GRAPEVINE



Barossa Village and Lifeline Announced!

Barossa Village is pleased to announce an exciting new collaboration underway with Lifeline Regional SA and Far West NSW, aimed at providing mental health support to the Barossa Valley. This initiative, supported by The Enhance Barossa Mental Health (EBMH) Steering Committee, will begin in a few months seeing the transition of Barossa Village's OpShop into a Lifeline OpShop. Over time, the space will evolve to house a Lifeline Connect Centre, offering free psychological services to the region.

Dr. Bill Gransbury, Chair of the Enhance Barossa Mental Health Steering Committee, has played an instrumental role in connecting Barossa Village's CEO Ben Hall and Lifeline Regional SA & Far West NSW CEO Robert Martin. Dr. Gransbury's advocacy, along with the ongoing support of the Steering Committee, has been key in making this collaboration a reality.

The first phase of this partnership will see the current Barossa Village 24a Murray Street, Nuriootpa OpShop rebranded as a Lifeline OpShop, continuing as a familiar and welcoming place for the community to shop, donate, and volunteer.

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Lifeline Cover Story Continued

Profits from the retail outlet will directly fund Lifeline's crisis intervention services, ensuring that every purchase and donation has an immediate impact. Beyond retail, the OpShop will become a space for connection and support, where volunteers can assist, share information about mental health resources, and guide those who may be struggling. Over time, the space will evolve to include on-site counselling services, providing immediate psychological support for individuals in need.

This partnership is a significant step in addressing the growing mental health needs of the Barossa Valley. While the Connect Centre will not be operational immediately, this is the beginning of a long-term vision for improved mental health services in the region. Barossa Village and Lifeline are committed to creating a place where help is accessible, free, and just around the corner for those who need it most.

As we continue developing the Lifeline Connect Centre, we invite the community to get involved. Volunteers play a fundamental role in bringing this vision to life, and your support at the OpShop will help provide vital crisis services and mental health resources. By volunteering, you'll be part of a movement that makes a real, lasting difference in the lives of those who need it most.

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 going for daily walks with residents, 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.
- Op Shop sorting, sales and other supportive tasks.
- Various roles and tasks exist across the Community Connections program.

Interested in volunteering? Phone the Lodge Reception at 8562 0300 (Option 2) or visit us at 14 Scholz Ave, Nuriootpa.

Hello & Welcome



Message From Our CEO **Ben Hall**

There is lots to be excited about with many of yesterdays sewn seeds bearing fruit over the past month.

I am personally thrilled to be part of the Lifeline partnership alongside Rob Martin from Lifeline.

Dr Bill Gransbury of the Enhance Barossa Mental Health Steering Committee, was the original gardener, planting the first seeds. Once arrangements are finalised, Barossa Village will be integral in bringing this essential service to our community. I must give special thanks to our Op Shop volunteers who have willingly contributed to the discussion and shown their support: we are able to be part of this because of your past and current efforts.

We have opened the Buna Kokoda cluster in Nuriootpa and welcomed our new community. In the early 2020's, with foresight, we acquired land at 10 Buna Terrace and have since built the 5 new homes, realising the potential of previously landlocked land. There are many design and construction partners that were involved, but I must extend my thanks to our own teams who worked tirelessly over the final days before the opening to ensure everything was 'ship-shape' so that you could all view the homes complete.

The Australian Government's implementation of the new Aged Care Act is well underway as we quickly race toward 1 July. You will know that the new Act implements the strengthened Aged Care Quality standards to ensure care is safe, high-quality and tailored to meet the needs of older people; all of which aligns with the Vision and Mission of the Barossa Village. At the time of writing, we are starting to see particular details come through to support the change along with a federal budget and the potential for an election. I want to assure you that we are working to ensure uninterrupted services through the transition and as information comes to hand, we will be sharing updates so that you are also informed.

All-in-all, its wonderful to see these changes coming into reality as they are all important to enable the ongoing delivery of high-quality care, but we must acknowledge that change can sometimes bring uncertainty. Please know that the Barossa Village team is here for you if you ever have any questions. At the end of the day, to quote my new friend Dr Rob Martin from Lifeline: its about you so not without you!

Stay safe, **Ben Hall**

Buna/Kokoda Grand Opening

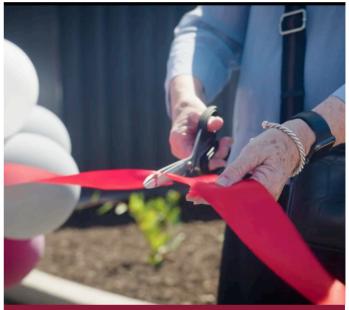
Welcome to Our New ILU Residents!

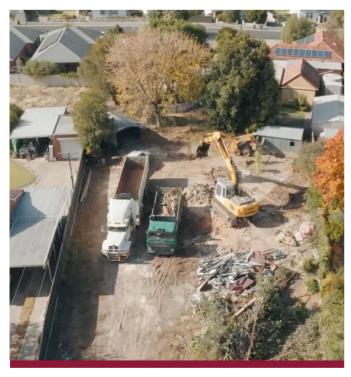
With the completion of the Buna/Kokoda building project and a truly special Grand Opening, we want to extend our heartfelt thanks to everyone who played a part in making this vision a reality.

This milestone is more than just a new building—it represents community, innovation, and the future of ageing in place. Most importantly, we warmly welcome each new resident to their beautiful new home.

We are so proud to continue creating spaces that empower independence, connection, and belonging. Here's to this exciting new chapter!







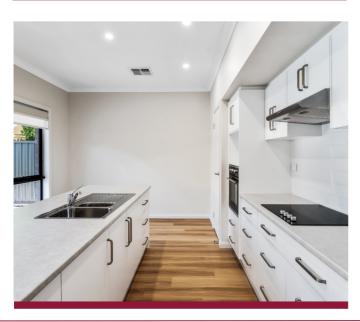














Residency Highlights





Vintage Festival Prep!

The residency is in full swing for the upcoming Vintage Festival! With the scent of wine in the air, we are busy creating scarecrows for a display at the front of the residency.

Our fabulous art volunteers are lending a hand with the task. The residency display will feature several scarecrows, a maypole, and a special nod to the Board, which includes a few Barons and more. There may even be a Vintage Queen!

We'll be on the official scarecrow viewing list, so be sure to stop by and take a look.

The residency will also have a presence at the Ziegenmarkt, showcasing the That's My Jam book alongside a delightful selection of jams for sale. Residents with a passion for art and cooking will be involved in making and packaging the jam—so watch this space!

Pam is busy painting grapes for the display, while volunteers Jude and Faye are crafting hair and bringing our scarecrows to life.

Visit us at the **Barossa Vinage Festival** Ziegenmarkt



More Good Days







Garden Co-Design Project Update

A special highlight of our co-design garden project is the stunning resident-led mosaic installation, guided by local artist Kate Ahlfors. Each week, residents come together to create something truly meaningful—sorting tiles, sharing stories, and bringing their vision to life.

One resident shared, "I love to feel needed." And that's exactly what this project is about—connection, creativity, and a true sense of purpose. We can't wait to see the final piece in the AB Garden!







Community Highlights

Community Connections Day Trip Adventures!

Each week on a Monday, you are invited to join our Community Connections Day Trip for a wonderful variety of exhibitions, tours, exploration or scenic sightseeing trips, all completed with delicious food locations.

Recently we visited "I do" Stitches Through Time exhibition at Glenelg and it was deeply enjoyed. We were fascinated by the intricate detail in the gowns and the memories they shared.









More Good Days









Community Highlights

Community Featured Content

This is your space to share your creativity, stories, and special moments! Whether it's creative writing, artwork with a story, celebrations, family updates, or anything meaningful to you, we'd love to feature it here.

Phone the Lodge 8562 0300 - option 2 to share your stories.

To Gisela from Jeffy. (If I only could talk).

In your shadow I have walked with every step in sync,
And through the years of joy we've shared a very precious link,
My heart once strong, beats too fast and now I am in strife,
Yet because of your smile and kindness, I've had a wonderful life,
On Saturday the vet said, "from this moment it's not too soon",
So, thank you for making this decision for Monday afternoon,
I know the choice you must make is heavy, this weight upon your heart,
To ask the Vet to come on Monday and let my pain finally depart,

But know this Gisela though the future is hard to see,
This final act of kindness is what will set me free,
Don't dwell on grief too long for time will soothe the pain,
Remember me with joyfulness because sunshine always follows rain,
On Monday just hold me close and gently until I finally sleep,
Your loving arms will comfort me and beautiful memories you will keep.
One day the worst will over when the sun is out and the sky is clear,
Thinking of me fondly you'll smile and say, "Jeffy would love it here".

John Irlam, 1st February 2025.



What's On - Music

Barossa Village Monthly Singalong Group

If you enjoy singing, humming, tapping your feet or just listening to well-known songs, then you are welcome to the singalong.

Enjoy some fun time with other residents and friends having a good time. It is not a choir, just a group of like-minded people remembering songs of their past. You don't need to be a singer or have a good voice. Most of us liked to sing when we were young and now our voices are not so good anymore, but it doesn't matter - no judgement. Think you won't remember the words, then don't worry, they will be displayed on the big screen. Nothing to bring!

Music and words supplied by Micheal O'Brian
Where - Joy Rice Centre,
When - Last Monday of every month, Time- 2pm to 4pm. With time for a cuppa.
More information - Gisela, Mobile 0419 597 773.

BAROSSA BIG SING WORKSHOPS



As part of the Barossa Vintage Festival, we are delivering the Barossa Big Sing. It is a fun community sing-a-long, where everyone can join in and feel the absolute elation of belting out some great tunes with your friends. No experience or a great voice required. Think Pub Choir but easier, outdoors and for all ages and abilities to join in.

The Big Sing will be held on **Saturday 26 April 2025 at 4.30pm at the Tanunda Rec Park** - at the end of the Vintage Festival Parade After Party.

Big Sing Workshop - Learn the songs before the event!

Join us for a free Sing Workshop before the event, where you'll learn the songs we'll be performing together as a community at the Barossa Vintage Parade After Party.

Led by two experienced facilitators, this workshop will guide you through 1–2 songs that will be part of the Big Sing at Tanunda Oval on 26 April. No prior experience is needed—just bring your enthusiasm and love for music!

Barossa Big Sing Workshop - open to anyone in the community

- Where: Joy Rice Centre,
- When: Sing workshop April 15th
- Time: 2:00 3:30pm

More information:

Maz McGann 0438 807 973 | Rebecca Reynolds 0405 103 153 | email director@barossavintagefestival.com.au

What's On - Good Better Best Men



Be Seen **Be Heard Be Understood**

LACKING PURPOSE? ANXIOUS? **ANGRY? FRUSTRATED?** FACING CHALLENGES?

Join us for a 9 week journey of connection, being heard, understanding and change.

Introduction Session

Tuesday 25th March 7:00 - 9:00pm

9-Week Program

Commences Tuesday 1st April 7:00 - 9:30pm

Venue

RSL Tanunda Hut Recreation Park, 18 Bilyara Rd Tanunda SA 5352



Scan to Register



Questions? Call Nathan 0477007924 or Bernd 0472559074

supported by:





Social ILU Calendar

Join the ILU Social Calendar

FREE to attend programs, some requesting gold coin donations or a plate of food to share. 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**, 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

Activity	Date	Time	Location
Games Group	Every Wednesday	2:00 pm	The Joy Rice Centre
Happy Hour	Thursday 10th April Thursday 8th May Second Thursday Each Month	4:00 pm	The Joy Rice Centre
Movie Night	Friday 11th April Friday 9th May Alternate Fridays	6:30 pm	The Joy Rice Centre
Art & Craft Group	Every Friday	3:00 pm	The Joy Rice Centre
Singalong Music Group	Monday 28th April Monday 26th May Last Monday Each Month	2:00 pm - 4:00 pm	The Joy Rice Centre
The Bobby Dazzler Show - Facebook Live	Search for the public Facebook group - The Bobby Dazzler Show for live music performances		As per Facebook Page
Music Night	Saturday 19th April Saturday 17th May 3rd Saturday Each Month	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 9th April Wednesday 23rd April 2nd & 4th Wednesday	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 3rd May Saturday 7th June 1st Saturday Each Month	9:00 am - 1:00 pm	The Reusch Center

For more information or to connect with program facilitators: Contact the Barossa Village Lodge reception on 8562 0300 (Option 2).

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.

NEW LOOK Community Connections Calendar

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!







Community Connections Calendar

What is Community Connections?

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.

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.

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.

MONDAY Day Trip Group Outings: pickup starts at 8:30 am Fitness For Life 9:00 -10:00 am Aqua Fitness & Hydrotherapy Sessions 1:30 pm - 4:30 pm 2:45 pm - Level 3 Aqua Fit (Advanced) **TUESDAY** 3:15 pm - Level 2 Aqua Flow (Intermediate) 3:45 pm - Level 1 Aqua Ease (Beginner) 1:1 Individual Physiotherapist Hydro Session **WEDNESDAY** 1:1 Home-Based Exercise Program with Allied Health Assistant **Living Well with Dementia**: 1st Thursday of the month 9:30 am - 11:30 am **THURSDAY Small Group Social Support:** 2nd & 3rd Thursday of the month **WORKSHOP** feature event - Last Thursday of the month 12:30 pm - 2:30 pm 1:1 Home-Based Exercise Program with Allied Health Assistant Mix and Mingle 10:00 am - 11:30 am **FRIDAY** 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

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 - Mondays

Discover new experiences on our exciting day trips. Explore art, history, and culture through exhibitions and destinations. Enjoy a delicious meal, connect with like-minded individuals. This is a costed event—book via reception at 8562 0300 (option 2).

DATE/TIME	ACTIVITY	DETAILS	LUNCH
7th April 8:30 am - 4:00 pm Pick up from 8.30am	Medika Gallery (Blyth) Low walking level	Fine art gallery, selling Australian glassware, pottery and more.	Clare Hotel
14th April 8:30 am - 4:00 pm Pick up from 8.30am	Mt Lofty Botanical Gardens Moderate/High walking level	Stop at the Bakehouse to purchase your lunch. Then spend the afternoon enjoying the scenic surrounds of the gardens	Crafers Bakehouse
21st April	EASTER MONDAY		
28th April 8:30 am - 4:00 pm Pick up from 8.30am	Aurkos Lookout Moderate/High walking level	Panoramic views in Vista, scenic landscape.	The Gully Public House and Garden Hotel
5th May 8:30 am - 4:00 pm Pick up from 8.30am	Mintaro Heritage Trail Low walking level	Self-guided walking tour covering over 20 historic sites including churches, schools and public buildings.	Magpie and Stump Hotel
12th May 8:30 am - 4:00 pm Pick up from 8.30am	Port Adelaide River Wharf Walk Moderate/High walking level	Take a stroll and see the ever-changing landscape at Port Adelaide, enjoy chatting about history of Port Adelaide	Birkenhead Hotel
19th May 8:30 am - 4:00 pm Pick up from 8.30am	Travel Scavenger Hunt Low walking level	An interactive team game, test your problem-solving skills, follow the clues to answer questions, complete the task at the destination, most of all HAVE FUN.	Surprise Location
26th May 8:30 am - 4:00 pm Pick up from 8.30am	Balaklava Centenary Hall Museum Moderate walking level	Folk Museum hosting a vast amount of photographs, historical records and household items. \$5 entry fee.	At venue \$15 for lunch

Tuesdays

Fitness For Life

Join our group exercise session designed specifically for retired individuals, with a tailored circuit-style class suitable for all fitness levels.

Guided by Allied Health Assistants, you'll receive ongoing support to help you stay active, build strength, and maintain independence in a welcoming and social environment.

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



Aqua Fitness & Hydrotherapy

• 2:45pm 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.

• 3:15pm 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.

- 3:45pm 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
 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



Wednesdays & Fridays

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

What's On Weekly - 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.

Upcoming Workshop - APRIL 24th

Last Thursday of the Month - Open to the wider community.

Garden Gems: Painted Paver Art Hosted by Bunnings

Unleash your creativity and transform an ordinary paver into a stunning work of art! In this hands-on workshop by Bunnings, you'll sketch your design onto a paver and bring it to life with vibrant acrylic paints. These durable, weather-resistant creations will brighten up your garden, doorstep, or outdoor space for years to come.

- Date: Thursday, April 24th
- Time: 12:30 2:30 pm
- Location: The Lodge, 14 Scholz Ave, Nuriootpa SA 5355
- Cost: \$5 payment required at booking.
- Bookings phone the Lodge reception 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.

Workshop - MAY 15th

Please note different date/time for this workshop - May 15th, 2-3:30pm

Financial Wellbeing: Online Safety

Hosted by CommBank

Back by popular demand! After a full-house event last year, CommBank returns with another essential workshop on financial security.

Join us to learn how to:

- Spot scams and suspicious links before they catch you out
- Protect yourself from fraud
- Create and manage strong, secure passwords
- Safely access online banking
- Stay digitally safe while travelling

Open to the entire community – you don't need to be a CommBank customer to attend.

- Date: Thursday, May 15th
- **Time:** 2:00 3:30 pm
- Location: The Lodge, 14 Scholz Ave, Nuriootpa SA 5355
- Cost: Free
- **Bookings** phone the Lodge reception 8562 0300 (Option 2).

What's On Weekly - 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! Speak to your coordinator to book a physiotherapist visit.

Friday Social Connections Joy Rice Centre - 14 Scholz Ave, Nuriootpa

- 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 (detailed weekly menu below)
- All Aboard BINGO 1:30 pm 2:30 pm

CAFE LU	NCHEON	- April	MENU

DATE	LUNCH	DESSERT
4th April	Corned Silverside, Mustard Sauce & Vegetables	Berry Cheesecake
11th April	Roast Lamb & Pepper Gravy, Roasted Potato & Greens	Panna Cotta & Berry Coulis
18th April	GOOD FRIDAY	
25th April	ANZAC DAY	

Bookings are essential – phone 8562 0300 (Option 2). 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.

Reminder: No Community Connections activities on Public Holidays

Have Some Fun

