



Active Lifestyle

High Tea with the Ladies



High tea is always an enjoyable morning for a group of like-minded ladies from Milford House. With the assistance of our RAO, the 'special' teapot, cups and saucers are brought out and morning tea is served. The ladies begin to chat and talk of times past. This is a great way for some of our residents to get to know one another and share life stories.

Lately, the group has been discussing different types of tea and where the tea comes from. As many of the ladies have travelled overseas, this brings back memories of places they have visited. More recently, the ladies

have discovered that the quality of tea differs from region to region, and that Japanese tea is one of the premium varieties because of the mountainous terrain on which the tea is grown.

The group meets on a regular basis and high tea can run for over an hour. After spending the morning drinking tea, eating and chatting, the ladies are then usually ready to put their feet up and relax.

Dean Saxby and Shirley Sheikl
Milford House





Music/Art

Crafty Business

Residents have been knitting jumpers to send to the babies in Africa.

One of our most accomplished knitters is a man who learned to knit while at school during the war, making jumpers for the soldiers.

Also, we have set up a sewing room for a small group, with materials, craft items, sewing machine and library of magazines. The idea is to recreate the sewing circle, which played an important role in ladies' lives. Our residents hope to make items suitable to be sold as gifts for Christmas; the money will be donated to charity.

D. Steller
Bowral House



Bedazzled

Diamonds are a girl's best friend, so the song says. Well, at Terrey Hills, we can't give our residents diamonds, but we can give them the opportunity to make their own jewellery. Creating handmade earrings, necklaces and bracelets is a popular activity and the residents love to wear the jewellery or give it as gifts. No special talent is required—you just need to create and have fun!

Sharon
Terrey Hills Nursing Home

