

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.

Greetings from the DON

Welcome to Spring!

I am looking forward to the warmer months ahead. A big thank you for all the support and kind words recently, we appreciate you thinking of us especially during difficult times

I would like to introduce our new chef Brenton, Brenton will meet you at the relative's meeting, he has some great ideas and is very excited to improve the food choices at Avalon House.

Invitation to Relative's Meeting

Thursday 27th October at 2PM

You must RSVP rao_avalonhouse@thc.net.au

Kind Regards
Hayley

Activity Highlights

Christmas in July



During the month of July, Avalon House celebrated the annual theme day party. This year the theme was "Christmas in July" The home was beautifully and thoughtfully decorated in Christmas decorations. The residents enjoyed a traditional Christmas lunch prepared by our wonderful kitchen staff. Entertainment was provided by the RAO staff, our DON Hayley and her beautiful daughter Marley, with Christmas sing-a-longs and art show. Christmas in July was a huge success and the residents enjoyed the celebration!

Happy Hour

Although we have been living through Covid restrictions recently within the home, Happy hour didn't stop it only shifted gears. Instead, we delivered happy hour to each resident in their rooms, and were welcomed with such delight and glee each and every day!

Now that our activity programme is back, we have returned to the wonderful Happy Hour we all love and adore a social and wonderful experience with singing and dancing such a wonderful sight of residents coming together and having a magnificent time.



Poetry

Poetry reading is a much-loved activity at Avalon House. We explore Poets, their history and of course their wonderful prose. We occasionally have a theme and explore many known and unknown poems.

We always come back to "Our favourites" Some of which are Banjo Patterson's "Man from Snowy River" and "Clancy of the overflow", Dorothea Mackellar's "My Country" and "Magic" and of course now a house favourite William Wordsworth's "I Wandered Lonely as a Cloud"

We love to take suggestions or if there are poems your loved ones adore or in fact wrote themselves, please let us know at the RAO office email on RAO_avalonhouse@thc.net.au

What's new?

Welcoming new residents and staff

On behalf of the RAO staff and the home we would like to warmly welcome our new residents their families and staff who have joined Avalon House in the last 3 months. We look forward to getting to know you and working together.

Celebrations

NAIDOC Celebrations

On July 4th we were very proud to hold a NAIDOC Celebration, celebrating Aboriginal and Torres Strait Islander culture. We decorated the home with Aboriginal flags and dot paintings created by the residents in an indigenous style. On the day we welcomed Narelle Sonter the daughter of one of our residents and Joshua Toomey a proud Wiradjuri man.

Narelle shared the story of her Grandmother who grew up in Qld and Josh told his family story and played the Didgeridoo for the residents.

Everyone was delighted and honoured to hear the stories and the didgeridoo being played it was spine tingling. Many residents commented afterwards that they had never heard a didgeridoo played up close before and how moving it was. One resident commented "It is so much more than a musical instrument it connects you to the land".

It was a wonderful celebration of Aboriginal Culture.



Upcoming Events

Father's Day – Sunday 4th September

Elvis – Thursday 8th September

Octoberfest – Tuesday 18th October

Relatives Meeting - Thursday 27th October

Melbourne Cup – Tuesday 1st November

Remembrance Day – Friday 11th November

Resident Christmas Party - Thursday 8th December

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



A call for volunteers.

We are now able to welcome volunteers back to Avalon House and we are asking for help.

We would love to have volunteers help with our coffee shop in the mornings, Happy Hour in the afternoons, perhaps a Men's Group or reading to a small group of residents or do you have a special talent you would like to share? Do you have an abundance of flowers in your garden you could bring in for flower arranging?

We are also on the hunt for musicians! Can you play the piano or any other instruments that you could share with our residents? For any more information please contact Helen (RAO) or email RAO_avalonhouse@thc.net.au