



## *Bowral House Summer 2021 Newsletter*

*Hello to Families, Friends and Staff at Bowral House and  
Welcome to the Christmas edition of our newsletter*

*As we near the end of 2021 and we look back and reflect on our time throughout the year at Bowral House we are happy to say how proud we are of our Bowral House family. Although, it has been another trying 12 months filled with visitor restrictions and lockdowns, we have managed to stay positive and developed new ways of keeping our residents and families connected.*



*We would like to take this opportunity to thank all of our residents, families and friends of Bowral House for their ongoing support and well wishes during 2021. Although this year has been difficult for our residents we have provided a fun and interesting activities calendar and as you can see by our photos, the residents have had lots of fun and were particularly excited when the bus trips started again just recently. And we were very excited to welcome you all back to in-room visits with your loved ones.*

*Very soon Garth will be busy working on our wonderful Christmas decorations around Bowral House. Our Christmas Party this year will be an in-house event with residents only, which will be held on the 15<sup>th</sup> December 2021. We are busy planning a delicious meal and interesting entertainment which we are sure the residents will enjoy immensely, as we have not had the usual variety of entertainment over the past year.*

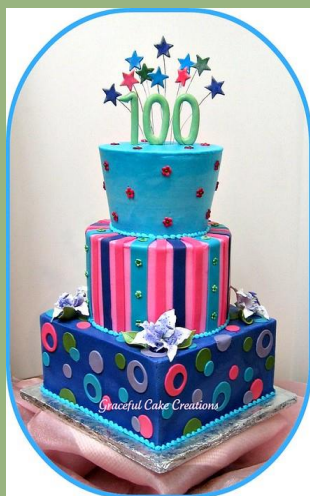
*We have been busy making plans for the upcoming Covid Booster Vaccination clinic which will be held on Friday 10<sup>th</sup> December 2021, and we take this opportunity to remind you that there will be no visiting on this day to ensure the clinic runs smoothly. If you have a regular Friday visit booked, we will be in contact to arrange another day.*

*We wish all our residents and families a very happy and safe Christmas and we are very excited about welcoming the New Year, 2022 and we hope all your dreams and wishes come true in what we are sure will be a wonderful and happy year for all our residents, families and staff.*

*Best Wishes*

*Collette Beaufigs; DON and Joanne Nellestein DDON*

# "Happy 100th Birthday" and beyond



## Celebrations and Congratulations

First of all we would like to say *Congratulations* to Gwen Willats on her 101<sup>st</sup> birthday, Joyce Tomkinson and Jean Tollis who celebrated their 102<sup>nd</sup> birthdays this quarter and also to Domitilla Taranto who has celebrated her 103<sup>rd</sup> birthday this year.

## Happy Anniversary!

Congratulations Noel and Elizabeth Symonds who celebrated their 58<sup>th</sup> wedding anniversary. Also to Doug and Dot Brown who celebrated their 70<sup>th</sup> wedding anniversary at Bowral House in October



Elizabeth and Noel



Dot and Doug



## Keeping in Touch

Recreation activities continue twice daily and Recreation staff facilitate in room visits, Skype and Facetime calls with family and friends.



Joyce received birthday presents from her daughter in Canada  
Clare enjoying a call with her daughter Deb and grandchildren



Connie and Jean celebrating their birthdays by Skype with family

## Bingo

Residents play twice weekly, often we ask a resident to call the game. Bingo helps to maintain and improve cognitive abilities, focus and concentration



## **Exercise Groups**

Residents are offered group exercise 4 times weekly  
These include exercise with David Martinez Physiotherapist  
Exercise to music, gentle exercise and balloon exercise.



Philip and Michael enjoying exercise to music



Harry has amazing strength



## *Bus Trips*

### **Bus Trips**



### **Art Demonstration and Craft**



Margrett continues to organise the Bowral House library and was the subject of Tracey's art demonstration



Tracey Artist at work



Gwen has a hidden talent



Sabina handy at jewellery making



Estelle



Hope creating a gift box  
at craft group



## *Activities*

### **Ice cream bar**



Peter with a very happy Frank



Arthur



Merle and Connie enjoying an ice cream cone with all the delicious sweets on top



## *Activities*

### **Melbourne Cup Day**

Residents watched the races on the cinema screen while enjoying champagne and canapes. Everyone had a horse in the sweeps and prizes were won by the lucky ones.



## *Activities*



## *Activities*

### **Remembrance Day**

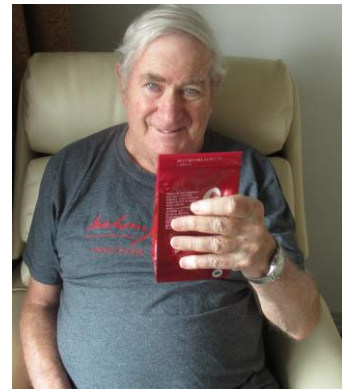


A minutes' silence was observed and dedicated to those soldiers who died fighting to protect the nation, then John Cummins President of the RSL conducted a special Remembrance Day service. Residents proudly laid wreaths to honour the fallen.



## **Fathers Day**

All residents enjoyed celebrating Father's Day  
With a gift from Thompson Health Care



*From all of us at  
Bowral House  
we wish you a very  
Merry Christmas  
and a  
Happy New Year.*

*We also hope that  
everyone has a safe  
time  
over the festive  
season.*

*We look forward  
to sharing new  
memories  
in 2022*

