



# Active Lifestyle

## Lifestyle Programs at Turramurra

The exercise programmes and “Brain Gym” continue to be popular and fun activities that residents attend regularly. The Bingo and Scrabble clubs have seen consistently growing numbers and our popular film days bring residents together in the downstairs theatre every Wednesday afternoon.

Pet therapy is also another great favourite as are our very popular bus outings to many beautiful and interesting locations and landmarks all over the spectacular Sydney area. Our wonderful “coach captains” George and Paul are a wealth of information on places to see.

The recent addition of the Roman Catholic Communion Group in the ground floor activities room which is run by church volunteers on Sunday mornings at 11.30, is also another success. Previously residents received individual communion in their rooms, however, room visits by the volunteers are still available to those who cannot attend the group.

A new “Men’s Programme” has been introduced on Thursdays which gives our male residents the opportunity to discuss various “boys interests” while the ladies are otherwise occupied with “girl talk” and the our popular make-up/ fashion days etc.

During the month of July we celebrated the birthdays of Dr Aubrey Slater who celebrated his 100th birthday with two parties and Mr Alex Colley who was joined by family and friends to celebrate his 101st birthday. His daughter Fran made a special trip from the USA to attend. The very lovely Mrs Barbara Dence (mother of “Maggie” AKA Mavis Bramston) is the next resident to celebrate her 100th birthday in September. Letters of congratulations from HRH Queen Elizabeth and other dignitaries make our centenarians birthdays very special occasions indeed.

Turramurra House

