

Catholic Homes

# OUT & ABOUT

FEBRUARY 2025

## Valentine's Day

Love was in the air as all residences celebrated Valentine's Day.

## Venice Carnival

St Vincent's enjoyed an Italian luncheon, concert and masquerade party.

## WA Symphony Orchestra

Residents at Sister Mary Glowrey were treated to a special concert.





# Welcome to our February edition

Welcome to our February edition of Out and About, what an extra loved up month it has been.

Love was in the air this month as everyone celebrated Valentine's Day! We all took time to reminisce with our loved ones and some of our family and friends joined us for the special occasion. Thank you to all our lovely staff and volunteers who ensured the day was one to remember.

We enjoyed participating in activities around the home in the comfort of the aircon. This included various games, concerts, and many cooking classes, some instructed by our fellow residents.

See you next month for another action-packed edition.



CASTLEDARE

# A Valentine's Day to remember

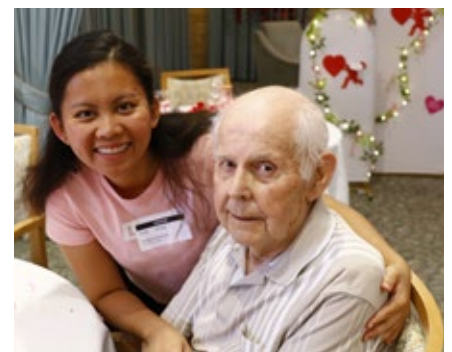
Love was in the air at Castledare as residents and their partners enjoyed a romantic lunch in the Community Centre.

Each couple had their own decorated table, a special gift, and a keepsake photo at our dreamy bench photobooth.

It felt like we had been transported to the City of Love! Some shared that it had been over a decade since they'd had such a special date. All couples were incredibly thankful for the opportunity to enjoy a beautiful meal together and to feel so loved up!

To keep the celebrations going, we hosted a lively Happy Hour for all residents after lunch – bringing everyone together for drinks, laughter, and good company!

*It felt like we  
had been transported  
to the City of Love!*



*Each couple  
had their own  
decorated table.*

## CASTLEDARE

# Little hands, big smiles: Intergenerational playgroup

This month, we launched our Intergenerational Playgroup in partnership with Playgroup WA, and it was an absolute delight!

Residents and young children came together for a morning filled with play, laughter, and heart-warming connections.

From the moment the little ones arrived, smiles lit up the room. Our residents embraced the joy of childhood, engaging in floor play with sensory mats and toys. We engaged in a parachute game with the children going under and above the parachute! Some of our residents were so immersed in the fun that they even got down on the floor (don't worry—we checked, it wasn't a fall!) to play alongside the children, sharing in their wonder and excitement.

The atmosphere was filled with warmth, laughter, and meaningful interactions between the generations. It was a resounding success, with both residents and families already looking forward to the next playgroup session. Seeing the joy on everyone's faces truly highlighted the power of connection across generations!

*“From the moment the little ones arrived, smiles lit up the room.”*





## Cooking up memories with Margaret Fong

**Margaret, a Castledare resident and former Chinese cooking instructor, brought her passion for food to our kitchen!**

Having taught Chinese cooking in Rossmoyne for 10 years, she was excited to share her expertise with fellow residents and staff. Margaret led us on a culinary journey to make Sticky Pork Ribs – a dish packed with rich flavours and tender, fall-off-the-bone meat.

The session started indoors, but as the delicious aromas filled the air, our excitement quite literally set off the fire alarm! Without missing a beat, the group moved the cooking outdoors, proving that nothing could stop us from enjoying a good meal.

As the ribs simmered to perfection, the air was filled with the mouth-watering scent of soy, garlic, and spices.

The result? Juicy, flavourful pork ribs served with fragrant rice and crisp cucumber slices – a meal that had everyone coming back for more!

CASTLEDARE

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# John and Peggy's enchanting Beef Wellington luncheon

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Love was in the air at Castledare as John and his beloved Peggy enjoyed a romantic lunch, just in time for February's season of love.

During a recent residents and relatives meeting, Peggy shared how much she and John cherished Beef Wellington. While preparing this delicate dish for the whole facility wasn't practical, we saw an opportunity to make it extra special—by crafting Beef Wellington just for them.

With the curtains drawn to create an intimate ambiance, John and Peggy savoured the beautifully tender beef,

perfectly balanced with fresh veggies, and complemented by their own selection of beer and wine.

To finish on a sweet note, they indulged in a poppyseed cake with cream. It was a heart-warming meal filled with love, laughter, privacy, and the joy of sharing a meal made with care.

*“Peggy shared how much she and John cherished Beef Wellington.”*



ST VINCENT'S

# Bus trip to Garvey Park

One of our bus trips this month was to Garvey Park, where our residents enjoyed a quiet time in the nature and a nice picnic by the river.



# Birthday celebrations

As usual, we celebrated all our residents' birthdays in February. They all enjoyed the delicious cake.



## Join our Consumer Advisory Body



**YOUR VOICE  
MATTERS IN  
AGED CARE**

**Catholic Homes invites clients, residents, families and representatives to join our Consumer Advisory Groups and shape the future of aged care.**

To ensure your voice is heard, our Consumer Advisory Groups are actively engaged across six aged care facilities and Home and Community Care services.



For more information, chat with our team, scan the QR code or visit [catholichomes.com/consumer-advisory-body](https://catholichomes.com/consumer-advisory-body)



*All masks were made by our lovely residents and staff during arts and crafts.*





ST VINCENT'S

# Venice Carnival

## Italian luncheon, concert, and a Masquerade party

This month, we celebrated the Venice Carnival week by having an Italian luncheon, concert, and a Masquerade party during Happy Hour!

All masks were made by our lovely residents and staff during arts and crafts.

The residents all had fun during the party and the staff all dressed up to celebrate this festive event!

Some of our Italian residents really enjoyed the food, the music; and the party has brought back so many memories for them.



VALENTINE'S DAY

# Celebrating Valentine's Day

## Ocean Star

On Valentine's Day, our wonderful Clinical Nurse Manager Hayley came up with an idea to have residents share some love advice. Staff went around the facility to ask residents. It was lots of fun with some sound advice from the youngest (25) to the oldest (100).

## St Vincent's

This month, we celebrated Valentine's Day with a lovely Afternoon High tea prepared by our chef - Jeff. We prepared a special area for the couple residents to enjoy this moment by themselves. Everyone enjoyed this celebration together.

## Trinity

This Valentine's Day we spread the love by hosting a luncheon for our residents and their families and loved ones. We decorated the dining rooms in hues of pinks and reds.

Our love photo wall displayed photographs of our residents with their loved ones and added a warming touch to the day. For lunch we had a variety of delicious dishes to enjoy whilst telling stories about our nearest and dearest.

*Our love photo wall displayed photographs of our residents with their loves ones.*

OCEAN STAR



ST VINCENT'S



TRINITY



## SISTER MARY GLOWREY



*The event was  
filled with  
heartfelt moments.*



## Valentine's Day luncheon

We hosted a beautiful Valentine's Day luncheon that radiated warmth, love, and joy throughout Sister Mary Glowrey.

The event was filled with heartfelt moments, the activity areas were transformed into enchanting, love-filled wonderlands. From charming decorations adorned with whimsical love hearts and shades of red and pink, every corner exuded an inviting and cheerful atmosphere that perfectly captured the spirit of love.

Everyone thoroughly enjoyed a mouth-watering menu, designed to please all tastes and preferences. The meal began with an exquisite entrée selection that set the tone for the entire feast.

Guests had the option of Arancini or Smoked Salmon with Crème Fraiche.

For the main course, guests were presented with an array of delicious options. The rich, creamy lemon chicken, barramundi and for those who preferred a vegetarian option, the pumpkin ravioli. Accompanying these mouth-watering mains were a variety of hearty and flavourful sides, thoughtfully selected to complement each dish. Guests enjoyed baked potatoes, roasted pumpkin, carrots, and broccolini.

To round off the meal with a sweet and indulgent note, dessert was nothing short of spectacular. The smooth and creamy panna cotta, topped with a luscious berry jelly and with delicate chocolate hearts. A truly delightful time was had by all, as the event brought everyone together in a spirit of joy, laughter, and celebration.

SISTER MARY GLOWREY

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## Western Australian Symphony Orchestra Concert

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On the 21st of February, our residents were treated to a special experience with a visit from Western Australian Symphony Orchestra's String Quartet.

The talented musicians filled the room with the enchanting sounds of their instruments, playing a delightful

range of songs that resonated deeply with everyone present. The performance reflected a variety of musical tastes, creating a magical atmosphere that captivated all who were there.

As the strings of the quartet filled the air, our residents were

transported by the melodies, some swaying gently to the music while others sat in peaceful reflection, embracing the warmth and beauty of the moment.

It was a heart-warming occasion, bringing joy and a sense of connection through the universal language of music.

# Blind taste testing

Our residents had an entertaining and lively time participating in a blind taste-testing activity that sparked curiosity and excitement.

A wide variety of foods were carefully selected, offering a mix of familiar flavours and some unexpected surprises. The tasting included everything from tangy pickled onions, sweet peaches, and the sweetness of Nutella.

Each resident was blindfolded, adding an extra layer of fun and challenge as they tried to identify the foods by taste alone. The atmosphere was filled with laughter and intrigue as residents made their guesses, often with surprising results!



# Pizza making

Our residents had an incredibly fun time with a hands-on pizza-making activity.

Each person had the opportunity to create their very own pizza masterpiece, selecting from a variety of fresh toppings, sauces, and cheese to personalise their dish just the way they liked. The residents then enjoyed eating their masterpieces.

CASTLEDARE

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# Memorial Service honouring our loved ones

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This month, we gathered for a heartfelt Memorial Service led by Pastoral Care Practitioner Ian, honouring, and remembering the 16 beloved residents who have passed away.

Families, fellow residents, and staff came together in a beautiful service filled with love, reflection, and gratitude.

As part of the ceremony, attendees were invited to place a sprig of rosemary—a traditional symbol of

remembrance—against the framed photograph of a resident they knew, creating a deeply personal and moving tribute. Families shared touching stories, reminiscing about the special moments they had with their loved ones. Many expressed their heartfelt appreciation for the care and comfort Castledare provided during their loved ones' stay.

Following the service, everyone was welcomed

to stay for morning tea, where conversations continued, memories were shared, and support was offered. It was a beautiful time of remembrance, connection, and gratitude, ensuring that the memory of those we lost, lives on in our hearts.

*Families, fellow residents, and staff came together in a beautiful service.*





TRINITY

# Birthdays

We had a birthday party, sung Happy Birthday and indulged in an afternoon tea with a strawberry, cream, and chocolate vanilla sponge cake, decorated with love and care by our staff and volunteers. Happy Birthday and lots of love to Moyra, Sannie, Lorna and Marion!



# Cooking

Our cooking activity for the month was baking cookies. We enjoyed mixing the dough and rolling the individual cookies into balls. The smell from the oven was mouth-watering. Once they were ready, we all savoured the taste of our creation with a cup of tea.



# Valentine's Day plant pots

Some of our residents showed off their green thumbs this month by spending an afternoon potting their flowers.

It was great to see so many smiles! Our residents now have their own flowers to look after or can choose to place these within the existing flower beds throughout the Trinity gardens

ARCHBISHOP GOODY

## Around the home

Eric enjoyed resurfacing the mosaic table throughout the month.

He had to first demolish and chip away at each of the pieces of mosaics before attempting to smooth out the surface. This has been a great way for him to spend his time as he is a handy man and finds joy in fixing and rebuilding items.



## Gardening

Eric, our resident handy man also finds gardening therapeutic.

This month he helped to trim our archway. Eugene also joined in sweeping away the leaves from the footpaths outside.

*Thank you  
Eric and Eugene!*

## Food tasting

This month, some of our residents had the opportunity to taste test potential new menu items cooked by our Chef for the upcoming winter menu.

Everyone was happy to try out the new items some of which the residents were not familiar with and some of the flavours brought back old memories.



## Concert with Janie O

We were blessed with another concert by Janie O this month. Our concerts are always a crowd pleaser as everyone enjoys listening to the peaceful music, bopping in their chairs, or dancing together on the dance floor. It is always a lovely way to enjoy each other's company.

# Pet therapy

Archie is our resident fluffy friend who often visits Archbishop Goody to hang out with everyone.

This month he joined Eugene on his trip to Bunning's and enjoyed being wheeled around while Eugene picked out his shopping items. Archie also visited for our Concert with Janie O, joining in on the dancing with our residents.

Archie spreads his love to all our residents who love to take the time to cuddle and pat him.



# Physical therapy sessions

Each month our residents participate in Physical Therapy sessions with our Physical Therapy Assistant.

It is a great way for our residents to stay fit, maintain their strength, balance, and flexibility. Everyone who participates has their own goals they are working towards with the assistance of our PTA. It's great to see our residents progress and hit their goals.



OCEAN STAR



## Music concerts

It was a loved-up month at Ocean Star. Residents were treated to two music concerts which was thoroughly enjoyed by all.

The Sultans of Sound are a 50's,60''s 70's rock 'n' roll group. The energy they brought with them was just fantastic!

*The energy they brought with them was just fantastic!*



## Intergenerational playgroup

Our intergenerational playgroup has started up again, and the children and residents enjoyed morning tea out in the courtyard.

## Care with Purpose

Eric has been keeping busy with his new Care with Purpose role, assisting with the clean up after morning and afternoon tea.

Some of our residents love to assist the kitchen team by peeling and preparing vegetables for dinner.

*Eric has been assisting in the kitchen.*



## Games at home

Our wonderful Judy has been collecting recycling in the facility and taking them to the exchange.

With the funds she has raised, we have been able to purchase a few more table games, What am I? and Boggle. We also purchased a parachute, a sorting box and 2 conversation balls.

Thank you so much Judy!!



OUR RESIDENTS

# Meet Daphne

Some fun facts:

- My favourite movie is Oklahoma!
- If I could have dinner with anyone alive or passed, it would be my Mother (Ilene Gibson).
- I love spending time talking and reading books.
- My favourite foods are food (Giggle), any food as long as I don't have to wash up after.
- My advice is enjoy everyday!

*I love being at Catholic Homes because the staff look after me well, and there is good pastoral care.*

Photo courtesy of Cactus Man.



COLOUR BY NUMBERS



# Colour by numbers

Refer to the colour guide below and colour in the rose.



### 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

**March 2025**

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

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