

Catholic Homes

OUT & ABOUT

SEPTEMBER 2024

Father's Day

We shared stories and reminisced about the fathers in our lives.

Indian Independence Day

Residents thoroughly enjoyed the authentic Indian flavours.

Armchair Travel

Residents at Trinity were whisked away to the heart of Italy.



TRINITY

Our champions are home

The Community Centre at Trinity was transformed into a sea of green and gold as we hosted a special luncheon to honour our very own Olympic champions.

The hall was adorned with the colours of our nation, creating a festive atmosphere that perfectly matched the celebratory mood. We were thrilled to welcome our athletes back home and share in their incredible achievements. Our residents and staff came together to celebrate these inspiring individuals who have brought immense pride to our community. The luncheon was truly memorable occasion. Thanks to Steve our

maintenance man for helping to put up the decorations. Our talented Chef Paolo and his team prepared a delectable meal that was enjoyed by all. As we savoured the delicious food, we shared laughter, and felt a sense of unity and pride.

It was an honour to have these extraordinary athletes and their journey to the Olympics has been an incredible one, filled with dedication, hard work and perseverance. Their accomplishments serve as a reminder that with determination anything is possible. We would like to extend our heartfelt congratulations to all our athletes once again.



The hall was adorned with the colours of our nation

Welcome to our September edition

This month was an action packed month for our residents.

We celebrated all the dads, grandads and fatherly figures in our lives for Father's Day. Our residents were immersed in the Indian culture on Indian Independence Day and enjoyed Indian curries thanks to our Chefs.

We showed our gratitude and appreciation to all the incredible staff at Catholic Homes on Aged Care Employee day. We enjoyed baking, painting, puzzles, singing and dancing from the comfort of our homes.

Our training for the Catholic Homes Olympics continued and the determination in all our residents was fuelled by watching the Paris 2024 Olympic games. Stay tuned for our special Olympic edition next month, where we will have a special feature on all the action.



FATHER'S DAY

Celebrating Father's Day

This month we celebrated all the special men in our lives.

Castledare and Sister Mary Glowrey hosted a Father's Day BBQ, both were a heart warming success. Family members joined Castledare's BBQ to honour their fathers and husbands making it a truly special occasion. The delicious chicken sausages and roasted pickled pork wafted through the air. The highlight of the BBQ's were the concert by Studio J which saw all the residents participating and enjoying the lively music. To make the day even more special, each of our male residents received a thoughtful Father's Day gift - a package of luxurious bathroom toiletries, which was met with gratitude and appreciation.

Trinity celebrated Father's Day with a luncheon for six of their residents. During the lunch residents shared stories and reminisced about the fathers in their lives. Once the lunch was finished residents were given a small gift as a token of appreciation, it was a small gesture but it meant a lot.

St Vincent's celebrated Father's Day by crafting handmade cards to give to all the dads at St Vincent's.

To all the dads, grandads and fatherly figures in our community we wish you a very happy Father's Day - thank you for all that you do and for being such an important part in our lives.

"During the meal we shared stories and reminisced about the fathers in our lives"



Their stories were both heart-warming and inspiring.



SISTER MARY GLOWREY

TRINITY



Fun at home

We made the most of the winter weather this month by spending time doing activities inside.

We enjoyed flower arranging, while some of us started a domino competition. Plus we got outdoors and our exercise groups enjoyed

playing balloon tennis and parachute games.

On the rare occasion that it was sunny we enjoyed being out in the garden!



Bus trips

We have enjoyed some lovely bus trips to Pelican Point and to Kings Park where we enjoyed some of the nice weather and start of the spring flowers.



Aged Care games training

We have been working hard with our training for our aged care Olympic games, putting the final touches on our shirts and helping make decorations for the day.



Bonding the generation gap

There's something truly special about the connection between young and old. This intergenerational program offers benefits for both.

For the elderly residents the visits provide much needed companionship and a sense of purpose. Sharing stories, reminiscing about the past and simply engaging in conversation can lift spirits and combat feelings of isolation. The students on the other hand gain valuable life experience, empathy, and a deeper understanding of the aging process. It's an opportunity for them to learn and witness the wisdom and resilience of the older generation.



This intergenerational program offers benefits for both young and old.

INDIAN INDEPENDENCE DAY

Enjoying Indian cooking

To celebrate Indian Independence Day, Castledare's Chef treated residents to a culinary journey, whipping up a mouth-watering vegetable curry, Basmati rice, and naan bread.

Residents thoroughly enjoyed the authentic Indian flavours.

The alluring aromas wafting from the kitchen were irresistible, and residents thoroughly enjoyed the authentic Indian flavours.

It was a delightful culinary experience and a wonderful way to commemorate this special day and thank you to Chef and the team for all their work in the kitchen.



Indian luncheon

To celebrate Indian Independence Day, St Vincent's were treated by the Chef to an Indian themed lunch.

The tables were decorated with the Indian flag and the colours of India - orange, white and green.

Residents delighted in authentic Indian curries and enjoyed learning about the Indian culture over their meal.

It was greatly enjoyed by our residents and staff.



Indian cooking class

Sister Mary Glowrey had a cooking class run by Chef Ash for Indian Independence Day, where the residents enjoyed the tastes of India.

In the afternoon the residents enjoyed armchair travel to India, watching videos and quizzes all about India.



SAYING THANKS

Aged Care Employee Day

On August 7th we celebrated Aged Care Employee Day!

Our leadership team was on cupcake delivery duty to all our residences to say a BIG thank you to our team.

Through living our values of joy, love and hospitality, and understanding that

every person we care for is unique, every life a sacred gift, every human being a unity of body mind and spirit, our team make a difference every day.

Residents at Sister Mary Glowrey celebrated Aged Care Employee Day by making the staff cards with hand written notes of thanks.



OCEAN STAR



Seated dancing and singing

Our residents enjoyed singing, dancing, and playing instruments to some of their favourite tunes. Shirley had fun bringing out her musical side by playing the tambourine. Sheila, Kath, Gaye, Michael and Barb all played the maracas together. What a lively and fun afternoon!

Baking Sunday

On Sunday residents decorated cupcakes in ice cream cones! It was a fun and relaxing afternoon, we decorated our cupcakes with sprinkles, icing and our favourite dogs.

It was a fun and relaxing afternoon.



Enjoying time at home

This month our residents enjoyed their spare time at home participating in hobbies they love.

Annie spent her time colouring in for the group art activity showing off her artistic skills.

Gaye and Leah listened to the talented Lancee playing the piano. We could listen to her relaxing tunes all day!



The Indigenous painting session

This month at Ocean Star we had a guest Indigenous artist hold a Colours Of The Kimberley dot painting class.

We tested our dot painting accuracy skills, and it was a very relaxing and therapeutic.

We all spent the afternoon enjoying each other's company and brushing up on our artistic skills!



LIVE LIGHTER SPORTS DAY

Live Lighter Sports Day

Archbishop Goody

Archbishop Goody Premiers joined the community in the Live Lighter Sports Day in Belmont.

Watching the Olympics on TV got us in the spirit, and it was good practice for our Catholic Homes Olympics Games Day coming up.

Residents had a great day out even though we didn't come back with a win, we had fun and made new memories.

St Vincent's

This month there was an Aged Care Games held at Belmont Oasis and 10 of our residents went.

We were excited to come in third place and got the medals to prove it. The residents and the staff all enjoyed the game and the food as we had KFC! It was a very fun day for everyone! Dulcie also got an honorary mention because she was the oldest out of all participants, and it got us a box of chocolate!

Watching the Olympics on TV got us in the spirit.

JIM



ARCHBISHOP GOODY

Helping at home

We have Christina who likes to help with cooking morning tea crumpets or pancakes. We have Eugene who likes to help set the tables for meals.



Studio-J concert

We had Janie from Studio J, join our home with a concert/gig, and Janie sang singalong songs and requested music that always soothes the heart and gets you moving.



Everyone joined in either singing, playing instruments or dancing along. Deborah, Sandra Christina, Marisol and Apii danced their hearts out. Whilst Eugene, John M, John E and Frances played their instruments to the beat and sung along. Everyone left with smiles on their faces.

Garden walks

Now that the weather is becoming warmer and lighter in the evenings, we have started taking advantage of living next to the beautiful Queens Gardens by walking around and enjoying nature. Residents love seeing the wildlife, especially the baby swans, so cute!

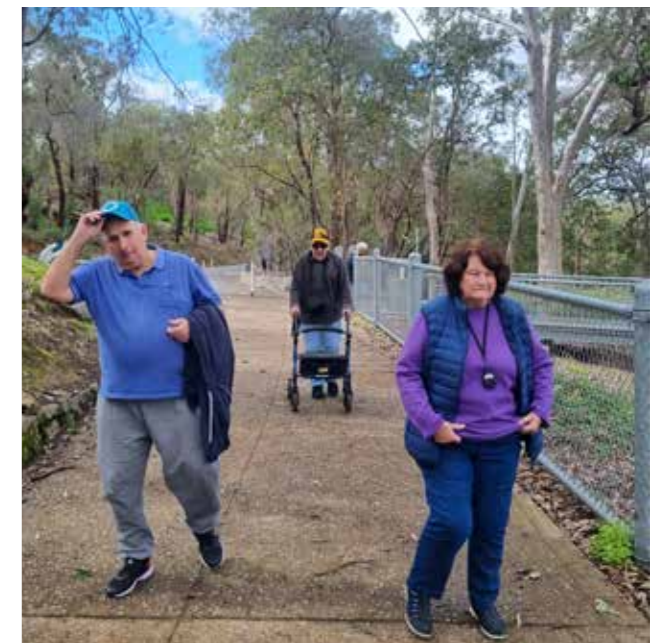


Footy tipping results

Our footy tipping competition is over! What a season it has been, so many ups and downs. We had 40 in total of tippers for AFL in 2024 between Residents and Staff at AGH, Roberto 2nd place, follows the Richmond Tigers.

John Breton 3rd place follows the cricket and Cathy Aro who won the wooden spoon and is a West Coast Eagles follower.

What a season it has been, so many ups and downs.



Bus trips to Mundaring Weir

We drove out to Mundaring weir and walked over the bridge and fed the birds and enjoyed the views with the wild kangaroos.

Eugene was loved by the birds and even fed one whilst it sat on his hand! Some residents purchased their own lunch of Hungry Jacks and some had a packed lunch from the facility. Residents have requested we do this again as it was an eventful day to enjoy out!



ARMCHAIR TRAVEL

Armchair travel to India and Italy

Armchair Travel to Italy

This month the residents at Trinity were whisked away to the heart of Italy without leaving their comfy chairs. The journey began with a virtual tour of iconic Italian landmarks, from the Colosseum's grandeur to the romantic canals of Venice. Residents shared their memories of Italy sparking lively conversations about past travels and adventures.

As the virtual tour concluded our talented Italian Chef Paolo delighted us with an Italian feast. The Chef's homemade cannoli and arancini balls, mini-Italian pizza and cantucci were a hit leaving everyone wanting more.

The taste of Italy filled the air as residents enjoyed this unforgettable afternoon. It was a beautiful reminder that even

though we may not be able to physically travel, the power of imagination and delicious food can transport us to any corner of the world.



The power of imagination and delicious food can transport us to any corner of the world.



Armchair Travel to India

Castledare residents embarked on a fascinating armchair journey to the vibrant land of India, without leaving the comfort of their home. Facility Manager Sue, along with staff members Graeme, Divya, and Dahlia, set the tone for an immersive experience by donning traditional Indian attire. Divya and Dahlia

shared intimate insights into their rich cultural heritage, regaling the audience with stories and anecdotes. A fun-filled quiz on India put everyone's knowledge to the test, while the aroma of crispy samosas and onion bhajis wafted through the Indian-themed enclave, teasing the taste buds. The event received rave reviews from residents, who praised

the engaging and educational experience, saying they learned a great deal about this captivating country. It was a truly unforgettable adventure!

We can't wait to see where our next armchair travel takes us!

OCEAN STAR

Chapel flowers

Thank you to Mary and Chris for purchasing new long-lasting flowers for our Chapel.

They look beautiful and are greatly appreciated.



Care with Purpose

Our residents are always showing care with purpose. Bill takes great pride in looking after the fish in our family room. Barb, Shirley, and Sr. Bridgette helped the kitchen staff with housekeeping this month by assisting in peeling carrots for dinner.



CWA 100 years afternoon tea

Residents at Ocean Star enjoyed an afternoon tea for the CWA 100 years, with guest speaker Rosa Tognela. We all had a lovely afternoon listening to her speak whilst indulging in delicious scones with fresh jam and cream.



Blooming Arts Festival

This month some of our residents enjoyed an outing to the Blooming Arts Festival. The gallery was transformed into a floral fantasy. Residents were blown away by the art all created completely out of flowers and plant material.



CASTLEDARE



August birthday party

Castledare residents enjoyed a sweet celebration last month! A special birthday bash was held at Gil Currie to honour those with August birthdays, including Derek, Laurie, and Corine.

The cheerful atmosphere was enhanced by

colourful balloons and a festive spirit as residents gathered together.

A delicious orange and chocolate cake was the centrepiece of the event, providing a tasty treat for everyone as they shared in the birthday joy and camaraderie.

*Happy birthday to Derek,
Laurie, and Corine!*



Indoor golf

For the fun of it! Our indoor mini golf putting is back in full swing at Castledare, and residents are loving every minute of it! The friendly competition was palpable as they took turns trying their hand at sinking putts and navigating obstacles. Laughter and cheers filled the air as they discovered the joy of trying something new and challenging themselves.



Fleming biscuit icing

Residents in Fleming got creative with a delightful biscuit decorating activity, using colourful icings to craft swirls, patterns, and funky designs. The result was a stunning display of tasty masterpieces that were almost too beautiful to eat! This sweet activity brought out the inner artist in everyone, making it a true treat for the senses.

ST VINCENT'S

Aged Care Games practice

We have been busy training for the Aged Care Games this month. Brushing up on our skills in volleyball, bean bag toss and seated hockey so we are prepared for the big event. Go St Vincent's Vigneron!



Care With Purpose

Some of our residents showed Care with Purpose this month by helping to clean the bingo counters.



OUR RESIDENTS

Meet Val

Val was born in South Perth on 8th July 1939. I worked as a tailoress at Davison & Sons making men’s suits and shirts. At the age of 17, I moved to Narrogin and worked at Foy & Gibson Fashions as a sales assistant and model. There I entered the Crowning Glory competition and won the crown in 1959.

Doug and I were married in Narrogin and our three children were born there. My husband and I were publicans for 10+ years, running hotels and restaurants. My favourite memories were holidaying with my family in Busselton, Rottnest, and Queensland. I used to have a horse, Charlie and a dog, Podge.

Some fun facts:

- My favourite movie is Roman Holiday with Audrey Hepburn.
- If I could have dinner with anyone alive or passed, it would be my late husband, Doug.

- I love spending time doing crosswords, reading, watching movies, and seeing my children.
- My favourite food is steak with pepper sauce.
- I love being at Ocean Star because I feel comfortable and supported in a happy living environment.



*My advice is:
Life is short.
Enjoy it and live!*



PUZZLE OF THE MONTH

Word search

How many words can you find in the word search?

The words in the puzzle may be hidden horizontally, vertically, diagonally, forward, or backward.

Circle the words and cross them off the list when you’ve found them.

M A B S K R U T P O L A I S Y A L A M E
 I L E S O U T H A F R I C A N D I S O T
 A B U T Y I A L F T E K O R A I R A Z A
 T I Q U S R B A R A S A C U B A I R A B
 S R I A T A I M I J N T R D N A L G N E
 U E B D N V M E X I C E G N I R G E S C
 A V M I L I B X A K G P S O N A D N E U
 R I A H Y S H I L I T O W H S B E I M B
 G E Z C A R G C N S U R H O N D U R G E
 E T O U R A P O R T U G A L E O L A A S
 N N M I S O U I H A E T U W H A Y B I L
 T A E O L N A K A N I U S A U D I N B U
 I M T A Z I O S W E N Y T U R K E Y A X
 N I N M O R S A O L R I R A J V I E R E
 A D O G E Z I M B I B Q A I R T S U A M
 D A N A S R N T A N S U L K N A T Y I B
 A L U X E M B U T H A R I R E L A N D O
 R E N G L E N G U E W B A B M I Z L U U
 E K I B A N G L A D E S H E I C A I A R
 Y N A T S I N E M K R U T R L R M A S G

Countries

- | | | |
|--------------|--------------|--------------|
| Portugal | Mozambique | Tajikistan |
| Mexico | Israel | Vietnam |
| Albania | Luxembourg | Nigeria |
| China | Saudi Arabia | Cuba |
| Zimbabwe | Australia | Malaysia |
| Libya | Ireland | England |
| Austria | Turkey | South Africa |
| Honduras | Sweden | Argentina |
| Turkmenistan | Bangladesh | |
| Syria | Poland | |
| South Korea | Niger | |

Follow us on Social Media

We all love a laugh and we're always on the lookout for fun stories and photos. You're invited to share yours too on socials.



Share your stories

It's great to share your news and bring people together!

If you have a story, ideas, photos, jokes or anything else that will brighten the day and put a smile on a face, you can do it through this newsletter.

Text should be concise with photos of a high quality and submitted by email. Please note submissions may be edited. Drop us a line at catholichomes@catholichomes.com



Next edition

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Keep an eye out for the next edition of "Out & About".

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