

Welcome to the Dural House Spring Newsletter.

Spring has arrived finally, time to start enjoying the warmer weather and our gardens. I have so many new lily bulbs to plant, I think I might need a week off to plant them all.

Meanwhile, the Daffodils and Jonquils are currently in full bloom and looking gorgeous, they also make great cut flowers to bring inside to brighten the home.

As the warmer weather approaches, please make sure that you are staying hydrated and drinking more water. If going outside, remember the hats, sunglasses and sunscreen!

Michelle

Upcoming events:

- *Themed Days*

Thai Theme Day with Thailand Presentation in the afternoon on 12th of October 2023

- *Picnic Bus Trip*

This is an unusual trip for the residents to have fun outside their home for 4 hours. It includes morning tea and a special lunch. Greatly enjoyed and looked forward too by many.



FATHER'S DAY

A celebration of our dear Fathers in the House. A time to experience the love and bliss of fatherhood. A father's role is one of the most significant in a family. They are the model of strength and bravery, patience, and devotion, and so much more.

An Ode To Dads

Dads are the rock that holds us strong,
A compass to guide us all along,
The foundation of our lives they create,
A stronghold of love that's never late.

With strength and support,
they stand by our side,
A beacon of hope that never hides,
Dads are the world we live in each day,
And their love is what lights the way.

~ Melodia Ortiz



Thank you for
teaching me to stop
and appreciate
the little things.
Without you I might
have missed them
along the way.



JEWELLERY MAKING

Aside from the physical activities of the residents, one of the best benefits of making Jewellery from beads is how it helps a person manage stress, anxiety, and longing for the family/relatives. Jewellery evokes emotion – joy, happiness, love, laughter, pride, and commitment.

As a result, more and more people are joining our weekly session that has become more popular amongst residents.

Here at Dural House, we continue to find ways to enhance the physical and mental health and wellbeing of our residents.

