chips at the beach Moderate/HIGH levels of walking</p> <p style="text-align: right;">20</p>	<p>9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nurfootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p> <p style="text-align: right;">21</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 style="text-align: right;">15</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 style="text-align: right;">16</p>	<p>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: All Aboard BINGO</p> <p style="text-align: right;">17</p>
<p>8.30 - 4 pm (Pick up starts at 8:30am)</p> <p>Duck pond trail and picnic at Riverton. Explore the history at Riverton</p> <p>Lunch: Picnic (\$5pp) Moderate levels of walking</p> <p style="text-align: right;">27</p>	<p>9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nurfootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p> <p style="text-align: right;">28</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 style="text-align: right;">22</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 style="text-align: right;">23</p>	<p>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: All Aboard BINGO</p> <p style="text-align: right;">24</p>
<p>PUBLIC HOLIDAY</p>	<p>9 am & 10:30 am Fitness For Life BV Residency 9 Atze Pd Nurfootpa</p> <p>1.30 - 4.30pm Individual or Group Sessions Hydro Pool Group Exercise 2.45 pm- Level 3 Class 3.15 pm- Level 2 Class 3.45 pm- Level 1 Class</p> <p style="text-align: right;">28</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 style="text-align: right;">29</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 style="text-align: right;">30</p>	<p>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: All Aboard BINGO</p> <p style="text-align: right;">31</p>

Friday Café Menu - December/ January

Community Connections Calendar

Date	Lunch	Dessert
20th December	Christmas Celebration! Prawn Cocktails Ham & Turkey with Roasted Hasselback Potatoes, Broccoli Bake, Aussie Beans & Pumpkin	Christmas Pudding & Brandy Custard Fruit Mince Pies
10th January	Lamb Chops & Pepper Sauce, Baby Potatoes & Peas	Pavlova with Fruit & Cream
17th January	Butter Chicken & Rice with Greens	Panna Cotta & Strawberry Coulis
24th January	Roasted Leg of Pork, Potato Bake & Greens	Fruit Trifle Cups
31st January	Roast Beef, Potato Bake & Greens	Apple Pie Bites & Ice Cream

Bookings are essential; please confirm your attendance by the Wednesday prior. Please phone the Lodge reception - 8562 0300 (option 2)

ILU Residents & Friends Activity Calendar - Dec/Jan 2025

Activity	Date	Time	Location
Games Group	Every Wednesday	2:00 pm	The Joy Rice Centre
Happy Hour	Thursday 9th January Thursday 13th February Second Thursday each month	4:00 pm	The Joy Rice Centre
Movie Night	Friday 10th January Friday 24th January Alternate Fridays	6:30 pm	The Joy Rice Centre
Art & Craft Group	Every Friday (excluding 27th December) Recommence Friday 3rd January	3:00 pm	The Joy Rice Centre
Singalong Music Group	Monday 27th January Last Monday each month	2:00 pm - 4:00pm	The Joy Rice Centre
The Bobby Dazzler Show - Facebook Live music	Search for the public Facebook group - The Bobby Dazzler Show for more details		As per Facebook Page
Music Night	Tuesday 31st December Saturday 11th January	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 15th January Wednesday 29th January	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 4th January Saturday 8th February	9:00 am - 1:00 pm	The Reusch Center

For further details, please phone the Lodge reception - 8562 0300 (option 2)