

# GRAPEVINE



## Co-Design Project: A Vision Brought To Life

Barossa Village celebrates the completion of the first stage of its resident-led garden transformation.

The garden beds are planted. The water feature flows. And the space is already buzzing with birds, bees and the quiet joy of residents taking it all in.

On June 6, Barossa Village celebrated the official unveiling of its co-designed Residency Garden. A project grounded in community, care, and the belief that the best ideas come from those who live here.

This development brings to life a vibrant, accessible and nature-rich garden space, shaped directly by resident voices. Through a series of co-design sessions, residents shared ideas, selected plants and materials, and even helped bring elements of the garden to life with their own hands, a process that went far beyond consultation and into true collaboration.

*Story continued - page 4*

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# Hello & Welcome



## Message From Our CEO Ben Hall

I hope that you have enjoyed the onset of the winter rains; much needed for our farming community and a welcomed refreshment for our landscapes. The change in the weather mirrors our switch from one financial year to the next.

We use this time to set directions for the year ahead and reflect on our successes and learnings of the year past. Of course we also look forward to the return of the warmer weather.

The Australian Government's decision to defer the commencement of the new Aged Care Act until 1-November has given all Aged Care providers welcomed relief as well, but there remains a lot of work ahead to prepare for its commencement. This includes the implementation of the new, strengthened Aged Care Quality Standards.

One aspect of the year past that I have really enjoyed is our engagement with the community on topics of interest including how we provide services currently and under the new legislative framework. Be it through our co-design projects, consumer advisory bodies or the various resident/client interest groups, the suggestions and feedback that comes forward has certainly guided us toward better outcomes.

Did you know that "Nuriootpa" is an aboriginal word meaning "meeting place"? The Barossa Valley Region is a meeting place of the Kaunra, Peramangk and Ngadjuri nations, all our traditional landowners. This land is a place where they would trade, celebrate and exchange their cultures. The way that we come together and explore ideas and concepts, share our beliefs and values and take away learnings from one another is a continuation of that exchange.

The New Aged Care Act requires us to value identity, culture and diversity through dignity and respect to ensure an inclusive and person-centred service. We strive to achieve this in every aspect of our care. As we move forward in the coming weeks we will be looking to engage with you regarding how can grow our sense of community to show how we in fact value identity, culture and diversity and how these values can support us going forward.

Stay warm  
**Ben Hall**

# NAIDOC Week

## Creating Space for Every Story

During NAIDOC Week, we reflect on the importance of truth-telling, cultural connection and walking forward together with respect and openness. The national theme, The Next Generation: Strength, Vision & Legacy, reminds us that culture is not only something to be honoured, but actively lived, shared and celebrated.

At Barossa Village, we recognise that inclusion is not a single act; it is a way of living, working and walking together. Guided by truth-telling, cultural respect and the creation of spaces where all people feel valued, safe and heard.

As part of our ongoing commitment to fostering a truly inclusive culture, we are proud to have reflected on and share what is now our **Acknowledgement of Country**. To us it is more than a statement. It is an invitation; a promise to a way of working; and a guide for how we walk alongside one another with compassion and accountability to create a shared sense of belonging.

Our Acknowledgement honours the deep history of the **Kaurna, Peramangk** and **Ngadjuri** peoples, and expresses our responsibility to care for Country, culture and community as we shape a thriving future together.

We believe that everyone has a story worth sharing and that culture lives not just in history, but in how we connect, create and contribute each day. We want our staff, residents, clients and community to feel empowered to share who they are, what they value and how they express themselves.

In this same spirit, we invite you to reflect, to listen and to contribute. Whether it is through a conversation, a cultural expression, a memory or a moment, this is your space too.

Our Acknowledgement of Country:

***This land is a traditional meeting place of the Kaurna, Peramangk and Ngadjuri nations, all who share an enduring connection with the Barossa Valley region. Today, we acknowledge and draw on the wisdom of all Elders; those of First Nations descent, and those who are new to our country. It is this unfolding knowledge that guides us in how we take responsibility and shape a future that respects country, culture and community.***

This NAIDOC Week, and every week, may we keep creating a place where every story matters and every person belongs.





# Residency Highlights

## From Ideas to Impact

*Cover story continued.*

What Happens When Residents Lead the Way.

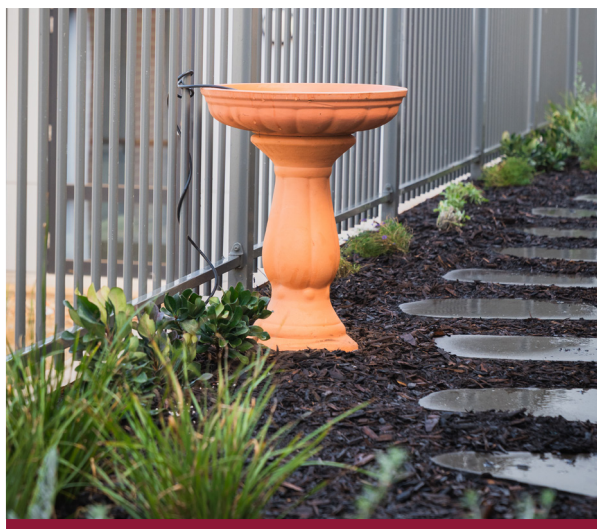
The Residency Garden is more than a visual upgrade, it's a living example of what's possible when people are empowered to shape the world around them.

Residents weren't just asked what they wanted. They were invited to lead, decide, and take part in the making. From choosing plant varieties to advising on seating locations and even assisting with hands-on construction.

The result is a space that reflects real lives, genuine preferences and meaningful connection. A place where a morning walk becomes a sensory experience, where families gather to sit and talk and where even a quiet glance from the hallway brings nature closer to everyday life.

This garden has become more than just a space to enjoy. It is a reminder of what happens when people are heard, involved and empowered to shape their environment.

It stands as a celebration of community, belonging and the simple beauty of creating something together.





# More Good Days

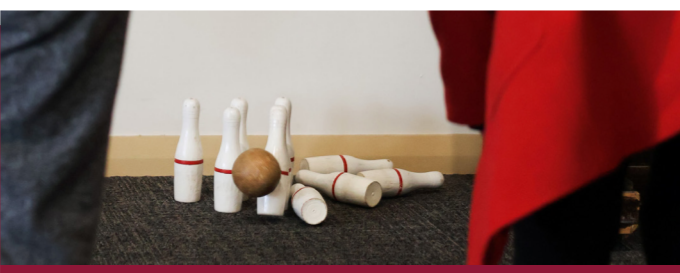
## World Olympics Day

Our wellbeing team brought the spirit of the Olympics to life! Residents were divided into teams representing different countries and spent the day laughing, cheering, and competing in inclusive games designed to keep minds active and bodies moving.

Mental stimulation and gentle competition aren't just fun; they play a significant role in supporting emotional wellbeing, cognitive function, and social connection in aged care settings.

One of the highlights?  
Our table hockey game!  
It was fast-paced, fun and completely DIY: a small ball, batons (or even finished Gladwrap rolls!), tissue boxes for boundaries, or rolled towels to keep things contained. A great activity to try with visiting family or at home.

We love creating these moments because joy, movement, and connection should be part of everyday life.





# Residency Highlights

## The Joy Flowers Bring

Thanks to the generosity of Fleur Social, our residents have been treated to beautiful bunches of fresh blooms and the joy they bring is something truly special!

There's something magical about watching a resident gently hold a flower, take in its scent, and smile as they carefully place it in a vase. It's a moment of calm, of connection and often of cherished memories.

These simple acts of kindness brighten not only our spaces at Barossa Village, but the days of our residents and staff.

It's more than just flowers, it's a reminder that we're part of a beautiful community in the Barossa Valley that truly cares. We couldn't be prouder to be a part of it.





## Student Engagement

This past semester, students from Faith Lutheran College have connected weekly with our residents playing games, joining hobbies, and, most importantly, listening.

The result? Real relationships, unexpected lessons, and a ripple of warmth that lingers far beyond each visit.

The students commented:

"It puts a smile on my face every time I come here. It's a really positive experience that fills your heart with warmth."

"It's made me appreciate them more."

"For me, it's been pretty deep."

When young people reflect like this, it reminds us exactly why we design intergenerational environments; spaces where stories are shared, joy is mutual, and lives are enriched in both directions.

Because when we bring generations together with intention and heart, we don't just fill time, we create lasting impact.

Thank you to the students, teachers and families of Faith for helping us build a community where more good days are always possible.



# 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

## Scavenger Hunt - Let's Have Some Fun!

Recently the clients who joined the Scavenger Hunt Outing, worked in pairs to solve the quizzes to take them to the various destinations across the day. It provided a fun way to keep everyone engaged and promote teamwork. It certainly challenged our thinking.

Below are some of the questions used in the scavenger hunt, see how you go and stay tuned for the Grapevines next edition to get the answers.

### Fourth Destination

1. I'm always running, though I never walk. Sometimes, I can sing, but I never talk. I have hands, and I have a face. You use me to decide your pace.

Answer: \_\_\_\_\_

2. It has four legs but cannot walk.

Answer: \_\_\_\_\_

3. The building that has the most stories.

Answer: \_\_\_\_\_

4. I come in the middle of March and April, but May doesn't have me.

Answer: \_\_\_\_\_

5. My name means "sightless," but if you want to see it, all you have to do is open me.

Answer: \_\_\_\_\_

## What Have We Been Doing?



Rita and Carol enjoy the display of the various wedding dresses at Balaklava Centenary Hall



Balaklava Centenary Hall Museum - Dawn and Graham enjoying the collection of historical records and memorabilia



# More Good Days



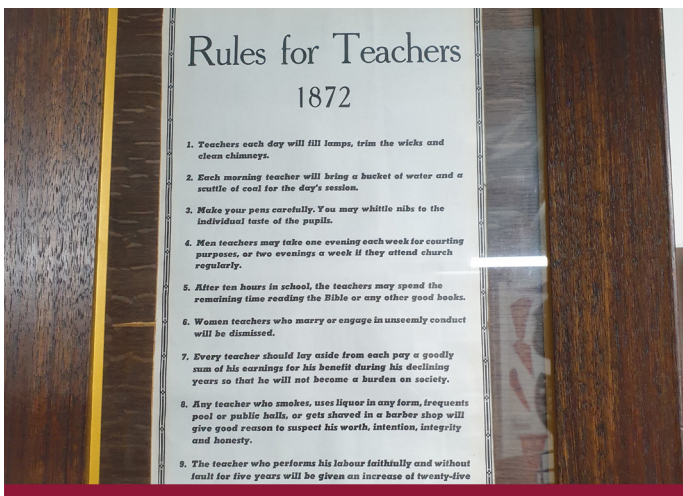
Balaklava Centenary Hall Museum - Dawn and Carol what a collection of tins, glass and kitchenware



Balaklava Centenary Hall Museum - Lance took one look and thought it was Dianne B - the hair was the reason



Balaklava Centenary Hall Museum - Medical equipment and hospital furniture



Balaklava Centenary Hall Museum - Rules for Teachers in 1872



Bon Accord Mining Museum



Bon Accord Mining Museum with Dianne Margaret, Carol at back Elaine and Eunice

# What's On - SALA

## Barossa Village SALA Launch & Exhibition - **Be Seen**

### **When was the last time you truly saw someone?**

Not just in passing, but really looked.  
into the lines that hold their laughter,  
the softness behind their silence,  
the colours of who they are and all they've lived.

### **Have you ever been seen like that?**

For your story, your spirit,  
your quiet joy or the ache you carry beneath it.

### **This SALA, Barossa Village invites you to Be Seen.**

This August wander through a soulful exhibition created not only by our residents, but by community artists, students, and even the youngest storytellers from our local kindergarten and early learning centre. These works speak not just in paint or pastel, but in memories, identity, and brave self-expression from every age and every stage of life.

### **Be Seen: The Unveiling Event**

**7 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 and afternoon tea. Meet the artists and hear their stories. This exhibition is interactive and open to everyone. Come for the art, stay for the stories and let your heart be stirred and your eyes opened!

## Residency SALA Opening Water

Our Wellbeing team, alongside our Residency residents, have been busy crafting an immersive experience around the theme of Water, a tribute to the memories, feelings, and stories it holds.

This sensory-rich exhibition invites you to take a meaningful walk down memory lane, exploring the sounds, textures, and imagery of water in all its forms. From beachside holidays and childhood creek adventures to the simple joy of rain on a tin roof, each element reflects a cherished moment our residents carry with them.

Let the experience wash over you. Listen. Feel. Remember. See water through their eyes.

**Month of August | The Residency, 9 Atze Parade, Nuriootpa**

# 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	<b>Second Thursday Each Month</b> July 10th August 14th September 11th	4:00 pm	The Joy Rice Centre
Movie Night	<b>Alternate Fridays</b> July 11th & 25th August 8th & 22nd September 5th & 19th	6:30 pm	The Joy Rice Centre
Art & Craft Group	<b>Every Friday</b>	3:00 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	<b>3rd Saturday Each Month</b> July 19th August 16th September 13th	7:00 pm	The Joy Rice Centre
Men's Group	<b>2nd &amp; 4th Wednesday</b> July 9th & 23rd August 13th & 27th September 10th & 24th	1:30 pm	The Lodge/ Outings
Community Residents Market	<b>1st Saturday Each Month</b> July 5th August 3rd September 7th	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).

# 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>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	Explore the historic settlement of Dutton and St Kitts first founded in the 1850s.	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
<b>4th August</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Parafield Airport Museum and Southern Propellers</b> <b>Low/Medium</b> walking level	Enjoy the tour of Parafield Airport, itinerary listed below <ul style="list-style-type: none"><li>Southern Propellers</li><li>Classic Fighter Jet Museum</li><li>Heritage Centre</li></ul>	Mawson Lakes Hotel
<b>11th August</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Hahndorf Fruit and Veg Market.</b> <b>Low</b> walking level	At the market you'll find farm fresh locally grown produce, daily in-store baked bread, local cut meats and a huge array of groceries and condiments	Hahndorf Old Mill
<b>18th August</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Watervale General Store and Providore for Morning Tea and scenic drive</b> <b>Low</b> walking level	Enjoy the scenery as you head to Watervale for Morning Tea, followed by a drive tour around the area.	Sevenhill Bakery
<b>25th August</b> 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	<b>Red Cacao (Adelaide Hills Artisan Chocolatier)</b> <b>Low</b> walking level	Enjoy coffee, cake or a hot chocolate while looking for some delicious chocolates for yourself or a perfect gift for family or friends.	Mt Barker 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
11th July	Silverside, Mashed Potato & Steamed Vegetables	Apple Pie Bites & Ice Cream
18th July	Roast Beef & Yorkshire Pud-ding, Potato Bake with Peas	Apple & Berry Crumble
25th July	Roast Chicken & Dianne Sauce, Roast Vegetables & Green Beans	Tiramisu
1st August	Pork Steaks in Onion Gravy, Chat Potatoes & Steamed Greens	Apricot Danish & Custard
8th August	Satay Chicken & Rice with Mixed Vegetables	Chocolate Bavarian
15th August	Roast Lamb & Vegetables, Mint Peas and Gravy	Tiramisu
22nd August	Silverside, Mash Potatoes, Cabbage & Steamed Carrots	Apple & Rhubarb Crumble & Ice Cream

**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:** a reminder please if there is any dietary requests please advise us by the Wednesday for the Friday service.

# Have Some Fun

E	M	N	D	R	A	Y	E	N	I	V
S	R	N	O	K	C	O	D	D	A	P
U	L	U	R	I	R	E	P	A	E	R
G	I	A	T	O	T	L	K	I	O	G
A	Y	E	M	L	H	A	N	O	N	H
R	R	R	W	I	U	T	T	I	G	O
B	E	U	C	A	N	C	R	O	S	R
E	G	T	R	H	R	A	I	O	R	S
E	G	S	O	O	E	T	E	R	H	E
T	I	A	P	H	O	U	S	E	G	S
D	P	P	S	U	B	S	O	I	L	A

Medium Difficulty Word Search

Words found in all direction

AGRICULTURE  
ANIMALS  
CROPS  
HORSES  
HOUSE  
PADDOCK

PASTURE  
PIGGERY  
REAPER  
ROOT CROP  
ROTATION  
SHEARING

SHORTHORN  
STRAW  
SUBSOIL  
SUGAR BEET  
VINEYARD

**BONUS PUZZLE:** With the remaining unmarked letters, what is the name of a dairy farm structure for milking cows?