

Catholic Homes

# OUT & ABOUT

JANUARY 2025

## Aussie Day BBQ

Castledare celebrated Australia Day with a barbecue in the main hall.

## Concert with Tunney

Archbishop Goody were treated to a concert from Tunney with lots of dancing.

## Lunar New Year

Residents celebrated with an incredible dance performance.





# Welcome to our January edition

Welcome back to our first Out and About edition of 2025, what an action-packed month it has been.

January has been a scorching month! Everyone did their best to stay cool at home by participating in arts and crafts, cooking, baking, puzzles, and games. On the milder weather days, residents soaked up the sunny weather by visiting the beach, having picnics and walks around Kings Park and fishing along the Swan River.

All of us celebrated Australia Day the Aussie way indulging in the classics – barbecues, sausage rolls and party pies and dressing up in our best outfits. Thank you to all the staff who helped create the lively atmosphere by decorating the rooms.

See you in February for another fun-filled edition.



# Celebration of life for Sr Bridget

We joined together for a beautiful morning ritual of prayer, music, singing, scripture reading, poem, candle lighting and reflection celebrating the life of Sr. Bridget.

Bridget's sister Cathy, niece Andrea, Sr. Pauline, Sr Christine, and Special Ministers Marg and Max joined us this morning and were very grateful for the time spent sharing stories of Bridget's life.

Our resident Chris spoke about his experiences and gratitude for Bridget.

Sharon (caregiver) Annie and Shirley (residents) prepared the rosemary in remembrance for all to take. Oskar provided a scripture reading.

A beautiful morning tea was prepared by Naomi and the kitchen team. Volunteer Brian was also a great support to everyone who joined us.

Thank you to all.



*Her family were very grateful for the time spent sharing stories of Bridget's life.*



ST VINCENT'S

## Arts and crafts

Our residents are creating their masks in preparation for the Masquerade Venice Carnival in February. Each resident decorated a mask to their own personal taste, and they all looked amazing.



## Time for cooking

This time, our residents baked chocolate brownies together. It was a great team activity.

The smell of the brownies baking was delectable, and everyone was eager to enjoy their dessert.



## Puzzles

To keep the residents' brains energised we have a puzzle table set up for anyone who wants to come by and help out placing a few pieces.

It is a peaceful and therapeutic exercise overlooking the outdoors.

## Coffee Club

The residents enjoy Coffee Club, where we gather in the main rooms and socialise with one another.

It's a time for the residents to relax over their favourite brew.



## January birthdays

This month, we had our January birthday celebrations for our residents during Happy Hour.

Everyone enjoyed their time together and the delicious cake. Happy birthday to Malcom, Janet, Coralie, Gregory, Olive, Nedo, Rosalind and Frank.

*Happy Birthday!*



## Australia Day

This month, we celebrated Australia Day by playing games - including throwing thongs and quizzes on Australia's culture.

Residents also enjoyed some Aussie favourites like sausage rolls, party pies and BBQ sausages.

*We celebrated Australia Day by playing games.*





OCEAN STAR

# Live music

We were blessed with a musical performance this month.

Our new resident Eric loved the live entertainment, joining in dancing in his chair with the company of Bill. Sue and her friend also enjoyed the live music singing along in their chairs. It was a great morning.

*“Eric was dancing in his chair.”*



# Scenic drives

To embrace the summer weather this month we went on scenic drives around Bunbury.

We went for a lovely drive along the estuary and took in the lovely views over tea and coffee.

# Bee talks

Thomas Earls from Coastal Nectar provided a workshop on all things bee related and did a candle wax workshop with the residents. It was very informative and well received by the staff and residents.



# Decorating

We are undertaking an ongoing project of decorating the residents photo frames outside their rooms with seashells to tie in with the theme of our facility.

It has been a great project so far and everyone is enjoying being creative and adding individuality to their home.



# Flower crafts

Floral native flower craft for Australia Day was a big hit with the residents.

Everyone enjoyed making their art to their own style and they have requested to do more similar art projects.



CASTLEDARE

# Aussie Day BBQ

To celebrate Australia Day this year we held an Aussie Day barbeque in our main hall.

It was a fantastic day, many friends and loved ones joined us for the celebration. The room was decorated with balloon archways in blue, red and white, we had the Australian flag adorned across our walls and the tables were set with green and gold decorations.

Everyone enjoyed chatting and celebrating the day. After lunch we had a performance from Timoth who sang our favourite songs.

*“Many friends and loved ones joined us for the celebration.”*





CASTLEDARE



## Ineke's new creative artwork

Ineke's creativity shone through her latest masterpiece, inspired by the beauty of the Canna plant and the way sunlight illuminated its leaves.

Over three weeks, dedicating two hours a day, Ineke painted sections of the leaf across

two canvases, later swapping their positions.

She added cascading leaves to portray the full leaf shape, incorporating metallic pen for intricate vein details while leaving the leaf shapes undecorated to evoke a sense of transparency.



## Bus outings

This month Castledare went on a bus trip to Kings Park.

It was a lovely sunny day, we enjoyed walking around the pretty gardens and looking out for Australian wildlife. After we had a lovely picnic overlooking Perth City and the Swan River.

TRINITY

## Painting garden pots

Some of our lovely residents enjoyed painting garden pots with the help of our students.

It was a nice afternoon, and everyone enjoyed being creative and painting their pots with their unique flare. It was a great way for our residents and students to get to know each other better.



## Aussie Day BBQ

Trinity celebrated Australia Day with a BBQ luncheon in our community centre.

Thanks to our staff and volunteers who helped set up and decorated the room in Australian flags and placemats. It was a lovely afternoon spent eating, drinking, and socialising.



## Mumbles dog therapy

Every month our residents have a lovely visit from their favourite furry friend Mumbles.

Everyone loves to play, pat and cuddle with Mumbles. It is so lovely seeing how much joy a dog can bring to our day and the love that we share with them.





SISTER MARY GLOWREY



## Rockmelon growing

Our residents on Level 2 have truly embraced the joy of gardening, and this month, they've been busy growing a wide variety of vegetables and fruits.

It's been a heart-warming experience to see how much care and attention they've given to their little garden. Among the many successful harvests, we were especially excited to watch four rockmelons thrive and grow.

These melons have been nurtured with love and dedication by our wonderful residents, Aphra and Joe.

*These melons have been nurtured with love and dedication.*

## Australia Day

Australia Day celebrations included quizzes, music and a good old fashioned BBQ, which unfortunately couldn't be enjoyed by all due to 40 degree weather.

The celebration finished off with a beautiful rock and roll concert in the afternoon.



## Cooking with Lynette

This month, we had a delightful time 'Cooking with Lynette,' where we came together to bake some delicious treats.

Lynette guided us through the process of making perfect scones, with each batch turning out wonderfully light and fluffy. We also had a blast baking cupcakes for our memorial services, these were a hit.



## Lunar New Year

On January 15th, we had the pleasure of celebrating Lunar New Year in a truly memorable way.

The morning began with an engaging and informative quiz, where everyone had the opportunity to learn more about the rich traditions and customs surrounding this special occasion.

We also indulged in a delightful food experience and Fortune Cookies. The festivities were beautifully rounded off by an incredible dance performance from the talented Love Hertz Dance Group.

Their stunning moves and energy added a magical touch to the day, creating an unforgettable celebration that truly honoured the spirit of the Lunar New Year. Resident craft this month focused on creating a snake, for the Year of the Snake and a dragon.





SISTER MARY GLOWREY

# Remembrance Memorial Service

Sister Mary Glowrey held its first-ever Remembrance Memorial Service since opening, marking a deeply emotional and meaningful occasion for all involved.

The service was beautifully led by Ian from Pastoral Care, with invaluable assistance from Kathryn (also from Pastoral Care) and the dedicated Wellness Team. Together, they created a heartfelt and reflective ceremony that provided a space for the community to come together in remembrance.

It was a day filled with warmth and reflection, as we honoured and remembered those residents who have passed.

The service offered everyone a chance to reminisce and celebrate the many beautiful moments shared with those who are no longer with us.

The atmosphere was filled with both sorrow and gratitude as we paid tribute to the lives touched and the memories that continue to live on. The service finished with a blessing from resident Father John Hogan.

*It was a day filled with warmth and reflection, as we honoured and remembered those residents who have passed.*



ARCHBISHOP GOODY



# Concert with Tunney

We were delighted with another concert from Tunney!

Everyone joined in by dancing and singing along to their favourite songs. We even made a conga line. It was a lovely performance, and we can't wait for Tunney to join us again soon.



*“Everyone joined in by dancing and singing along.”*





ARCHBISHOP GOODY

## Relax and unwind

Our residents love to relax.

Christina loves unwinding in the massage chair in the afternoons and we all enjoy sitting outside chatting in the afternoon shade together.



## Around the home

To stay cool in the January hot weather our residents participated in a range of inside activities with the aircon on. We played rounds of mini pool together and helped complete a puzzle.

## Fishing on the Swan River

We enjoyed the sunshine on our fishing excursion this month.

We took our fishing lines down to the Swan River, parked up on the jetty before casting our lines out and hoping for a bite. Everyone loves the companionship and relaxing nature of fishing, chatting with our mates and taking in the lovely scenery makes for a great day.

*“Chatting with our mates and taking in the lovely scenery.”*



## Beach visit

This month our residents went on an exciting outing to Cottesloe beach.

We enjoyed the warm weather and the cool sea breeze whilst taking in the gorgeous view of the ocean. Everyone had a great time people watching, chatting and drinking their ice cold drinks.

*“We enjoyed the warm weather and cool sea breeze.”*



## Crown Casino

Our residents tested their luck on the poker machines this month when we spent a morning at the Crown Casino.

Many of our residents did not leave as winners however we enjoyed the outing and had a delicious lunch at McDonald's after. Hopefully some of us will have better luck next time.





OUR RESIDENTS

# Meet Marjorie

Marj enjoys playing the organ and singing, reading and going out on bus trips to local cafes or shopping.

Marj used to be an avid hockey player and has an All Australian Hockey Badge from when she represented WA in Queensland and Brisbane in 1960. She is also a qualified Australian Hockey Umpire.

**Some fun facts:**

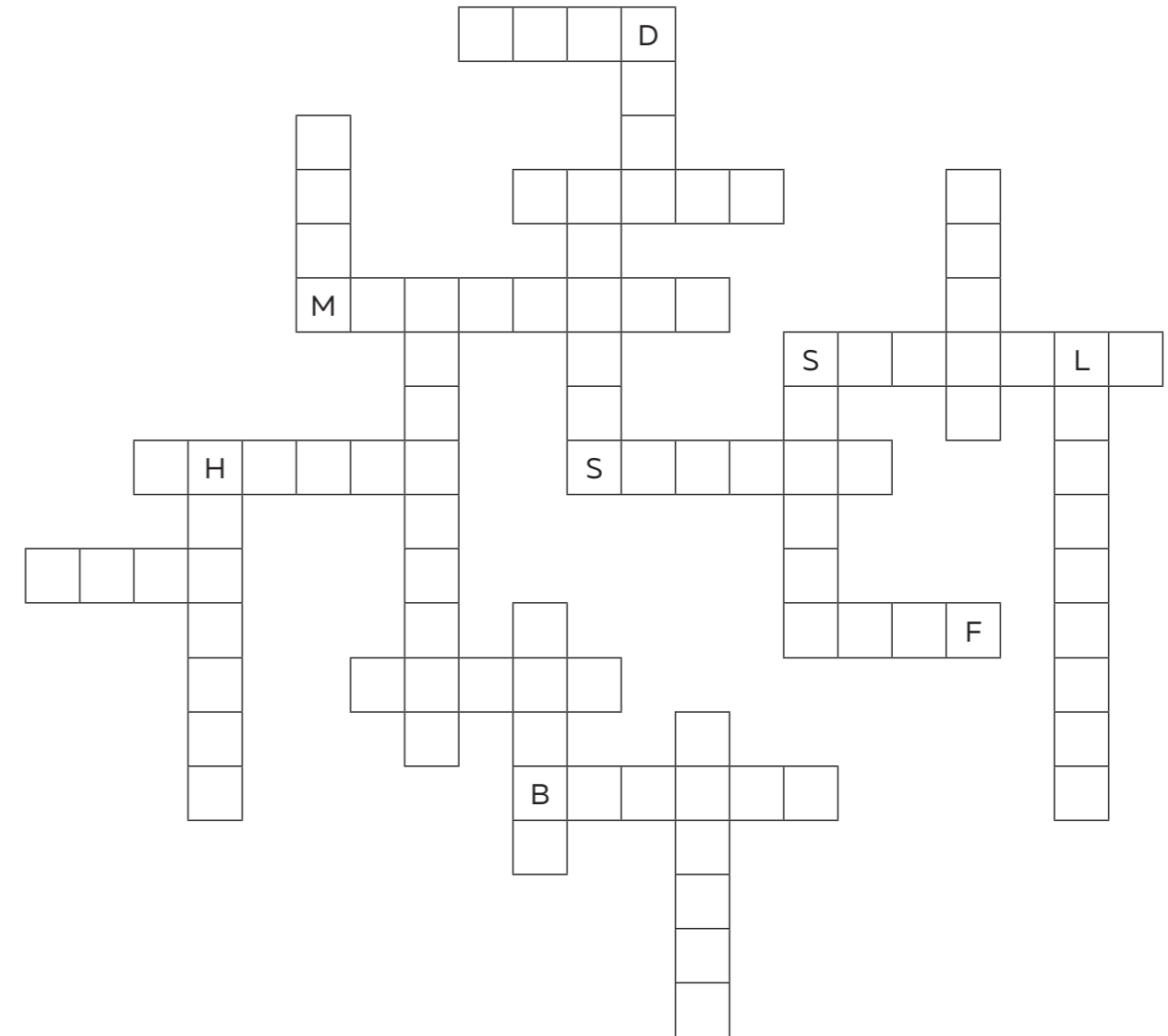
- My favourite movie is The Sound of Music.
- If I could have dinner with anyone alive or passed, it would be my dear beloved husband Ron.
- My favourite food is Chilli Con Carne.



*I love spending time listening to music and singing.*



FILL-IN PUZZLE



Use the summer words below and fit them into the spaces above.  
Hint: there is only one 8 letter word in the puzzle.

- | 4 letters | 5 letters | 6 letters | 7 letters | 8 letters | 9 letters |
|-----------|-----------|-----------|-----------|-----------|-----------|
| dive      | beach     | bikini    | holiday   | mosquito  | lifeguard |
| pool      | ocean     | cliffs    | sandals   |           | sunscreen |
| sand      | scuba     | picnic    |           |           |           |
| surf      | shade     | shells    |           |           |           |
| swim      |           | shorts    |           |           |           |
|           |           | summer    |           |           |           |



### 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](mailto:catholichomes@catholichomes.com)



## Next edition

**February 2025**

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

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