

GRAPEVINE



Announcing The Next Generation Of Housing!

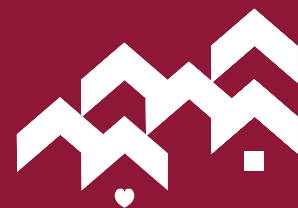
Barossa Village is taking retirement living to the next level with the launch of its Next Generation of Housing initiative. Kicking off with the redevelopment of 13a and 13b Scholz Avenue, this project is a key milestone in our 'Heritage Park Development,' bringing modern design, enhanced accessibility, and dementia-friendly features to our independent living homes.

By partnering with The Dementia Centre and ARCH (specialist design architects), we're reimagining what retirement housing can be. Our new designs incorporate ageing-in-place principles, ensuring that residents can live safely and independently in homes that evolve with their needs. Features such as increased lighting, accessible switches, widened walkways, and specialised flooring will enhance comfort, safety, and ease of movement.

A standout aspect of this redevelopment is our commitment to dementia-inclusive design. Working alongside The Dementia Centre, we're integrating features that promote spatial orientation, reduce confusion, and foster a sense of familiarity and reassurance.

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Barossa Village
people at our heart

Hello & Welcome



Message From Our CEO Ben Hall

We have well and truly settled in to the new year now and there are lots of great initiatives that are nearing completion, underway, or about to commence. What is central to each of these activities has been our approach to working with our communities through the process called co-design.

Across my career I have been fortunate enough to see the co-design process evolve to what it is today. It has moved from the simple practice of 'consultation' to how it now informs wonderful outcomes that are respected and cherished by those that participate. This is achieved by bringing together lived experience, lived expertise and professional experience to learn from each other and make things better by design.

In our last edition of the Grapevine the cover story presented the process that had unfolded for the co-design of various garden spaces around the Residency. I'm very much looking forward to these spaces evolve over the next couple of months which I hope that you are too.

Through the various channels available to us we promote the ways in which you can continue to support the discussion for the betterment of our community. Be it a discussion about a once off project, policy or process, participation in an advisory Board or through general feedback, I encourage you to take those opportunities to contribute as your input is certainly valued and respected and we continue to make improvements to what is already something that is pretty special as a result.

Please take the opportunities and keep sharing.

Stay safe,
Ben Hall



Snake Alert

Please be advised there has been numerous snake sightings in the last few months and with the extended hotter weather they will still be active.

If you encounter a snake, please do not engage and contact **Barossa Reptile Service - Snake Catcher** on 0410 571 931. Dan is available 24/7 to help.

Consumer Advisory Body

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

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.

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.

Residency Highlights



Valentines Day

This Valentines Day we wanted to do something different. Many residents have a photograph of their wedding day in their rooms. These pictures were too beautiful not to share. The idea grew and we touched base with the resident families.

What a response!! Families brought in photos, wedding dresses, newspaper articles and wedding memorabilia to show on the day. The gowns on display represent different eras and brides and grooms from the residency. There will be a guess that bride and groom quiz and some reminiscing about people's special day.

Thank you to all of the families and staff who have been involved.



More Good Days



Student Visits

Year 11 students will be visiting the residency over the coming weeks as part of their Community Unit. Faith Lutheran School shares the same values as Barossa Village and supports the coming together of different generations. Over the last few years, we have seen how much the students enjoy one-on-one interaction with the residents. They will be learning different games and activities from the residents and joining together in groups. This initiative has been highly successful in the past, with students often reluctant to leave.



VR at Mens Group

Our Wellbeing Team introduced the Men's Group to the incredible world of Virtual Reality! Everyone took turns immersing themselves in the VR experience while the rest of the group watched the action on the screen.

The men explored a range of classic and luxury cars, taking joyrides through stunning virtual landscapes. And for the cheekier ones? They couldn't resist picking the most expensive cars on the list—just to see how much damage they could rack up! The room was filled with laughter as they swapped stories, shared reactions, and cheered each other on.



Beyond the fun, VR offers immense wellbeing benefits for our residents. It provides an opportunity to relive cherished memories, stimulate the mind, and experience a sense of freedom—whether it's driving a dream car, travelling to new destinations, or simply sharing a laugh with mates. The social connection, mental stimulation, and pure joy that VR brings are what make experiences like this so valuable.

Community Highlights

The Joy of Connection: Your Feedback

Clients who attend the Community Connections outings often highlight the positive impact of social interaction, the enjoyment of new experiences, a break from their usual routine at home, and the opportunity to stay active.

Many express their appreciation for well organised outings that cater to their needs and interests while providing meaningful opportunities to connect with others.

Social Connection:

- "I enjoyed catching up with friends."
- "It's great to have something to look forward to each week where I can socialize."
- "The group atmosphere is very enjoyable."

Mental Stimulation:

- "The outings were informative and interesting."
- "The outings keep my mind active."

Physical Activity:

- "I appreciated the option to sit and rest when needed."
- "Being outdoors and getting some fresh air is lovely."

Positive Emotions:

- "It was a great way to break up the day, otherwise i would just be sitting at home."
- "I felt a sense of happiness and enjoyment."

Accessibility and Comfort:

- "Its great I can be picked up from home."
- "The venues were accessible for people with mobility issues."
- " I don't have to worry about driving to places, I don't drive far anymore."
- "The staff were attentive and supportive."

Why not join our next outing and experience this for yourself! View our program on page 12 and book your spot through the Lodge reception - 8562 0300 - option 2 or visit us at 14 Scholz Avenue, Nuriootpa from 8:30am to 4:30pm Monday to Friday.



More Good Days

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.

We've created extra space just for you—simply drop it off at the Lodge reception or call 8562 0300 (option 2) to share your contribution.

We can't wait to celebrate your stories!



Confessions of a Footy Tragic

Summer sports, we say goodbye to you,
With cooler weather, we start footy anew,
We've tolerated crickets lengthy stay,
And tennis matches night and day,
A nil-nil result in soccer is a bore,
It's goals we want and plenty more,
The excitement of the Melbourne Cup didn't last,
Nor the Tour D.U cyclists as they swiftly passed.

Now all footy fans cheer,
At last, our game is finally here,
And soon our telly is set to thrill,
With the world's greatest footy game of skill,
Of course, it's not league or union rugby we debate,
But the true Aussie game we celebrate,
Aussie rules we can claim with pride,
Where players leap and some fans collide.

They say it's more than life and death,
But with every goal we hold our breath,
With 18 AFL teams and Tassie to come,
It's played everywhere under the Aussie sun,
We can't all like the great Cazaly soar,
Kick 10 goals or the winning score,
But, if my lot beat your lot that's just magic,
No wonder my wife says I'm a footy tragic.

John Irlam, 8th February 2025.

What's On - Dementia Support

Barossa Village Monthly 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).



Weekly Nature & Natter

The Nature and Natter Program is a nursery-based activity for people living with Dementia, held at the Barossa Bushgardens. We provide a safe, accessible and appropriate place for people to connect to nature. Join a small, intimate group to have a hands-on experience working with soil and plants and to develop a social connection with other people. Activities are chosen specifically for each client and morning tea is provided.

Every Monday from 10am – 12 noon and is a nursery-based activity developed to:

- Improve the lives of people living with Dementia
- Provide participants (and their carers) with an opportunity to have a hands-on experience working with soil and plants
- Provide a social connection with other people (and carers) living with Dementia
- Provide a meaningful activity to improve self-esteem.



Phone 8563 8330 or Kim Thompson on 0476 781 936 for more information or send an email to bushgardens@barossa.sa.gov.au.

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 13th March Thursday 10th April Second Thursday Each Month	4:00 pm	The Joy Rice Centre
Movie Night	Friday 14th March Friday 28th March 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 31st March Monday 28th April 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 22nd March Saturday 19th April 3rd Saturday Each Month	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 12th March Wednesday 26th March 2nd & 4th Wednesday	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 5th April Saturday 3rd May 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	<ul style="list-style-type: none">• Day Trip Group Outings: pickup starts at 8:30 am
TUESDAY	<ul style="list-style-type: none">• Fitness For Life 9:00 -10:00 am• Aqua Fitness & Hydrotherapy Sessions 1:30 pm - 4:30 pm<ul style="list-style-type: none">2:45 pm - Level 3 Aqua Fit (Advanced)3:15 pm - Level 2 Aqua Flow (Intermediate)3:45 pm - Level 1 Aqua Ease (Beginner)• 1:1 Individual Physiotherapist Hydro Session
WEDNESDAY	<ul style="list-style-type: none">• 1:1 Home-Based Exercise Program with Allied Health Assistant
THURSDAY	<ul style="list-style-type: none">• Living Well with Dementia: 1st Thursday of the month 9:30 am - 11:30 am• Small Group Social Support: 2nd & 3rd Thursday of the month• WORKSHOP feature event - Last Thursday of the month 12:30 pm - 2:30 pm
FRIDAY	<ul style="list-style-type: none">• 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

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
10th March	PUBLIC HOLIDAY		
17th March 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Tea Tree Plus Savers  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.	Modbury Hotel
24th March 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Beerenberg Farm  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.	Local Bakery in Hahndorf
31st March 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Lenswood Apple Farm  Moderate/High walking level	Hands on experience! All your favourite apples, ready to pick and enjoy! Including a coffee at the Farm Café.	Modbury Hotel
7th April 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	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 <i>Pick up from 8.30am</i>	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 <i>Pick up from 8.30am</i>	Aurkos Lookout  Moderate/High walking level	Panoramic views in Vista, scenic landscape.	The Gully Public House and Garden Hotel

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 - MARCH 27th

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

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** 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 - APRIL 24th

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:** \$15 payment required at booking.
- **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 LUNCHEON - March & April MENU

DATE	LUNCH	DESSERT
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
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.

Have Some Fun

