

Greetings from the DON

Spring has finally arrived and with the recent glorious sunny weather, the Wahroonga House community has certainly been capitalising on the opportunity get out and about after the long winter months. June was a busy month with all the events and activities in full swing, however in July we were in lockdown for most of the month due to two virus's, respiratory syncytial virus (RSV) and the Norovirus which is a highly infectious. Thankfully in August we have been able to return to normal life and I thank the residents and staff for their co-operation and patience.

Activity Highlights

Armchair Travel

Residents were treated to informative and entertaining Armchair travel presentations to Egypt, South Africa and Vietnam over these past three months. In the travel presentations which are held in our cinema, residents are shown a video on the best places to visit and provided with fun facts, trivia and a quiz for entertainment. Residents always love the food and wine tasting of the country which is included as part of the activity. In June Armchair travel was to Egypt. Resident Aida who is Egyptian attended along with many others and thoroughly enjoyed being visually transported to the ancient pyramids and sailing down the Nile whilst being entertained with the travel video.

Story Circle – Poetry reading

Wahroonga House held for the first-time poetry reading for the Story Circle class held in June. RAO Sandy read some wonderful poems written by our very own Wahroonga House residents, Bruce and Janet along with some famous Australian poems including the Highway Man and Clancy of the Overflow.

Carpet Bowls

Carpet bowls is offered twice weekly and is very popular with the residents as the activity combines eye and hand ball motor skills, teamwork, competition, and socialising.



Poetry reading activity class for Story Circle



Residents enjoying the poetry reading in June



Carpet bowls is always a highlight with RAO Daniel

Celebrations

Resident Max and his wife Juanita celebrated their 64th wedding anniversary in June with family and friends.



Max and Juanita with family and friends celebrating their 64th Wedding anniversary.

Multi-cultural theme day

In June, to celebrate our diversity here at Wahroonga House, a multi-cultural theme day was organised. Staff wore their colourful traditional dress and performed a concert for the residents which included beautiful Bangladeshi dancing, Korean karaoke and Greek zorba dancing. After the concert, residents gathered in the café for specialty food including Greek pastiches and paratha flatbread.



Staff in their traditional Bangladesh dress



Residents enjoying the staff cultural theme performance.

Birthdays

Once again, we have had a flurry of birthday celebrations at Wahroonga House during the months of June to August 2023.

Of special note is the celebration held for Myrtle and Kamala who both had their 100th birthday in July. Also, our much loved Mary celebrated her 101st birthday with family and friends on 13th August. Staff and residents gathered in the café to sing them Happy Birthday, cut a very large chocolate birthday cake and present them with cards, balloons and banners to mark these very special occasions.

Residents who celebrated their "90 something" birthdays included Audrey, Graham, Nan, Jean, Coral, Anne, Bill, Joan, Janet, Morelle, Shirley, Dorothy, Bee, Gwen, Dulcie, Don and Audrey to name just a few.



Celebrating Myrtle and Kamala's 100th birthday

Dulcie at the paper flower making class.

Resident's contribution

The Resident Committee has continued to meet on the last Monday of every month. The purpose of the committee is to help residents get to know other residents and staff members. It is also to help plan activities that any resident can join and shape the community to make it feel more like a home. The committee is to give residents a say in how their home is run. Some of the suggestions the committee has raised over these past few months include a mail box at reception for residents outgoing mail, recycling pill cups, opening the smaller dining spaces, more fresh towels and face washers, communication improvements to residents of what personal hygiene items are provided, garden and maintenance issues.

Special Moments

Volunteer extraordinaire Anton provided a very special activity in June for the residents with a paper flower making class. A demonstration was given on how to make beautiful paper roses. Each participant finished the class with their very own rose which looked so real that many have kept the flowers in their room to admire.



Gwen enjoying an ice cream in her room

Upcoming events

The staff at Wahroonga House are planning many exciting events and celebrations for the residents over the upcoming spring months.

The main events for September include Father's Day on Sunday, 3rd September and the much awaited inter facility carpet bowls competition against Dural on the 18th September. Also, the Wellness Theme Day on the 27th of September, will include shoulder massages for staff and a guest speaker to talk to residents about promoting good mental health.

In November we will hold a service on the Thursday 9th November for Remembrance Day and the wonderful Mirrabooka Singers have been booked for a concert on the 21 November 2023.

The regular monthly Resident and Relatives meeting is held on the last Friday of the month at 11 am in the cinema.

Finally, the Resident Monthly Welcome Morning Tea is held on the 3rd Thursday of each month.