

OUT & ABOUT

MARCH 2025

St Patrick's Day

Residents celebrated a day filled with Irish charm and festivities.

Holi and Harmony Day

The halls came alive with colour, culture, and community.

A poem about Trinity

Eunice shares a lovely poem about her time spent at Trinity.





Welcome to our March edition

Welcome to our March edition of *Out and About*, what a busy month it has been.

March saw us celebrate many occasions, including St Patrick's Day, Harmony Day, Holi Day, and many resident birthdays! We all spread the Irish joy by hosting St Patrick's Day luncheons. Harmony Day saw our residences come together and celebrate the power of community.

Everyone enjoyed the weather and outdoors by participating in outings around Perth, including to the Perth Airport viewing platform, the local swimming pool to practice artistic swimming, picnics, and beach visits.

We can't wait to see you in April for another eventful edition.



SISTER MARY GLOWREY

St Patrick's Day celebrations

The halls of Sister Mary Glowrey were alive with the spirit of St. Patrick's Day as residents celebrated a day filled with Irish charm and festivities.

The home was beautifully decorated with shamrocks, leprechauns, and plenty of green, creating a warm and festive atmosphere. Residents enjoyed a delicious Irish-themed lunch.

The celebrations continued with a special Armchair Travel experience, where everyone was transported to the breathtaking landscapes of Ireland – rolling green hills, historic castles,

beautiful dancing, and the lively streets of Dublin.

To top off the day, residents raised a glass with a sip of Guinness or a Baileys treat, adding an authentic Irish touch to the celebration.

The home was beautifully decorated with shamrocks, leprechauns and plenty of green.



SISTER MARY GLOWREY

Harmony Day celebrations

Sister Mary Glowrey was bursting with colour, culture, and community as we celebrated Harmony Day with a wonderful afternoon embracing the beautiful multiculturalism of our home.

A special world map was proudly displayed, marked with the diverse origins of both our residents and staff, showcasing the rich tapestry of backgrounds that make our community so special.

Residents were treated to stunning cultural performances, including traditional dances from Indonesia and India, as well as a mesmerising belly dancing display. The highlight of the day was a heartfelt rendition of "I Am Australian," as staff, dressed in traditional attire and carrying their national flags. It was a lovely celebration of the beauty of unity in diversity. It was a truly joyous and meaningful afternoon, reminding us of all that everyone belongs.



Birthday party concert

Birthdays were a big part of March at Sister Mary Glowrey, with fourteen resident birthdays.

We had two residents turn 90 years old. We had a lovely concert followed by some delicious chocolate cake to celebrate our residents' special days.



Painting classes allowed residents to unleash their creativity.



Exciting activities

The home was abuzz with excitement as footy tipping kicked off, bringing friendly competition and lively discussions among residents.

Meanwhile, our painting classes unleashed our residents' creativity, allowing them to express themselves through art.

Our bus trips have been a highlight, with outings to the shops for some retail therapy, a refreshing visit to the beach to take in the sea breeze, and a delightful trip to the local café, where residents enjoyed good company over coffee and treats.

CELEBRATING

St Patrick's Day

Archbishop Goody

We turned Archbishop Goody green for St. Patrick's Day!

With festive decorations and a delicious morning tea, our residents embraced the Irish spirit. Laughter and good food made for a wonderful celebration of culture and camaraderie.

Our residents embraced the Irish spirit.

Trinity

To mark St. Patrick's Day, Trinity hosted a special concert and luncheon featuring Irish music, dancing, and delicious food.

Our residents enjoyed a lively concert, tapping their feet and clapping along to the rhythms of traditional Irish tunes. The festive atmosphere continued with a hearty Irish luncheon. The celebration was a fun-filled day of music, culture, and togetherness that lifted everyone's spirits.





Residents embraced the Irish spirit with laughter and good food.



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

TRINITY

‘Trinity’ Poem by Eunice

Eunice married her husband Jim, and they have four children.

Eunice comes from a farming background, her husband was a farmer. She grew up in the UK before relocating to Australia with her family in 1983.

Eunice enjoys being around people and has a passion for baking, sewing, gardening, and writing poems.

Since losing her eyesight, Eunice’s ability to participate in her favourite activities has been limited. Eunice enjoys listening to the music of André Rieu and Vera Lynn and wartime big band music. She also loves singing and was a member of the choir at Floreat Church.



Trinity

And so we come to Trinity
A place of love and care
At the closing of our years
We find much solace there.

It is a place of beauty
With trees and plants and flowers
A lovely place to reminisce
And while away the hours.

The carers are so wonderful
They care in every way
They help us with our problems
As we go day by day.

This place is so well organised
With care and thought and grace
All our needs are catered for
And always are in place.

We thank you God for Trinity
For all its love and care
We are at rest and peaceful
Whilst we are waiting there.



*We enjoyed a
festive luncheon that
celebrated cultural diversity.*



Harmony and Holi celebrations

This month, Trinity celebrated with the colours and spirit of Harmony Day and Holi Festival.

Our residents enjoyed a festive luncheon that celebrated cultural diversity and the joyous festival of Holi. The event was filled with colourful decorations, delicious traditional dishes, and a cheerful atmosphere.

It was a wonderful opportunity to embrace different cultures, share in each other's traditions, and celebrate the power of community.

TRINITY

Food focus group lunch

This month, a few of our Trinity residents participated in a food focus group lunch, where they sampled potential new menu items and shared their feedback. It was an opportunity for everyone to have their voices heard and to enjoy a tasty and thoughtful meal together.



Scenic drive

Our residents embarked on a scenic drive to the stunning Cottesloe Beach.

The drive along the coast, with its spectacular views of the ocean and coastline was a highlight for many. Upon arrival, residents took in the beauty of the beach, enjoying a peaceful stroll or simply relaxing by watching the waves.



Residents sampled potential new menu items.

Ladies luncheon

This month's Ladies Luncheon was a highlight at Trinity, where our female residents enjoyed an afternoon of good food, delightful conversation, and companionship.

The luncheon offered an opportunity for everyone to unwind, connect, and share stories in a relaxed and friendly atmosphere.



Activities around the home

This month, Trinity residents enjoyed engaging in creative and calming activities, including colouring in and solving puzzles.

Residents gathered in our activity rooms, sharing laughter and stories as they brought their artwork to life and worked together to complete puzzles. These moments of creativity helped foster a sense of achievement and companionship among all involved.

Residents shared laughter and stories during the activities.



Picnic outing in South Perth

Trinity residents were treated to a relaxing picnic outing at the South Perth Foreshore on a beautiful Autumn day.

The day was filled with fresh air, beautiful views of the city skyline, and the calming sounds of nature.

Residents enjoyed a delightful picnic with homemade sandwiches, cake, and soft drinks, making it a perfect afternoon to connect with friends while appreciating the beauty of the outdoors.

This outing brought joy to all who participated, offering a refreshing change of pace and a chance to enjoy nature.





A highlight of the celebrations was the exciting bus trip to a local Irish pub.

ST VINCENT'S

St Patrick's Day brings a festive atmosphere

St. Patrick's Day was a lively and joyous occasion at St Vincent's, filled with fun activities that brought smiles to everyone's faces.

Residents had a fantastic time playing potato bowling, a light-hearted and entertaining game that sparked laughter and friendly competition. A highlight of the celebration was the exciting bus trip to a local Irish pub, where residents soaked up the festive atmosphere while enjoying traditional Irish food and music.

Back at St Vincent's, Irish concerts featuring lively tunes and performances created a wonderful sense of nostalgia and cheer. The residents thoroughly enjoyed the celebrations, making it a truly memorable day for all!

Fun activities brought smiles to everyone's faces.



ST VINCENT'S



Ray and Romy

Raymond had a lovely visit from his son's dog, Romy, this month. Ray couldn't wipe the smile off his face after playing with Romy.

Board games

Residents had a great time playing Snakes and Ladders and memory games during the board game sessions.

These fun and engaging activities bring laughter,

friendly competition, and a great mental workout. They love the challenge, and it's a fantastic way to keep their minds active while enjoying each other's company.

The residents love a challenge.



Harmony Day sausage sizzle

Harmony Day was all about good food and great company! Residents enjoyed a classic Aussie sausage sizzle, sharing laughs and stories while celebrating diversity and togetherness. It was a simple yet special day that brought everyone closer.

March birthday celebrations

We celebrated the birthdays of our wonderful residents in March!

With cake, laughter, and heartfelt wishes, each celebration was a special moment. Residents enjoyed the company of friends, music, and sweet treats, making their day truly memorable.



Playgroup visits

Residents love the playgroup visits, where little ones bring joy, laughter, and energy to the facility.

Watching the children play and chatting with parents create heart-warming moments for everyone.

The interaction brightens their day and fosters a beautiful sense of connection across generations.

CASTLEDARE

St. David's Day

We celebrated the spirit of Wales on St. David's Day!

Residents enjoyed a delightful morning filled with Welsh traditions, music, and a delicious spread inspired by the day. It was an excellent way to honour the heritage and enjoy the joy of coming together.



It was an excellent way to honour the heritage.

March birthdays

This month, we gathered to celebrate the birthdays of our wonderful residents!

The room was filled with smiles, laughter, and, of course, a delicious birthday cake to mark the occasion. Everyone joined in singing happy birthday, sharing warm wishes, and enjoying a special afternoon together.

Moments like these remind us of the importance of celebrating life and one another.



St. Patrick's Day celebrations

Our Castledare community turned green as we celebrated St. Patrick's Day in true Irish style.

Residents enjoyed a festive Happy Hour with delicious treats, Guinness, lively music, and plenty of laughter. Decked out in shamrocks, hats, and all things green, everyone embraced the spirit of the day. It was a fantastic celebration filled with joy, good company, and a touch of Irish luck.



CASTLEDARE

Holi celebrations

Castledare came alive with a burst of colour as we celebrated Holi, the festival of love and joy!

Residents embraced the spirit of the day, enjoying music, laughter, and a splash of bright colours. Residents splashed our staff's clothes with bright colours, and the home was decked out

with colourful balloons and streamers.

It was a heartwarming celebration filled with friendship, fun, and, of course, delicious treats.

Holi reminds us of the beauty of togetherness and the happiness that comes from sharing special moments.

“Residents embraced the spirit of the day, enjoying music, laughter, and a splash of bright colours.”





*Holi reminds us
of the beauty of
togetherness.*



ARCHBISHOP GOODY

Rosie's exercise groups

Our weekly exercise sessions with Rosie keep us moving and motivated!

Whether stretching, strengthening, or just having a laugh together, staying active is key to maintaining high spirits and a strong body.



Karaoke

Our residents love belting out their favourite songs.

Music brings us together, and nothing lifts our spirits quite like a good old-fashioned sing-along! The joy, laughter, and shared memories make these moments memorable.

Rosary

Faith and reflection are important to many of our residents.

Coming together for Rosary is a peaceful time of prayer, connection, and comfort, bringing a sense of community and serenity to our home.

Bus outings

From browsing the shops at Belmont Forum to watching planes take off from Perth Airport, our residents love getting out and about. These outings spark conversation, bring back fond memories, and offer a wonderful change of scenery for everyone involved.





Artistic swimming

Our residents have enjoyed artistic swimming sessions at Belmont Oasis.

They have been a hit! Steven found it incredibly relaxing and noted that he slept amazingly well afterward. Roberto loved cooling off on hot days, and Eugene enjoyed the outing.

With two more weeks to go, we're all looking forward to more fun in the pool!

*Steven found it
incredibly relaxing.*

OCEAN STAR

St. Patrick's Day

St. Patrick's Day at Ocean Star was filled with fun and festivities!

Residents got into the spirit by crafting their headgear to celebrate the day. The morning began with a special Chapel service, followed by a lively Irish-themed bingo session.

In the afternoon, residents made delicious open Shamrock cucumber sandwiches, served with green

lemonade. The day wrapped up with an Irish sing-along – a perfect ending to a day full of joy and shenanigans!



Celebration of life

We also honoured the life of Valmai Peake with a beautiful celebration held in the Wellness Lounge.

Family, close friends, and fellow residents gathered to remember Valmai, followed by a morning tea.

It was a beautiful morning tea with close family and friends.

Sonia's morning tea

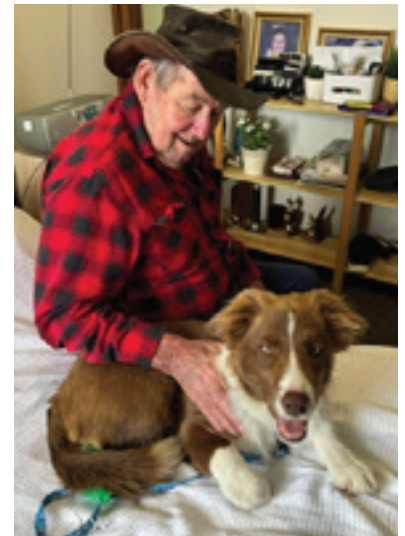
A special morning tea was hosted by Sonia, our pastoral care practitioner.

Residents gathered in the Wellness Lounge to enjoy refreshments while watching the live stream of The Ordination of the Most Reverend George Kolodziej SDS, the 5th Bishop of Bunbury. Everyone appreciated the chance to witness such a meaningful occasion.



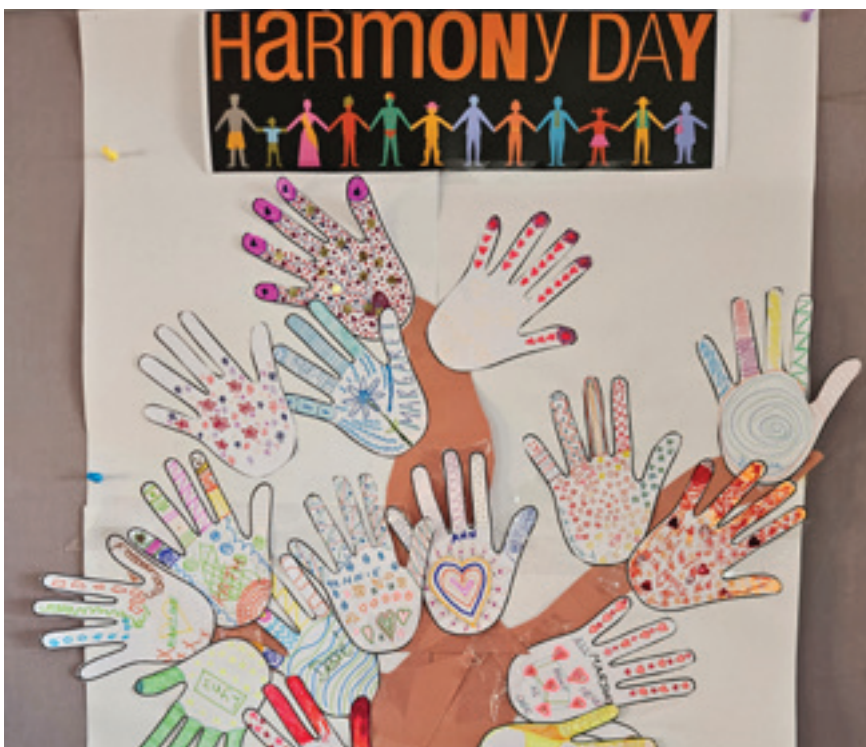
Fur baby visit

Vern had a heartwarming visit from his son, Rodney, and daughter-in-law, who brought along their beloved fur baby for plenty of pats and cuddles.



Harmony Week

Harmony Week brought colour and connection to our community as residents and staff came together to decorate hand-cut-out images, adding them to our beautiful Harmony Tree – a vibrant display that celebrates belonging and inclusivity.



OUR RESIDENTS

Meet Margaret

Margaret was born in Subiaco and grew up in South Perth, later living in Willetton, Cairns, Como, and Melville.

A former WAAF member, she worked as a primary school librarian for 30 years. Margaret has a deep love for documentaries, murder mysteries, and detective novels, with favourites including Harry Potter, Alexander McCall Smith's books, and Charles Court: I Love This Place by her best friend, Ronda Jamieson.

Passionate about crafts, she once knitted for charity and still enjoys creative pursuits. She has a keen interest in F1 racing, once took in stray cats, and enjoys watching vet shows. Music from the 1940s, Elvis Presley, and Freddie Mercury fill her days, as does letter writing – a practice she prefers over email using her

iPad nowadays. Margaret isn't much of a traveller but has a special love for Fremantle and proudly calls herself a Dinkie Die Aussie.

Some fun facts:

- My favourite movie is A League of Their Own – a movie set in WWII where an all-female baseball league springs up in the Midwest of USA
- If I could have dinner with anyone alive or passed, it would be Oprah Winfrey
- I love spending time meeting up with friends
- My favourite food is Nasi Goreng (Indonesian fried rice)
- I love being at Catholic Homes because people are friendly and the help I can get here

*My advice is
always have a
sense of humour!*



PUZZLE OF THE MONTH

Word search

Leprechauns have been up to mischief scattering St Patrick's Day words everywhere.

Can you find them hidden in the puzzle?

Search in all directions, circle each word you find and cross it off the list.

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

St Patrick's Day

Bagpipes

Celebration

Celtic

Charm

Clover

Coins

Dance

Emerald

Feast

Festive

Gold

Green

Harp

Hat

Holiday

Horseshoe

Ireland

Irish

Jig

Leprechaun

Lucky

Magic

March

Parade

Patrick

Pot

Rainbow

Shamrock

Tradition

Treasure

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

April 2025

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

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