

**Issue #16
December
2025**



Monthly Newsletter

**EDITOR:
Dee**



Happy Christmas Everyone!



A PINCH OF SALTER



Well, here we are again in December! And again we say "where has the year gone?" Another month gone by full of activities to keep our residents busy and as we take a look at what we got up to in November, we are also looking forward to our festive month of December which will include:

- Putting up our Christmas decorations
- Concerts
- Christmas craft sessions
- Our residents Christmas party on the 23rd December at 2pm with entertainer Glenn Levi
- Christmas Church service including Christmas Carols on Thursday 18th at 10am
- A Christmas eve afternoon singalong

Of course, our regular activities such as bingo, bocce, quiz time, ten pin bowling, board games, our fun exercise group, Picasso group and gardening group will also be included.



November began with our Melbourne Cup celebrations! The morning started by making sure everyone had their tickets in our \$5 sweep, then we gathered in our multipurpose room, everyone looking very smart in their fascinators and hats. We then cracked open the bubbly and handed around the nibblies before checking out the fashions on the field and of course the horses on the big screen.

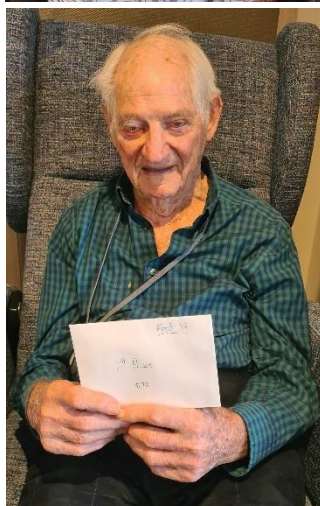




More Melbourne Cup Celebrations.....



There was a lot of yelling at the screen during the race
and congratulations to all our winners!





Our monthly Ballet 4 Wellbeing sessions continue to be attended by many residents who say it is an enjoyable gentle exercise activity with the added bonus of beautiful music! The session is led by a professional husband and wife team who are passionate about sharing their dance moves with you so if you haven't already, please join in the next session, come as you are - there is no need to wear a tutu or ballet shoes, and you might actually have fun!



Residents enjoyed checking out the November issue of our monthly newsletter while they were having a cuppa before their bingo session started. It's always interesting to see if you can spot a photo of yourself!





REMEMBRANCE DAY



A big thank you to our craft group who meticulously made enough poppies to make our beautiful Remembrance Day wreath which took pride of place on the Multipurpose Room door on the 11th of November.



Our Remembrance Day service was well attended and began with Colin (our resident pianist) playing some of the old war tunes while we had a cuppa and an Anzac biscuit. Thank you Colin!



This was followed by a formal service, and I would like to thank Lois for her contribution. Feedback from the morning was very appreciative of a respectful time of reflection.



REMEMBRANCE DAY
Lest We Forget

Glenn Levi came along to serenade some of our residents on Tuesday the 18th of November and of course there's always some dancing involved!





Our pamper sessions are becoming a firm favourite and we have had to introduce a booking system so that everyone has a chance to receive some pampering! We think this is working well but if anyone has suggestions or improvements to the way this is organised we're all ears!



- How much did Santa pay for his sleigh? Nothing, it was on the house!
- What do you call Santa when he takes a break? Santa Pause.
- What does Santa suffer from if he gets stuck in a chimney? Claus-trophobia!
- What do you call a blind reindeer? No-eye deer.
- What do you call a snowman with a six-pack? An abdominal snowman.
- Why did the Christmas tree go to the barber? It needed to be trimmed!
- What do elves learn in school? The "elf-abet."





HAPPY
Diwali
festival of light



Residents and staff came together to celebrate combined Diwali and multicultural day on Friday the 21st of November. Diwali is the festival of lights celebration and is India's biggest and most important holiday of the year symbolising the victory of good over evil and light over darkness. Our facility Manager, Kamie began by explaining the celebration to our residents which was followed by some dancing by staff members (thank you Prathana and Megha), we finished the morning with some sweet Indian treats to try and lots of dancing!





A multicultural staff lunch followed our morning of Diwali celebrations. Everyone brought along a plate to share relating to their country of origin. It was a wonderful time to share our different cultures and bring everyone together over a meal. I must admit I kind of cheated and bought Tim Tams for our dessert!



Our new entertainer Glen (below) really blew us away with his guitar playing and energy on Wednesday 12th November. Maybe that is why he calls himself "Step Back"!





Our bus outing once again took us to the Boab Tavern for lunch but with a different crew on board! Everyone enjoyed their meal, socialising with friends and of course the dessert!



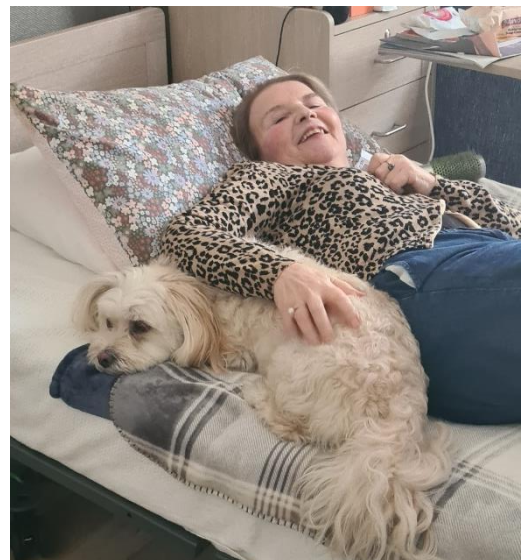
On Saturday the 29th of November Francis, along with family and friends enjoyed a wonderful belated birthday bash in one of the Rosewood lounges, spilling out on to the balcony. His daughter, Jackie also organised a string duo to play!



Francis (left), with his brother who celebrates his 99th birthday on the 9th of December and was recently given an Order of Australia!



Around our home





SALTER POINT SALON PRICE LIST

<u>HAIR CUTS</u>	<u>\$40</u>
<u>BLOWDRY OR SET</u>	<u>\$50</u>
<u>TINT</u>	<u>\$140</u>
<u>FOILS</u>	<u>½ HEAD \$120</u>
<u>FULL HEAD</u>	<u>\$150</u>
<u>PERMS</u>	<u>\$150</u>

***ALL COLOURS & PERMS INCLUDE A FREE BLOWDRY/SET**

*** A fee of 10% will be added to prices for GST**

**All payments to be paid in full on the day of the appointment, if possible, by the resident.
This can be settled via cash or card.**

**If a family member is handling the payment, my BSB & ACC details are provided below
to make it easy for payment to be settled within the week.**

**My phone number and email are also provided for residents and family members to
easily contact me for appointments and queries.**

**Renae (HairStylz by Renae)
BSB – 062 692
ACC – 7072 4422
REF – (resident's name)**

**Email - renaegorddard@hotmail.com
Phone – 0416 341 809**

**Renae will be taking some Christmas leave!
Please see dates below :
Last day in the salon – Tuesday 23rd December
Returning – Tuesday 13th January**



Christmas Raffle!

**Tickets are available
at reception
\$2ea or 3 for \$5
Please leave your
money in the tin – write
your name and phone
number on
the ticket stub**





Berti and I came across this glorious Jacaranda during a walk with Charlie



Christmas Day Plans

Can everyone please make sure we let the Floor Co-ordinator know our residents' plans for Christmas Day. As you can appreciate this can be a logistical challenge so we need "when/where/who" details so that the day runs smoothly for everyone!





The new Aged Care Act puts you at the centre of your aged care

It will make aged care safer, fairer and more respectful.

This infographic outlines the main parts of the new Act and how they work together.



Your rights matter

- Respect for your choices
- More independence
- Better complaints process
- Choose who helps you to make decisions
- Respect for your culture and identity
- Stay connected to your community



Friday afternoon the 29th of November we thought we would test out our new wireless speaker and microphone with a karaoke session and found some of our residents not wanting to give up the microphone!





Christmas Word Search

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

Decorations

Celebrate

Lights

Giving

Candy Canes

Ornament

Presents

Dinner

Christmas

Reindeer

Family

Wreath

Mistletoe

Cookies

Elves

Santa



Dear Santa,

I'm writing to let
you know that I've
been naughty and
it was worth it!