

Greetings from the DON

I would like to extend a warm welcome to all our new residents and their families. As we transition into the cooler months, our team is gearing up with a variety of activities planned to keep spirits high and hearts warm.

In line with our commitment to inclusivity, our team has been actively engaging in celebrating the rich tapestry of cultures that make up our home. From vibrant cultural events to themed activities, we strive to create an environment where everyone feels valued and respected. We'll be commemorating Harmony Day on the 25th of March. This special occasion provides us with the perfect opportunity to come together and celebrate the beauty of diversity.

We're delighted to announce the commencement of our summer menu, effective from January 31st. We're committed to providing nutritious and delicious meals that cater to our residents' preferences and dietary needs.

Please feel free to reach out in person, via email, or phone call if you have any concerns, suggestions, or simply want to chat. Your feedback is invaluable to us, you can also use our feedback scanner code via phone to lodge any feedback, complaints, or compliments conveniently.

We would like to extend our sincere appreciation and gratitude to our residents, families, and staff for their ongoing support at Mona Vale House.

Warm regards,

Sonal More

Christmas 2023

Mona Vale House literally sparkled with Christmas decorations this year. It was like a Christmas wonderland. Thank you to all the staff and residents who helped to get MVH ready for the season of celebrations. The resident luncheon was a hit with a very delicious and delightful luncheon served. The dessert was so beautiful. Big thanks to Carla and her team. Of course, Santa was there to spark joy and hand out chocolates and the entertainer, Leyla, had us dancing the afternoon away. So many special moments – truly a Christmas to remember.



Pictured above: Beautiful Christmas Pudding

Below: Some of the Staff at Xmas Luncheon





Craft & Create ✨



Happy Birthday Elvis!

What better way to celebrate Elvis's birthday! We have many great entertainers that visit the home. Elvis certainly provided a change of pace, and we all got our groove on.



Pictured above: Milica & Stephen with Elvis

Year of the Dragon!

Residents celebrated Chinese New year with games, craft and a special Luncheon complete with Chinese fans!



Happy Valentine's Day

There certainly was a lot of love going on at Mona Vale House this Valentines Day. A special luncheon was prepared including champagne with beautiful strawberry desserts. Roses were given to the ladies and in the afternoon a special concert filled with love songs was performed by one of the resident favourite entertainers, Larry and Robyn.



Australia Day



Thong Throwing



Carla Barbequing



Balloon Tennis



Beach Volleyball



Australian Collages

I love a sunburnt country a land of
sweeping plains. of ragged mountain ranges
of droughts and flooding rains.....



From the RAO Team:

Happy New year to you all and welcome to the Autumn 2024 Edition of the Quarterly Newsletter.

A big welcome to our new residents who have joined us recently. We look forward to getting to know you. There is always something happening on the calendar and if you can't find what you're looking for, please let us know and we will do our utmost to arrange something for you!

A picture tells a thousand words, and as you can tell from all the photos in this newsletter, it's been fun times here at MVH. We are looking forward to the Autumn season and have lots of great activities and concerts planned especially with St Patricks Day, Easter, Anzac Day, and Mother's Day coming our way. Monthly drumming sessions have also become a regular to the calendar – a great way to get your groove on and have some fun - all welcome!

Best Wishes,

Walter, Janet, Kylie, Eve, Rob, Amy & Nisha

Regular Events

- Holy Communion 1st Tuesday of each month
- Love in Action, 3rd Friday of each month.
- Resident & Family Meeting last Tuesday of each month at 11am
- Men's Club fortnightly at 2pm
- BINGO! – Wednesday & Saturday
- Scenic Bus Trips – Tuesday and Thursdays
- Hairdresser: Each Thursday, book via reception or RAO Team.

Upcoming Events

March 2024

- 1st World Day of Prayer
- 3rd World Wildlife Day
- 8th International Women's Day
- 10th The Oscars
- 10th Ramadan Begins
- 15th Ides of March
- 17th St Patrick's Day
- 25th Greek Independence Day
- 25th Holi
- 25th Harmon/Multi Cultural Day Celebrations
- 29th Good Friday
- 30th Holy Easter Saturday
- 31st Easter Day

April 2024

- 1st Easter Monday
- 1st April Fool's Day
- 7th Daylight Savings Ends
- 12th International Day of Human Space Flight
- 15th World Art Day
- 23rd Shakespeare Day, & World Book Day
- 25th ANZAC DAY

May 2024

- 11th National Train Day
- 12th Mother's Day
- 12th International Nurse's Day