

OUT & ABOUT

OCTOBER 2024

Aged Care Games

The excitement and competitive spirit was well and truly alive.

R U OK Day

Residents and their families spent quality time together.

Vintage Cars on Show

Residents enjoyed a trip down memory lane seeing the vintage cars.



R U OK DAY

R U OK Day morning tea

Ocean Star

For R U OK Day this year, we invited resident's families over to enjoy a lovely morning tea.

R U OK Day is all about checking in with people you love and care about. Residents and their families spent quality time together chatting over cupcakes and brownies. It was a lovely morning.

R U OK Day is all about checking in with people you love and care about.

Sister Mary Glowrey

Residents and staff enjoyed an R U OK Day morning tea. To help prepare for the morning tea residents helped bake and decorate the cupcakes.

Residents and staff had great conversations together about the importance of checking in on friends, family and colleagues. It was a lovely morning tea and we all left feeling appreciated by one another.



Residents helped prepare the cupcakes.

Welcome to our October edition

This month was an exciting month for our residents.

The day finally arrived for our Olympic Games! After months of training, the excitement was palpable. Residents arrived at Castledare and were greeted to a morning tea to fuel their bodies. The excitement was alive in the opening ceremony. Residents tested their skills and team work in volleyball, seated hockey and bean bag toss.

The grand final was between SMG Shooting Stars and Trinity Tigers, a close game but SMG won! Thank you to Stephanie, Dom, and everyone who made the day possible.

Residents learnt about England and Mexico with armchair travel. R U OK Day saw us check in on each other. Happy birthday again to all the residents who celebrated this month!



TRINITY

Armchair travel to England

Our armchair travel to England was a delightful afternoon tea experience filled with British charm.

The room was transformed into a quintessential English setting adorned with iconic landmarks and traditional décor.

We were transported to the heart of England while we indulged in freshly baked scones with jam and cream,

shortbread biscuits and savoury muffins.

To add to the ambiance, residents joined in singing lively English pub songs, creating a cheerful and nostalgic atmosphere.

Our armchair travel to England included an engaging English quiz and collection of fascinating facts about the country. The quiz tested the knowledge of

English history, culture, and landmarks while the fun facts provided interesting tidbits about the nation's traditions and customs.

It was truly a memorable afternoon that brought a taste of England right to our doorstep.



PT-led fitness challenge group

“This outing served as a reward for the residents who participated in the program”



Some of our residents had a recent outing to Hungry Jack's organized for the PT-led Fitness Challenge group.

This outing served as a reward for the residents who participated in the program. Sometimes, the most precious rewards come wrapped in the warmth of smiling faces!

A regal English feast

The residents at Trinity celebrated the King's Birthday with a traditional English luncheon.

Residents gathered in the elegantly decorated dining room adorned with silver and purple streamers and balloons.

The menu featured English dishes, the flavours transported everyone to the heart of England. A special thanks goes out the Chef and his team for preparing such delicious meal. The atmosphere took a lively turn as pub songs were played, residents and staff joined in the singing. As a fitting tribute to the King, residents raised a glass in a heartfelt toast.



VINTAGE CARS

Vintage cars on show

Ocean Star

We had the South West Veteran Car Club, who celebrated their 60th Anniversary this year visit us with a few of their cars including a 1989 Morgan 4/4, 4-seater, Ford Phaeton model A35, Austin-Healey's and more!

What a lovely trip down memory lane it was. We had a morning tea outside and the residents got to walk through the display and have a chat to the owners.

“What a lovely trip down memory lane it was.”

Sister Mary Glowrey

The men of SMG enjoyed a day trip out to The Motor Museum of Western Australia followed by fish and chips and beer at Whiteman Park Café.

A great time was had by all looking at the variety of cars, motorbikes, and transport from the past and present. A highlight was the Red Bull F1 Racing Car.

The men enjoyed a tour and looking at the exhibits. Daniel Ricciardo provided the Motor Museum with a long-term loan of Red Bull RB 10, the car that provided him with such a great entry into the top league of Formula One Racing.



A highlight was the Red Bull F1 Racing Car.



ST VINCENTS



Footy tipping results

The belated footy results award is finally here. With the Grand Final just finished, our residents also received their long awaited awards for winning the footy tipping competition!



Gardening

Our residents who have a passion for gardening have taken the role in assisting with maintaining the garden beds. The plants are looking so much better for it.



Mid-Autumn Festival

This month, we celebrated the Mid-Autumn Festival at St Vincent's where residents had the opportunity to taste different types of mooncakes and tea, and to attend a Chinese traditional Music performance of Gu Zeng.

The performer dressed in a traditional Chinese clothing showed the residents a true cultural experience of this festival.

Residents had the opportunity to taste different types of mooncakes.



Art Gallery

This month some of our residents enjoyed a bus outing to the Art Gallery for the City of Belmont Art Awards exhibition.

The exhibition showed a variety of artistic mediums and styles including drawings, paintings, photography, textiles, sculptures and ceramics.

The exhibition showed a variety of artistic mediums.





AGED CARE GAMES

Let the games begin

The games at Castledare were a resounding success, thanks to the enthusiastic participation of both residents and staff.

The vibrant atmosphere was further enhanced by the colourful attire of everyone involved. They all dressed up in their colours, creating a joyful ambiance. The competitive spirit was evident as both residents and staff engaged in the games and their cheers and laughter filled the room.

Everyone enjoyed a delightful morning tea followed by a satisfying BBQ lunch.

A heartfelt thank you to Castledare for hosting such a memorable games day. Your dedication to providing a fun and enjoyable experience to all the residents is truly appreciated. This event was a testament to your commitment to creating a vibrant and welcoming community.

Thank you Castledare for hosting the games.



ARCHBISHOP GOODY PREMIERS



CASTLEDARE MAGPIES





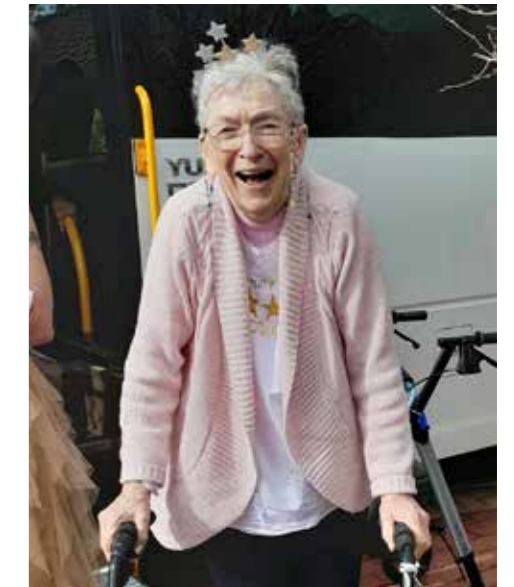
ST VINCENT'S VIGNERONS

SISTER MARY GLOWREY SHOOTING STARS



*Sister Mary Glowrey
were winners
on the day.*

TRINITY TIGERS



OCEAN STAR

Grand Final

We decorated the room and made cheerleading pom-poms for the AFL Grand Final. Residents enjoyed sausage rolls and a game of AFL bingo.



Garden walks

Daily walks to Queens Garden, afternoon strolls and topping up our Vitamin D and admiring the beautiful garden we have in our backyard.



Annie's artwork

Last month Annie started her lovely floral art piece as an activity she loves and enjoys in her spare time. Fast forward to now and she has completed her beautiful art piece for everyone to enjoy.

Well done, Annie.



Morning tea in the sunshine

We enjoyed a morning tea out in the sunshine at Ocean Star this month.

Now that Spring has sprung, we have all enjoyed sitting out in the sunshine, chatting and enjoying the fresh air.

Mary loves her Care with Purpose role looking after the herb garden, she picked parsley and mint for the watermelon salad. Val, Hazel, and Sonia used the fresh herbs to help prepare the salad. What a lovely morning.

We have all enjoyed sitting out in the sunshine chatting.



Fishing excursion

What a splendid day to be out and about with the crew from Fishability.

The awesome Michelle or 'Fishgirl' as she likes to call herself, made us all feel so welcome and had everything all set up for a fun morning fishing at the Bunbury Motorboat club.

Chris and Bill both caught numerous puffer fish but Chris was the only one to reel a 'real' fish and hook a yellowfin bream. We had Bill's daughter and brother join us too.



ARCHBISHOP GOODY



Cooking with Michael

Michael cooks a variety of dishes, he enjoys cooking but doesn't call himself a chef. He says to never trust a skinny chef! Michael can cook omelettes, fried rice and pancakes.

He enjoys cooking for the residents and is happy when they come out like seagulls and enjoy the chat and smell.

animals and playing assorted games and taking home some gifts. We were lucky we took a packed lunch, so we did not have to wait in the lines.

We reminisced a lot on how much it has changed.

“We enjoyed the artwork and farm animals and playing assorted games”

Perth Royal Show

Perth Royal Show 2024, what a blast it was with residents enjoying the stroll around.

Eugene enjoyed biting into a toffee apple and everyone else had freshly squeezed juices on a warm spring day at the show. We enjoyed the artwork and farm



Birthday celebrations

We celebrated many birthdays this month. Michael cooked a beautiful BBQ for him and his mates in our beautiful courtyard. We celebrated Lucio's birthday with home-made pizza. We celebrated Tony's

birthday, he turned 102! James Hunter's birthday celebration with gifts sent from his sister and some treats that our beautiful chef cooked for James. Jim's birthday we celebrated on the weekend.



Concert with Tunney

Concert with Tunney a new entertainer singing tunes from the 50s up to the 00s. Residents enjoyed the sing a longs and dancing.

WSH mental health wellbeing

We did a workplace wellbeing challenge where there was a winter exercise chart for every day of a month.

The people who participated the most received a prize.

Winners were Scott Kim (KSW), Apii Harbour (LTL), Aliene Yan (OT).



CASTLEDARE

Bus outings to Bibra Lake

This month at Castledare, residents enjoyed a series of enriching outings.

Trips to Bibra Lake, Tomato Lake and Kings Park allowed residents to immerse themselves in nature's wonders, enjoying the scenic views and delightful atmosphere.

A visit to Bunnings proved equally enjoyable, providing residents with the

chance to select plants and terrarium materials for their personal projects. This hands-on experience fostered creativity and a sense of accomplishment.

Residents enjoyed the scenic views and delightful atmosphere.

“Allows residents to immerse themselves in nature’s wonders”



CASTLEDARE



Pancake making in Fleming

Residents in Fleming enjoyed an aromatic, hands-on pancake-making experience this month. With Derek mixing the batter, everyone participated in creating delicious pancakes.

Residents chose their favourite condiments – honey, butter, and assorted jams, to top their treats.

The activity received many raving reviews and was a delightful time for all involved.



Everyone participated in creating delicious pancakes.



Birthdays in the air

Birthdays were in the air at Sister Mary Glowrey this month with seven residents celebrating their special days.

Celebrating residents turning 76 all the way to 89 and everything in between. Balloons, birthday cards and cake where the name of the game and the residents enjoyed a birthday happy hour celebrations.

The Wellness team assist with each resident celebrating their special day by putting birthday signs, balloons and decorations on the tables and in the rooms, the residents also get a lovely birthday card from all the staff and other residents.

Residents enjoyed a birthday happy hour celebration.



Ladies high tea

This month, our residents were pleasantly surprised with a beautifully decorated lounge set up for a delightful Ladies' High Tea.

They enjoyed warm chats with one another while savouring sweets, scones with jam, and biscuits. The tasteful setting and delicious treats made for a memorable afternoon of friendship and joy.

SISTER MARY GLOWREY



Footy tipping windup

We celebrated with a wind up. Congratulations to the winner Greg who received a trophy, and well done to all the participants. Julie won the wooden spoon. The residents enjoyed watching the grand final.

Mexican Independence Day

SMG celebrated Mexican Independence Day with armchair travel to Mexico. Residents enjoyed guacamole, salsa, and tortilla chips with a sneaky Margarita or two. Residents enjoyed learning about Mexico by watching videos about the culture, dances,

beautiful scenery, and history. The highlight of the afternoon was a piñata which everyone had a turn at trying to break. Eventually, the staff had a go and after a hard 45 minutes the piñata was finally broken apart and the residents enjoyed the spoils of their hard work.



Intergenerational playgroup

Fun was had by all in our playgroup, lots of reminiscing about children and grandchildren with our residents and families visiting. SMG will be hosting the intergenerational playgroup fortnightly.

Celebration happy hour

The day after the Olympics, there was a celebration happy hour for the Sister Mary Glowrey team.

The team decorated the activity room with gold, posters, and had pom poms. The residents enjoyed a beautiful afternoon tea with spring rolls, cheese and crackers, cold meats and fruits.

They had a champions welcome, with the team members being ushered in with cheers and congratulations by other residents, staff and families. Residents were presented with their medals again by OT Victoria and received participation certificates.



Dog visits

Wellness team member Julie recently brought a beautiful pug x cavalier x poodle puppy. Julie has been bringing her into work. She has been named Honey by the residents.

The residents have been enjoying puppy snuggles and pet therapy. Honey has settled in well to her new visiting schedule, with the hope for her to become a therapy dog when she gets older.

The puppy has been named Honey by the residents.



OUR RESIDENTS

Meet Sister Pep

Sister Pep was born on the 30th of March, 1934. Her parents were dairy farmers (in Wanneroo then Keysbrook).

Sister Pep speaks English and Italian as her parents were from Italy. Sr Pep has a missing left index finger due to a machinery accident at two years old. She has two brothers.

Sister Pep attended St Brigid's boarding school. She then attended Claremont Teachers College and obtained a teacher's certificate in 1953.

While working as a teacher, she got her Bachelor of Art from UWA in 1966, and later a Grad Dip in Education Admin from Bentley and Careers Education Dip in Claremont Teacher's College. Sr Pep worked as a teacher in St Mary's (Leederville) (1958-1966), St Brigid's Lesmurdie (1968-1969); a Deputy/

Principal in Bunbury Catholic College (1972-1975); Principal in Santa Monica in 1975-1979; did Careers Education in Ursula Frayne in 1982-2004 and worked as a Chaplain in RPH in 2005, part of the Pastoral Care department, for about a decade.

Some fun facts:

- My favourite movie is From Here to Eternity.
- If I could have dinner with anyone alive or passed it would be my family.
- I love spending time doing social activities with my friends and other residents here.
- My favourite food is pasta.
- I love being at Castledare because I have friends here.

PUZZLE OF THE MONTH

Spring word scramble

Unscramble the Spring themed words.

1. EFOLRW
2. INRA
3. IBDR
4. OLBMO
5. SASGR
6. SDESE
7. AFLE
8. CHULM
9. ARIN TOCA
10. INUNSHSE
11. WBNIAOR
12. LIPTU
13. NICPIC
14. EBE
15. ROUSPT
16. TEUFYRLTB
17. UNSYN
18. OLOSSBM
19. GADRNE
20. NSET

*My advice is:
Enjoy your
freedom*



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

November 2024

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

p 1300 244 111

e catholichomes@catholichomes.com

catholichomes.com