

Greetings from the DON

We would like to acknowledge the Gadigal people of the Eora nation, the traditional custodians of this land and pay our respects to the Elders both past and present.

Its getting cold outside, Winter is now upon us!

Please join our team on the 23rd June for a spring clean. The team at Avalon House will have all hands on deck to support our residents in a spring clean of their rooms. We would love help from you!

Invitation to Spring Clean

Thursday 23rd June 10am -3pm

Morning Tea provided – IN THE ROOM 1 x GUEST PER RESIDENT

Please join us to help make your loved one's room feel like new.

RSVP: rao_avalonhouse@thc.net.au

Activity Highlights

Balance & Strength

Residents are thrilled to have Amy, our Avalon House Physiotherapist, back for our much loved activity "Balance & Strength" The residents sit at a long table opposite a partner with a similar ability to their own. They use their own seat and table to assist them with sitting and standing exercises and various balance exercises. They also use balls and noodles to participate in many technical exercises whilst participating in partner work. There are many laughs and fun times throughout the activity and residents are very thankful to Amy for her expertise and instruction.



Library Service

We have a wonderful partnership with Mona Vale Northern Beaches Library. Residents can choose to participate in a community program where the library on a monthly rotation deliver books, magazines, musical CDs and audio books to the resident. The library chooses these items based on the individuals likes and interests. If you would like your loved one to participate in this wonderful programme please don't hesitate to contact Avalon RAO staff by phone or email:

rao_avalonhouse@thc.net.au

Singalong/ Concerts/Music Therapy/ DVD Concerts

Music is an incredibly important part of life at Avalon House. Every week we have a mixture of live concerts, Singalongs, Music Therapy, and DVD concerts. We are even known to have impromptu singing at Happy Hour or on the bus! Music is a way for residents to express themselves, and bring back memories, and will often provoke smiles, laughter and even tears. We use music to connect to cultural events, such as Australia Day, St Patricks Day, ANZAC Day Octoberfest and Christmas. We are always willing to trial new musicians and styles and we value our residents' feedback.



Special Moments

Walks & Talks

We are lucky that Avalon House is situated in a quiet street, next to wetlands and woods and we are able to take our residents out for walks. We all love to admire the gardens, notice the native birds and appreciate the area. We find a suitable spot to stop and we have some lemonade refreshment before heading back home, feeling rejuvenated.



What's new?

Pet Therapy

We are delighted to announce we have a new member of the RAO team, her name is Velvet and she is a 3 year old Labrador. Velvet has been visiting residents over the last month and she has been an absolute hit. Resident's faces light up when they see her and she will sit to have pats and be given treats. Velvet has also proved to be a great prompt for people to reminisce about their own dogs or dogs they looked after or had as children. There are so many benefits in having pet therapy, including decrease in anxiety and stress and improvement in mood. Residents are now asking when Velvet will visit again, and we are also planning to have different dogs visit in the coming weeks.



Celebrations

ANZAC DAY

We were incredibly proud to celebrate ANZAC day with our residents on 25th April. We had organised for a Church Minister to come in and lead the service, but COVID struck again and at the last minute he had to pull out. Kylie and Helen led the service, prayers and hymns and we honoured those who had served their country with a minute's silence.

In the afternoon we lifted the spirits with a singalong, shared some personal stories and had some laughter and also some tears. It was a wonderful and fitting tribute to all our servicemen and women.



Upcoming Events

Queen Elizabeth birthday Celebration and Jubilee



Residents are looking forward to celebrating Queen Elizabeth's 70 year jubilee and her birthday in a special celebration. We will be planting a tree in the garden at Avalon House in honour of her incredible service to the Commonwealth, and we will enjoy a high tea, along with some stories, trivia and reminiscing about the Queen. This will then be followed in the week with a documentary sharing unseen footage of the Queen's life and narrated by Her Majesty!

Christmas in July

For our main party this year we will be celebrating Christmas In July. We will dress us the home with some decorations, enjoy a traditional Christmas lunch and sing some carols, followed by having the wonderful Hugh Moran in to entertain us all in the afternoon. We wish you all a Very Merry Christmas (in July).



Notices

Church services – run by local parishes

Christian Non Denominational – every 2nd Friday of the month

Catholic Service – every 4th Friday of the month.

Resident/DON Meeting - 1st Monday of the month

Italian Day - Friday 3rd June

Queens Birthday Celebration – Monday 13th June

Covid booster Clinic - Thursday 16th and Friday 17th June

Spring Clean – Thursday 23 June

Biggest Morning Tea – Thursday 30 June

Christmas In July – Thursday 7th July

Ageless Moves - Friday 15th July