

### Message from the DON

It is with great warmth and joy that I welcome you to our home. Whether you are a new resident or a long-standing member of our community I want you to know how truly valued you are. At our age care facility, we believe that every day is an opportunity to share laughter, create meaningful moments, and celebrate the wonderful lives that have led you here. Our team is dedicated not just to providing exceptional care but also to ensuring that this is a place where you can feel safe, respected and deeply connected.

We understand that moving into age care can be a big transition and we are here every step of the way to support you and your loved ones. Our goal is to make this not just a place to live but a place to thrive. You are part of our family now and we are so happy you're here.

Please know my door is always open if you have any questions or concerns, and your feedback is most welcome.

Jesse Kaur

# Spring



Director of Nursing Jesse Kaur



At Darley House we love to celebrate and embrace each other's culture. Recently the residents enjoyed armchair travel to India. Shown above: Staff dressed in their national clothes.



### BINGO!

Our residents sure do love playing Bingo! For a complete change, and to celebrate World Dog Day, residents played several games of Dog Bingo! There are plenty of other games on offer such as trivia and word games, board games, puzzles



### Scenic Bus Trips

Twice a week residents enjoy a scenic bus trip to explore our beautiful Northern Beaches. Please let the lifestyle team know if you would like to join us on a trip. Pictured left: Henriette enjoying a hot chocolate and the winter sunshine!

### Darts

We have a variety of indoor active sports! You can choose from darts' quoits, carpet bowls, balloon tennis and more! Even if you're not the sporty type, it's a great way to meet fellow residents a cheer on new found friends. Pictured right: Val with Bullseye!



### Left Handers Day

Yes, there is a day that celebrates the Lefties! Did you know that only **12%** of the world is left handed, **87%** right handed, and **1%** ambidextrous. However, the percentage of lefties worldwide is slowly creeping up as being left handed becomes more socially accepted.





### Drumming

Each month residents enjoy the many health benefits that drumming can provide . It's basically a full body work out ! It's good for the mind , body and soul. Mostly its a lot of fun!. Carly is a regular instructor here at Darley House and leads the group in an engaging music session.

Pictured Left: Our Centenarian. Ennis.

### Viva La Musica

Every week we enjoy a variety of performances to keep us entertained. From classical music to rock and roll there is something for everyone! Pictured right: Greg playing his guitar while we all have a jolly good sing along !



### What's Cooking ?

The residents have enjoyed making Vanilla biscuits and Thumb Print Cookies (also known as Jam Drops ). Yes we made a mess but it was worth it! And we enjoyed our spoils with a nice cup of tea. Pictured left: Muriel kneading the dough!

### Craft Social

Come and join us for this fun session ! Not a create type? No worries.. it's as more about getting together for a good chin wag, a laugh, a cup of tea or a cheeky wine! Pictured right: residents enjoying crafting flowers from paper and wool.



### From The Lifestyle Team

Welcome to Spring! It is so wonderful to feel the days getting longer and warmer at last. We have been very busy these past three months with our regular activities as well as some celebrations.

We have lots of fun activities in store! The weekly calendar is delivered to you each Monday so be sure to check it out and circle the ones you might like to attend.

If you have any ideas or suggestions for activities we would love to hear from you! As always, your feedback is most welcome.

Best wishes from your Lifestyle Team!

Janet, Amy, Lizzy, Kylie, Eve and Walter

### Regular Events:

**Bus Trips:** Each Wednesday morning and Friday afternoons.

**Holy Communion:** 1<sup>st</sup> Tuesday of the Month

**Happy Hour:** Sunday afternoons at 2.30pm

### Dates for the Diary:

#### October:

4<sup>th</sup> World Animal Day  
5<sup>th</sup> World Teacher's Day  
6<sup>th</sup> Mad Hatter Day  
12<sup>th</sup> Spain: National Day  
20<sup>th</sup> Diwali  
29<sup>th</sup> Grandparent's Day  
31<sup>st</sup> Halloween

#### November:

1<sup>st</sup> All Saints Day  
4<sup>th</sup> Melbourne Cup Day  
5<sup>th</sup> Guy Fawkes Night  
11<sup>th</sup> Remembrance Day  
13<sup>th</sup> World Kindness Day  
18<sup>th</sup> Morocco - Independence Day  
19<sup>th</sup> International Men's Day  
30<sup>th</sup> Scotland: St. Andrew's Day

#### December:

5<sup>th</sup> International Volunteer Day  
5<sup>th</sup> Finland: Independence Day  
7<sup>th</sup> Civil Aviation Day  
10<sup>th</sup> Nobel Prize Day  
12<sup>th</sup> Poinsettia Day  
18<sup>th</sup> International Migrant's Day  
25<sup>th</sup> Christmas Day  
26<sup>th</sup> Boxing Day  
31<sup>st</sup> New Year's Eve !