

Catholic Homes

OUT & ABOUT

NOVEMBER 2024

Celebrating German Culture

Our residents were treated to a wonderful celebration of German culture.

Strawberry Picking

Archbishop Goody residents enjoyed nice weather on their visit to the strawberry farm.

Pink Morning Tea

Ocean Star residents dressed in pink and raised money for Breast Cancer.



SPRING EDITION • 2024



*care with
purpose*

JOY • LOVE • HOSPITALITY



Welcome to our November edition

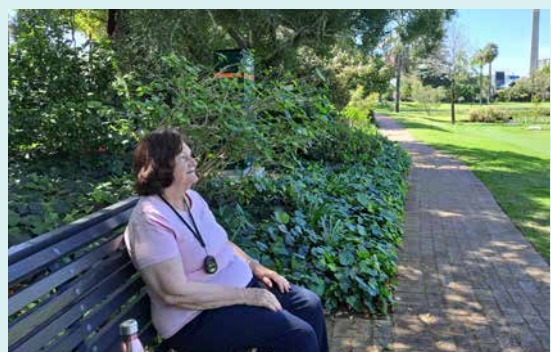
What a busy month October was for our residents with many celebrations and activities!

We celebrated German culture with residences hosting an Oktoberfest celebration. We learned about German culture, history and delighted in their food.

Our residents enjoyed Spring by participating in outdoor activities and bus trips including Trinity hosting a Spring Garden party, Archbishop Goody enjoying walks in Queens Gardens, bus trips to Mundaring Weir and strawberry picking and Ocean Star visiting the Dolphin Discovery Centre.

Castledare hosted a spooky BBQ for Halloween and resident chef Alwin shared her secret recipe with the other residents. Ocean Star enjoyed their first intergenerational playgroup.

We look forward to next month's edition after another busy month.



SISTER MARY GLOWREY

Musical bingo with OT students

Our residents from Garden Walk were treated to a lively and heart-warming activity led by Occupational Therapy students Mia and Ryan.

The dynamic duo organised a Musical Bingo event that brought energy, laughter, and a wonderful sense of camaraderie to the room. The event was a beautiful reminder of how music, play, and interaction can bring people together, creating unforgettable moments of joy.

As the music played, the energy in the room was infectious. Laughter filled the air as residents and staff alike joined in the fun, singing along to their favourite songs and trying to match the tunes on their bingo cards. Some residents found themselves tapping their feet or even getting up to dance. Mia and Ryan,

ever the enthusiastic leaders, danced along with them, encouraging everyone to move, laugh, and sing at the top of their lungs.

The combination of music, movement, and laughter was a wonderful reminder of how powerful such simple joys can be. For those who couldn't get up, there was still plenty of engagement – whether through clapping along, singing with gusto, or simply enjoying the fun atmosphere around them.

As the group came to an end, residents continued to share their favourite moments. We can't wait for more exciting activities like this in the future, where we can come together to share memories, make new ones, and celebrate the simple joys of life.



As the music played, the energy in the room was infectious.



CELEBRATING GERMAN CULTURE

A celebration of German culture

Sister Mary Glowrey

No Oktoberfest celebration would be complete without an indulgent spread of traditional German food, and we certainly did not disappoint! Our hospitality outdid themselves with a feast that featured a variety of beloved German dishes.

To add a special touch to the day, we also took our residents on an armchair travel adventure through Germany. With videos we explored famous landmarks, the bustling Oktoberfest grounds in Munich. The beauty and history of Germany was brought to life as we

journeyed together through its iconic landscapes and celebrated cultural traditions.

St Vincent's

This month, we celebrated Oktoberfest by holding a beer tasting event, armchair travel to Germany and making pretzels during cooking time! Our residents were able to travel to some famous destinations in Germany and they certainly learnt some new knowledge about the country. Everyone enjoyed the beer tasting and they also learnt to make hot pretzels. Perfect for celebrating Oktoberfest!



Our hospitality outdid themselves with a feast that featured a variety of beloved German dishes.”

ARCHBISHOP GOODY

Pork spit

Abhi and Milos cooked us a pork spit this month. Yum!

All the residents enjoyed keeping an eye on its roasting as the smells wafted through the residence.



Volleyball

We had our annual volleyball competition with Castledare. It is a lovely day, and all the residents enjoy building on their friendships with Castledare over some friendly competition.

All the residents enjoy building on their friendships

Pet therapy

We love having visits from our furry friends Daisy and Dazzle.

The residents enjoy cuddles and the joy pets bring us. Everyone leaves their visit with a smile on their face and a pep in their step!

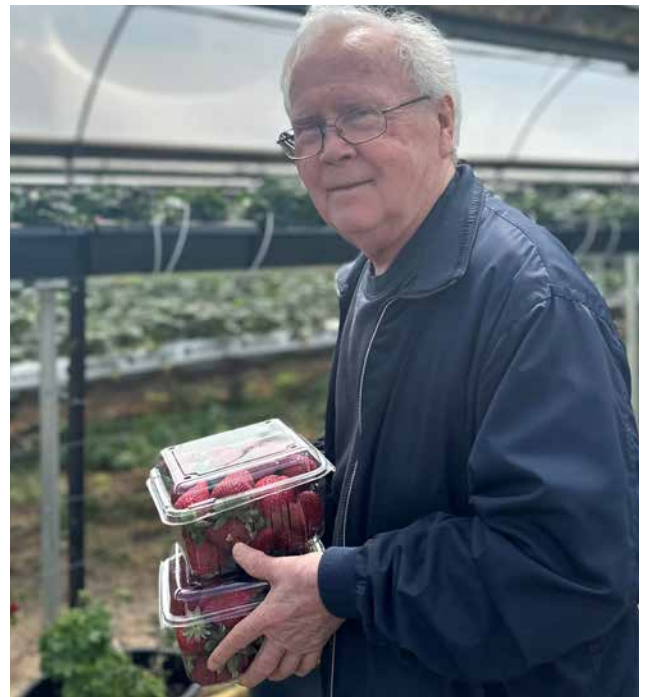


Mundaring Weir

This month our residents enjoyed a bus trip to Mundaring Weir.

We walked around, taking in the spring weather and nature. After we cooked a BBQ and enjoyed lunch in the outdoors.

It was a fun day out!



Strawberry picking

Residents visited a strawberry farm this month.

It was a lovely way to enjoy the nice weather and pick some freshly grown WA produce. The residents were so happy and enjoyed the fresh and juicy strawberries straight from the plant.

It was a lovely way to enjoy the nice weather and pick some freshly grown WA produce.



CASTLEDARE

Pompom craft

Creativity flourished during our pompom crafting session, where residents transformed colourful yarn into adorable animal plushies.

The therapeutic nature of this hands-on activity proved to be a huge hit, with residents still expressing their enthusiasm weeks later. The session demonstrated that crafting isn't just about the end product, but also about the joy of creation.



The experience was complete with authentic Mexican tapas.

Armchair travel

Bienvenidos a México!

Residents embarked on a virtual journey to Mexico, embracing the vibrant culture by donning traditional sombreros and creating a festive rhythm with maracas. The experience was complete with authentic Mexican tapas, bringing the flavours of this colourful country to life.





Cooking with Alwin

Our resident chef extraordinaire, Alwin, shared her secret recipe for delightful devil marshmallows. Fellow residents watched in anticipation and later savoured these sweet treats. A big gracias to Alwin for sharing her culinary expertise!

Volleyball fun

The quarterly volleyball match between Castledare and Archbishop Goody residents was filled with laughter and friendly competition. Traditional rules took a backseat as enthusiasm led everyone to their feet, creating

memorable moments of spontaneous fun. The sporting event concluded with a delicious shared lunch, strengthening the bonds between our Catholic Homes community.



Halloween BBQ

Castledare residents enjoyed a wickedly fun Halloween-themed BBQ lunch, surrounded by an eerie atmosphere created with life-sized skeletons, weathered tombstones, and spine-tingling decorations.

The spooky setting added an extra layer of excitement to this festive gathering.



BIRTHDAY CELEBRATIONS

October birthday celebrations

St Vincent's

Who doesn't love celebrating birthdays! Antinesca, Coral, Heather, Kay and Stuart celebrated birthdays this month. Thanks to our chef who made the cake for the residents. Everyone enjoyed the celebration!

Castledare

Our October-born residents were treated to a special celebration

featuring enchanting live entertainment and a decadent S'mores cake.

The room was filled with joy and warmth as we honoured Marlene, Coralie, Tom, and Pat on their special day.

Fellow residents joined in singing birthday wishes, making it a memorable afternoon for our birthday celebrants. May the year ahead bring them continued happiness and good health!





*Fellow residents
joined in singing
birthday wishes,
making it a
memorable
afternoon.*



OCEAN STAR

Arts and crafts

Another month filled with activities, craft (pressed flowers, and puff paint) and preparations for Melbourne Cup and Halloween.

We did Melbourne Cup hat and fascinator decorating, painting table decorations and doing the working bee for the acrylic stands.

Finally, we put the menus in for the tables.

Floral arrangements with donated flowers were a hit and the residents enjoyed doing them. Joyce loves enjoying the colours and smelling the flowers when helping with flower arranging.



Therapy dog

Our new resident Sue enjoying cuddles and pats with Rebel the therapy dog.



Intergenerational playgroup

Our first intergenerational playgroup was hosted by our Lini who has been very busy getting all sorts of things together for the playgroup.

Residents loved the interaction with the children, and the children enjoyed the activities prepared for them. Lots of cuddles and laughs were had by all.

“Residents loved the interaction with the children.”

Holy Communion by the sea

We had a special ritual in the receiving of Holy Communion. As we shared our faith and spirituality, the dolphins came by. Gus was overheard saying "the warm breeze on my face, the sounds of the ocean, God is great"

We enjoyed hymns Hallelujah, Hail Mary Gentle Women & How Great Thou Art.

We used the time allocated on the planner for Holy Communion however changed venue as requested, going forward Holy Communion by the Sea may need to be added on.



Bus outings

Our weekly bus outings have been to the Dolphin Discovery Centre, Stirling Centre in Harvey, and Café 6230 at the bay.

Residents thoroughly enjoy the monthly bus outings and being able to explore their neighbourhood of Bunbury. There is so much to do and see and it is a great way for everyone to enjoy each other's company.

Royal morning tea

We hosted a Royal morning tea fit for the King and Queens visit, residents assisted in making cucumber sandwiches to enjoy, and we had some fun with the photo props.





*“Daily
afternoon
strolls admiring
the beautiful
garden”*

ARCHBISHOP GOODY

Spring walks to Queens Gardens

As the days are continuing to get warmer and longer, we have been enjoying peaceful afternoon walks in Queens Gardens.

We enjoy daily afternoon strolls admiring the beautiful garden we have in our backyard and enjoying the surrounding nature.

Everyone loves to observe the native wildlife including black swans and birds and take in the blooming flowers.

*Daily walks are a great way
to top up our vitamin D.*



SISTER MARY GLOWREY



A delightful cocktail party

This month we hosted an unforgettable cocktail party at Sister Mary Glowrey, where residents and staff came together to enjoy a lovely afternoon of laughs, quizzes, food, and cocktails. It was a perfect blend of relaxation and joy.

Our signature cocktail offerings: margaritas and mojitos – served both in refreshing alcoholic and non-alcoholic versions to cater to everyone’s preferences, made by wellness staff member Arjan.

It was a perfect blend of relaxation and joy.



OCEAN STAR



Pink morning tea

We had a pink morning tea for Breast Cancer month.

Staff and residents did a fabulous effort dressing in pink and we raised \$50 at the morning tea.



Stella's 99th birthday

We celebrated Stella's 99th birthday.

Stella was most thankful for her delicious cake and couldn't believe that we all sang happy birthday especially for her at lunch time.



TRINITY

Spring garden party

At Trinity we hosted a charming spring afternoon tea under the shade of marquees.

The tables were beautifully adorned with vibrant flowers, creating a festive atmosphere. A delicious spread of party pies, sausage rolls, mini pizzas, scones, punch, tea, and coffee was enjoyed by all our residents.

This was enhanced by pleasant background music. Thanks to the efforts of our dedicated volunteers and wonderful staff.

Despite the initial concerns about rain, the afternoon turned out to be a delightful and memorable experience and all our residents thoroughly enjoyed the afternoon.

Overall, it was a wonderful way to celebrate spring while promoting connection and happiness among the residents.

Thanks to the efforts of our dedicated volunteers and wonderful staff.



ST VINCENT'S



Bees education presentation

This month, our residents attended an educational talk about beezzz.

They were all very excited to learn about different types of bees and taste the honey that they made.

It was a very informative and educational talk!



OUR RESIDENTS

Meet Michael

Michael received an English Scholarship to attend Perth Modern High School.

He was at high school until the end of year 10. After this Michael attended night school for accounting and business management. For most of his adult life, Michael ran his own business as a carpet layer for 51 years.

Michael also worked small jobs on the side selling used cars and working on cray boats. Michael loves fishing, he used to work on cray boats and catch them every morning. Michael was a keen golfer and has won multiple trophies throughout his life.

He was a member at Sun City Country Club (Yanchep) for 28 years. He also played football and cricket in his youth. Michael loves music from the 60s – 70s. He loves to go for walks and play chess.

Some fun facts:

- My favourite movie is Dirty Dancing.

- My favourite foods are Italian food (osso bucco, chicken cacciatore).
- If I could have dinner with anyone alive or passed, it would be Winston Churchill – the greatest leader in the world.
- I love being at Catholic Homes because it is clean, well-managed and the staff are excellent and very welcoming.



“I love spending time doing favours for friends.”



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

December 2024

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

p 1300 244 111

e catholichomes@catholichomes.com

catholichomes.com