

# SPRING 2022 NEWSLETTER

## Mona Vale House

### Greetings from the DON

Hello everyone and a warm welcome to our Mona Vale House Spring 2022 Newsletter!

I wish to extend a special welcome to all the residents and their families who have recently joined us. We will do our utmost to ensure that your journey here with us is comfortable and memorable.

Our residents continue to enjoy and participate in many 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.

Thank you to all our residents, families and visitors for the support, understanding and positivity during difficult times. Our core purpose is to enhance the wellbeing of our residents, and with that in mind, we will continue to support them in leading a fulfilling life.

We are always open to hearing any feedback or suggestions from our residents and their families. Please do not hesitate to contact me via phone, email or in person.

Warm Regards, Sonal

### Queen's Birthday Celebrations

Looking very "Royal", the residents celebrated in great style with a high tea and were treated to a visit from "The Queen" herself. Everyone agreed she makes a good cuppa!



### Let's Bake!



Donned in hair nets, gloves and aprons, pictured here are some ladies enjoying mixing, rolling and cutting vanilla biscuits. The scent of freshly baked biscuits was mouth watering! Residents later enjoyed their spoils with a nice cup of tea !

### Fun & Games

Most mornings see residents "exercising" in the form of fun games such as Hopscotch, Carpet Bowls, Darts, Movement to Music, Beach Volley Ball and Twister with a Twist!



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**VIVID** It was with great delight that some residents were treated to the best light show on the Planet! VIVID did not disappoint – A Big Thanks to Rob and Nisha for a wonderful evening.



Diana & June enjoying the wonder Vivid Lightshow

### Birthday Celebrations

Monthly birthday celebrations are a popular event for all with cake and good cheer at happy hour. Congratulations to Phyllis .....100 Years!



Sarada at the ready with champagne to celebrate!



Elvis mania is alive and well at Mona Vale House! Residents were absolutely thrilled with the concert. Judith was thrilled to have Elvis sing happy birthday to her.

### Bastille Day

Bastille Day was celebrated with food, French trivia and the French National Anthem. Here our residents enjoyed creating painted backgrounds of the Eiffel Tower.



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### A Welcomed Barbeque

A Big THANK YOU to Carla and kitchen staff who put on an impromptu barbeque out in the courtyard – it was one of those rare dry days and too lovely to be missed!



Kevin gives Carla some Barbeque tips ☺

### A Walk to Mona Vale Beach



A great reward for a walk down to the beach was the wonderful views, the sea breeze and of course a nice rest on the park bench!

### Spiritual Care

On the first Tuesday of each month Father Zigfrid or Father Richards visit to offer our residents Holy Communion. All Welcome.



**Christmas In July** Well it has been certainly cold enough to snow! Perfect weather to host our annual "Christmas In July" Luncheon. A wonderful feast was had, as well as entertainment supplied by the lovely Mercedes.



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### From the RAO Team:

These past three months have been super busy! We have celebrated the Queen's Birthday, had a bus trip to Vivid, Elvis impersonator plus many other wonderful concerts, Christmas In July, Bastille Day, Horses Birthday as well as our many other activities. Our aim, as always, is to provide a balance and holistic approach for our wonderful residents. We welcome both positive and constructive feedback so that we can improve and expand our offering. The residents meetings have been a wonderful way for our residents to take a more active role in providing ideas and feedback. As an example of residents input, we have implemented the Walks to the Beach, daily morning exercise to continue and monthly Barbeques, just to name a few.

A big welcome to our new residents and we look forward to getting to know you.

Best Wishes from the RAO Team

Kylie, Janet, Walter, Eve, Nisha, Rob and Sarada

### Upcoming events

- Wattle Day 1<sup>st</sup> September
- Father's Day Sunday 4<sup>th</sup> September
- National Australian Flag Day 3<sup>rd</sup> September
- Hatchling Chicks – 12<sup>th</sup> – 23<sup>rd</sup> September
- Oktoberfest 17<sup>th</sup> Sept – 3<sup>rd</sup> October
- Confucious' Birthday
- World Maritime Day 23<sup>rd</sup> September
- World Heart Day 29<sup>th</sup> September

- International Day of Older Persons 1<sup>st</sup> October
- World Animal Day 4<sup>th</sup> October
- World Teachers Day 5<sup>th</sup> October
- United Nations Day, Diwali 24<sup>th</sup> October
- Pablo Picasso's Birthday 25<sup>th</sup> October
- Grandparents Day 30<sup>th</sup> October
- Halloween 31<sup>st</sup> October
- Melbourne Cup Day Tuesday 1<sup>st</sup> November
- All Souls Day 2<sup>nd</sup> November
- Guy Fawkes Day (UK) 5<sup>th</sup> November
- World Science Day 10<sup>th</sup> November
- International Day of Kindness 13<sup>th</sup> November
- Claude Monet's Birthday 14<sup>th</sup> November
- St Andrews Day (Scotland) 30<sup>th</sup> November

### Upcoming and Regular Activities:

- Entertainers: Mercedes, Keff McCulloch, Ross Hamilton Leyla see Monthly/Weekly Activity Planner for details
- Holy Communion 1<sup>st</sup> Tuesday of the month,
- Anglican Service – Dates to be advised
- Scenic Bus Tours each Tuesday & Thursday 1.30 – 3pm
- New: Walks to the Beach
- Residents meeting – Every Second Month



Shown here are The Knitter Natters modelling June's beautiful hand knitted creations. June has plans to donate her beanies and scarf to Outreach Australia.