

Aino

LIVING

RUMBALARA HOUSE

Aino Living Advocate

September 2024



Lifestyle Message

August saw us welcoming back our Olympic athletes from Paris! After their hard-fought wins in basketball, quoits and bocce it was gold and silver all the way. Yes, our residents returned to a hero's welcome, with everyone joining the celebrations.

We were taken down memory lane with Evan joining in on the hero's welcome home and we all sang along to well-known tunes. We then joined in with the staff to celebrate Aged Care Employee Day (with cake of course!)

But the celebrations didn't stop there! With Spring coming into action early, we were able to enjoy the sunshine dining in our Secret Garden with both family and friends. Our Secret Garden didn't disappoint as we dined and were visually awed amidst the scent of Spring with our flowers blooming. This garden truly is a testament to the hard work, handiwork and dedication of our residents.

There is always a new project to start on and our residents approach each one with so much enthusiasm. Currently we are working on restoring an old rusty chandelier, which will be hung at the entrance to our Secret Garden. Of course, the flowers donated by our sponsor, Narara Valley Gardens, have helped ensure a garden just bursting with colour.

We also gave our pet budgies (Sunny and Bluey) a bird cage makeover! By the sounds of their chirping, they are loving the Secret Garden just as much as us!

Our Secret Garden will always be a work in progress but as they say... you dream it, you build it, and they will come! How true this has proven to be.

After all this hard work, it is great to know we have the Wellness Centre to relax, rejuvenate and replenish not only our bodies, but our minds and souls too! So relaxing and such a treat for all!

Our Gum Leaf Café, which is open to all residents and their visitors, has proven to be very popular and is being used as a private space for get togethers. The Café is also stocked with goodies requested by our residents! Marshmallows seem to be the current hit!

Our bus trips are one of our most popular weekly activities! This month saw us taking advantage of the weather and enjoying the great outdoors with our feathered friends. There was nothing but the silence of nature and the waves lapping literally at our door. Our bus trips truly make for simply the best outing for all to enjoy and our residents look forward to these adventures!

Our 'Getting to Know You' regular column this month highlights our wonderful laundry leader, Kayla. She is part of our great team, and we are so lucky to have her. Nothing is ever a problem, and she goes above and beyond to help anyone out. We love having you on our team Kayla!

We are looking forward to the season of Spring as it comes into full swing and can't wait to lap up the sunshine together.

As always, we are loving life.

Be happy!

The lifestyle team



Regular Events

Monday:

- 10:30 AM: UNO
10:00 AM: Seamstress Arman in sewing room
Jolly Trolley every Monday morning

Tuesday:

- 9:30 AM: The Gardening Gang (every 2nd Tuesday)
10:00 AM: The Wellness Centre (every other 2nd Tuesday)
11:00 AM: Exercises with Physio Team
1:00 PM: Bus Trips
1:30 PM: Bingo

Wednesday:

- 9:30 AM: Hairdresser
10:00 AM: HUB Club
2:00 PM: Food Forum Meeting (First Wednesday)
2:00 PM: Resident Meeting (Third Wednesday)
10:30 AM: Catholic Service
2:00 PM: Anglican Service (Every 2nd Wednesday)

Fine alfresco-a-la-carte luncheon dining in The Secret Garden Restaurant
reservations essential

Thursday:

- 10:00 AM: Learning Sign Language with George
11:00 AM: Exercises with Physio Team
1:30 PM: UNO
Fine alfresco-a-la-carte luncheon dining in The Secret Garden Restaurant
reservations essential

Friday:

- 10:45 AM: Hand Spa
1:30 PM: Happy Hour with Pub Trivia

Saturday:

- 10:30 AM: Nail Salon
1:00 PM: Bingo

Sunday:

- 10:00 AM: Catholic Service with Interpreter
10:30 AM: Social High Tea with word games
1:00 PM: Movie Matinee with choc tops and popcorn

Fortnightly:

- Cater Care BBQ Lunch

September Highlights

Monday September 2nd

Mrs Music's Sing A Long

Monday September 9th

Entertainment by Evan – Down Memory Lane

Monday September 16th

Putt Putt Golf

Friday September 20th

September Birthday Celebrations in the Gum Leaf Café

Wednesday September 23rd

Darts Championship

Friday September 25th – Mrs Music's Sing A Long

Monday September 30th

Bocce Championship

Getting to know you

Name?

Kayla Bauerhuit

What is your role and what do you do on a daily basis?

My original role at Adelene for 3 years was being a care staff member, but for almost a year I have been working in the laundry.

How long have you worked at Alino Living?

I have been working at Adelene for 4 years.

What is the most memorable moment or experience from your time at Alino Living?

My most memorable moments/experiences at Adelene are when we organise live entertainment and singing and dancing along with the residents.

What do you love about working at Alino Living ?

I love the staff I work with at Adelene and having lunch with my work bestie Donna almost every day.

What do you enjoy doing outside of work? (Hobbies, passions etc)

I enjoy reading books on my kindle, paddle boarding and spending time with my nephews.

What's an interest fact about you?

Some interesting facts about me are that I am celiac which is an auto immune disease. I am also half Dutch and half Maltese.

What is your lifetime dream?

Forever smile.



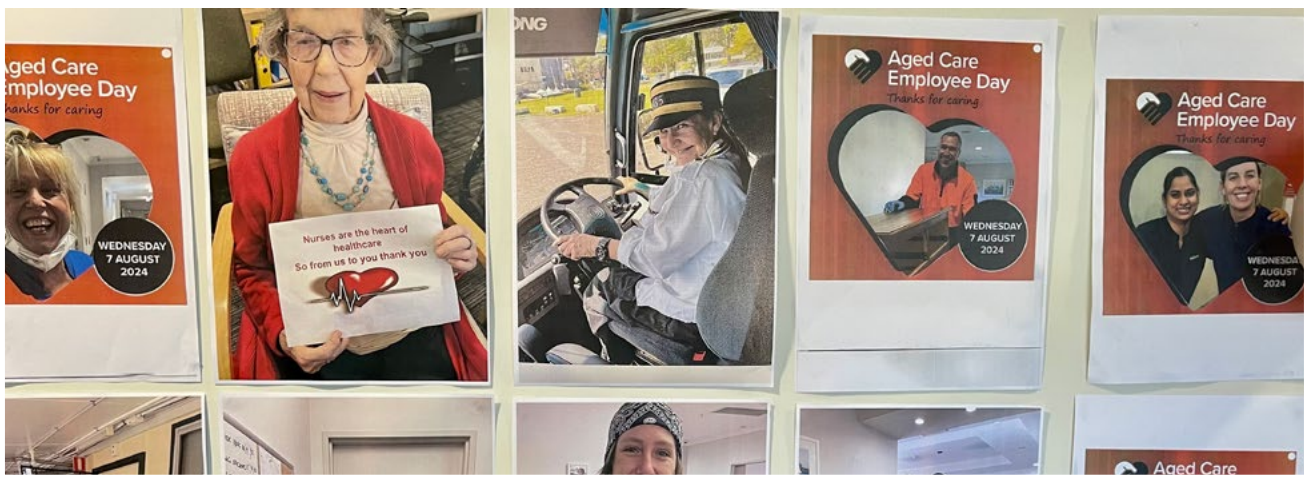
Our August



AGED CARE WORKERS DAY

We all came together to enjoy a delicious cake and celebrate our dedicated staff on Aged Care Worker's Day.





OLYMPICS

We all came together to enjoy a delicious cake and celebrate our dedicated staff on Aged Care Worker's Day.





EVAN

Evan led us in a fun sing along sessions, where we sung classic tunes. There was no shortage of smiles and laughter!



BIRTHDAYS

We had a wonderful celebration for Mary, Mick, Les and Kerri's birthdays, as they shared a special cake together.





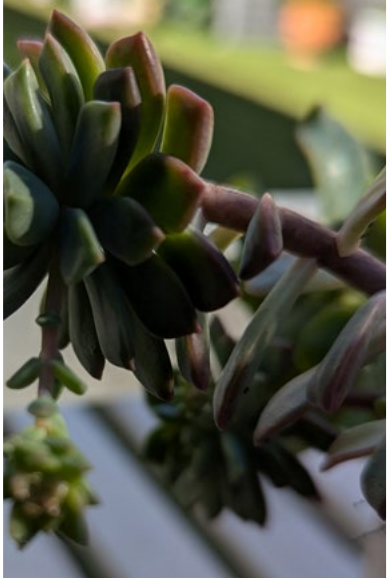
GUMLEAF CAFÉ

Lately, we've been soaking up quality time with our friends and family at the Gumleaf Café.



GARDENING GANG

Our Gardening Gang has been busy tending to the vibrant blooms and plants around Rumbalara House. They've made sure everything is flourishing, adding extra colour and life to our beautiful garden spaces.

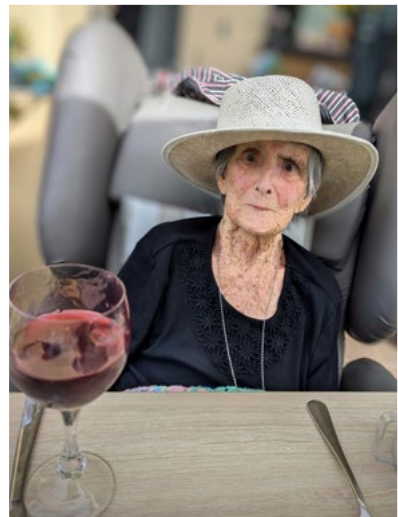
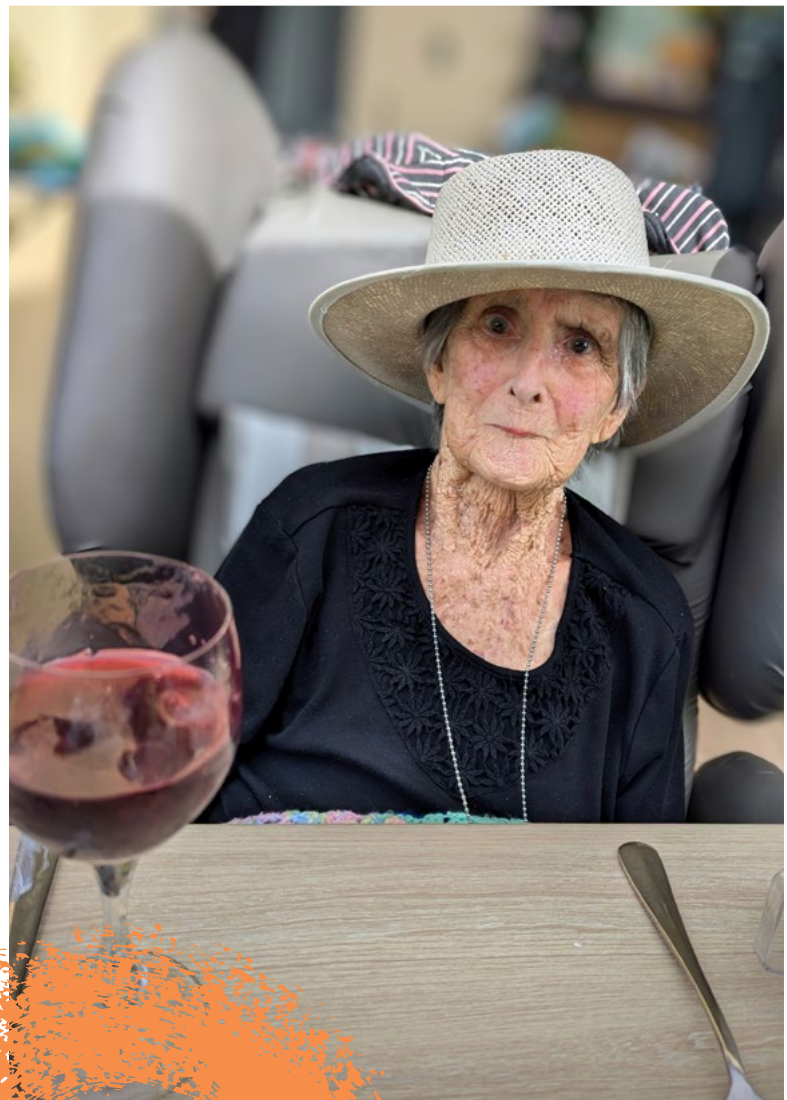




SECRET GARDEN DINING

With the arrival of warmer weather, we've been making the most of our outdoor dining at our Secret Garden. The fresh air and lovely Spring scents have truly been a highlight for all.

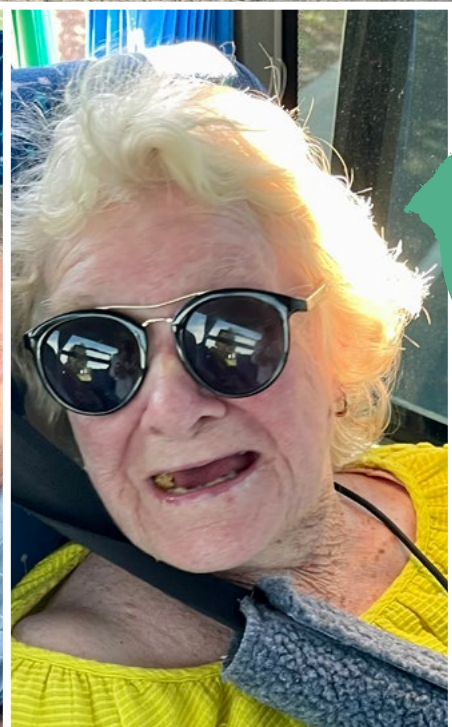


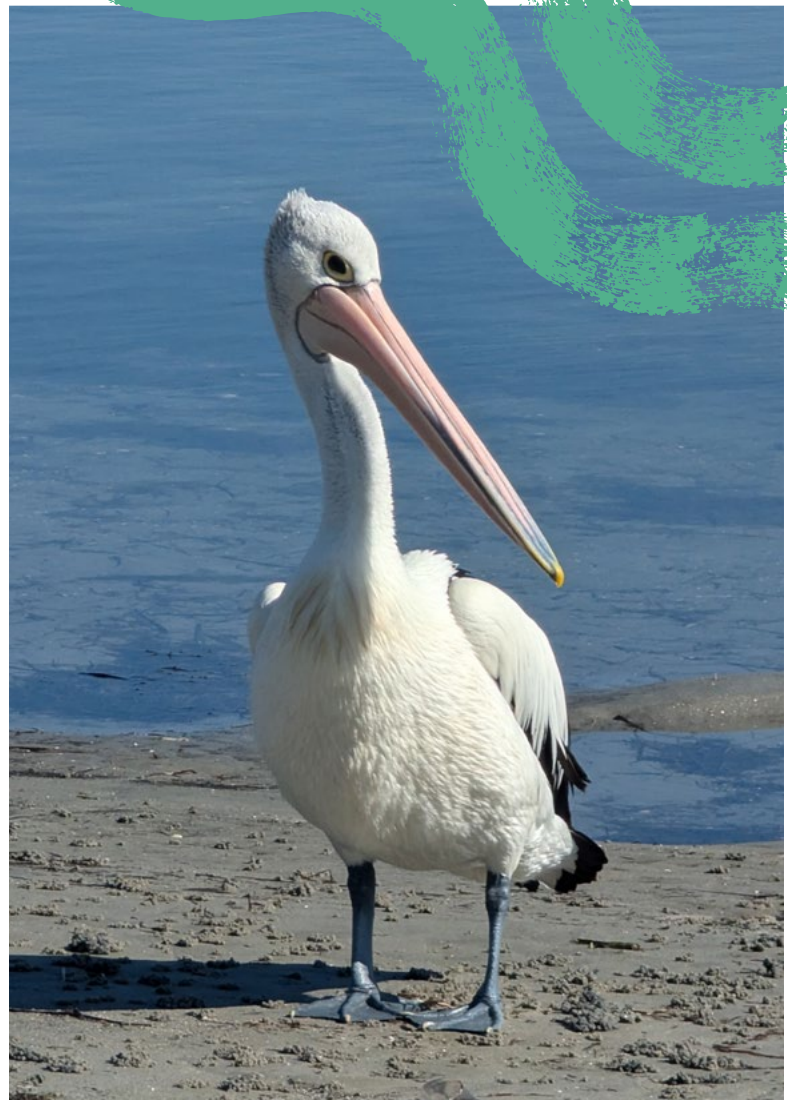


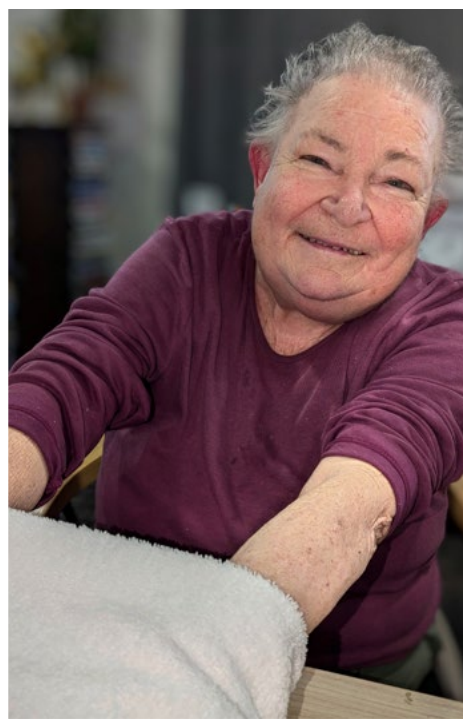
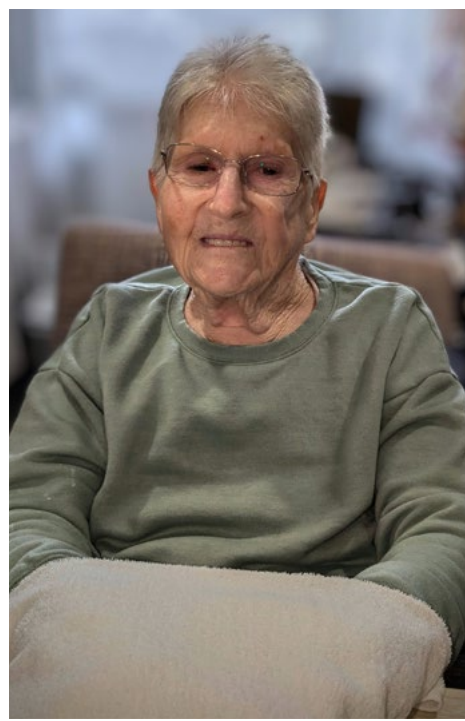


BUS TRIP

Our weekly bus trips are a highlight for everyone! We enjoyed the great outdoors with our feathered friends as we basked in the warmer weather.







WELLNESS CENTRE

The Wellness Centre continues to be a favourite for relaxation while we unwind and rejuvenate our bodies, minds and souls.



LEARN AUSLAN

Everyone is welcome to learn AUSLAN every Thursday at 10am with our very own teacher **George Krams**

Where: Activities Room Rumbalara House,
1 Birch Road Wyoming

Phone Mary for details
(02) 4325 3693

Free of charge



KEEP
CALM
AND
SIGN
ON

ACTIVITIES FUNDRAISER

CASH FOR CANS...and bottles

Thank you to Cater Care, our Residents, staff, volunteers, families and friends who have donated their cans for us to collect funds for our **Secret Garden** and our **Wellness Centre**.
...Together we have managed to purchase over **\$700** worth of **Gardening Screens!!!**



Please feel free to drop off your recyclables to **Recycling Bin in Reception** so we can cash them in to purchase more amazing products for our Residents.

**A big shout out to the sponsors of our Residents Gardening Gang, Narara Valley Nursery.
Thank you so much for your support.**



Narara Valley Nursery has over an acre of everything you need for your garden. Exotic indoor plants and native, pop in and check it out for yourself!

Narara Valley Nursery

2 Manns Rd, Narara 2250

(02) 4328 2653

nararavalleynursery.com.au

Wordsearch

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

HOT WATER

FIREPLACE

BLANKET

SNOW GUM

FROSTY

BOTTLE

SNOWFLAKE

KNITWEAR

FLANNEL

SCARF

HOT
CHOCOLATE

FROSTBITE

THERMOS

GUM BOOTS

SOUP

MARSHMALLOW

MULLED WINE

MITTENS

BEANIE

QUILT

RAINCOAT

EARMUFFS

HEATER







SLIPPERS

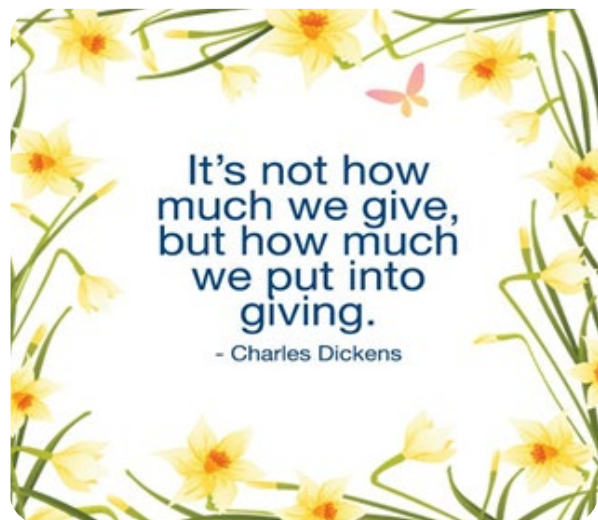
UGG BOOTS

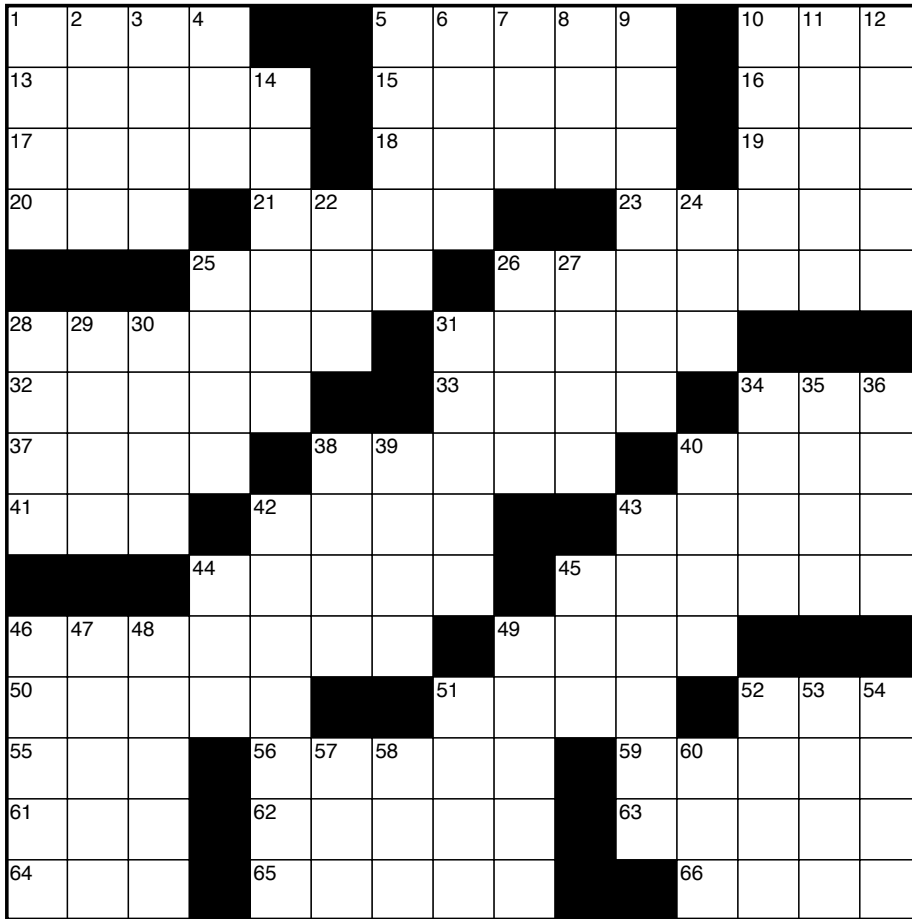
FROST

Word Puzzle

Word Puzzle Brain Teasers

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 





Across

- 1 Raps lightly
- 5 Clean thoroughly
- 10 Compass point
- 13 Junk
- 15 "Remember the ___"
- 16 Standard or average
- 17 Stadium
- 18 Grassy plain
- 19 Possessive pronoun
- 20 Representative
- 21 Destroy
- 23 Cake
- 25 Ground
- 26 Teased playfully
- 28 Part of "Colorado"
- 31 Flying machine
- 32 Entertain
- 33 Called
- 34 Before (prefix)
- 37 Financial obligation
- 38 Neutral color
- 40 Churn

41 Whichever

- 42 Group of people with musical instruments playing together
 - 43 Slips
 - 44 Legion
 - 45 Chicken sound
 - 46 Missions
 - 49 Be angry
 - 50 Book holder
 - 51 Asian dress
 - 52 IBM Competitor
 - 55 Cap
 - 56 Raging
 - 59 Blood sucker
 - 61 Vane direction
 - 2 Crow-like bird
 - 63 Rumormonger
 - 64 Conger
 - 65 Water retention
 - 66 Blow
- DOWN**
- 1 Despot
 - 2 Land unit

- 3 Secondary
- 4 ___ Francisco
- 5 Agreeable to the mind
- 6 Tribe
- 7 Cram
- 8 Referee
- 9 Using a boat for pleasure
- 10 Frolic
- 11 Fry lightly
- 12 Goofed
- 14 Public procession of people
- 22 Spanish "one"
- 24 Lode yield
- 25 Final
- 26 Piece of cloth used as the symbol of a country
- 27 Path
- 28 Pater
- 29 Sign
- 30 July birthstone
- 31 Inherent feeling of dignity and worth
- 34 U.S. President
- 35 Brook
- 36 Otherwise
- 38 Shakespeare's occupation
- 39 Tails
- 40 Competition of speed
- 42 Large outdoor fire
- 43 Group consisting of parents and their children
- 44 Movie 2001's talking computer
- 45 Mongrel dog
- 46 Sugar-free brand
- 47 River
- 48 Disgust
- 49 Passes at the bull
- 51 Plant trunk
- 52 List of meals
- 53 Deeds
- 54 Make small talk
- 57 Radiation dose
- 58 Street abbr.
- 60 Electroencephalograph (abbr.)

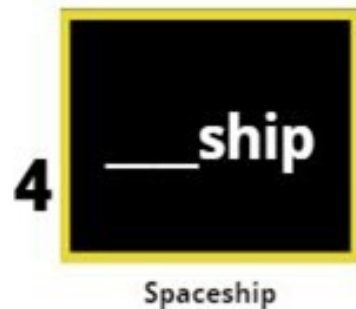
Wordsearch



Crossword



Word Puzzle



Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

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

AZALEA

CARNATION

DAFFODIL

DAHLIA

DAISY

FORGET-ME-NOT

FREESIA

GARDENIA

GERBERA

JONQUIL

LILAC

MAGNOLIA

ORCHID

PANSY

PETUNIA

PROTEA

ROSE

SNAPDRAGON

SWEET PEA

TULIP

VIOLET

Word Pairs

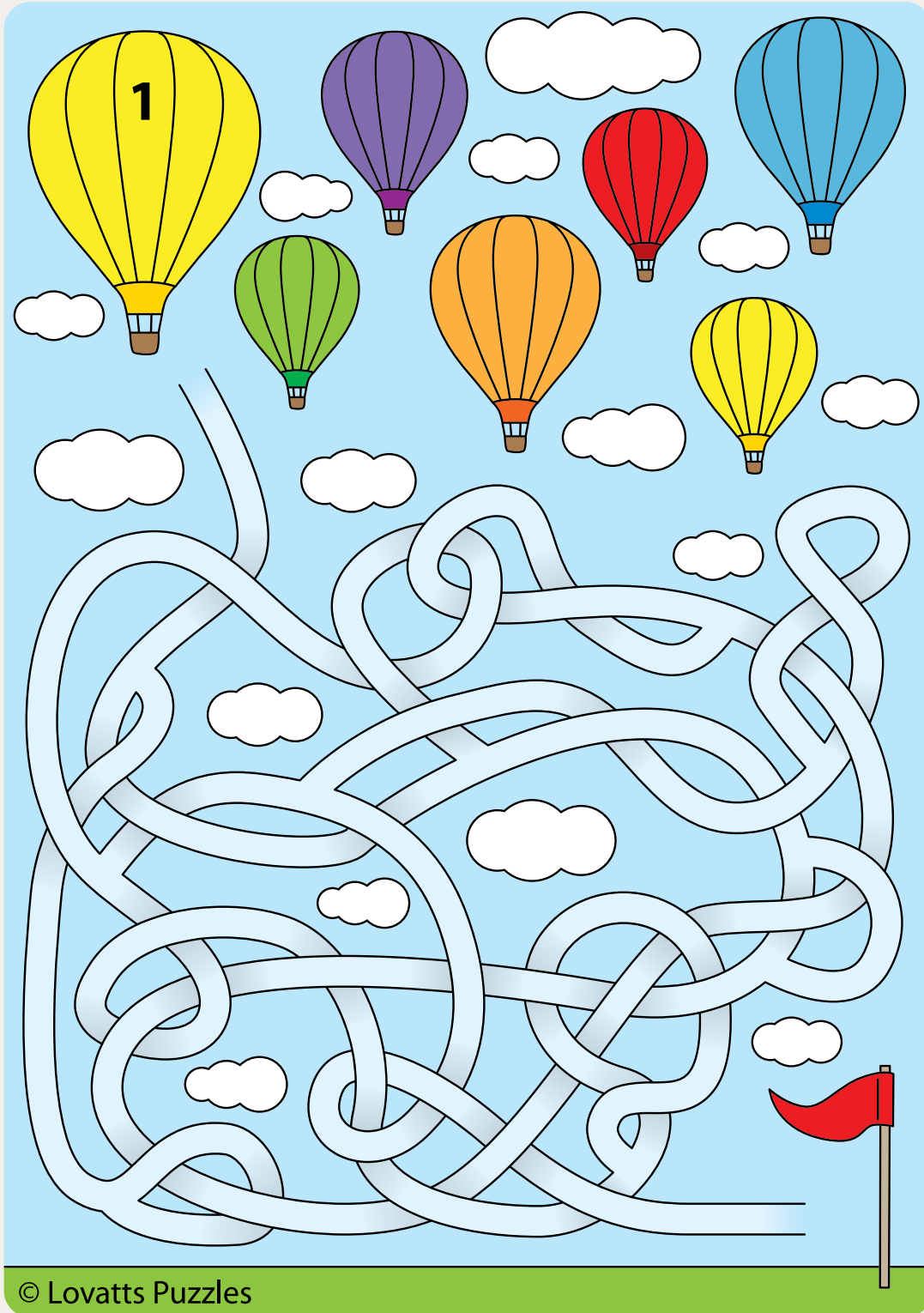
Pair the words to find seven capital cities.
One word will be left over. This is the mystery keyword.



© Lovatts Puzzles

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
- Mystery Word _____

Maze



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Wordsearch

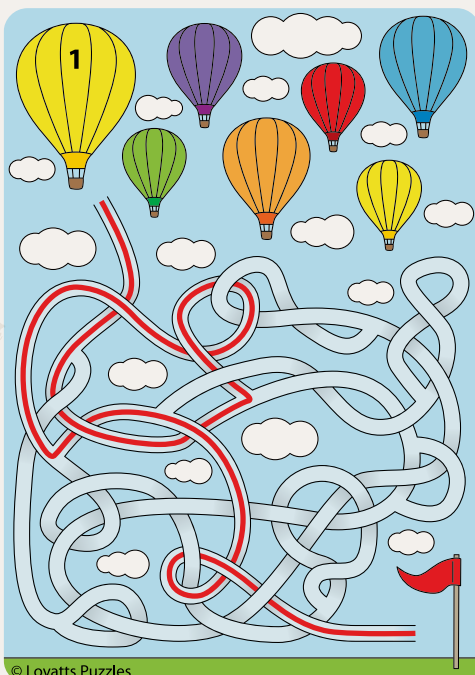


Word Pairs

1. Addis Ababa
2. Buenos Aires
3. Kuala Lumpur
4. New Delhi
5. Phnom Penh
6. Port Moresby
7. Santo Domingo.

Mystery keyword: NASSAU

Maze



September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:30 Room Visits</p> <p>10:00 Jolly Trolley</p> <p>Seamstress Aman -- the Sewing Room from 10am</p> <p>10:30 UNO</p> <p>1:30 Mrs Music's Sing-A-Long</p>	<p>9:00 Room Visits</p> <p>9:30 Gardening Gang</p> <p>11:00 Exercises-Sth Lounge</p> <p>1:00 BUS TRIP</p> <p>1:30 BINGO</p> <p>Podiatrist in today</p>	<p>9:00 Room Visits</p> <p>9:30 Hairdresser</p> <p>10 The Hub Club</p> <p>10:30 Mobile Library</p> <p>11.30 Secret Garden A La Carte Restaurant Open</p> <p>2:00 Food Forum</p>	<p>9:30 Room Visits</p> <p>10:00 Sign Language with George</p> <p>11:00 Exercises-Sth Lounge</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:45 Hand Spa</p> <p>1:30 Happy Hour with Pub Trivia</p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:00 Room Visits</p> <p>10:00 Catholic Mass</p> <p>10:30 Sunday Social High Tea with Word Games</p> <p>1:00 Movie Martinee</p> <p>FATHERS DAY</p>
<p>9:30 Room Visits</p> <p>10 Jolly Trolley</p> <p>Seamstress Aman in the Sewing Room from 10am</p> <p>10:30 UNO</p> <p>1.30 Entertainment by Evan</p>	<p>9:30 Room Visits</p> <p>10 Wellness Centre</p> <p>11:00 Exercises-Sth Lounge</p> <p>1:00 - 4:00</p> <p>Onsite Council Election Voting Day</p>	<p>9:00 Room Visits</p> <p>9:30 Hairdresser</p> <p>10 The Hub Club</p> <p>10:30 Catholic Service</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>2:00 Anglican Service</p>	<p>9:30 Room Visits</p> <p>10:00 Sign Language with George</p> <p>11:00 Exercises-Sth Lounge</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:45 Hand Spa</p> <p>1:30 Happy Hour with Mrs Music's Sing-A-Long</p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:00 Room Visits</p> <p>10:00 Catholic Mass</p> <p>10:30 Sunday Social High Tea with Word Games</p> <p>1:00 Movie Martinee</p>
<p>9:30 Room Visits</p> <p>10:00 Jolly Trolley</p> <p>Seamstress Aman in Sewing Room frm 10</p> <p>10:30 UNO</p> <p>1.30 Putt Putt Golf</p>	<p>9:00 Room Visits</p> <p>9:30 Gardening Gang</p> <p>11:00 Exercises-Sth Lounge</p> <p>1:00 BUS TRIP</p> <p>1:30 BINGO</p>	<p>9:00 Room Visits</p> <p>9:30 Hairdresser</p> <p>10 The Hub Club</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>2:00 Resident's Meeting</p>	<p>9:30 Room Visits</p> <p>10 Sign Language with George</p> <p>11:00 Exercises-Sth Lounge</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:45 Hand Spa</p> <p>1:30 HAPPY HOUR AND BIRTHDAY CELEBRATIONS IN THE GUM LEAF CAFE</p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:00 Room Visits</p> <p>10:00 Catholic Mass</p> <p>10:30 Sunday Social High Tea with Word Games</p> <p>1:00 Movie Martinee</p>
<p>9:30 Room Visits</p> <p>10:00 Jolly Trolley</p> <p>Seamstress Aman</p> <p>10:30 UNO</p> <p>1.30 Darts</p>	<p>9:30 Room Visits</p> <p>10 Wellness Centre</p> <p>11:00 Exercises-Sth Lounge</p> <p>1:00 BUS TRIP</p> <p>1:30 BINGO</p>	<p>9:00 Room Visits</p> <p>9:30 Hairdresser</p> <p>10 The Hub Club</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>1.30 Quoits</p>	<p>9:30 Room Visits</p> <p>10:00 Sign Language</p> <p>11:00 Exercises-Sth Lounge</p> <p>11:30 Secret Garden A La Carte Restaurant Open</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:45 Hand Spa</p> <p>1:30 Happy Hour with Mrs Music's Sing-A-Long</p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:00 Room Visits</p> <p>10:00 Catholic Mass</p> <p>10:30 Sunday Social High Tea with Word Games</p> <p>1:00 Movie Martinee</p>

Welcome Spring
Happy Birthday to
Helen Dewhurst – 2nd
Brian Dwyer – 3rd