

# GRAPEVINE



## Celebrating Our Incredible Volunteers

During National Volunteers Week, our community came together to honour the incredible individuals who give their time, energy, and compassion to Barossa Village. It was more than just a celebration; it was a powerful reminder of the impact our volunteers make every single day.

The Volunteers Luncheon was a highlight, filled with warmth, laughter, connection and yes, a few tears. The good kind. The kind that comes from heartfelt gratitude, shared memories, and the deep bonds that form through service.

We were privileged to hear from members of our leadership team, a moving address from Robert Martin, CEO of Lifeline Regional SA & Far West NSW, and a touching story from one of our own volunteers with a remarkable connection to the founding of Lifeline.

To each and every volunteer: **THANK YOU.** You are the heart of Barossa Village, and we are so grateful for all that you do.

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# Hello & Welcome



## Message From Our CEO Ben Hall

The celebrations have continued across May, with the month beginning with Mother's Day, then International Nurses Day, and wrapping up with National Volunteer Week. If you are a mother, nurse or volunteer my heartfelt thanks; I can't imagine a world without any of you.

On the 24-May we recognised all our volunteers with a luncheon at the Vine Inn Hotel. Volunteers are the lifeblood of the Regions. Their commitment supports the delivery of services that enables others to live and thrive in their communities. We hosted close to 60 volunteers and various members of staff that coordinate the programs that mean so much to our community. At the event we celebrated the contribution of every volunteer, and acknowledged those that reached 5-, 10-, 15- and 20-year service milestones and once again I say thank you to all our wonderful volunteers.

This month has also seen us finalise our conversations with Lifeline in its management of the Barossa Village Op Shop, with a change over date currently set as 1-July. It's taken nearly 12 months since Dr Bill Gransbury of the Enhance Barossa Mental Health Steering Group connected me with Dr Rob Martin of Lifeline. Since then, we have worked with purpose with our volunteers to understand the opportunities and impacts of the changeover informing our conversations with Lifeline. I am personally immensely proud to have been part of this process; establishing what is a first in the nation collaboration between Lifeline and a community owned organisation, and we are excited to see what it yields for the Barossa Community.

The outcomes of the Federal Election are now known, and with it we see the appointment of the Hon Sam Rae MP as the Minister for Aged Care and Seniors. Mr Rae's appointment along with Ms Liz Heffren-Webb as the new Aged Care Quality Safety Commission Commissioner represent a changing of the guard to herald in the outcomes of the reform under the new Aged Care Act 2024. I've been fortunate enough to attend presentations from both and the message looking forward is clear: one of support, advocacy and collaboration with providers with the expectations that providers will continue with their best efforts to provide the highest possible level of care.

As an organisation we are busy preparing for the transition into the new year and managing the changes arising through reform. It's fair to say that there will be a lot of information over the coming weeks. Our approach will be to keep things as simple as possible and be available to find out answers to any questions that you may have. Please remember that we are here for you, and we will help where we can.

Take care  
**Ben Hall**



# Our Heart for Quality Care



## Palliative Care

During May we recognised National Palliative Care Week as a time to reflect, talk about plans and appreciate the care that's provided.

In aged care, we often witness some of the most profound moments in a person's life not just beginnings, but endings too. At Barossa Village, we're reminded daily of the power of presence, compassion, and dignity in the final chapter of life.

As we recognise National Palliative Care Week, we invite our community to reflect on what matters most at the end of life.

This year's theme "What's your plan?".

A call to each of us to consider how we wish to be cared for, and how we support the people we love through life's most tender transitions.

Palliative care is about more than medical support; it's about connection, respect, and making space for grief, comfort and choice. It's about honouring a person's life while supporting their final days with empathy and grace.

We honour not only the individuals and families we've walked alongside but also the dedicated team who provide this care with warmth and respect. Their role is a quiet, powerful one — and it reminds us all of the value of talking early, planning ahead, and embracing every moment we can with the people we love.

In continuing our support and advocacy for quality care, Barossa Village has been approached by COTA to assist in recruitment of participants in a statewide provision of palliative care services study, being coordinated by the University of Adelaide.

If you are eligible and willing to participate it's a chance to have your voices elevated by sharing your experience to help shape services. **Scan the QR code to find out more.**

# The Plug=in.

Powered by  
**COTA**  
SOUTH AUSTRALIA



**Do you or a loved one have a life limiting illness?  
Share your experience to shape future care.**

### Reminder of Upcoming Consumer Advisory Body Meetings:

Independent Living 10am Tuesday 10 June 2025 at the Lodge

Community Care 1.00pm Thursday 12 June 2025 at the Lodge

Residential Care 10am Thursday 19 June 2025 at the Residency

# Residency Highlights

## Mother's Day High Tea

The Mother's Day High Tea is becoming a beloved event at the Residency.

Mothers are treated to delicious desserts and sumptuous savouries all served on two tiered plates and tea out of fine china. The Wellbeing Team decorated the room beautifully and everyone had a great time.

A special mention must go to Tash and the kitchen team for the amazing food.

Mother's Day High Tea is a lovely way to spend time with Mum and spoil her in the way she deserves.





# More Good Days



## SALA is coming!

Residents of the art persuasion are getting ready for SALA. The team have got together to discuss this year's theme – Water.

Ideas are flowing and the team have settled on ideas for the Residency Art room and Lodge display.



## We have a book club

The Art room is not the only room that will be revitalised at the residency. A new book club is about to start. In consultation with some of the book loving residents, a library is about to be opened in the EF area. The Wellbeing Team are working on getting new books in with different formats, large print, audio books and newspapers.

We are working with the Nuriootpa Public Library for the book of the month.

Here is Dot enjoying the newspaper in the new library area.



# From Our Community



## Meet Lyle Green

Lyle volunteered for the Lyndoch CFS (Country Fire Service) from 2013 until 2020. The brigade has around 30–40 members, and Lyle recently attended the 50th Volunteer Dinner for Lyndoch CFS, held at the new Lyndoch Oval facilities.

He began volunteering in 2013 after retiring and finding he had more time on his hands. Lyle was drawn to the CFS because he's community-minded and wanted to give back. He has held many community volunteer roles throughout the Barossa.

At the CFS, Lyle served as a Communications Officer. He worked behind the scenes in the radio room, calling out trucks when needed and occasionally attending callouts to help with traffic control.

During his time with the CFS, Lyle undertook various training opportunities. These included courses in workplace communication, operating communication systems, working in a team, following defined OH&S policies and procedures, and maintaining safety at incident scenes.

When the alarm sounded at the Lyndoch station, Lyle would head in to meet the team and manage radio communications. Once the trucks were dispatched, he stayed in contact to relay messages. Over time, the communication systems used by the trucks improved significantly, which he saw as a great advancement.

After 12 months, Lyle took on an additional volunteer role as the Finance Coordinator for the Barossa CFS Group, which includes six brigades across the region.

Lyle enjoyed the camaraderie of the CFS and feels he achieved what he set out to do; contributing to his community in a meaningful way. He's proud of what he's done and feels a strong sense of accomplishment for having made a positive impact.



## Annual Christmas Dance in a Fictitious Old Folks Home

No limousines arrive at the door,  
Instead, mobility aids squeak across the floor,  
How are you going Jean? Not so bad Fred,  
Though with my back I should have stayed in bed,  
Bill is there with some type of stain on his tie,  
And old Joe has forgotten to do up his fly,  
It's quiet for a while so they can recover from their nana nap,  
But then the DJ puts on a record and they all cheer and clap.

With dentures clicking they breakout in song,  
It's time for everybody to dance and sing along,  
With songs from Elvis, Cliff, Johnny O'Keefe and Buddy Holly,  
They danced to "Jailhouse Rock" and "Good Golly Miss Molly",  
Over tea and bikkies, they sang "Sadie the Cleaning Lady",  
Most think if only we could do this daily,  
Bob with his new wig askew,  
Spins Doreen who lost her shoe.

The DJ plays "Let's do the twist",  
It's one dance nobody missed,  
For ladies dancing in high heels was quite a feat,  
Now they put on comfy slippers for tied feet,  
They wondered who would play Santa today,  
But Paddy Irish voice gave it away,  
They can't wait to go to next year's dance again,  
Because laughter's the cure and joy they all obtain.

John Irlam

## Brenton's metro"gnome"

Brenton carved this cheeky little gnome just for fun and decided it belonged on top of Robyn's metronome.

Now he keeps time with our Wellbeing team!

In case you're wondering, a metronome is a device that helps musicians keep a steady beat and of course in our Residency, music is a big part of everyday.

Thanks Brenton!



# 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 is my favourite 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 of 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 to 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 an inspiration as are other participants. I thoroughly recommend this program. Thank you for providing it."

## Hairdresser

**Thursdays:** Barossa Village – Lodge Salon  
Booking available for the salon or home appointment!

**IRENE RICKARDS | 0414 607 135**



# Community Highlights

## Volunteer Celebration - Honouring Milestones

As part of our National Volunteers Week celebration, we proudly recognised the dedication and service of some truly remarkable individuals. Their commitment to our community spans years – even decades – and has left a lasting imprint on the lives of those around them.

This photo collection captures just a few of the special moments from our Volunteers Luncheon, where stories were shared, milestones celebrated, and gratitude expressed in the most heartfelt ways.

Congratulations to our milestone recipients:

- **Judy** – 20 years of service
- **Leo, Janice, Lyn and Dianne** – 15 years
- **Trevor and Julie** – 10 years
- **Heather, Deb, Sue, Robin, Hazel, Pat, Sid and Jig** – 5 years

Thank you for the joy, compassion, and care you bring to Barossa Village. We're so proud to celebrate you!





# More Good Days



# What's On

## Barossa Village SALA Launch & Exhibition - Be Seen

We're thrilled to be hosting a SALA event once again and this year's theme invites us all to Be Seen.

This powerful, community-curated exhibition will celebrate the vibrant spirit, creativity, and bold stories of our residents and wider community. We're calling on all local artists residents, staff, volunteers, and friends - to showcase your work! Whether you paint, sculpt, sew, sketch or craft, we are calling for artists!

**To be part of this inspiring event, please contact Reception to express your interest.**

Our SALA exhibition will run from 4–29 August, winding through the Lodge to the Joy Rice Centre. We're building on last year's success and exploring new ways to revamp the experience with more interactivity, heart, and connection.

### Be Seen: The Unveiling EVENT

07 August | 2:00pm – 4:30pm | The Lodge, 14 Scholz Avenue, Nuriootpa

Join us for an unforgettable launch event with:

- Free entry
- Complimentary wine on arrival
- Afternoon tea
- Live performances
- Meet the artists & hear their stories
- Open to all ages

Come celebrate the bold, creative voices of our community - and help us shine a light on the vibrant souls who dare to be seen.

# SALA





# 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 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 12th June Thursday 10th July <b>Second Thursday Each Month</b>	4:00 pm	The Joy Rice Centre
Movie Night	Friday 13th June Friday 27th June <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	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 - <b>The Bobby Dazzler Show</b> for live music performances		As per Facebook Page
Music Night	Saturday 21st June Saturday 19th July <b>3rd Saturday Each Month</b>	7:00 pm	The Joy Rice Centre
Men's Group	Wednesday 11th June Wednesday 25th June <b>2nd &amp; 4th Wednesday</b>	1:30 pm	The Lodge/ Outings
Community Residents Market	Saturday 7th June Saturday 5th July <b>1st Saturday Each Month</b>	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.

# Everyone's Welcome!

## 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.

<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>New program coming soon:</b> 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 - 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
<b>2nd June</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Medika Gallery (Blyth)</b> <b>Low</b> walking level	Fine art gallery, selling Australian glassware, pottery etc.	Clare Hotel
<b>June 9th - Public Holiday</b> <i>Kings Birthday</i>			
<b>16th June</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Bon Accord Mining Museum</b> <b>Low</b> walking level	Incorporating the original mine office and workshop. <b>Entry fee \$5.</b>	St Just Cafe
<b>23rd June</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Costal Drive 59</b> <b>Low</b> walking level	Exploring the Adelaide coastline.	Love of Semaphore Cafe
<b>30th June</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Alphabet Hunt</b> <b>Low</b> walking level	Work in pairs and take a photo, of a place, object or person for each letter of the alphabet. You will travel to several destinations where you will hunt for your answers.	Mystery Destination
<b>7th July</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Gawler Old Telegraph Museum</b> <b>Low</b> walking level	Explore the old telegraphers station and discover the rich local history of Gawler and district through an engaging collection of objects, interactive displays.	Kingsford
<b>14th July</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Adelaide Hills Feasting</b> <b>Low</b> walking level	Enjoy a stopover at Woodside for morning tea, then a leisurely drive taking in the various scenery as we make our way to Mt Barker for lunch.	Mt Barker Hotel
<b>21st July</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Dutton and St Kitts Historic Drive</b> <b>Low</b> walking level	PExplore the historic settlement of Dutton and St Kitts first founded in the1850s.	Stockwell Hotel
<b>28th July</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Charles Sturt Museum</b> <b>Low</b> walking level	Home of Captain Charles Sturt from 1840-1853. Come and expose yourself to the story of Captain Charles Sturt.  Cost: \$7	Links Hotel



# 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 HCP 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** 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. Talk to us for more information.

## Social Small Group

### 3rd Thursday of the Month

**New monthly social outings for active retired community members**

Love getting out and about but not keen on driving far? This new group is for socially minded, independent and active retirees who enjoy outings like events, bush walks, and shared meals with others.

**Details coming soon!**

## 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 booking.
- **Bookings** phone the Lodge reception 8562 0300 (Option 2).



## Workshop - OCTOBER 30th

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

### Bird and Bee bath - Hosted by Bunnings

Create a charming mini bird or insect bath to attract and support local wildlife. This hands-on workshop is encourages creativity and connection with nature.

- **Date:** Thursday, October 30th
- **Time:** 12:30 - 2:30 pm
- **Location:** The Lodge, 14 Scholz Ave, Nuriootpa SA 5355
- **Cost:** **\$15** payment required at booking.
- **Bookings** required



**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 HCP 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
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
27th June	Roast Pork, Vegetables & Apple Sauce	Pavlova
4th July	Lamb Chops in Pepper Sauce, Roast Potato & Green	Panna Cotta & Berry Coulis
11th July	Silverside, Mashed Potato & Steamed Vegetables	Apple Pie Bites & Ice Cream
18th July	Roast Beef & Yorkshire Pudding, Potato Bake with Peas	Apple & Berry Crumble
<b>Bookings are essential</b> – 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.		
<b>Dietary requirements:</b> a reminder please if there is any dietary requests please advise us by the Wednesday for the Friday service.		

# Have Some **Fun**

