

**Issue #23
July
2026**

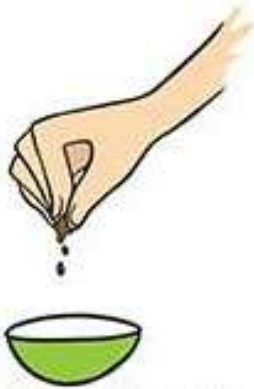


Monthly Newsletter

**EDITOR:
Dee**



Hello, Everyone!



A PINCH OF SALTER

July Jollies

We are trying to keep everyone active and busy during these cold and wet days with plenty of exercise and activities!

Check out what we got up to during the month of June in the following pages!

July special events will include:

- *A Mad Hatter's Tea Party*
- *World Chocolate Day*
- *Bastille Day*
- *Church Services*
- *Concerts*
- *Ballet 4 Wellbeing Session*
- *International Milkshake Day*
- *Bus Outing*

Plus our regular activities such as bingo, bocce, quoits, quiz time/word games, ten pin bowling, pamper sessions, pet therapy, board games, Picasso painting group, craft sessions and exercise groups.





Arts & Crafts

Craft sessions in June were based around preparation for our Mad Hatter's Tea Parties scheduled for the 1st of July. Sessions included making hats to wear on the day and utilising some corks to make mushrooms for our table decorations. Both turned out fabulous as you can see from the photos!





Glen Howell and his Guitar!

Glen had a full house waiting for him to start and it wasn't long before he had us up dancing on Wednesday the 10th of June!



Footy Tipping

We are well in to our Footy tipping season and here is our list of winners for the first 15 rounds who have won \$20 for their \$2 investment, with photos below of some of our most recent lucky punters.

Opening Round – Pat W

Round 1 – Judy

Round 2 – Berti

Round 3 – Max

Round 4 – Doug

Round 5 – Bec

Round 6 – Shirley E

Round 7 – Doug

Round 8 – Marj

Round 9 – Max

Round 10 – Shirley E

Round 11 – Francis

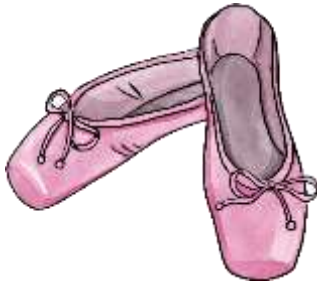
Round 12 – Max

Round 13 – Berti

Round 14 – Max

Round 15 – Doug





Our monthly Ballet 4 Wellbeing classes are always well attended. Residents particularly enjoyed their June session with a new face leading the class and they were very positive with their feedback which was passed on to the wonderful couple who usually run the class.



Some of our residents enjoyed a flower arranging afternoon in Boab where they redistributed a beautiful donation of flowers in to some stunning vase arrangements. Well done on the group effort everyone!



What did one cactus say to the other cactus?
"You're looking sharp!"

WHAT DOES A FLOWER CALL ITS GRANDDAD?



POPPY.





Our Occupational Therapist, Ruth, has initiated a new Hand Therapy Group which is by invitation only as it targets specific residents and is facilitated by our OT assistant, Del.

What is the group for?
This group focuses on:

- ☒ **Fine motor skills (using fingers and hands for small tasks)**
- ☒ **Coordination (helping your fingers and hands work together)**
- ☒ **Maintaining mobility & dexterity (keeping movement and control in your hands)**

What to expect?

Each session includes:

- **Gentle hand and finger exercises**
- **Activities to support control, coordination, and movement**
- **Fine motor tasks (at a level that's right for you)**
- **A calm, friendly group environment with encouragement**

This is a wonderful initiative for our residents, and we look forward to monitoring it's progress.



PHYSIO AT WORK



Most of you know Bevan as our physiotherapist who heads our Allied Health department, leads your exercise classes, completes your assessments and too many other tasks to list! But did you know that Bevan plays the piano (photo on right taken in Rosewood), is a keen golfer and plays guitar in a band!





Room Darts

Some of our residents had the opportunity to challenge their dart throwing capabilities within their own rooms, don't worry it's a magnetic game, no real darts were used in this experiment!!



I gave my wife a dart and said, "Throw this, and wherever it lands, I'm taking you on holiday." Turns out, we're spending two weeks behind the fridge.

don't forget
to
PAMPER
yourself

Pamper sessions continue to be a favourite on our activity program. Keep an eye out for it on your weekly planner or ask a Lifestyle team member!





Sometimes we forget when we are having fun in our Lifestyle activities that they also have purpose and are beneficial for both our physical and emotional wellbeing. Quoits is a regular inclusion on our activity program and without realising it, this game provides more than just a few laughs!

Key benefits include:

- **Improved Hand-Eye Coordination:** Consistently aiming and tossing rings onto a peg sharpens depth perception and fine motor skills. This enhanced coordination is particularly beneficial for reducing the risk of falls.
- **Increased Mobility and Strength:** The natural throwing motion acts as a gentle upper-body workout, improving flexibility and muscle strength in the arms and shoulders.
- **Cognitive Maintenance:** The game keeps the mind actively engaged by requiring focus, concentration, and scoring calculations.
- **Social Connection:** When played in groups, quoits promotes friendly competition, turn-taking, and camaraderie, which significantly reduces loneliness and isolation.



Teamwork
MAKES
the
DREAM
Work

You may notice that our Lifestyle team has changed things up a little and your usual team member has moved on to a different wing to get to know a new lot of residents. As of the 6th of July here are the wing allocations for the Lifestyle team.

Boab – Bec
Myrtle – Eula/Vance
Magnolia – Mandy
Rosewood – Lis/Dee





Renae is on site every Tuesday and Thursday for all your hairdressing needs.

Please contact her directly for a booking as per email or phone number below.

SALTER POINT SALON PRICE LIST

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

***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

Someone stole my wig!

That was a bald move.



We returned to "The Wray Hotel" in Fremantle for lunch in June with a different bunch of residents from the previous month. Feedback was that they had a great time and that they were all excited to be the first from Salter Point to test out our brand-new bus which got the thumbs up!



MANICURE & POLISH \$45
BROW WAX \$30
BROW DYE \$30
BROW WAX & DYE \$50
BROW TWEEZE \$20
BROW WAX & DYE & LASH DYE \$55
LASH TINT \$30
LASH PERM \$60
LASH CLUSTERS (FAKE LASHES) \$40
UPPER LIP WAX \$20
UPPER LIP & CHIN WAX \$30
SIDE OF FACE WAX \$15
ALL FACIAL WAXING \$40
BROW TRIM ONLY (SUGGESTED FOR MEN) \$15

We have been contacted by a lovely lady who would like to make her beautician services available to our residents at Salter Point. If you are interested in any of the services listed, please let one of our Lifestyle team members know so that we can ask Summer to schedule a visit!





Picasso Group

This month our artists used our Mad Hatter's Tea Party as inspiration and created some fabulous pieces for our gallery!



Come and check out "Salty's Picasso Gallery" upstairs between Rosewood and Magnolia!



We love spending time outside!





June Birthday Celebrations



We had a great time during a craft session painting our terracotta pots before utilising them during our gardening session. Residents planted some succulents to create beautiful potted showpieces.





Introducing our new Leadership Team at Salter Point Aged Care Facility

We are delighted to announce the appointment of Navdeep Kaur as our new Facility Manager and Marita Manalang as our new Clinical Nurse Manager at Salter Point.

Both Navdeep “Nav” and Marita have been promoted from their previous roles as Clinical Nurse Coordinators, recognising their strong leadership, dedication, and valuable contributions they have made to our residents, their families and Salter point Aged care team.

Please join us in congratulating Nav and Marita on their appointments and look forward to the positive impact their experience, compassion, and commitment will bring as they continue to support the delivery of high quality care and services to Retirees WA.

We wish them every success in their new assignments.

Henrietta de Sa BA Hons. MA
CEO



Charlie when he's looking for Dee!



Mad Hatter's Tea Party

I know that our Mad Hatter's Tea Parties were held on Wednesday the 1st of July (downstairs enjoyed morning tea and upstairs joined us for afternoon tea) and officially should be in next month's edition but I couldn't wait to show everyone how much fun we had so I'll let the photos do the talking!





More Mad Hatter's Tea Party Photos





Around our home





Alice in Wonderland

ADVENTURE
ALICE
BILL THE LIZARD
CATERPILLAR
CAUCUS RACE
CHESHIRE CAT
CROQUET
DODO
DORMOUSE
DUCHESS
FLAMINGO
GRYPHON



KEY
KNAVE OF HEARTS
LEWIS CARROLL
MAD HATTER
MARCH HARE
MOCK TURTLE
MUSHROOM
QUEEN OF HEARTS

RABBIT HOLE
ROSES
TARTS
TEA PARTY
TEARS
TRIAL
WHITE RABBIT
WONDERLAND

