

### Greetings from the Macleay Valley House Team

It is hard to believe another 3 months has passed since the Summer edition of our newsletter. So much has been going on at Macleay Valley House and Christmas whizzed past in the blink of an eye. There have been birthday celebrations, new activities, a new menu and much more. Thankfully COVID has not been too disruptive, and we are managing to negotiate all the rules and regulations that go with it.



### Welcome!

We would like to welcome to our New General Manager, Ms Tammie Breneger who has come to join us at Macleay Valley House. Tammie has a wealth of experience in health care management, hospital and nursing management.



### Activity Highlights

#### *Christmas Celebrations*

Once again Christmas was a wonderful time at Macleay Valley House with fantastic resident Christmas parties held over a couple of days. The food was delicious, all prepared by the wonderful Chef and her amazing team. The entertainment was spectacular performed by the All Star Band which included some of our staff, Trevor and Cath. The resident drumming group also entertained us all with some wonderful songs including the Christmas Favourite - The Little Drummer Boy. The staff performed a brilliant rendition of "The 12 days of Aussie Christmas" which gave the residents a laugh too.



### Hazel turns 104!!

The 9<sup>th</sup> of December was a very special day at Macleay Valley House when Hazel Budden, our oldest resident turned 104 years young. A big morning tea celebration was held out on our beautiful balcony which looks out over the Mighty Macleay River. The Macleay Valley has been Hazel's home for her whole 104 years. Her family and friends came along to celebrate and the local Argus newspaper sent a reporter along to cover this exciting event. Congratulations on your 104 years Hazel.



### Roy Turns 100!

Congratulations to resident Roy Martin who turned 100 years young on the 11<sup>th</sup> February. Roy enjoyed celebrating this milestone with his wife Inga who also lives here with Roy at Macleay Valley House. Roy's family joined him for celebrations too. Congratulations on reaching this milestone Roy.





### Celebrations

#### Australia Day Celebrations

January 26<sup>th</sup> was a great day at Macleay Valley House where residents celebrated being Australian with a concert in the main lounge. The celebrations



were commenced with an acknowledgement to country by one of the staff members and then residents enjoyed a musical concert performed by staff

members, together with a lovely morning tea served by our wonderful kitchen staff.

#### Resident's contribution

I have been living here at Macleay Valley House now for approximately one year and have made some good resident friends over this time. I also knew some people living here from my life in the community too. Some things I enjoy about Macleay Valley House is our beautiful view and my time spent chatting with friends in our café. I enjoy going to activities that I choose and that suit my lifestyle, such as Musical concerts and Happy Hour, watching old movies in the cinema and exercise class too. I don't really like exercise but know it is good for me and am grateful for the opportunity to attend. I have been unwell from time to time but am now trying out some of the "sporting" activities offered. I am also extremely grateful that we have visiting Church leaders and enjoy attending services in the chapel too.



Jeanette Wickham



### Sporting Fun



In the past 3 months we have been introducing some different and varied "sporting" activities at Macleay Valley House. We have tried out tenpin bowling, Nerf Shooting

Gallery, Chair Hockey, Bean Bag toss just to name a few. These



activities have been embraced with great enthusiasm and the feedback has been so positive, they are all being added to our schedule as regular inclusions.

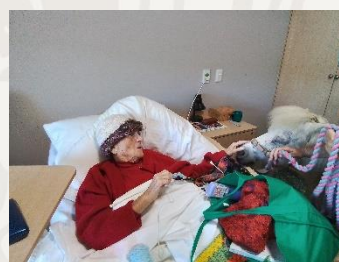


Cooking Group is also a big favourite and we have made some very tasty treats. We recently celebrated Shrove Tuesday (Pancake Day) with a big pancake cook up in the café as well.



### Special Moments

Heather enjoying her favourite performer at Happy Hour, our very own Trevor Riley



Fay embracing pony therapy with Possum the Shetland pony

### Upcoming Events

7<sup>th</sup> April – Good Friday

9<sup>th</sup> April – Easter Sunday

14<sup>th</sup> April – Happy Hour – Magician Troppo Bob

25<sup>th</sup> April – ANZAC Day