

Greetings from the DON

Welcome to Autumn newsletter and looking forward to another exciting year.

We wish to extend a special welcome to all the residents and their families who have recently joined the Mona Vale House family.

We request visitors to continue conducting Rapid antigen test on arrival, wearing a mask during visits and ensure you sign in and sign out at the front entrance.

We started a new menu in February and our residents are enjoying it.

We always welcome feedback and can be logged via our new QR codes located around the home. We, of course are happy to take phone calls, emails or to speak with you in the facility.

We would also like to welcome anyone who wants to join our volunteer program. Feel free to contact me for further information.

We would also like to welcome our new hairdresser Joanne Buckley to the Mona Vale House family. We have sent through the new Hair services details for you to send back to us.

Warm regards,

Sonal More

Christmas Celebrations 2022!

Celebrating the biggest day of the year was a huge success as residents enjoyed their Christmas day luncheon with all the trimmings and more! The weeks leading up to the luncheon was worth the effort of residents and staff alike as trees were dressed, decorations hung, and tables set to impress. Following the delicious lunch

prepared by Carla and her team, everyone was treated to a Christmas concert by Larry and Robyn.



Happy New Year Celebrations 2023!



Happy Birthday Annie 104 !

What a terrific milestone! From all at Mona Vale House "Happy 104th Birthday Annie". And a big Happy birthday to those residents who have had a birthday these past few months. Happy hour to celebrate birthdays are held last Sunday of the month at 2.30pm! All Welcome!

Scenic Bus Trips

Each Tuesday and Thursday residents are treated to a bus trip around our scenic Northern Beaches, from Manly to Palm Beach and out to Bobbin Head. At Christmas time some residents were treated to a trip to see the Christmas lights at Belrose and Avalon.



Fun & Games

Exercise comes in all shapes and sizes....of course there is the stretching, gentle movement classes but also more active seated exercises include chair dancing, darts, carpet bowls, twister, hoops, balloon tennis and beach volleyball. Whatever the activity its always a good opportunity for people to socialize!



Pictured above "Beach Volleyball"



Pictured: Residents enjoying their weekly dose of Bingo

Men's Club

The men's club meet bi-monthly and discuss a range of topics. It's a great way to meet others and share life experience and interests.



Australia Day Celebrations

The residents enjoyed a special Barbeque luncheon for Australia Day followed by thong throwing and games. In the lead up to Australia Day residents enjoyed craft activities, games, and fun quizzes.



The Year of the Rabbit – Happy Chinese New Year!

Residents enjoyed trying their hand at painting Chinese characters –Doesn't Margaret make it look easy! A special luncheon was prepared to celebrate the Year of the Rabbit, Chinese horoscopes were read, and the dining room certainly looked like a Chinese restaurant!



Valentine's Day

Residents enjoyed a concert by Charlotte Rose who performed beautiful love songs on her guitar and harmonica. Following the concert there was a special luncheon. In the afternoon the Valentine's Day celebrations continued with champagne and red velvet cake.



Spiritual Care

On the first Tuesday of each month at 3pm Father Zygmunt or Father Richards visits to offer our residents Holy Communion.

Also, on offer is "Love in Action" a visiting upbeat Christian Service provider They include favourite hymns which are enjoyed by all. Services are held monthly.



From the RAO Team:

Hello everyone and welcome to the 2023 Autumn Edition Quarterly Newsletter.

A big welcome to our new residents who have joined us recently. It seems only yesterday we celebrated Christmas! So much has been happening and its never a dull moment in the life of a Lifestyle Officer! Planning and preparing activities to stimulate and engage our wonderful residents is always at the heart of everything we strive for. We are always in search of new and fresh ideas so if you have any feedback or ideas for us, we would love to hear them!

We hold monthly residents' meetings which have become invaluable to gain insight into the needs of the residents we serve. As an example, at the recent Resident Meeting, residents expressed their gratitude for the

current activities on offer but expressed their desire to have more bingo and more exercise routines. Thank you for your suggestions and we will be adding these to future calendars.

Best Wishes,

Walter, Janet, Sarada, Kylie, Eve, Rob and Nisha



Pictured: Residents February Meeting

Easter Day 9th April

Easter Monday 10th April

Shakespeare Day 23rd April

ANZAC Day 25th April

May 2023

Cinco de Mayo 5th May

International Nurse's Day 12th May

Mother's Day 14th May

Upcoming Events

March 2023

National Women's Day 8th March

Holi 8th March

St Patrick's Day 17th March

International Day of Happiness 20th March

World Poetry Day 21st March

Greek Independence Day 25th March

New Year's Eve Celebrations 31st December

April, 2023

April Fool's Day 1st April

Good Friday 7th April