

Greetings from the DON

Hello everyone and warm welcome to our Mona Vale House Summer Newsletter!

We wish to extend a special welcome to all the residents and their families who have recently joined us. We are very excited to enter our favourite time of the year, Summer. We have a variety of activities planned for the festive season. We hope to see you celebrating Christmas with your loved ones this year.

Thank you to all our residents and families for the support. "Alone we can do so little; together we can do so much"

Please feel welcome to provide your feedback or a suggestion by phone, email or in person when you visit. Feedback drives change and improvement, something we are proud of and encourage at Mona Vale House.

Warm Regards,

Sonal

Scenic Bus Trips

The scenic bus trip is more of a mystery tour as Rob takes residents around our beautiful Northern Beaches. A cuppa is always welcome on the bus at the half way point and sometimes a soft serve ice cream from McDonalds!



Let's Celebrate!



There is always something to celebrate here at Mona Vale House. Birthdays, whether they are for residents or staff, are enjoyed by all with cake, singing and good cheer!

Fun & Games

Games such as darts, carpet bowls, hoops and balloon tennis and bingo prove to be popular with the residents. Pictured here is Sonal getting some bowling tips from Margaret.





Concerts

The residents have enjoyed a range on entertainers these past 3 months including music therapy/percussion. We aim to have one concert each week. Pictured here is Mercedes (Left) and Murray Ferguson (below).



Hatchling Chickens

The residents and staff alike were thrilled and enthralled by the watching hatchling chickens bring in Springtime.



The Sunshine Club

The Sunshine Club enjoyed making a range of beautiful creative flowers and hand painted pots using Lemonade bottles!



Halloween

Fun and games to start the day! Some residents wearing witches hats (and bringing their black cat to lunch!), Everyone enjoyed, reminiscing, trick or treating and playing “spooky games”.



“Lest We Forget”



Melbourne Cup

The day started with placing a bet on the \$1, \$2 & Free Lucky Sweepstakes, followed by a Melbourne Cup luncheon with wonderful prizes for Best Dressed and best Fascinators/Hats plus lucky door prizes. In the afternoon we all gathered around the Telly as “the race that stops a nation” was run! Congratulations to all.



Pictured above: Helen wins best dressed prize

Remembrance Day

Remembrance Day was commemorated this year with a respectful and dignified service held on the lawn area. On a beautiful sunny day on the 11/11/2022 on the 11th hour residents and staff paid tribute to those who gave the ultimate sacrifice.



Spiritual Care

On the first Tuesday of each month at 3pm Father Zygmunt or Father Richards visits to offer our residents Holy Communion.

Also, on offer is “Love in Action” a visiting upbeat Christian Service provider They include favourite hymns which are enjoyed by all. Services are held monthly.



From the RAO Team:

Hello everyone thank you for reading the 2022 Summer Edition Newsletter.

A big welcome to our new residents who have joined us recently. It certainly has been a busy time and we continue to enjoy a wide range of activities. We are continually updating and changing our offering where required to meet the needs of our residents and, as always, we welcome any feedback and suggestions.

We would like to take this opportunity to wish you and yours a wonderful Christmas and a very happy and healthy 2023.

Best Wishes,
Walter, Janet, Sarada, Kylie, Eve, and Nisha

Upcoming Events

December 2022

Eureka Day 3rd December

International Civil Aviation Day 7th December

Resident Christmas Day Luncheon 13th December

International Migrants Day 18th December

Christmas Eve/Day Celebrations 24/25th December

New Year's Eve Celebrations 31st December

January 2023

New Year's Day 1st January

World Braille Day 4th January

Orthodox Christmas Day 7th January

Elvis Presley's Birthday 8th January

World Religion Day 15th January

Chinese New Year 22nd January

Australia Day 26th January

Mozart's Birthday 2th January

February 2023

Remembering Buddy Holly 3rd February

World Radio Day 13th February

Valentine's Day 14th February

Brazilian Carnival 17th February

International Mother Language
Day 21st February

Shrove Tuesday 21st February