

Greetings from the Michelle,
Happy Autumn! I am happy that
the hot weather is passing,
although the first few days of
Autumn have appeared to be a
second Summer.

In this issue of our newsletter,
we celebrated Australia Day,
Valentines Day, St Patricks Day,
one of our Residents Daphne
who celebrated her 90th Birthday
and a fun visit from Brigidine
College!

We have also commenced the
Residents Advisory Committee
of which Ralph is a staff
representative.

Time to look into our Autumn
Garden planting guide too –
Sweet Peas are a favourite –
Maybe I'll remember to plant
them for St Patricks Day!

Australia Day

On January 26th residents and staff
celebrated our great country with songs and
snags! A sausage sizzle was on the menu
for lunch and during Happy Hour Ron
Blacker performed many Aussie classics
such as Home among the gum trees and I
still call Australia home. Residents sang
along as they enjoyed their beer, wine, and
chips!



Valentines Day

Love was in the air on Wednesday February
14th at Dural house! Residents made love
heart garlands during arts and crafts with
RAO Jenice. The heart garlands were used
to decorate the lounge room where we had
Happy Hour and special guest performer
Dion Palumbo who serenaded residents
with classic love songs.



Valentine's garland made by residents

Daphne's 90th Birthday



Resident, Daphne, celebrated her 90th birthday on February 28th with all her loved ones in our private function room. Daphne's family put on a beautiful and elegant high tea complete with sandwiches, cakes, and tea. Daphne particularly enjoyed being able to spend time with people she had not seen in a very long time like her long-time friends and cousins.

Hitting the milestone of 90, Daphne has reflected on what she believes is the key to a happy life "Spending lots of time with her husband, children, family and friends and being kind and understanding to each other". Whenever Daphne was down her husband always used to say "Don't worry, be happy!" which has been an important life motto to get her through life's challenges.



Happy Birthday Daphne! We are so blessed to have you here at Dural house and to get to know you!



Floral cupcakes from Daphne's high tea

St Patricks Day

On Friday 15th March residents and staff donned their green clothes to get in on the luck of the Irish for St Patricks day! Harry Court sang a range of classics including Molly Malone and Danny Boy while residents enjoyed green frosted cupcakes!





Harry Court performing St Patricks Day

Brigidine College Visit

Year 11 students of Brigidine College in St Ives attended Dural house on the 14th and 15th March as part of their retreat program. The girls spent time with residents, asking questions and learning about their life experience. Residents mutually enjoyed asking the girls about their studies, interests, and career aspirations. The students even showed some of the residents how to use TikTok and explained to them their obsession with the app! The residents found this very funny and odd!

The students participated in activities like balloon game with Banksia residents, Quoits with Wattle residents and they even made bracelets in jewellery making to gift to the residents throughout their day.

Both the students and the teachers found this experience to be very enjoyable and rewarding as it gave them a broader understanding of others lives and prompted them to reflect on the value and importance of the elderly people in their own lives. The residents really enjoyed having such friendly and chatty girls roaming about the facility as it really did add some joy and fun to their day!



Upcoming Events

March 21st Multicultural Day

March 28th Hornsby Home Library Service

March 29th Good Friday 10:30am Service

March 31st Easter Sunday

April 7th Daylight Savings clocks go back 1hr

April 9th Residents Meeting

April 25th ANZAC Day

April 26th Hornsby Home Library Service

May 12th Mothers Day