

Greetings from the DON and DDON

The weather has started to change, and winter is on its way, with very chilly mornings and gusty winds. We are so lucky living in the Highlands and experiencing the beautiful and distinct four seasons.

We have recently experienced another outbreak of Covid within the facility and we would like to again thank the residents and families for their patience and support throughout. The staff at Bowral House have done an amazing job meeting the increased care needs during this time and we thank them for their ongoing commitment and dedication to the residents. Visiting Bowral House continues within the Covid risk framework, and we thank all our families and friends for their ongoing support of our program.

Just a gentle reminder to please stay away from Bowral House if you feel unwell or have any flu symptoms and Covid test immediately.

Our residents continue to enjoy and participate in many of our 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.

We were lucky enough to have a special morning celebrating our staff who have worked 5 years or more with Bowral House. We had a ceremony with residents, which they all enjoyed thoroughly. Special mention to Melissa, Ellen and Julie who have been loyal employees of Thompson Health Care for more than 20 years. It was lovely to celebrate with staff and residents.

Just a reminder, if you have any queries or wish to discuss anything with Collette or Jo please feel free to give us a call or see us when you visit Bowral House.

Collette and Joanne
DON and DDON Bowral House

Activity Highlights

ANZAC Day Service

Residents commemorated ANZAC Day with a ceremony led by the President of the Mittagong RSL, John Cummins and other members of the RSL.

It was solemn and beautiful as always. Some residents laid wreathes.

Italian Day

To celebrate an Italian themed day, RAO staff Tracey, presented an audio-visual session of her trip to Italy. Residents enjoyed it and asked lots of questions. Residents then enjoyed an Italian themed singalong and eating Italian food, al fresco, on a beautiful sunny day.



Dining Al fresco on Italian day

Walking The Camino Way by Peter Kearney

Peter showed a sequence of photographs with music on the large screen TV. He told stories of his 1000kms walk along the Camino Way in Spain.



Celebrations

St Patrick's Day



Gwen and Rossi enjoyed the merriment on St Patrick's day.

Easter



Residents received chocolate bunnies on Easter Sunday. Shirley and Sue with their chocolates.

Birthdays



Eily and Kathleen celebrated their birthdays in May. Residents enjoy the monthly birthday concerts presented by visiting musician, Stan

In-house gift shop

Residents were able to browse and buy at the in-house gift shop presented by Ainsley Gifts.

Entertainment

Sing Australia community choir performed in May with an entertaining variety of songs accompanied by piano. Residents joined in singing and playing percussion instruments.



Maureen and Bruce, singing duo, have been popular entertaining residents with a great repertoire.



Marie C enjoying a milkshake and Marie M painting.



Sue and Phillip playing bingo.