

# GRAPEVINE



## RESIDENCY CO-DESIGN GARDEN PROJECT

At Barossa Village, we believe in the power of collaboration, especially when it comes to creating spaces that truly enhance the lives of our residents. That's why we are excited to announce the upcoming transformation of our Residency Gardens, a project rooted in co-design—a process that brings residents, families, and local experts together to shape meaningful spaces.

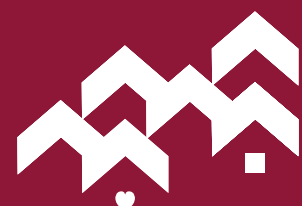
Thanks to a generous donation from local community benefactor Mr Dudley Boehm, we are bringing the vision of enhanced gardens and outdoor spaces to life. This project is not just about planting flowers and trees—it's about creating environments that help you thrive.

In 2025, we'll be rolling out beautiful new sensory garden areas around the Residency, all designed with resident input.

*Story continues page 3*

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

# Hello & Welcome

## Welcome to the February edition of our Barossa Village Grapevine!

As we step into 2025, we're excited to share updates, celebrate milestones, and look ahead to another inspiring year. This edition is packed with insights and highlights, including a snapshot of what we've been up to, upcoming events, and key projects on the horizon.

Here's to a fantastic year ahead—stay connected and enjoy the read!

## Message from the CEO



### Welcome to 2025!

I hope everyone had an enjoyable festive season, staying safe and spending quality time with loved ones, friends, and family.

As an organisation, we had a lot to celebrate across 2024. Now, as we step into the new year, I'm confident that our hard work and dedication have positioned us for a strong and exciting 2025.

### Here's a look at what's ahead:

- Celebrating 20 years of the Residency on Atze Parade, building on the success of our 60th-anniversary celebrations in 2024.
- Completing the Buna Kokoda ILU development, marked by an official opening of the new cluster and welcoming new residents into our community.
- Strengthening outcomes through partnerships and collaborations, continuing the wonderful initiatives established with the Maggie Beer Foundation, Barossa Council, and Barossa Enterprises, among others.
- Anticipating positive news regarding our Heritage Park development funding application, a project we are all very passionate about.

Most importantly, our primary focus will be on navigating the New Aged Care Act and managing the changes it brings. While there are still many unanswered questions, please rest assured that we are well-prepared to respond and assist with any queries you may have.

This is just a glimpse of what's ahead—there's plenty more to look forward to. Here's to a successful and inspiring 2025!

Stay safe,  
**Ben Hall**



## Residency Co-Design Garden Project

*Cover story continued.*

The first co-design meeting took place on January 23 with AB Wing residents, where they shared ideas on how the spaces should look, function, and feel. Residents are actively involved in every detail, from plant selection to materials for footpaths and design concepts. These highly engaging meetings give residents the chance to contribute their ideas, ensuring the spaces reflect their preferences.

Barossa Village's new Residency Gardens will focus on socialisation, sensory stimulation, and accessibility—essential elements of mental and emotional wellbeing. By involving residents in the co-design process, we ensure each garden space promotes a sense of community, connection to nature, and empowerment, all of which are key aspects of person-centred care.

The design focuses on key pillars: socialisation, sensory experiences, accessibility, and connection to nature. Highlights include:

- **Socialisation:** Wide footpaths, group seating areas, and spaces for shared activities will encourage meaningful connections.
- **Planting with Purpose:** Edible plants and decorative flowers will combine utility and beauty.
- **Sense of Place:** Native Australian plants and locally sourced materials reflect the Barossa's identity.
- **Sensory Features:** Fragrant blooms, textured foliage, and a calming water feature provide an immersive, soothing experience.
- **Accessibility & Safety:** Circular routes, raised garden beds, and wheelchair-friendly paths ensure everyone can enjoy the space.

- **Connection to Nature:** Wildlife-friendly elements like birdbaths and feeders nurture biodiversity.
- **Sustainability:** Hardy plant choices and efficient irrigation systems ensure the gardens are both beautiful and eco-friendly.

To complement the garden upgrades, we are collaborating with local mosaic artist Kate Ahlfors 'That Mosaic Chick' to create a community art piece that will add vibrancy and creativity to our gardens, reflecting the spirit of our Residency.

This co-design initiative marks a new era in residential care, where resident voices shape the environment they live in. It's a powerful example of how working together can create spaces that foster a deep sense of ownership and pride within our community.

We're excited for the journey ahead and look forward to seeing these new spaces come to life. Stay tuned for updates as we progress with this development.



# Residency Highlights



## We Have Chickens!

There's a quiet sense of joy as our new feathered friends, the Chinese Silkies chickens, settle into their new home. Watching them walk through the vegetable gardens is a simple pleasure, their gentle presence adding a peaceful rhythm to the day.

They've become so at home here that we've added a "watch for chickens" sign on the courtyard doors—just like our residents, they enjoy roaming and making this space their own. Their calm presence has brought an extra layer of warmth to our community, and we're all a little richer for it.



Recently, the Wellbeing Team spent time with residents testing out the upgraded Tovertafel, and the results were outstanding! The games include a variety of activities such as word puzzles, soccer, polishing cutlery, popping bubbles, and making music, ensuring there's something for everyone to enjoy.

The Tovertafel has been thoughtfully designed to cater to varying abilities, featuring five levels of difficulty and the flexibility to project games onto a table or the floor. It also supports residents with hearing and vision impairments, offering options for different props and screen sizes, making it an inclusive experience for all.

Residents have embraced the new games with enthusiasm, with their competitive spirits shining through. Keith, Theo, and Rosemary joined Wellbeing staff Kylie, Michele, and Ben for a fun-filled session, demonstrating the joy and connection this innovative technology brings to our community.

## Exciting News at the Residency with the Tovertafel Upgrade

The Residency is buzzing with excitement following the recent upgrade of the Tovertafel, an interactive games console specially designed for people living with dementia. This upgrade has expanded the range of games from 10 to an impressive 25, creating even more opportunities for fun and engagement.



# More Good Days

## Tour Down Under

Inclusion is at the heart of everything we do at Barossa Village! On the 22nd of January, the Barossa was alive with excitement as the second stage of the Tour Down Under came to town. Our residents were right in the thick of the action, experiencing the thrill of world-class cycling as it sped past us.

We created our very own VIP viewing area, complete with prime seating, refreshing drinks, and an abundance of cheer to soak up the incredible atmosphere. For those who couldn't be there in person, we set up a live stream so they could feel as though they were right there, roadside with us! Residents laughed, waved, and embraced the rush of excitement as the cyclists zoomed by—another unforgettable moment turned into a cherished memory.

The Barossa isn't just home to stunning vineyards; it's a lively hub of culture, activity, and community spirit. Barossa Village is proud to be a part of this vibrant landscape, creating opportunities for our residents to stay engaged, connected, and deeply embedded in the energetic Barossa lifestyle.



# Meet Barossa Village's Board

At Barossa Village, our Board members are the driving force behind our mission, ensuring we continue to provide exceptional care, foster meaningful community connections, and create more good days for those we support. With a deep commitment to governance, innovation, and integrity, they bring expertise and leadership to every decision, enabling us to deliver high-quality care, strengthen partnerships, and shape a thriving future for our community.

Our Board is excited to connect with staff, residents, and volunteers, sharing more about who they are and learning from you. Enjoy reading their stories, connect with them at the Consumer Advisory Board meetings, site tours, and community events.



## Helen O'Brien Chairperson

Hello! I'm Helen O'Brien and I'm Chairperson of the Barossa Village Board. I work with other Board members and the CEO, Ben Hall to ensure that Barossa Village continues to be a vibrant, go ahead and successful organisation for its residents, staff, contractors, volunteers and those who receive services.

I moved to Tanunda, with my husband some eight years ago...and I love it!

I was born in the UK and studied at business schools in London and Marseille.

My work life has focussed on education where I've been a teacher, mathematics consultant, principal, system administrator and eventually director of the Catholic school system in South Australia. I've been blessed in the opportunities I've had to serve people and communities. My association with the Barossa Village Board continues, for me, this focus on service.

A good part of my time is taken up now with working for the Barossa Village community, an extraordinary organization which is critical to the Barossa.

Otherwise, you might meet me enjoying coffee, on my regular walks, at the film club, working out at the gym or very occasionally tracking down that single glass of magnificent red at one of our cellar doors. Life in the Barossa is a joy!





**Trudy Vaughan**

Hi, my name is Trudy. I am currently a very proud member of the Barossa Village Board and have been for approximately 10 years.

As part of my board role, I represent the Board at quarterly Clinical Governance meetings where we acknowledge and discuss the work done, by the clinical team, to ensure safe and quality care is provided to our clients and residents. Attending these meetings are a pivotal part of understanding the complex nature of Aged Care and the significant effort required to meet Aged care standards and deliver services to our people.

I am married with a daughter, son-in-law and 2 gorgeous grandchildren aged 3 and 5.

I have worked for many years as a Registered Nurse, mainly in the acute hospital setting. My career started at the age of 17 in an acute rural regional hospital. I developed an interest in renal nursing. After completing Renal Nursing at The QEH I returned to Port Augusta Hospital working in and managing the Renal Dialysis Unit for 7 years before moving to The Barossa in 1996 and returning to General Nursing.

I was fortunate to gain a regional nursing role in 2010 -2012, promoting Advance Care Planning throughout Country Health. It was during this time I developed close networks with many Aged Care Facilities and Services, working to assist people to document their health care wishes for the future. I have continued this work in a voluntary capacity now, as part of a small group, providing a free service to the community. I find this a personally rewarding and satisfying role, guiding people through some tough decisions and difficult conversations.

In recent years I have worked in acute nursing roles including Theatre and Emergency and most recently in management roles.

My husband and I have a passion for cars, mainly Hotrods, but we also own a custom car. We are part of an active club in the Barossa, organising a large event in Tanunda every January, entertaining people from interstate and around South Australia. The club raises money during the event to support local charities such as The Community Kitchen. A very rewarding and fun event.

I look forward to 2025 and the challenges The Board and management of Barossa Village face, as we fight to ensure our community have the Aged Care services they deserve.

## Barbara Storey



Since arriving in Australia and immediately making my home in the Barossa, I have become a well-known name in the region as well as in the wine and tourism sectors in Australia.

Hailing from the U.S., I have a BA in Writing and have had my work published in national and regional magazines and newspapers.

I have wide-ranging public relations and brand communication experience. I was Communications and Promotions Manager for Wine Barossa and Barossa Australia, was director of the multi-award winning Barossa Vintage Festival, creating an international profile for the long-running event. I have had a range of consultancies across a broad spectrum of sectors, with particular focus on food, wine and tourism.

I has been a mentor for regional events for Events South Australia, a judge of the South Australian Tourism Awards and a keynote speaker at international wine tourism conferences in South Australia, Western Australia and Rioja, Spain.

A past lecturer and program manager in Tourism, Customer Service and Sales at TAFE and lecturer at Flinders University, I was inducted as a Baron of Barossa in 2009 in recognition of my dedication to the Barossa region.

Currently on the board of Barons of Barossa, you can catch a glimpse of me at the annual Declaration of Vintage in Tanunda in February, resplendent in my red and yellow Barons robes.

## Matt McCulloch



I was born in the UK and studied at business schools in London and Marseille.

After roles with Coca-Cola France and PepsiCo UK, I joined Thierry's, the UK's largest importer of French wines, responsible for a quarter of French wine sold in the UK. I helped build the business to an annual volume of five million cases from thirteen countries and more than seventy suppliers.



*Matt McCulloch continued.*

In 2006, myself, my wife, Gina, and son Finlay immigrated to the Clare Valley, where I looked after the global sales and marketing for Kirrihill Wines. I also realised my long-held dream of owning a vineyard, growing grapes and making wine. In 2009, I became the General Manager of Château Tanunda. Now joined by my daughter Megan, our family relocated to the Barossa, where I am the Managing Director of Langmeil Winery.

I am a member of the Wine Barossa Committee from 2011 onwards, was its Chair and a Barossa Grape & Wine Association board member. I am also a board member of Barossa Village Inc. and the South Australian Wine Industry Association.

I barracked for the Barossa District Football & Netball Club and I even managed a few games for the Barossa Rams Rugby Club before common sense prevailed.

I am a member of the Wine Barossa Committee from 2011 onwards, was its Chair and a Barossa Grape & Wine Association board member. I am also a board member of Barossa Village Inc. and the South Australian Wine Industry Association.

## Phil Armstrong



I was born in England in 1966 and emigrated to Australia as a baby with my family – officially making me one of Australia’s ‘10 pound poms’.

My father was a wine maker and I moved around a lot as a child and lived in wine growing districts such as Great Western, Reynella and the Hunter Valley.

Eventually the Barossa became home and together with my partner Virginia we settled in Greenock and brought up our 4 children in the local community.

After completing an Economics degree at Adelaide University, I worked for almost 35 years at Yalumba Wines as part of their accounting team. Early retirement from full time work was always a goal which I’m happy to say was achieved in late 2023.

Retirement is fantastic! I now spend my time travelling, gardening, canoeing, playing golf, supporting my soccer teams and volunteering in my local community.

I am a life member of the Nuriootpa Hockey Club and a Baron of the Barossa.

In May 2024 I joined the Barossa Village board. I have been very impressed with the ethos of the Barossa Village.

The dedication of the staff and the fact that the well-being of the residents/ customers is the paramount consideration behind all decision making.

I look forward to being involved with the Barossa Village and the exciting projects and improvements on the horizon.



## Sally Collings

Hello to you all, my name is Sally Collings and I joined the Barossa Village board in 2018. It wasn't something I planned to do, but the then chair of the Board assured me the Board was great to work with. The other reason I joined the Board was to give something back to the Barossa, after all, I had lived in Tanunda for 25 years and was practically a local.

I initially moved to the Barossa in 1994, taking on my first job as a cadet journalist with the Barossa Herald. My career was fast-tracked by two key events. The first was an armed siege near Nuri on my second day on the job. This not only landed me a front seat at the crime scene, but a front page story! The second event was the editor transferring interstate, which meant I was promoted to senior journalist within a month of starting a 12-month cadetship.

Fast forward 30 years exactly, and I have left behind my days as a journalist and editor and am now a history book author. This is fantastic work because I get to dig through archives and interview some very interesting people. Many of them are in their 90s and they have incredible stories to tell.

As a board member it is a great privilege to hear some of these stories as we are updated on the constant thread of activities and achievements that are happening at Barossa Village every month. I have thoroughly enjoyed my involvement with Barossa Village so far. For me, the highlight has been working with the staff and other board members and having the opportunity to meet residents and volunteers and hear their stories.

## Connect Consumer Advisory Body

**The Consumer Advisory Body (CAB)** connects our clients directly with the Board, providing a platform for open dialogue and valuable insights into lived experiences. By sharing feedback on our care and services, CAB members play a vital role in shaping the future of Barossa Village.

### Why not join the Consumer Advisory Body?

We welcome expressions of interest from current residents, clients, or their representatives. Contact Reception for further information on 8562 0300 or visit The Lodge, 14 Scholz Avenue Nuriootpa between 8:30 am to 4:30 pm - Business days.





## John Angas

I was invited to join the board of Barossa Village in 2006. I was surprised that a Nuri centric organisation would want someone from the beautiful eastern edge of the Barossa (Angaston) on their board, but I always say, "If you can, you should", so I did! It's been a steep learning curve.

I am a farmer first and foremost and with my wife Jan, we run merino sheep for wool production, some first cross lambs for meat production, seventy acres of vineyard, share farm cereal crops and have a couple of on farm accommodation units. We have a cellar door for our wine production, and supply local restaurants with our prime lamb.)

Jan and I have three adult children and four beautiful grand daughters. We enjoy the quiet life on the farm but also check out the arts scene in Adelaide and locally. Love a day at the river, we have a shack near Swan Reach where we can indulge in "river time".

I have a strong interest in things mechanical, if it flies, floats or travels on land, you have my attention! I like to fix things and I particularly dislike wastage! Something about my Scottish ancestry!

I am also an elected member of the Barossa Council, have been since 1999! I enjoy the challenge of trying to make a difference in people's lives. Sometimes you can help and sometimes you can't, but at least I can lend a sympathetic ear.

My time with Barossa Village has been incredibly rewarding. As a board member, we have always fought for the best interests of our Barossa Village community. This is not always easy with government bureaucracy, but we do our best in the interest of everyone in our care.

As I approach 20 years on the board, I think about retirement, but then I think, that's for people much older than me!

## Upcoming Consumer Advisory Body Meetings

Independent Living: 10:00 am, Tuesday 11 March – The Lodge  
Community Care: 2:30 pm, Wednesday 12 March – The Lodge  
Residential Care: 10:00 am, Thursday 20 March – The Residency

# Community Highlights



## A Community Built on Fun, Friendship & Adventure

Clients and volunteers have shared what they love most about Barossa Village's Community Connections Monday Day Trip Outings—and it's truly something special.

A heartfelt thank you to everyone who has participated, led, or volunteered their time to make these experiences so meaningful. Your efforts help create a community filled with laughter, connection, and unforgettable moments.



Here's what makes these outings so wonderful:

- Enjoying the company of others
- Places we visit
- Getting out the house and going for a drive
- To share a laugh with others
- Its better than sitting at home
- Seeing the smiles on the clients faces
- Travelling to places they haven't seen for a while
- The changes in the environment, enjoying the scenery
- Revisiting places where I visited or grew up
- Good food



These outings aren't just about the destinations—they're about the connections made along the way.

As we embark on new adventures in 2025, we invite you to be part of Community Connections—a program open to everyone, not just Barossa Village clients.

Check out our monthly calendar in each edition of the Grapevine newsletter  
- For more information call: 8562 0300 (option 2) or visit us at 14 Scholz Avenue, Nuriootpa (Monday–Friday, 8:30 AM – 4:30 PM)



# More Good Days



## Jeffy, The Loyal Shadow

In the town of Nuriootpa, we live a quiet life,  
With a dog named Jeffy, who brings joy to my wife,  
Gisela his owner, has a smile so bright,  
Because Jeffy is with her from morning till night.

In the house and garden wherever she will go,  
Jeffy is there with his wagging tail in tow,  
His eyes full of love, his steps in sync,  
A bond so pure everybody should experience it I think,

I'm first reserve I say with a chuckle and a cheer,  
But I know their devotion is crystal clear,  
At the AWL animal shelter they had their first embrace,  
And since then, he follows her at a steady pace,

In rain or sunshine, through laughter or tears,  
Jeffy's loyalty shines, dispelling any fears,  
A friend so faithful, and companion so true,  
In Gisela's heart, her love for Jeffy just grew.

So, here's to Jeffy, even with his faulty heart,  
He still follows Gisela, never far apart,  
Everybody who sees them can't help but smile or grin,  
Because they'll forever remember, true love will  
always win.

*John Irlam, 6th October 2024.*

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

**BAROSSA CHRISTIAN FAMILY CENTRE**

# INTRODUCING New Look Calendars

**We listened to your feedback, and here it is!** Our updated calendar section in the Grapevine now provides more detailed information about upcoming and regular activities.

In this section, you'll find what was previously our calendar-style Community Connections—now as **"What's On Weekly."** This new format offers greater detail on programs, what to expect, and a space to share photos and stories from our community. It's designed to keep you informed, engaged, and connected while giving you a place to share your voice.

We hope you enjoy the new look!





## Dementia Support Group

Our Dementia Support Group provides a close-knit network of support, compassion, and understanding as we navigate the challenges, successes, and trials of dementia together.

If you haven't connected with us yet, we warmly invite you to join. 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).



At Barossa Village, we offer two regular activity calendars beyond our Residential Care activities, as well as host specialised monthly groups or featured events designed to bring people together, foster friendships, and create meaningful experiences.

## Community Connections Calendar

Looking to learn something new, explore local attractions, or simply enjoy shared interests with like-minded people? Our Community Connections program offers a range of engaging activities **led by Barossa Village staff**, designed to enrich your day and connect you with the community.

This is a paid program, open to both residents and the broader community, with a structured fee covering participation, and when available transport, and meal options.

## Social ILU Calendar

Created by Independent Living Unit residents for their peers, this **resident-led program** offers a relaxed and welcoming space for social connection. With no cost to participate, these activities provide a wonderful way to stay active, make new friends, and enjoy the company of others in a casual setting.

Continue reading to explore our current offerings. If you'd like more information or have suggestions for new activities, please contact The Lodge Reception on 8562 0300—we'd love to hear from you!

# Social ILU Calendar

## Join the ILU Social Calendar Open to the Wider Community

The ILU Social Calendar is a vibrant initiative hosted by Barossa Village Independent Living Unit residents who are passionate about creating a welcoming and connected community. It's designed for like-minded people looking to socialise, have fun, and build meaningful connections.

Unlike traditional programs, these events are **led by residents**, not Barossa Village staff, making them truly community-driven. With an ever-evolving program of activities, there's always something new to enjoy—a space where friendships grow and shared interests bring people together.

We invite you to come along and be part of the fun!

Activity	Date	Time	Location
Games Group	<b>Every Wednesday</b>	2:00 pm	The Joy Rice Centre
Happy Hour	Thursday 13th February Thursday 13th February <b>Second Thursday Each Month</b>	4:00 pm	The Joy Rice Centre
Movie Night	Friday 10th January Friday 28th January <b>Alternate Fridays</b>	6:30 pm	The Joy Rice Centre
Art & Craft Group	<b>Every Friday</b>	3:00 pm	The Joy Rice Centre
Singalong Music Group	Monday 24th February Monday 24th March <b>Last Monday Each Month</b>	2:00 pm - 4:00 pm	The Joy Rice Centre
The Bobby Dazzler Show - Facebook Live	Search for the public Facebook group - <b>The Bobby Dazzler Show</b> for live music performances		As per Facebook Page
Music Night	Saturday 22nd February Saturday 22nd March <b>3rd Saturday Each Month</b>	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 12th February Wednesday 26th February <b>2nd &amp; 4th Wednesday</b>	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 1st March Saturday 5th April <b>1st Saturday Each Month</b>	9:00 am - 1:00 pm	The Reusch Center

For more information or to connect with program facilitators:

Call Barossa Village Lodge Reception on 8562 0300 (Option 2) or visit us at 14 Scholz Avenue, Nuriootpa (Monday–Friday, 8:30 am – 4:30 pm)

**Important Update:** we are no longer printing individual calendars for collection at the Lodge. You are welcome to collect additional Grapevine Newsletters if you would like to share the programs with friends or family.



# Activity Snapshots

## 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.

## Music Nights - Special New Year's Party

Our Music Group usually meets on the third Saturday of each month, but to celebrate the New Year, we hosted a special event on December 31st to farewell 2024 and welcome 2025! It was a fantastic night filled with great music and good company.

We're excited to continue our regular weekend events, so if you enjoy live music and a fun social atmosphere, we'd love for you to join us!



**Have you attended a social group and have a comment or photos to share?** We would love to include them in this space. Contact the reception for details 8562 0300 (Option 2).

# Community Connections Calendar

Whether you're eager to learn new skills, explore new experiences, or connect with others who share your passions, our dedicated coordinators are here to create unforgettable moments for you. At Barossa Village, we're committed to bringing "More Good Days" to our community through engaging and meaningful activities.

**Community Connections** is a **paid program open to the broader community**, with a structured fee schedule for participants. Each session is led by a Barossa Village staff member and includes available transport and meal options.

**Bookings are essential.** To enquire, book, or find out more, contact Barossa Village:

- Lodge Reception: 8562 0300 (Option 2)
- Visit us: 14 Scholz Avenue, Nuriootpa (Monday–Friday, 8:30 am – 4:30 pm)

**What makes a good day for you?** Our programs are personalised, and we love hearing your ideas! If there's a place you'd like to visit or an activity that excites you, let us know—we value your feedback.

## What's On Weekly








<b>MONDAY</b>	<ul style="list-style-type: none"><li>• <b>Day Trip Group Outings:</b> pickup starts at 8:30 am</li></ul>
<b>TUESDAY</b>	<ul style="list-style-type: none"><li>• <b>Fitness For Life</b> 9:00 -10:00 am</li><li>• <b>Aqua Fitness &amp; Hydrotherapy Sessions</b> 1:30 pm - 4:30 pm<ul style="list-style-type: none"><li>2:45 pm - Level 3 Aqua Fit (Advanced)</li><li>3:15 pm - Level 2 Aqua Flow (Intermediate)</li><li>3:45 pm - Level 1 Aqua Ease (Beginner)</li></ul></li><li>• <b>1:1 Individual Physiotherapist Hydro Session</b></li></ul>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"><li>• <b>1:1 Home-Based Exercise Program</b> with Allied Health Assistant</li></ul>
<b>THURSDAY</b>	<ul style="list-style-type: none"><li>• <b>Living Well with Dementia:</b> 1st Thursday of the month 9:30 am - 11:30 am</li><li>• <b>Small Group Social Support:</b> 2nd &amp; 3rd Thursday of the month</li><li>• <b>WORKSHOP</b> feature event - Last Thursday of the month 12:30 pm - 2:30 pm</li></ul>
<b>FRIDAY</b>	<ul style="list-style-type: none"><li>• <b>1:1 Home-Based Exercise Program</b> with Allied Health Assistant</li><li>• <b>Mix and Mingle</b> 10:00 am - 11:30 am</li><li>• <b>Indoor Bowling</b> 10:00 am - 12:30 pm</li><li>• <b>Cafe Luncheon</b> 12:30 pm - 1:30 pm</li><li>• <b>All Aboard BINGO</b> 1:30 pm - 2:30 pm</li></ul>

**Please note:** Your health and wellbeing are our top priorities, and programs may be adjusted based on weather conditions. As this is a staffed calendar, last-minute cancellations or non-attendance may incur a charge.



# What's On Weekly - Detailed

## MONDAY

DATE	ACTIVITY	DETAILS	LUNCH
<b>10th February</b>	<b>Public Art Exhibitions: Glenelg</b> Low walking level 	Dynamic and diverse collection, contemporary sculptures along the coast path, drive and walk to view the collections	<b>Watermark Hotel</b>
<b>17th February</b>	<b>Henry Whyllie Heritage Garden (Auburn)</b> Low/Moderate walking level 	Experience the garden in your own way, rich in productive and ornamental trees, stone lined creek and running water and birds busy in the trees.	<b>The Little Red Grape Bakery</b>
<b>24th February</b>	<b>Aurkos Lookout</b> Low/Moderate walking level 	Nestled in the scenic Vista area of SA, the lookout point offers an expansive panorama of the North East suburbs. Enjoy the surrounding landscape and bring you camera	<b>The Gully Public House and Garden Hotel</b>
<b>3rd March</b>	<b>Urlwin Museum (Balaklava)</b> Moderate walking level 	Urlwin Park which is quite a large museum, displays agricultural equipment, motors, different kinds of engines horse drawn vehicles and more.	<b>Terminus Hotel</b>
<b>10th March</b>	<b>Tea Tree Plus Savers</b> Low/Moderate walking level 	Tea Tree Plus Savers Thrift and second-hand store. If you enjoy finding a bargain or treasure, you'll enjoy this store.	<b>Modbury Hotel</b>
<b>17th March</b>	<b>Henry Whyllie Heritage Garden (Auburn)</b> Moderate walking level 	Garden has a rich collection of ornamental and productive trees along with a great variety of smaller trees and shrubs.	<b>The Little Red Grape Bakery</b>
<b>24th March</b>	<b>Beerenberg Farm</b> Low walking level 	Enjoy a morning at their Farm Café followed by a browse in the Farm Shop where you can purchase jams, curds, sauces.	<b>Local Bakery in Hahndorf</b>

## TUESDAY

### Fitness For Life

Delivered in a group session, equipment and exercises tailored to seniors, circuit designed class, suitable for all fitness levels with ongoing support by Allied Health Assistances

#### Benefits:

- Form social connections
- Build strength, flexibility and balance
- Improve functional abilities
- Enhancing wellbeing and mental health

**Time:** 9:00 -10:00 am

**Location:** Barossa Village Residency - Atze Parade, Nuriootpa



## WEDNESDAY (& FRIDAY)

### 1:1 Exercise with Allied Health Assistance

#### Home-Based Exercise Program

Boost your health with a personalised exercise plan in the comfort of your home!

1. Speak to your coordinator to book a physiotherapist visit.
2. Our physiotherapist will visit you to assess your needs and set achievable goals.
3. They'll create a custom exercise program designed just for you, delivered by an Allied Health Assistant through weekly sessions.

Programs available Wednesday or Fridays

### Aqua Fitness & Hydrotherapy

#### 2:45 pm – Level 3: Aqua Fit (Advanced)

A high-intensity, full-body workout designed for advanced swimmers. This 30-minute class focuses on cardio, strength, and resistance training, held in the deep end of the pool.

#### 3:15 pm – Level 2: Aqua Flow

(Intermediate) Ideal for intermediate swimmers, this 30-minute class enhances balance, posture, flexibility, and endurance. Sessions take place in the shallow to middle section of the pool.

#### 3:45 pm – Level 1: Aqua Ease (Beginner)

Perfect for beginners, this gentle 30-minute class helps build water confidence, improve balance and coordination, and promote flexibility and relaxation. Held in the shallow end of the pool.

#### 1:1 Individual Physiotherapist Hydro

**Session** Did you know you can access a Tailored 30-minute hydrotherapy session with a physiotherapist **through your Home Care Package (HCP)**? Speak with your Coordinator to arrange this personalised service.

**Location:** Hydrotherapy Facility - Atze Parade, Nuriootpa



# What's On Weekly - Detailed

## THURSDAY

### Living Well with Dementia

1st Thursday of the Month

**Living Well with Dementia Program** fosters social connections and encourages the continued pursuit of meaningful activities.

Through small group sessions, we provide a supportive and inclusive environment where individuals can engage, connect, and thrive while living well within the community.

### Workshop - FEBRUARY 27th

Last Thursday of the Month

#### Harper's Happiness Polymer Clay Wearable Art

Join the creator behind *Harper's Happiness* for a fun, hands-on workshop in polymer clay jewellery! Learn techniques, experiment with textures, and create your own custom earrings or brooch to take home.

- **Date:** Thursday, February 27th
- **Time:** 12:30 - 2:30 pm
- **Location:** The Lodge, 14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$15 (payment required at booking). Bookings via the Lodge Reception - call 8562 0300 (Option 2).



### Social Small Group

2nd and 3rd Thursday of the Month

We understand that large group settings or full-day outings aren't for everyone. Our **Small Social Group** offers a more relaxed and personalised experience, with shorter trips tailored to individual and group interests.

Whether you'd like to restart a hobby, learn something new, or revisit meaningful places, you can enjoy outings at a comfortable pace while staying connected with friends or like-minded people.

### Upcoming Workshop - MARCH 27th

#### Kimekomi Easter Eggs

Traditional Japanese Craft

Create beautiful, hand-crafted Kimekomi Easter Eggs, a traditional Japanese technique using fabric and decorative patterns. No sewing required—just creativity! Perfect as unique Easter decorations or gifts.

- **Date:** Thursday, March 27th
- **Time:** 12:30 - 2:30 pm
- **Location:** The Lodge, 14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** \$15 payment required at booking). Bookings via the Lodge Reception - call 8562 0300 (Option 2).





# FRIDAY

## 1:1 Exercise with Allied Health Assistance

- **1:1 Home-Based Exercise Program** with Allied Health Assistant
- **Mix and Mingle** 10:00 am - 11:30 am
- **Indoor Bowling** 10:00 am - 12:30 pm
- **Cafe Luncheon** 12:30 pm - 1:30 pm
- **All Aboard BINGO** 1:30 pm - 2:30 pm

## CAFE LUNCHEON - FEBRUARY MENU

DATE	LUNCH	DESSERT
7th February	Silverside with Cheese Sauce, Mash Potato, Carrots & Peas	Chocolate Bavarian
14th February	Chicken Schnitzel with Mushroom Sauce, Potato Bake & Greens	Panna Cotta & Strawberry Coulis
21st February	Braised Steak in Dianne Sauce, Baby Potatoes, Honey Carrots & Peas	Tiramisu
28th February	Roasted Leg of Pork, Potato Bake & Greens	Fruit Trifle Cups
7th March	Beef Lasagne, Baby Potatoes and Garden Salad	Peach & Mango Cheesecake
14th March	Chicken Mignon with Mushroom Sauce, Mashed Potato & Greens	Panna Cotta & Berry Coulis
21st March	Braised Lamb in Pepper Sauce, Baby Potatoes, Honey Carrots & Peas	Tiramisu
28th March	Roast Pork , Roast Vegetable Medley & Broccoli Bake	Apple Pie Bites & Ice Cream

**Bookings are essential** – please confirm your attendance by the Wednesday prior. As spaces are limited, cancellations or non-attendance may incur a charge.

**Dietary requirements are required at time of booking - no later than 3 days prior to event.**

To book: Call Lodge Reception at 8562 0300 (Option 2) or visit us at 14 Scholz Ave, Nuriootpa.

# Volunteering Opportunities

At Barossa Village, our **volunteers bring joy, friendship, and support** to our residents and community. Whether it's sharing a conversation, helping with activities, or lending a hand in the garden, your time can make a real difference.

We welcome caring, dedicated individuals who have a few hours to spare each week. Comprehensive training and support are provided to ensure you feel confident in your role.

## Ways To Get Involved

### Residency Volunteering

- **Companion Therapy** – Chat with residents and brighten their day.
- **Bingo & Games Support** – Assist with bingo (Thursdays) or carpet bowls (Fridays).
- **Walking Group** – Support residents in staying active (Weekday mornings).
- **Gardening** – Help maintain the beautiful residency gardens.
- **Music & Creative Activities** – Share your musical talents or lead a craft or hobby group.
- **Spiritual Support** – Assist with church services or communion.

### Community Volunteering

- **Friday Café Luncheon** – Help with meal service, social connection, and clean-up.
- **Various roles and tasks exist across the Community Connections program.**

**Interested in volunteering?** Contact us today to explore opportunities and start making a difference! Call Lodge Reception at 8562 0300 (Option 2) or visit us at 14 Scholz Ave, Nuriootpa.

## Thank You to Our Incredible Volunteers!

Meet Miriam, one of our wonderful volunteers who brings creativity and kindness to our Residency programs, arts & crafts, and events. She also lovingly knits teddies, each with a unique name or slogan—here she is with 'Having a Bad Hair Day'!

A heartfelt thank you to Miriam and all of Barossa Village's incredible volunteers. Your time, care, and generosity bring so much joy and support to our residents. We appreciate you!



# Have Some Fun

