

Activity Highlights

Greetings from the DON and DDON

The weather has definitely changed and winter is here, with very chilly mornings and gusty, freezing winds. We are so lucky living in the Highlands and the experiencing the beautiful and distinct four seasons.

Visiting Bowral House continues within the Covid risk framework and we thank all our families and friends for their ongoing support of our program and best wishes. Just a gentle reminder to please stay away from Bowral House if you feel unwell or have any flu symptoms and Covid test immediately.

Our residents continue to enjoy and participate in many of our wonderful activities, as you can see by the great photographs, we are so lucky to have a fabulously creative and energetic recreation team organizing fun activities for our residents.

It was hard to choose a favorite photo out of this group of photos as they are all so wonderful but I think it has to be the one of four of our female residents on the Ground floor verandah looking over the lake and golf course in the late afternoon. What a great photo and how lucky are we to live in such a beautiful environment. Also, I have to say the photo of the three residents delivering the chocolate Easter Bilbies to residents is also very special.

As you are aware we recently underwent full ACQSC Accreditation in March and achieved a great outcome with only 2 unmet criteria out of 44 and full 3 year Accreditation. We very pleased with this outcome and we thank all the families, residents and staff for the wonderful feedback from you the survey team received

Just a reminder, if you have an queries or wish to discuss anything with me or Jo please feel free to give us a call or see us when you visit Bowral House.

Wishing everyone a happy and safe June long weekend

Collette and Joanne

DON and DDON Bowral House

Residents commemorated ANZAC Day with a ceremony led by the President of Mittagong RSL. We were proud to lay wreaths at the ANZAC wall.



Harry and Judy laying wreaths at the ANZAC ceremony



Leonie and the RSL members



Margrett knits to fundraise for Legacy and she won prizes for her knitting at the Moss Vale Show

Celebrations



Look who we found in the garden!



Gwen, Ian and Betty with the chocolate Bilbies on Easter Sunday



Hope and Olive enjoyed receiving a chocolate bilbies on Easter Sunday.



Elaine, Barbara, Betty and Mollie enjoying the late autumn afternoon



Marie and Trish enjoyed chocolates and flowers on Mother's Day

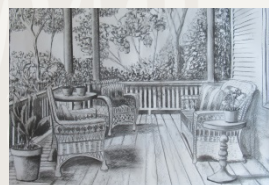


Elaine arranging white roses that were donated by a wedding party

New Activities

We have introduced 2 new exercise activities; Seated Yoga and Seated Movement which have proved to be popular with residents

Art with Tracey



Residents enjoy listening to classical music while watching a drawing demonstration by RAO, Tracey. This evokes memories and stimulates conversations.

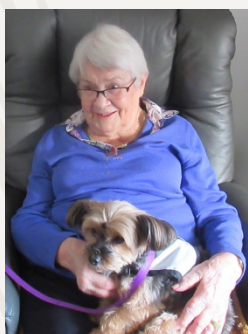
Resident's contribution

We have another new bingo caller. Harry does a fantastic job with his loud clear voice

Harry has also recited some poetry and organised games and discussions for residents.



Special Moments



Pam and Mavis enjoying a visit from little Ewan McGregor during pet therapy