

### Greetings from the DON

Welcome to Summer newsletter!

I would like to extend a warm welcome to all our new residents and their families who have joined Mona Vale House.

It's hard to believe that the year is coming to an end, and what a year it has been for us here at Mona Vale House! Throughout the year, we have been dedicated to providing engaging and diverse activities for our residents. From arts and crafts to music therapy, our goal has been to ensure that every resident has the opportunity to participate in activities that bring joy and fulfillment to their lives.

We have also reintroduced a wonderful tradition – having school kids perform at Mona Vale House. Their visits have been heartwarming, and the interactions between our residents and the younger generation have been truly special.

As the weather gets warmer, we encourage all our residents to drink plenty of water and use sunscreen during hotter days.

With the festive season upon us, I want to take this opportunity to wish you all a Merry Christmas and a Happy New Year. Let's come together and celebrate the joy of the season with our Mona Vale House family.

In closing, I want to express my gratitude to our residents, families, and staff for making Mona Vale House the wonderful place that it is. Your support and dedication are truly appreciated. If you have any suggestions, concerns, or feedback, please feel free to reach out to me or our team.

Wishing you a beautiful summer and a holiday season filled with love, laughter, and cherished moments.

Warm regards,

Sonal More

### In Loving Memory

#### **"Bintang"**

**17.06.2007 – 25.10.2023**

Our much-loved Bintang has left a lasting impression on all who met him. We give thanks to his unique personality and his ability to spread happiness wherever he roamed.

His "I Wuv You" upon welcoming new residents and visitors will always be remembered.

Thank you Binny for your 12 years of Service and for being a much loved and family member to all at Mona Vale House.



### Arts & Crafts

We have had lots of variety in the arts and crafts department! From meditative colouring in, painting model planes, making decorations for Halloween, floral arrangements, clay modelling and a whole lot more!



### Tea Towel Travel!

Eve held a “Tea Towel Travel” activity where the residents could view & talk about a lovely collection of new and old T-towels from all over the world, as well as local towns & cities around Australia. The Tea Towels featured iconic buildings, churches, bridges, mountains, significant to their region eg The Big Banana at Coffs Harbour. A highlight was the beautifully embroidered tablecloths from Eve’s Grandma from Latvia



Pictured above: residents admiring embroidered table clothes from Latvia

### Drumming Circle

Along with our regular exercise programmes, the residents got their groove on with a drumming session run by Carly from Groove Connections. It certainly was great fun as well as a good body and a brain workout!







### Hatchling Chicken & Ducks

Residents and staff thoroughly enjoyed watching the chickens and duckling emerge from their shells. Gathering around the incubator became the meeting place for residents and their families to marvel at life's little miracles.



### Melbourne Cup

Melbourne Cup Day was lots of fun with everyone donning fascinators and hats! There were prizes for best dress, lucky door prizes as well as sweepstakes. A special lunch was served with champers of course!



### Word Games

The word games and bingo have grown in popularity and are a regular activity on the weekly calendar.



Pictured above: Eve running "Find A Word"

### Halloween

What fun we had celebrating Halloween! The day started with "spooky Games" followed by a luncheon. Lots of knock knock jokes were told and everyone had a great time!







It was a joy for everyone as we watched the hatchling ducklings and chickens make their way into the world! So cute!





### Visting School Choirs

Residents and staff alike were treated to wonderful concerts from Sacred Heart School and Mona Vale Public school Choirs. Each choir held approximately 45 children and they delighted in socializing with the residents before and after the concerts. Thank you so much for your visit and we hope you come back again soon.



### Market Day

By all accounts Market Day this year was a great success. A big thank you to everyone who donated items it was very much appreciated, and the residents really got into the spirit of shopping!



Pictured above: Residents browsing the many items on offer on Market Day

### Thank You to Our Kitchen Staff

A big thanks to Carla and her team for providing the many delicious meals and snacks especially at Happy Hour and for the "special" cultural events such armchair travel to India ie Butter Chicken and Oktoberfest ie Goulash.

### From the RAO Team:

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

A big welcome to our new residents who have joined us recently. We look forward to getting to know you. We have continued with many of our popular activities such as bingo, coffee club, men's club as well as adding variety and fun these past three months we have travelled to Amsterdam, Brazil and India! We enjoyed weekly concerts and bus trips as well as special events such as Melbourne Cup Day, Horse's Birthday, Oktoberfest and Halloween. We celebrated Father's Day with a special luncheon we remembered those who fought for our freedom on Remembrance day.

We are looking forward to the summer season and have lots of great activities planned. We would like to take this opportunity to wish you and your family's wonderful Christmas time and good health and happiness for 2024.

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

### Regular Events

- Holy Communion 1<sup>st</sup> Tuesday of each month
- Love in Action, 3<sup>rd</sup> Friday of each month
- Men's Club Monday, Fortnightly see calendar
- Bingo – Wednesday & Saturday – check Calendar.
- Bus Trips – Tuesday and Thursdays
- Hairdresser: Each Thursday, book via reception

### Upcoming Events

#### December 2023

- 3<sup>rd</sup> Int. Day of Persons with Disabilities
- 5<sup>th</sup> Dec International Volunteer Day
- 7<sup>th</sup> Int. Civil Aviation Day
- 8<sup>th</sup> Feast of Immaculate Conception
- 18<sup>th</sup> Int. Migrants Day
- 22<sup>nd</sup> December Solace
- 24<sup>th</sup> Christmas Eve
- 25<sup>th</sup> Christmas Day
- 26<sup>th</sup> Boxing Day
- 31<sup>st</sup> New Years Eve!

#### January 2024

- 1<sup>st</sup> New Year's Day!
- 4 World Braille Day
- 8<sup>th</sup> Elvis Presley's Birthday
- 15<sup>th</sup> Martin Luther King Day
- 20<sup>th</sup> World Religion Day
- 24<sup>th</sup> Belly Laugh Day
- 26<sup>th</sup> Australia Day
- 27<sup>th</sup> Mozart's Birthday

#### February 2024

- 3<sup>rd</sup> Remembering Buddy Holly
- 4<sup>th</sup> World Cancer Day
- 10<sup>th</sup> Chinese New Year
- 13<sup>th</sup> Shrove Tuesday
- 13<sup>th</sup> Mardi Gras
- 14<sup>th</sup> Valentine's Day
- 21<sup>st</sup> Int. Mother Language Day