

GRAPEVINE



With Great Excitement, Our Bus Has Arrived!

The wait is finally over, our brand new community bus has arrived at Barossa Village!

Thanks to the gracious and generous donation from Mr Howard Schulz, a much-loved member of the Barossa community, we have been able to purchase a 22-seat Toyota Coaster Deluxe. Announced in May last year, the bus has been eagerly anticipated by staff, volunteers, and residents alike.

After being manufactured and shipped to Australia, the bus recently received a vibrant detailing and internal modifications to make it truly fit-for-purpose for our community. In August, we were delighted to surprise staff and community volunteers with its arrival, a moment filled with joy and excitement.

Howard's generosity now lives on in a way that will bring happiness, vibrancy, and more good days to our community.

Story continued - page 4

IN THIS ISSUE

CEO Update.....	02
Upcoming Meetings.....	03
Bus Timetable.....	05
SALA Photo Gallery.....	06
Residency Highlights.....	12
Congratulations Alicia.....	13
Calendars.....	17

Hello & Welcome



Message From Our CEO Ben Hall

As you have heard and read already, yes, the new bus is here! It was such a great to see our bright more good days bus drive around the corner and be seen for the first time. Thank you again to the generous donation from Mr Howard Schulz. We look forward to the many adventures ahead with "Howie the Bus."

August also brought the joy of the SALA Art Festival. I had the privilege of attending both openings; Water Memories at the Residency and Be Seen at the Lodge – on 7 August. The colour, creativity, and vibrancy in our reimagined spaces were inspiring, and feedback from both our community and visitors was nothing short of spectacular. MCing the Lodge opening and sharing our new Acknowledgement of Country for the first time was a proud moment, celebrating the respect, culture, and connection that define us.

In the same week, we celebrated Aged Care Employee Gratitude Week, in support of National Aged Care Employee Day. From carers to cooks, cleaners to coordinators, our incredible team's dedication never goes unnoticed. We kicked things off with cookies, a resident video, and a full week of celebrations. Thank you to every team member for making more good days possible every day.

We've also shared a lot about our national-first partnership with Lifeline, supporting the management of the Op Shop and the provision of local mental health connect services. The day has arrived, and Lifeline now manage the Op Shop. My sincere thanks go to the volunteers who assisted with the transition – the new shop format looks fantastic. Be sure to check it out, and if you can, buy something to contribute. If you are interested in volunteering, I'm sure Lifeline would greatly appreciate your support.

Finally, as the financial year closes, we are busy planning our end-of-year reports. Soon we will advertise the dates for the various Annual General Meetings. I'm proud to share a snapshot of our achievements: just under 4,000 maintenance tasks completed, over 51,000 hours of home care delivered, and more than 8 million minutes of care in the Residency.

Something to leave you with: so often I hear our clients say, "I didn't want to be a bother." This came up in a recent Consumer Advisory Body meeting when we were discussing maintenance requests. Tongue in cheek, I suggested we start a "be a bother" campaign, beginning with "don't worry, it's not a bother." Being able to help is an absolute privilege. Helping is a way we show respect, care, and recognition, and we will be sure to show each team member just how much they mean.

Stay warm
Ben Hall

Community News

Barossa Village Board Update

The Barossa Village Board continues to engage with residents and clients at our regular Consumer Advisory Board (CAB) meetings. These provide valuable face-to-face opportunities for you to share your thoughts and experiences on what is and isn't working. We are also looking forward to your attendance at the upcoming Barossa Village AGM on Tuesday, 28 October at 7pm.

In August, we were delighted to recognise all Barossa Village employees during Aged Care Employee Gratitude week and particularly on Aged Care Employee Day. Once again, we'd like to thank each and every Barossa Village employee for their hard work, care and compassion. It is very much appreciated by us all. In other Board news, we have approached the Barossa Council to see if we can take ownership of the "road" along the boundary of the 13AB Scholz Avenue redevelopment. The transfer of ownership will enable us to rejuvenate this space.

The Board was just as excited as our employees to witness the delivery of the new bus, thanks to a generous donation from Mr Howard Schulz. We hope that many of you get a chance to enjoy a smooth ride in "Howie" soon.

Meeting Meeting Meeting

It's that time of year again when as a member of the Barossa Village community, you will start to see a lot of information coming to you for the various meetings that are coming up. Here is a summary for you:

The Barossa Village Residents' Association president and cluster representative nomination forms (due back 23 September 2025)

These will already have been distributed to your letter box, so that you can nominate yourself or one of your neighbours to be considered for election as part of the management committee for the BVRA at its Annual General Meeting.

The Barossa Village Resident's Association Annual General Meeting (21 October 2025)

Where the Independent Living Unit community BVRA elect its new management committee and hear presentations from the Board Chair and CEO regarding the year past and the look ahead. During the meeting, the CEO also presents the annual budget for our Independent Living Unit community.

Consumer Advisory Bodies (dates as per this Grapevine)

Our next quarterly CAB meetings are scheduled in September. They are a chance for the various consumer groups of the Barossa Village: Independent Living, Community Care and Residential Care to engage directly with members of the Barossa Village Board.

The Barossa Village Annual General Meeting (28 October 2025)

Where the Board Chair and CEO will present the whole organisations past years performance for the entire membership, voting occurs for the election/reelection of our Board Members if required and key topics of interest are decided on.

We appreciate and understand that this is a lot of information over a very short period of time. If there are any questions please do not hesitate to contact - 8562 0300.

Community News

Our New Community Bus Has Arrived!

Cover story continued

Howie the Bus was purchased with a generous bequeath from Howard Schulz. Howie was well known to two residents, Yvonne Wuttke - his cousin and Karen Davidson his neighbour.

Howie was a kind man with a quirky personality who loved a chat and would talk the ear of anyone. He was born and bred in the Barossa and quite a few Barossa Village residents went to school with him and knew him from his time working in the local garage.

His generosity has enabled the Barossa Village to purchase a brand new bus to be known as "Howie". We ask that when Howie the Bus passes the Nuriootpa Cemetery you give a cheer to Howie.

Words supplies by Barossa Village Residents, Karen Davidson and Yvonne Wuttke.

In Memory of Howard Schulz

We will never forget your generosity, Howard. Your gift has created something that will bring joy, comfort, and enriching moments to countless people for years to come.

From all of us in the Barossa Village community – thank you, Howard.



When Can I Ride The New Bus?

We are excited to share that from **Monday 3 November**, our Community Connections day trips will have a fresh new way of travelling together – on our brand new bus, Howie!

With more seats on board, we can now welcome more friends along. To make sure we spend less time on the road and more time enjoying our outings, we'll be moving from home pick-ups to a scheduled stop system.

What this means for you

- When you book your seat for an outing, you'll be asked which stop you'd like to be collected and dropped off at.
- Each stop has been carefully chosen with easy access in mind. There is shelter, parking, and a clearly marked bus sign at each location. These signs will be in place by November so you'll know exactly where to wait.
- Our team will be there to guide you through the change and make sure everyone feels comfortable and confident.

Where you can catch the bus

We are introducing four community-friendly stops across the Barossa:

- Stop 1: Barossa Village Joy Rice Centre, 14 Scholz Ave, Nuriootpa
- Stop 2: Arthur & Gladys Reusch Community Centre (Lifeline & Barossa Village Op Shop), 24A Murray Street, Nuriootpa
- Stop 3: Barossa Village Magnolia Cluster, Tanunda
- Stop 4: Barossa Village Schilling Street Cluster, Angaston

A full timetable with pick-up times will be included in the October Grapevine, giving you plenty of time to plan ahead.

Why we're making this change

Until now, we've collected each person from their home in our smaller vans. With the new bus and its extra seats, this would take too long and mean less time at the destination. By moving to a simple stop system, we can travel further, spend more time together at activities, and share the journey with more friends.

If you have any questions or feel unsure about the change, please call our friendly Reception team on 8562 0300 (option 2). We are here to help.

Together, we can look forward to more adventures, more comfort, and more good days with Howie the Bus!

SALA Success



Ann



Moss



Roger



Elsje



Tammy

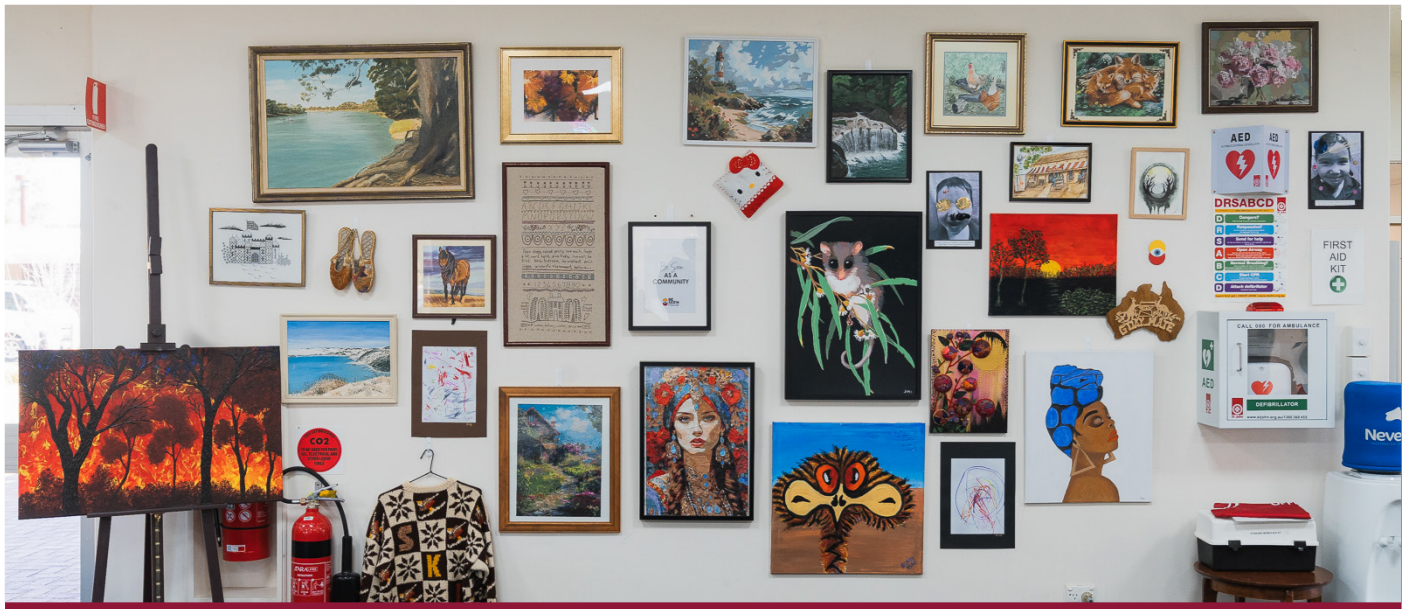


Chris



Bistro

Meet Some Of Our Artists



Eulie



Sid



Tabitha



Julie

SALA Success



Pat



Rita



Sammy



Geraldine



Sharon

More Good Days



SALA Success



SALA 2025 at Barossa Village – Be Seen Extended

Because of the success of our Be Seen SALA exhibition, we are delighted to extend it at Barossa Village Lodge for all of September! Over 100 guests joined our grand opening, enjoying music, painting demonstrations, and the incredible creativity of residents, local artists, students, and even the youngest storytellers from our early learning centre.

At the Residency, the Water exhibition by art groups and resident artists offered a deeply inspiring experience, connecting each piece to personal memories with water. Both exhibitions were exquisitely executed, reflecting the talent, bravery, and stories of our community.

Thank you to all our artists, the community members who attended, and our teams working behind the scenes. As one artist shared, “I cannot thank you and Barossa Village enough for allowing me to be seen in a safe place. Gratitude.”

Watch artist videos and stories via Barossa Village YouTube Channel or on our Facebook.

International Visitors

On 22 August, Barossa Village welcomed a delegation from the Lutheran Church in Indonesia, who visited to learn more about aged care practices in Australia. In Indonesia, aged care is primarily funded by the church and government, but there remains a strong cultural stigma around placing elderly family members in care facilities. Despite this, the delegation noted that the standard of aged care homes in Indonesia is significantly lower than in Australia, describing Barossa Village as resembling a “five-star hotel.”

Both the Australian and Indonesian systems share a commitment to providing meaningful activities for residents, ensuring they remain engaged and active. During the visit, we showcased our hydrotherapy pool, gym, and residential units, explaining our home care model—an approach that currently does not exist in Indonesia.

The delegation was given the opportunity to take photos and videos to help illustrate what is possible in aged care. As representatives of the Lutheran Church, they were particularly interested in our pastoral care program and were impressed by the efforts of a non-faith-based organisation to support residents' spiritual wellbeing.



Visit from the Lutheran Church of Indonesia

Residency Highlights

Barossa Village Talent Show

Trying something new

The residency offers many small activity groups. This is where we bring together likeminded people to create an interest group. This month we have taken it a bit further....

In October we are running the Barossa Village has got talent show! Like minded residents are getting together to showcase their talents. Wellbeing staff member Robyn has created a Ukelele group. This started off as two residents and has now increased to 6 residents. Some of the ladies have never played before. What a challenge to undertake. The ladies are having a lot of fun and resident Judith is helping Robyn to teach as she already plays. Good luck ladies.



Faye and Judy

Not to be outdone a group of Men from AB wing are getting together to sing. All these men come from different Church groups and choirs. We have brought them together to foster new harmonies and new friendships.

There will be so many other acts on the day and the Wellbeing Team are using the new shifts weekend shifts to do to rehearsals. It should be a great show that highlights the talents of the residents and reminds us we can learn new things at any age.



David, Eric, Colin and Brenton



Glenda and Chris

From Paddock to Plate

Alan has been lovingly growing rhubarb in the CD and AB garden. With his tender love and care the rhubarb has thrived. Residents were overjoyed with the rhubarb and apple pudding, fresh from the garden.

The focus is to grow more produce in the residency gardens to really live the pallet to plate experience. Thanks, Alan, for all your hard work.



Alan and Rhubarbs

Student Success!

Barossa Village fosters student placement and student experience. We have been very fortunate to have some amazing students come through from Nuriootpa High, Kapunda High and Faith. Two of the success stories that have come out of this are Alicia and Ella. Alicia did her work experience with the Wellbeing team two years ago. After she finished, she combined her school and studies to become a Carer. Alicia is now employed as a carer at Barossa Village! Congratulations.

Ella came to do work experience as part of her SACE. She enjoyed working with the residents so much that she has now decided to become a volunteer at the residency. This is outside of her school duties and obligations. Ella absolutely loved getting to know the residents and help them with art and bowls. Ella will be joining us once a week to keep the friendships and experience going. Ella is still unsure what she wants to do in aged care. This experience and the support of the residency can help her achieve her goals and support her along the way.

The work experience opportunity offers students a safe space to learn, ask questions and get involved. Students are welcome at the residency any time. Speak to the Wellbeing Team for more information.



Alicia "I was trying different work experience options and after my positive placement at Barossa Village, I decided Aged Care was for me."

Intergenerational Connections Continue

There were also some younger students last month. The amazing children from St Jakobi came to sing with their choir. The song choice was brilliant, and the children had the residents singing and clapping along.

What a brilliant group of young ladies!

They engaged with the residents after their singing having a chat and asking questions. There were a lot of smiles and fun. These forms of engagement help to break down perceptions of people in aged care and



St Jakobi Choir Visit

Community Highlights

Community Brain Games - Let's Have Some Fun!

1. You cut me on a table, but I'm never eaten. Answer: _____
2. A band that doesn't play instruments but has plenty of styles.
Answer: _____
3. I am not a lamp, but I can light up. I don't use any petrol but can start fires.
Answer: _____
4. I am not an organ, but I have 13 hearts. Tell me, who am I?
Answer: _____
5. I begin and end with the letter "e," and usually only contain one letter.
Answer: _____

July's Grapevine Answers

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: **Clock**
2. It has four legs but cannot walk. Answer: **Table**
3. The building that has the most stories. Answer: **Library**
4. I come in the middle of March and April, but May doesn't have me. Answer: **R**
5. My name means "sightless," but if you want to see, all you have to do is open me.
Answer: **Blinds**

What Have We Been Doing?



St Kilda Eunice Carol Rita and Margaret, finding answers to their ABC Scavenger Hunt



Rocky exploring the pirate ship based at St Kilda

More Good Days



Charlies Holiday Plans

We were packing for a holiday; suitcase open on the bed,
When Charlie must have decided "I'll go instead",
When we came in - oh what a sight, Charlie was nestled in, snug and tight,
His eyes said "I'm ready just zip it, let's go,
Hurry up and don't be so slow,
Airport security? I'll just give them a grin,
Paris Hilton does it, that's why I jumped in,
Does Charlie think he is a celebrity dog, And of course, other dogs follow his blog?
But Charlie dear, your stowaway dreams must end,
You will be happy staying with Winston you friend.

John Irlam
8th July 2025

All Welcome
Sundays 10:30am
Joy Rice Centre, Nuriootpa
more information 0408 194 740

BAROSSA CHRISTIAN FAMILY CENTRE

What's On

BVRA Report

August Meeting 2025

A Warm Welcome to all New Residents

The Barossa Village Residents Association is in place to represent all residents with an independent voice and this is the philosophy and purpose of the Association.

There are clusters of units in Angaston, Tanunda and Nuriootpa included in the Barossa Village and each is represented by an elected resident as Cluster Representative each year. The election of the Cluster Representative and their Proxy is conducted at the AGM, along with the election of the President of the Barossa Village Residents Association (BVRA).

The August meeting has been held with a focus on the upcoming AGM on the 21st October 2025 and any outstanding issues raised by Cluster Representatives were passed on to the Barossa Village Management for follow up.

Planning and discussions are underway between the Barossa Village Management and the Management Committee of the BVRA for the Election of the President and Cluster Representative, all residents should receive an invitation and relevant paperwork for the AGM in your letter box in coming days.

Just a reminder to residents that the purpose of the BVRA is to represent you to the Barossa Village Management with ideas and suggestions that are put forward by your Cluster Representative at our meetings.

All individual maintenance requests should be directed to the Barossa Village Reception in the first instance and a job number should be provided.

Copies of the Minutes of BVRA Meetings have been distributed to Cluster Representatives and a copy is available for all residents in the Residents' Book Exchange BVRA folder.

I look forward to seeing all residents at the upcoming BVRA AGM, please come and join us for a cuppa and have your say in voting for the BVRA President for 2025/26.

Upcoming - Consumer Advisory Body meetings

- **Independent Living** 10.30am Thursday 9 September 2025 at the Lodge
- **Community Care** 10am Thursday 11 September 2025 at the Lodge
- **Residential Care** 10.30am Thursday 18 September 2025 at the Residency



Hairdresser

Thursdays: Barossa Village – Lodge Salon
Booking available for the salon or home appointment!
IRENE RICKARDS | 0414 607 135



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	Every Wednesday	2:00 pm	The Joy Rice Centre
Happy Hour	Second Thursday Each Month September 11th October 9th November 13th	4:00 pm	The Joy Rice Centre
Movie Night	Alternate Fridays September 5th & 19th October 3rd, 17th & 31st November 14th & 28th	6:30 pm	The Joy Rice Centre
Art & Craft Group	Every Friday	3:00 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	3rd Saturday Each Month September 13th October 25th November 22nd	7:00 pm	The Joy Rice Centre
Men’s Group	2nd & 4th Wednesday September 10th & 24th October 8th & 29th November 12th & 26th	1:30 pm	The Lodge/ Outings
Community Residents Market	1st Saturday Each Month September 7th October 5th November 2nd	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.

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• New program coming soon: 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 - 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
8th September 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Kapunda Heritage Trail & Kapunda Historical Society Museum Low walking level	Drive tour through the history and development of Kapunda, after lunch stop to view the Museum which displays all aspects of lifestyle and working life in Kapunda.	Sir John Franklin
15th September 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Cadell Heritage Centre Low walking level	The centre features photos and displays of the original settlement, the construction of channel irrigation and the settlers' daily lives	Commercial Hotel Morgan
22nd September 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Murray Bridge Riverview walk Low walking level	Enjoy the natural beauty of the riverside by taking a leisurely walk along the riverbank	Bridge Port Murray Bridge
29th September 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Littlewood Agapanthus Farm Low walking level	With over 100,000 Agapanthus plants to gaze upon, plus 4 acres garden and lake. Enjoy morning tea, including a tour of the property and how they manage using some principles of permaculture. Cost: \$15 must be paid prior to the outing to secure your spot	Great Eastern Hotel
6th October	PUBLIC HOLIDAY		
13th October 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Kathleen (Kitty) White Sculpture Low walking level	Positioned on the esplanade at Brighton Beach come and view one of several sculptures that line the coast	Esplanade Hotel (Brighton)
20th October 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Lobethal to Mt Barker Sculpture trail Low walking level	The trail features contemporary stone sculptures, artists from around the world who carved their dreams in stone under the Gum trees at The Cedars in Hahndorf. These sculptures are dotted around the beautiful landscape of the Adelaide Hills	Local Bakery
27th October 8:30 am - 4:00 pm <i>Pick up from 8.30am</i>	Station Masters Art Gallery (Strathalbyn) Low walking level	Community gallery showcasing quality artwork, jewellery, silks, woodwork, fabric art, sculptures, cards and much more.	Robinhood 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!

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

Friday - Cafe Luncheon Menu

September, October & November		
DATE	LUNCH	DESSERT
5th September	Roast Beef, Horseradish, Roast Potato & Pumpkin with Broccoli Bake	Panna Cotta & Mango Coulis
12th September	Butter Chicken & Steamed Rice with Melange Vegetables	Apple Pie & Ice Cream
19th September	Lamb Shanks in Red Wine & Tarragon Sauce with Mash and Steamed Vegetables	Bread & Butter Pudding
26th September	Pickled Pork with Mustard Sauce, Chat Potatoes and Mixed Vegetable Bake	Pavlova & Fruit
3rd October	Beef Lasagne, Garlic Bread & Garden Salad	Tiramisu
10th October	Roast Chicken & Gravy with Potato Medley and Greens	Jam & Cream Sponge Roll
17th October	Roast Pork & Apple Sauce, Potato Bake & Vegetables	Apple Pie Bites & Ice Cream
24th October	Shepherds Pie & Steamed Vegetables	Apple & Berry Crumble with Custard
31st October	Chicken Parmigiana with Wedges & Salad	Custard Tarts
7th November	Roast Beef & Gravy, Roasted Potato Medley & Greens	Apple & Rhubarb Crumble
14th November	Corned Beef Silverside, Mashed Potato & Steamed Vegetables	Sticky Date Pudding & Butterscotch Sauce
21st November	Roast Pork & Apple Sauce with Broccoli Bake	Mixed Berry Cheesecake
28th November	Roast Leg of Lamb , Mint Jelly & Vegetable Bake	Apple Pie Bites & Ice Cream

Bookings and dietary requirements 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.

Have Some Fun | Level - Hard

