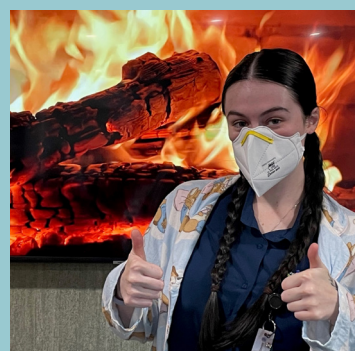


Winter warmers

They say, if you can't beat 'em, join 'em. And so, we embraced the chill and hosted a 'Winter Warmer' themed activity day, celebrating all the best things of the season.



Pictured this page: It might have been cold outside but we were warm as toast in our winter pyjamas on Winter Warmer day! Fun themed games and hot chocolates all around made it a memorable event.

Service Manager's note

Hello all - I have had the privilege of being the Acting Service Manager here at Palm Lake Care Mount Warren Park in Caroline's absence during July. I have been enjoying getting to know the residents in this community, visiting them during meal services and even joining in on a session of cardio drumming with the ladies! That was lots of fun! I also look forward to celebrating our staff next month for Aged Care Employee Day, which is held on August 7. Please join us in the celebration by wearing your brightest Hawaiian-style shirt on the day. We'll bring you all the colourful photos of that event, and more, in the next edition of this newsletter.

Janene Sayers ACTING SERVICE MANAGER



Out and about



Pictured left: At Palm Lake Care, we are all about empowering our residents to remain as independent as possible. In relation to Bingo, we have a group of residents who are supported by our staff to run their own games. Ross is fairly new to our community and has just started helping out with Bingo calling. In previous years, Ross was a Bingo caller at a large hall in his local community and he has been so pleased to help out and feel an authentic sense of purpose.

Lifestyle Team's note

The residents of Palm Lake Care Mt Warren Park have been taking advantage of our lovely weather and have been enjoying outings in our bus. Among our trips, we've driven out to Mt Tamborine village, had a trip to the shops and the local golf club for lunch. We've also enjoyed lots of walks in our beautiful gardens.

We also enjoyed a trivia session run by one of our lovely volunteers, Rosie, who was dressed as "Mrs Sparkles" (pictured below left). We have also enjoyed a history talk about the sweet success of our local bee-keepers by Hilda the Historian, as well as an education session on diabetes for Diabetes Week.

Culturally, this month, we celebrated Naidoc Week. We did some dot painting and enjoyed decorating boomerangs. We also celebrated Bastille Day with some French trivia.

But, the highlight of this month was our Winter Warmer day. Everyone (including our staff) wore their pyjamas for the day. We started off with a 'rise and shine' exercise program then we had a Pyjama Party where we played some games. The residents enjoyed the chocolate game where they had to throw a dice and if they got a six they got to go up to the chocolate block, put on a beanie, scarf and gloves, and try and cut the frozen chocolate one piece at a time. They got to keep eating chocolate until the next person threw a six. There were lots of laughs. We also played 'Pin the nose on the snowman' and also snow ball toss. In the afternoon, there was a residents' meeting where everyone was served hot chocolates and Tim Tams to finish off a wonderful Winter Warmer day.

Leona LIFESTYLE COORDINATOR

Key local personnel

Service Manager: Caroline Bosnic
mtwarrencaresm@palllake.com.au
Admin: Hayley Alagiah
Customer Experience: Diane Unwin
Clinical Manager: Sangeeta Bhamoo
Lifestyle Coordinator: Leona Counsell
Housekeeping Team Leader: Tracie Hamilton
Chef Manager: Kim Fleming
Maintenance Officer: Alec Walker