

### Greetings from the DON

*Welcome to our newsletter we are 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 Turramurra House family.*

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

*We always welcome back 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 always welcome anyone who wants to join our volunteer programme. Feel free to contact me for further information.*

*Lastly, I would like to extend my sincere appreciation and gratitude to the current employees of Turramurra House who have been dedicatedly working for this facility for 5 years with a few staff members for over 25 years.*

*5 to 9 years ; Buddhi-Maya Shrestha, Charls Soren, Jacqueline Armstrong, Lee-Anne Gleeson Mehrnoosh Rezvanian, Sumnima Singh, Sunita Kandel-Sapkota, Virginia Clissold*

*10-14 years; Alisha Tamang, Asis Sharma, Catherine Poronnik, Deepa Neupane Shilwal, Ma Teresa Mejica*

*Marie Kharrat, Paul Laycock, Rupa Khadka Rana*

*15-19 years; Fiona Flood, Jennifer Creese, Seniet Abebe, Stephanie Fitzgerald*

*20-25 years; Jin Bi, Chrissanthi Barber*

*Thank you all for your unconditional contributions*

*Warm regards*

*Fiona Flood*

### 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!

Men's club; we have bimonthly barbeques for our gentleman this is an informal way to discuss a range of topics with our gentleman, we also have men only bus trips

Fun and 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, twister, hoops, balloon tennis and beach volleyball. Whatever the activity is always a good opportunity for people to socialize!

Scenic Bus Trips, Each Monday and Wednesday residents are treated to a bus trip around our scenic north shore and 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.

Spiritual Care, church Services

11am EVERY SUNDAY Corpus Christi Church

2.00pm 3<sup>rd</sup> THURSDAY of the Month  
Turramurra Uniting Church

2.00pm 2<sup>nd</sup> Friday of the Month St James Anglican

### Resident Meetings

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 bus trips, they are very happy with the cooking programmes and bus tri

### Christmas Celebrations 2022!

Celebrating the biggest day of the year was a huge success as residents enjoyed their Christmas day lhigh tea with all the trimmings and more! The weeks leading up to the christmas party was worth the effort of residents and staff alike as trees were dressed, decorations hung, and tables set to impress. Everyone was treated to a christmas concert by Grant Newsome

Following the delicious high tea we had a visit from Santa



The Cooking club is a new activity, today's dessert was ETON MESS, it was an easy dessert to make, but very yummy



### (DOG THERAPY

COCO dog she visits weekly she bring lots of joy to our residents. Residents love to sit and pat Coco and give her lots of cuddles

