GRAPEVINE



A Sweet Success at Barossa Ziegenmarkt

Our first time participating in Ziegenmarkt was nothing short of wonderful – a truly heartwarming experience that left a lasting impression on all of us.

We were thrilled to share our residents' delicious homemade jams, relishes and the stories behind them through That's My Jam, our beautifully curated recipe book. Visitors from near and far including locals, tourists and families stopped by to sample, purchase, and most meaningfully, connect.

What made the day so special was more than just the buzz of the market or the joy of tasting something homemade; it was the conversations. People didn't just buy our book or preserves; they asked about the residents behind them. They wanted to know who made the fig jam, who loved stories are represented, and what inspired the pages of our book. That genuine curiosity and care for our residents touched us deeply.

To see our wider community embrace and celebrate our residents with such warmth was a beautiful reminder of how valued they are. Not just by us, but by all who meet them.

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Hello & Welcome



Message From Our CEO Ben Hall (Macy Hall)

> April has been a month of celebration, acknowledgement and reflection.

I sincerely hope that everyone has had wonderful Easter: had the opportunity to spend time with family and friends and return home safely.

I must acknowledge the passing of Pope Francis on Easter Monday, who, in his 12-years as leader of the Catholic Church has had a lasting impact on the faith and beyond through his commitment to the poor and marginalised; he was the finest example.

On ANZAC day, for those of you that have been servicemen and women, or who have had friends and family who were, thank you for your service. Your contribution, commitment and sacrifice affords todays community the freedom of choice; a privilege that should not be taken lightly.

By the time you read this the Federal Election will be over, and we will hopefully know who will be leading the nation for the next 3-years. No matter whom, aged care, will remain on the agenda. Service providers have found solidarity in the lead into reform and election. We will continue to advocate for fair, equitable and high-quality services to older people.

We participated in the Barossa Vintage Festival. As a person new to the Barossa Valley, each year brings a new discovery of the region's wine, food, art, culture and heritage. This year it was about the Ziegenmarkt. Our wellbeing team along with some of our volunteers promoted our "That's my Jam" book, selling the preserves and raising funds all the while celebrating the stories and history contained within its pages.

On the home front, we welcomed a new addition to our home: Macy our golden labrador who you will be pleased to know is close to Barossa born, coming from Truro. Many of you have asked to see her so here is a few photos.

She was voted CEO of the Month, well, thats subject to opinion but I hope you enjoyed

the fun of seeing her.

Stay safe, Ben Hall

Resident Association Update

Barossa Village Resident Association

President's summary for the BVRA meeting held 8th April 2025.

Ben Hall introduced Melissa (prefers "Lil") Ryan as the new Manager (People and Culture). She gave a brief overview of her experiences before joining Barossa Village. Ben also reported on the opening of the new Buna/Kokoda Terrace complex and its new residents.

Several maintenance issues were raised by cluster reps and have been reported to Ben for rectification.

A motion was passed requesting the Secretary to collate all maintenance issues reported to the BVRA meeting. This will enable us to check the status of those jobs with B.V. Management. The Secretary (Karen Davidson) has agreed to start work on this document.

The BVRA is investigating the new "Retirement Village Act" and how it will impact us. It was encouraging to see two residents requesting to fill vacant cluster rep positions. The applications forms will be sent to these people for consideration at the next meeting. The next meeting of the BVRA will be held on Tuesday 10th June at 1.0pm

Two completely separate issues are currently under consideration by B.V. Management, and I encourage everybody to familiarise themselves before a formal vote is taken. Further information can be obtained from Ben Hall or your cluster Reps. It is important that you understand the issues and vote because it will affect YOU.

- 1. Maintenance and Services Fees. This issue is still in the conversation stage and no recommendations have been made. More conversations are planned before a proposal is suggested and all residents will be given the opportunity to vote on the final motion.
- 2. B.V. Board Members Allowance. A meeting has been arranged on 2pm Tuesday 6th May 2025 in "The Residency" to discuss and vote on this proposal. An information package has been sent out. If you have not received yours then please contact B.V.

Management for your information.

John Irlam, President BVRA 12th April 2025



Residency Highlights

Vintage Festival!

Did you spot our That's My Jam scarecrow installation during this year's Barossa Vintage Festival? It was a joy to see so many people stop, smile and connect with the story we created out the front of the Residency.

Our incredible team of residents, volunteers and supporters came together to craft something truly special for the community to enjoy:

- A handcrafted book paying tribute to the Barons and their enduring community spirit
- A Vintage Queen in her float (yes, we even have our very own Vintage Queen in the Residency)
- A giant jar of jam representing That's My Jam.
- Two beautifully detailed scarecrows grape stomping a definite crowd favourite
- A bright and cheerful maypole tying it all together

The installation was more than just a visual display. It was a celebration of our shared history. A tribute to the stories, recipes and traditions passed down through generations, all woven together in the spirit of the Barossa Vintage Festival.









More Good Days



Maggie Beer Foundation Mentor Program Finished

We're proud to have celebrated the completion of our year-long partnership with the Maggie Beer Foundation's Trainer Mentor Program with a special luncheon event.



This inspiring collaboration was all about learning, growing, and elevating the dining experience in aged care. Through handson training with chefs and valuable industry insights, our hospitality team gained new skills, fresh ideas, and a renewed sense of pride in the food we serve.

A heartfelt thank you to the Maggie Beer Foundation, and to our residents and staff who helped shape this journey by sharing feedback and embracing the joy of food.







Farewell - Lissie



29th May 1923 - 19th April 2025

Through the years that stretch a century wide, Lissie stood with strength and pride, Born in Berlin, came to Australia to a world so new, Saw many years of tears and joy as she grew,

She awoke each morning about sunrise, Her thirst for knowledge never died, She logged onto her beloved computer screen, With boundless curiosity, always sharp and keen,

Through Google's vast and endless stream, She sought answers, she was a "Google Queen", Her humour was always quick and bold, To those who knew her, she never grew old,

For over 40 years Barossa Village she did embrace, Her kindness and volunteering have left a lasting trace, Lately due to medical issues her pace today, But still she shone like a candle's gentle glow.

Lissie, we planned to sing "happy birthday" to you, Instead, we celebrate your life, with others you knew, You were truly such a remarkable person and friend, So, for you Lissie, this poem, was especially penned.

John Irlam, 22nd April 2025.

Birthday Celebrations

Family Gather To Celebrate Eileen Laubsch's Special Birthday

Eileen Laubsch, a resident of Barossa Village D wing recently celebrated a special birthday. Family came from afar to celebrate Eileen Laubsch's 98th birthday on her actual birth date, 5 April 2025. Youngest son Brenton Laubsch, his wife Rachael and sons Joshua and Benjamin travelled from Oakford, Western Australia. Daughter Marilyn Laws and husband Adam travelled from Sydney. Most of Eileen's Grandchildren were also in attendance including Candice Keller from Sydney and Alex and Emma Keller from Adelaide. Missing in action was son Roger Laubsch and wife, Chris who are currently travelling overseas. Eileen receiving many greetings and well wishes from friends and family for her birthday.

The celebration commenced with a birthday dinner at the Vine Inn, followed by cake and entertainment at Heather and Michael Hoffmann's home in Nuriootpa.



The birthday girl, Eileen Laubsch and her beautiful cake made by daughter Wendy Keller and decorated by grand daughter-in-law, Emma Keller.



Helping to celebrate Eileen's 98th birthday were her children (back) Wendy Keller, Brenton Laubsch and Jeffrey Laubsch, (front) Heather Hoffmann and Marilyn Laws with Eileen in the middle.
Absent was Roger Laubsch currently overseas.

Community Highlights

Why Our Community Loves Community Connections

Curious about what it's like to join our Community Connections activities? We've gathered some heartfelt feedback from participants that might be just the encouragement you need to give it a try!

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



Here are some participants feedback from Aqua Fitness and Hydrotherapy:

- "Gained confidence in the water, being a non-swimmer."
- "It has helped my mobility, balance, and strengthened my muscles."
- "Enjoyed doing exercises together."
- "We have great instructors.

"Hydro class us my favourate time of the week - I love the feeling of belonging to the group and the fun and laughter we enjoy as well as the exercise and strengthening of our legs, arms, balancing, rescuing ourselves from a fall and generally feeling more secure in our home and gardens.

We have also bonded as a group and go on coffee afternoons every couple f months, we are friends now. When I was very young I was afraid of being in a pool, not sure of the reason but now I can confidently go into the middle of the pool to do whatever our instructor encourages us to try."



More Good Days

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



Here are some participants feedback from Fitness For Life:

"I have been doing the program for almost 6 months and I am very pleased with my progress. I started the program because I wanted to improve my balance, as I have poor posture due ti round shoulders which is a hereditary issue. I also have an in-balance with my ear and I cannot walk in a straight line. My right knee also gives me issues from time to time.

Dianne and her team have been most helpful, making sure I am doing the exercises correctly and praising me when they see an improvement. I am definitely steadier on my feet and my knee has improved as well. I thoroughly recommend this program and the people who run it."

"A great program that gives you the incentive and motivation to do the exercises and show you areas to improve and how to do it.

I started the program to keep up my fitness in a friendly environment more suited to my age and that i could do with my wife. I have seen improvement with my balance and wellbeing. Dianne and her helpers are a n inspiration as are other participants. I thoroughly recommend this program. Thank you for providing it."



What's On - Volunteers



We'd love you to join us as our special guests as we celebrate you, our amazing volunteers!

• Date: Saturday, May 24th

• Location: The Vine Inn 14-22 Murray Street, Nuriootpa

• Time: 12 pm

• RSVP & dietary requirements: May, 20th Barossa Village Reception - 8562 0300

Enjoy a relaxing afternoon with a delicious two-course set lunch and drinks, our way of saying thank you for everything you do!





COMPASSION

in f o barossavillage.org | 8562 0300

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 8th May Thursday 12th June Second Thursday Each Month	4:00 pm	The Joy Rice Centre
Movie Night	Friday 9th May Friday 23rd 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	Contact Gisela, Mobile 0419 597 773	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 17th May Saturday 21st June 3rd Saturday Each Month	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 14th May Wednesday 28th May 2nd & 4th Wednesday	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 7th June Saturday 5th July 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 - Monday

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					
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 9:30 am - 4:00 pm ATTENTION Later pick up from 9.30am	Balaklava Centenary Hall Museum Moderate walking level	Folk Museum hosting a vast amount of photographs, historical records and household items. \$5 entry fee will be visiting after lunch.	At venue \$15 for lunch					
2nd June 8:30 am - 4:00 pm Pick up from 8.30am	Medika Gallery (Blyth) Low walking level	Fine art gallery, selling Australian glassware, pottery etc.	Clare Hotel					
June 9th - Public Holiday Kings Official Birthday Date								
16th June 8:30 am - 4:00 pm Pick up from 8.30am	Bon Accord Mining Museum Low walking level	Incorporating the original mine office and workshop. Entry fee \$5.	St Just Cafe					
23rd June 8:30 am - 4:00 pm Pick up from 8.30am	Costal Drive 59 Low walking level	Exploring the Adelaide coastline.	Love of Semaphore Cafe					

Tuesday

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



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

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.

Workshop - MAY 15th

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

Financial Wellbeing: Online SafetyHosted 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).

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 - JULY 31st

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

Herb Bowl - Hosted by Bunnings

Want to turn your outdoor space into a beautiful, productive space? Create an edible garden that looks good and tastes even better!

- Date: Thursday, July 31st
- Time: 12:30 2:30 pm
- Location: The Lodge, 14 Scholz Ave, Nuriootpa SA 5355
- Cost: \$15 payment required at bookina.
- **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

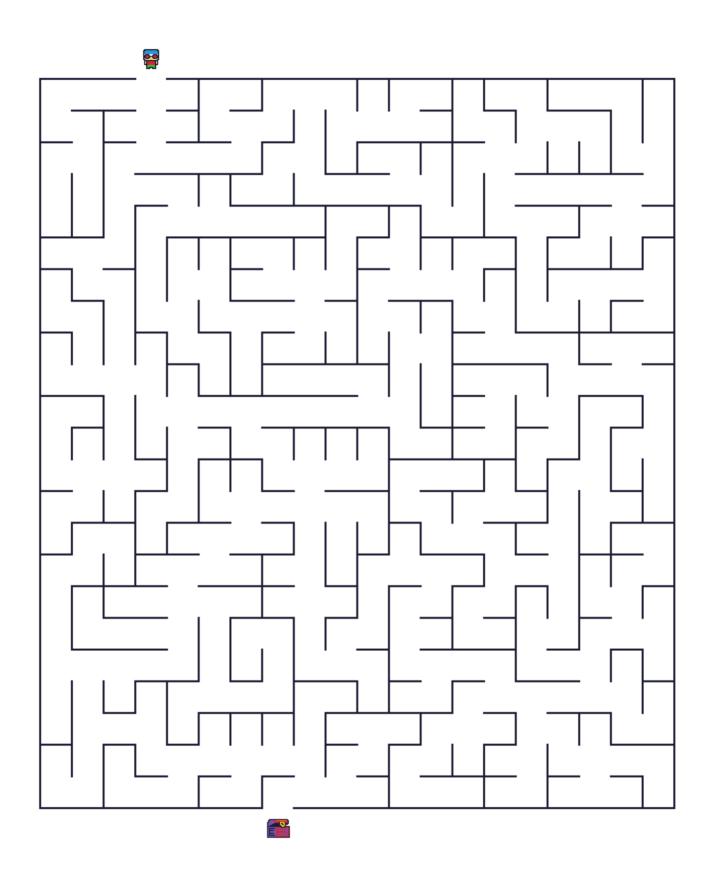
CAFE LUNCHEON - May & June MENU

DATE	LUNCH	DESSERT			
9th May	Roast Beef and Vegetables	Apple & Rhubarb Crumble			
16th May	Corned Beef Silverside, Mashed Potato & Steamed Vegetables	Sticky Date Pudding & Butterscotch Sauce			
23rd May	Roast Pork & Apple Sauce with Broccoli Bake	Mixed Berry Cheesecake			
30th May	Roast Leg of Lamb, Mint Jelly & Vegetable Bake	Apple Pie Bites & Ice Cream			
6th June	Moroccan Roast Chicken, Potato Bake & Greens	Fruit Trifle			
13th June	Steak Dianne, Mashed Potato & Steamed Vegetables	Lemon Tarts & Whipped Cream			
20th June	Roast Lamb & Rosemary Potatoes with Peas	Tiramisu			

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 with extra puzzles



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Winter Weather

Hypothermia	Snowplow	Snowdrift	Nippy	Icicle
Winter	Chill	Powdery	Hail	Slush
Frostbite	Skiing	Shiver	Freeze	Whiteout
Snowman	Glacial	Snowstorm	Polar vortex	Frost
Flurry	Blizzard	Skating	Windchill	Iceberg
Arctic	Snowflake	Tobogganing	Subzero	Frazil ice
Snowfall	Hoarfrost	Avalanche	Sleet	Ice

Permafrost

Have Some Fun

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