

Greetings from the DON

The winter season brought heavy rains and chilly days so the residents have been provided with many varied activities to keep them entertained, moving and warm. Thankfully COVID-19 restrictions could be eased for most of this period with the exception of a COVID outbreak on the Magnolia level during the last 2 weeks of July and in mid-August on Camilla level. Due to the high rate of both COVID-19 and Flu vaccinations amongst the residents, and the availability of antiviral medication, the majority of residents were protected from serious symptoms. The staff and myself have dedicated our time and efforts to keep the residents, family and friends well informed and our residents safe and happy.

Activity Highlights

La Bastille Day - 14 July

To celebrate La Bastille Day on the 14 July at Wahroonga House the residents enjoyed being served chocolate eclairs and other delicious French patisserie treats for morning tea by the Recreation and Activities officers (RAO's), who were all dressed up in their French red, white and blue striped outfits. Then it was onto Armchair Travel with destination France, which was held in the cinema at 11am. Residents were entertained with videos on the best places to visit in Paris, trivia and French language games and more food tasting including macarons, croissants and Brittany shortbread. After a French inspired menu for lunch all were invited in the afternoon to be entertained by singer and pianist Murray. There was a lot of toe tapping and reminiscing whilst residents sang along to the 50s, 60's and 70's melodies. The day slowed to a quieter pace with a French in-room movie played at 3 pm and dinner.



La Bastille Day –Resident Nerida and staff member Anna in the café enjoying French pastries at morning tea.

NAIDOC Week 3-10 July

Wahroonga House was decorated with brightly coloured banners to mark this year's NAIDOC week theme of Get Up! Stand Up! Show Up! Throughout the week colouring, art and craft activities were arranged including painting wooden spoons in bright aboriginal patterns which residents could keep in their flowerpots in their rooms or give them to grandchildren when they visit.



Painted spoons in art class for NAIDOC week

Entertainment is bigger and even better!

Over these past 3 months we have not only expanded our merry band of popular entertainers to include Jeff, Murray, David and Ross, but we have also increased the frequency of concerts to weekly. But wait there is more to tell.....we have discovered Wahroonga House has their very own singer and pianist extraordinaire in staff member Daniel. He recently entertained the residents with his melodious Frank Sinatra/Michael Bubl  voice and outstanding piano playing of old-time favourites.



What's new?

Due to the easing of COVID-19 restrictions in June, Wahroonga House residents enjoyed being able to attend many of the group activities provided by the Recreation and Activities team.

To mention just a few new highlights and activities, residents were treated to an insightful and informative session on Vietnam for Story Circle activity by staff member Sandy who had travelled extensively to Vietnam and was involved with a medical training charity based in Ho Chi Minh City.

Other activities included Armchair travels to Ukraine and Thailand along with a Market Stall Day held on Friday 3rd June whereby residents could wander, look and have the opportunity to purchase various items of fashion, purses and jewellery which were set up as stalls in the main lounge room on the ground floor. Also the "Makeup Makeovers" was a hit with some of the female residents who loved having their make-up expertly applied.

Of special note was the night-time bus trip excursions arranged in June to see the night lights in the city for the Vivid display. In addition July bus outings to the Pittwater RSL on the northern beaches for lunch were very popular and very well attended. Trips to Avoca Beach and Bobbin Head National Park have also brought smiles and happy chatter from residents when returning from their bus excursions.

Residents creative juices were flowing in the Art classes which included beautiful collage decorated teddy bears on a stick which are shown below in the photo.



Residents enjoying art class



Resident Having a Makeup-Makeover

Celebrations

We once again had a flurry of birthday celebrations at Wahroonga House during the months of June to August, with a record number of birthdays in the month of August. The majority of birthdays in August were in the 90 plus years.....clearly the late 1920's and 30's were productive years! Of special note was resident Mary Carter's 100th Birthday. Also our much-loved resident Bill Monteith celebrated his 93rd birthday, along with Lois Bench, Doug Baker, Morelle Tipping, Gwen McLean and Bee Cochrane to name just a few. Staff and fellow residents sang happy birthday, cut their birthday cake along with festive balloons and cards to mark the special celebrations. There was lots of smiles and singing by all!



Photo of resident Bill celebrating his 93rd birthday

Other celebrations over the winter months included the Queen's Birthday, which was marked by a high tea in the café on the 13 June. The Queens Platinum Jubilee for 70 years of service in early June and NAIDOC week held in early July were both celebrated at Wahroonga House by the various activities. In August staff and residents celebrated the 2022 Commonwealth Games which were held in Birmingham with many decorations, games including the very popular bean bag throwing competition and Commonwealth themed art and trivia classes.

Special Moments

At Wahroonga House we encourage opportunities for our residents to share their many talents. Resident David plays the piano for residents to enjoy listening to whilst socialising. In July Dr Janet West, a new resident was our guest speaker for our Story Circle activity. She gave a wonderful account of her life and career as a teacher, poet, writer of some six books and a filmscript. Dr West has a Doctorate of Theology with a special interest of women's contribution in the church.



Resident David playing the piano in the lounge room

Upcoming events

The team at Wahroonga House are planning many exciting events and celebrations for the residents in the coming Spring months.

The main upcoming celebration will be Father's Day on the 4th September and Halloween in late October. In November a special service will be arranged for Remembrance Day which will be on the 11th November 2022.

The regular monthly Resident and Relatives meeting will be held on the last Friday of the month at 11am in the cinema.