**CALOUNDRA SEPTEMBER 2023** 

# Family is everything



If there's two things we LOVE here at Palm Lake Care Caloundra it's visiting family fun and delicious food. So we combined the two!







#### Pictured this page:

Our recent family fun day gave us the opportunity to invite our loved ones to come along and enjoy a delightful alfresco barbecue feast with us. It's so nice to share a meal with special people...

## Service Manager's note

Greetings to all! As the cool of winter begins to fade, September (and spring) brings with it a sense of renewal and transition. This month, we're excited to announce a series of engaging activities that will embrace the changing season. From soothing outdoor walks in the invigorating spring air, to creative art and craft sessions, our dedicated staff is committed to ensuring a fulfilling and joyful experience for our cherished residents. We also encourage families to join us in our efforts to make September a month of connection, love and shared memories. Let's embrace the season together and make every moment count. Thank you for being a part of our aged caring community.







Pictured above: Our weekly exercise classes provide us with regular fitness - and regular fun!













Pictured above and left: Many of our creative residents have wonderful yarn skills, learned over decades and decades. They enjoy producing some pretty incredible handiwork.

#### Pictured right: We hosted an impressive art exhibition on-site in our Activity Room recently, featuring the talents of Australian artist, John Morrison. Our residents enjoyed looking through the collection.





## Meet your neighbour

Pictured above: Valarie is an artist who loves being creative. She paints and also enjoys making lead lighting. Valarie taught cooking in schools for 35 years and also had her own restaurant. She will be attending a 67th college reunion in Brisbane shortly. Valarie enjoys socialising and meeting new people. Val and Bill lived on an island for many years. They met when they were both learning to fly and Bill would wait for Val to land with bunches of flowers. Val reared three lovely sons and loves her family.

### **Key local** personnel

Ushani Jayawardhana caloundracaresm@palmlake.com.au Service Manager Support: Kelly Roberts Admin: Simona Cinelli Housekeeping Team Leader: Lisa Wilkinson

Lifestyle Team Leader: Matthew Whitney Maintenance: Colin Ashton



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