

Dear family and friends,

As we continue to battle the COVID outbreaks, we thank you for continuing to complete a RAT test before entering and for your ongoing support and understanding. Rest assured that keeping your loved ones safe and healthy is our top priority.

Challenges are what makes life interesting, overcoming them is what makes life meaningful. We certainly are challenged with the unfortunate breakdown of the lift. We are in the process of installing an electric chair lifter at the south end staircase ground floor and have a stair climber available for emergencies for your loved ones. We thank you for your patience whilst we implement alternative arrangements whilst the lift is being repaired.

On a brighter note, we would like to welcome our new educator Uditha. She brings a wealth of knowledge and experience and will be a

fantastic asset to Turramurra House.

Feel free to contact me if you have any concerns or questions as our entire team is committed to providing professional, compassionate care.

Kind regards,  
Fiona Flood

Our recreational program is designed with a holistic approach in mind catering for the mind, body and spirit and is tailor made to suit each resident's needs. Please enjoy the photos of some of the various activities that our beloved residents have enjoyed



Yours in care

Personal Care Worker Social  
Support Team

Residents enjoying movement to music with Emily and Alex. Each resident dos the exercises according to their own capabilities



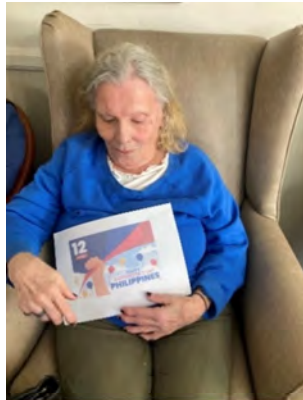
The ranger from Ku Ring Gai Wildflower Gardens brought some reptiles for the residents to pat, each month they discuss different nature-based topics





If you forget your  
heritage, you lose your  
identity

Residents celebrating Philippine  
Independence Day and Matariki,  
the Māori New Year



□



Residents enjoyed celebrating the King's birthday



Sydney Wildlife Rescue chatting to the residents about this essential service





Gardening Group each resident took a plant back to their room. This is my garden, I'll plant it with care, here are the seeds I'll plant in there, the sun will shine, the rain will fall, the seeds will sprout and grow up tall



A resident's daughter, Margaret volunteered her time to be a guest speaker showing the residents various birds and playing all the different bird calls which was greatly enjoyed by the residents -Thank you Margaret





The Cotswold Choir singing -the residents enjoyed the moment, memories and melodies





Residents enjoyed the guest speaker from Senior Rights Service whose motto is YOUR RIGHTS, YOUR VOICE





### NEW EVENTS

Residents enjoyed the resident education sessions by Senior Rights Service

Residents participated in the interactive ranger talks by Ku Ring Gai Wildflower Gardens

Residents enjoyed a slice of cake and the entertainment celebrating monthly resident birthdays

Residents can attend the bus outings on Monday or Friday after lunch, where the residents decide the destination

Residents can enjoy our cooking classes baking pikelets or pizza with a coffee in the coffee shop

Residents can further foster friendships by joining the coffee club mornings in the coffee shop





Residents Maria and Sheila singing at an informal socialisation much to the resident's delight and all the residents singing along





### **INTRODUCING JOAN B**

In 1994 when I was 5 years old at kindergarten, I was left a brooch by my father's aunt. I proudly showed all my classmates the brooch. After the party I discovered the brooch was missing, forty years later a classmate confessed she had taken the brooch and had subsequently lost it

At school I studied both ballet and music and performed in the choir of Hansel and Gretel at the University of W A

I had my first tennis lesson at 12 years old and loved it so much I still played competition tennis until I was 80 years old

Whilst working for Peninsula and Oriental Steam Navigational Company (P and O), as a telephonist and stenographer, my friend Margaret and I bought a lotto ticket and won first prize of 6 000 pounds (3000 pounds each)

In the 1980's my husband and I had wonderful Melbourne Cup Days with delicious trays of goodies from Tongue Teasers in Wahroonga and the best sausage rolls from Bertrand

I had my letter printed in the Herald Sun objecting to the fuss surrounding the pope's visit

My husband Bob worked in tv and did a newspaper ad for Victa Mowers

I have been a volunteer at the SAN Hospital for many years. Starting at 7am I would feed the patients their breakfast and babysit the newborn babies whilst the mums did their exercise class. I was a yellow lady for 11 years





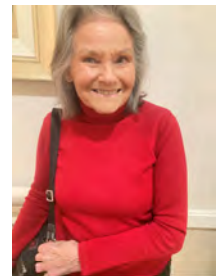
### INTRODUCING PAM

Pam's great-grandfather, James Stedman, started the Sweetacres (Minties, Fantails) sweet factory in Rosebery. As a young girl, Pam would go to the factory and start tasting all the delicious lollies in the jellybean section. By the time she got to the chocolate section, she couldn't eat anymore!

The factory was so big it had its own golf course. Alan's Lollies now run the factory, and rumour has it that people would buy their packet of Jaffas and roll them down the aisle in the theatre.

Pam met her husband on the steps of a church in Rosebery, where she was a bridesmaid and Charles was a guest of the groom. Charles had just arrived from Canada. They met, fell in love, and danced the night away.

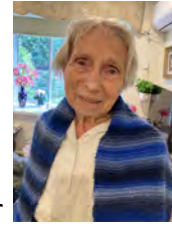
They were married for 70 years, had 2 children, 4 grandchildren, and 2 great-grandchildren.



### HOW WELL DO YOU KNOW YOUR FELLOW RESIDENTS

**Sandra** broke Marjorie Jackson's 100m record by four-tenths of a second.

At 50, she took up tap dancing and performed at shows at the Glen Street Theatre. Her two sons came to watch the shows to support her.



Artwork and poem by our incredibly talented resident, Eleanor

## *Today*

*We only have today  
To live and love, to work and pray.  
Tomorrow may not be  
We cannot clearly see  
Nor are we meant to know,  
But simply live and trust and grow.*

*Be thankful for today –  
No good to long for yesterday  
Or hanker for tomorrow  
For time we may not borrow.  
This truth we must allow  
The only time we have is now.*

*— July 1994*





TRIBUTE TO RESIDENTS TURNING 100 AND 101  
GROWING OLD IS LIKE A FINE WINE, IT GETS  
BETTER WITH AGE

CELEBRATING A CENTURY OF COURAGE ,WISDOM  
AND LOVE.YOUR LEGACY WILL LIVE ON  
FOREVER.YOUR 100 YEAR JOURNEY INSPIRES US  
TO LIVE FULLY AND EMBRACE EVERY DAY ,TO  
REFLECT ON THE PAST ,APPRECIATE THE PRESENT  
AND LOOK FORWARD TO THE FUTURE .MAY WE  
ALL BE SURROUNDED BY THE WARMTH OF  
FRIENDSHIP ,THE JOY OF CELEBRATION AND THE  
LOVE OF OUR FAMILY THEY SAY LAUGHTER IS THE  
BEST MEDICINE , SO HERE'S TO MANY MORE  
YEARS FILLED WITH A PRESCRIPTION OF LAUGHTER

JOAN P 100

WIN K 101

TESSIE P 101







WE WOULD LIKE TO LEAVE YOU WITH THIS LIFE LESSON KINDLY SHARED BY ONE OF OUR RESIDENTS ROBYN AND HER HUSBAND TOBY DONNAN

When you're thinking of your big goals, think big rocks, not pebbles or sand.

Have you ever tried filling a bucket with pebbles and sand and then forcing in some big rocks as well? The big rocks don't fit if you leave them until last. However, if you put the big rocks in the bucket first, there will also be space for plenty of additional pebbles and sand.

The same goes with how you spend your time. If you commit to doing the most important things (the big rocks) no matter what, there will still be time to do things like the meetings and paperwork (the pebbles) and respond to emails