

Activity Highlights

Christmas Celebrations

Given the year that was had, the team at Wahroonga House were determined to make this year's Christmas celebrations one of the best ever. Decorations adorned the hallway and the Christmas tree was trimmed. A wonderful Residents Christmas lunch was held on the 8 December with a traditional festive menu including Christmas pudding and brandy cream sauce. There was a visit by Santa and entertainment including a pianist and guitarists. A highlight of the residents Christmas lunch celebration was the staff singing carols after lunch. Each resident was given a knitted Christmas mini pudding or chocolate hat decoration made by our very own band of resident knitters Gwen and Jean.



Residents enjoying Christmas lunch



The staff celebrated Christmas with a catered lunch out in the main garden.

Australia Day

At Wahroonga House, Australia Day is a day of reflection, respect, unity, gratitude and a celebration of our many achievements.

To mark Australia Day on the 26 January 2022 the café and living rooms were decorated with Australia Day flags. Residents played an Australia Day themed game of Bingo in the morning and enjoyed "Thong Throwing" competition in the afternoon. Residents were treated to the old time favourite Aussie treats including lamingtons, sausage rolls, pavlova and homemade beef burgundy pies.



Resident participating in the thong throwing competition on Australia Day

What's new?

The Recreation and Activities team have brought back, by popular demand, Story Circle and Reminiscing as a monthly activity. Also, new activities include Afternoon at the Movies on Sundays at 3 pm, Comedy Hour on the in-room movie channel, Discussion Group held on Mondays and the ever popular Cooking Class demonstrations has recommenced.

Unfortunately however due to COVID-19 restrictions, many of the group activities were postponed from late December through to Mid-February.

During the COVID lockdown in January the Camellia floor was isolated from the rest of Wahroonga House. The residents who were required to be restricted to their room were provided with daily in room exercise classes on their

TV, along with concerts and movies in the afternoon. Library books and CD's from our local Library and the morning newspapers were delivered to the residents. Also Facetime and Zoom calls, along with daily One on One's with the staff, were arranged to keep residents connected with families and friends during this difficult time of lockdown.



Resident from Wattle enjoying a pancake made in the Cooking Class

Celebrations

Our much loved resident Magda Major celebrated her 100th Birthday on the 23 February this year. To celebrate this very special birthday, her family took Magda to her favourite restaurant and the staff and residents marked the occasion with a birthday cake along with lots of cheer and best wishes. Magda has shared with many of us over the years wonderful stories from her Hungarian background including fleeing her home country in 1950 with her husband from the Russian invasion and their journey to immigrate to Australia.



Photo of Magda who turned 100 years in February 2022

Special Moments

Despite the many interruptions COVID restrictions have had on normal life here at Wahroonga House, residents have been able to enjoy a morning reading of the newspaper over a cup of coffee.



Margaret and Rona enjoying a quiet moment reading the newspaper

Upcoming events

The team at Wahroonga House are planning many exciting events and festivities for the residents in 2022.

We will be celebrating St Patricks Day on the 17 March so there will be lots of shamrocks, Irish stew and be sure to be watching out for leprechauns. The main upcoming event is Easter with Good Friday on the 17 March and church services will be arranged for Easter Sunday on the 19 March. We will be organising ANZAC Day celebrations on the 25 April including a memorial service at Wahroonga House.