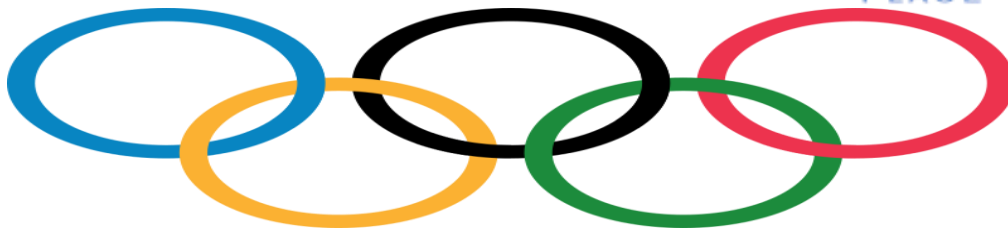


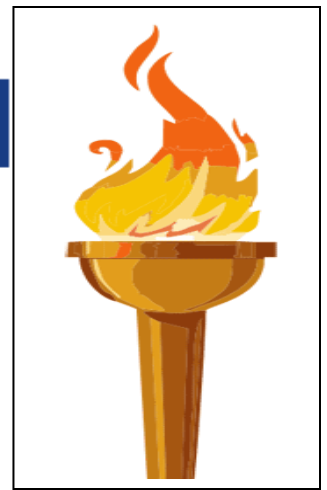
SPRING 2016

QUALITY AGED CARE

"The Art of Ageing Gracefully"



Ardmillan Place Olympics 2016



Inspired by the recent games in Rio, our lifestyle team have arranged for our own version of the Olympic Games to be played here at Ardmillan Place. They will commence on 29th August and will run over a period of 2 weeks.

Family and friends are most welcome to attend and any assistance that they could provide in running the individual games, would be greatly appreciated. The events will be held every afternoon and the program is as follows:

MONDAY, 29th AUGUST

**What: Opening Ceremonies of the Olympics
(Short Program / Torch)**

When: Monday, 29th August (14:00)

Where: Level 4 Terrace

What: Bowling

When: Monday, 29th August (14:30)

Where: Level 4 East Dining Room.

TUESDAY, 30th AUGUST

What: Carpet Bowls

When: Tuesday, 30th August (14:00)

Where: Level 4 West Lounge Room

WEDNESDAY, 31st AUGUST

What: Golf

When: Wednesday, 31st August (14:00)

Where: Level 5 West Foyer

THURSDAY, 1st SEPTEMBER

What: Basketball

When: Thursday, 1st September (14:00)

Where: Level 5 West Lounge Room

FRIDAY, 2nd SEPTEMBER

What: Fishing

When: Friday, 2nd September (14:00)

Where: Level 4 Terrace

SATURDAY, 3rd SEPTEMBER

What: Roll a ball

When: Saturday, 3rd September (14:00)

Where: Level 5 West TV Room

SUNDAY, 4th SEPTEMBER

Father's Day

MONDAY, 5th SEPTEMBER

What: Air Hockey

When: Monday, 5th September (14:00)

Where: Level 4

TUESDAY, 6th SEPTEMBER

What: Cuppa Ping Pong

When: Tuesday, 6th September (14:00)

Where: Level 5 East TV Room

WEDNESDAY, 7th SEPTEMBER

What: Target Shooting

When: Wednesday, 7th September (14:00)

Where: Level 5 West TV Room.

THURSDAY, 8th SEPTEMBER

What: Soccer

When: Thursday, 8th September (14:00)

Where: Level 4 Terrace

FRIDAY, 9th SEPTEMBER

What: Plastic Plate Disc

When: Friday, 9th September (14:00)

Where: Level 4 Terrace

SATURDAY, 10th SEPTEMBER

What: Curling

When: Saturday, 10th September (14:00)

Where: Level 4 East Activity Room

What: Closing Ceremonies of the Olympics (Awarding)

When: Saturday, 10th September (15:30)

Where: Level 4 Terrace

Ardmillan Cafe

Don't forget, for your convenience Ardmillan Café is open seven days a week from 10am to 5pm. It is a great place to meet up with family and friends for lunch or morning & afternoon teas, especially when the weather is not pleasant outside and you don't want to venture too far.

It has a good selection of hot, cold, sweet and savoury items, with most food being made onsite. Devonshire Tea is available every Monday and Thursday afternoons and other specials are added to the menu from time to time.

Our free drink card is also very popular with regular patrons of the café. If you are not familiar with it, ask one of our friendly cafe staff to show you the next time you are in.



Ardmillan Chocolate Chip Biscuits

These biscuits are a big hit at our café and sell quickly whenever a new batch is made. If you'd like to try making them yourself, I've asked the chef to share the recipe:

125gms Butter

¼ Cup Sugar

1 Egg

1 ½ SR Flour

1 Cup Chocolate Chips

Mix Butter, Sugar & Egg

Add Flour & Mix,

Add Chocolate Chips & Mix

Roll into balls & bake on tray for approx 10-12mins at 180C or until biscuits are golden.

Eat warm from the oven.....YUM !

Grace Notes Singers

the GRACE NOTES

We were very lucky to once again have The Grace Notes Singers perform for us here at Ardmillan Place.

This took the form of a Winter Concert, where the choir sang many traditional & contemporary pieces. They also supplied songbooks and led the way with a few sing-along's, which residents and families greatly enjoyed.

The Choir has also kindly agreed to return here later in the year, for a Christmas Concert.

Below are Michael Dalla Pozza & Don Durham presenting a gift & making a thank you speech, on behalf of all our residents



Remembering Food from the 1950's:



Pasta was not eaten in Australia.
Curry was a surname.
A takeaway was a mathematical problem.
Rice was only eaten as a rice pudding.
Calamari was called squid and we used it for fish bait.
A Big Mac was what we wore when it was raining.
Brown bread was something only poorer people ate.
Oil was for lubricating, fat was for cooking.
Tea was made in a pot using tea leaves and was never green.
Sugar enjoyed good press in those days and was regarded as being white gold.
Cubed sugar was particularly posh.
Eating raw fish was called poverty, not sushi.
None of us had heard of yoghurt.
Healthy food consisted of anything edible.
People who didn't peel potatoes were regarded as lazy.
Seaweed was not a recognised food.
Prunes were medicinal.
Surprisingly, muesli was readily available, it was called cattle feed.
Water came out of a tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock.

Music with Dave

Dave Evans is our newest addition to the Lifestyle Program. He comes in on a regular basis to play the Piano Accordion on Level 4.

Dave's sing-along's are hugely popular with our residents, as he plays a large selection of songs from the 1920's, 30's & 40's. Most of our residents are very familiar with these songs and it is lovely to watch their response to them.



Footy Tipping

We have fifty eight residents participating in our Footy Tipping Competition this season.

It has proved most interesting for a lot of our residents, who keenly follow the games and await the results each week.

We currently have three residents vying for the top position on the table.

Our competition runs up to and including the Grand Final on Saturday 1st October. The winner will be announced soon after and they will receive a cash prize and a certificate.



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Activities and Entertainment



Morning Melodies at the Clocktower

In September - Adelaide folk sensation, The Beggars, follow the story of The Seekers starting from the Melbourne café scene in 1962 all through their rollercoaster journey to London

In October - Janet Seidel returns to the Clocktower Centre to celebrate Johnny Mercer, the famous singer and founder of Capital Records. Featuring a rich selection of sounds such as Moon River, Dream, Tangerine and more

In November - Off the back of their successful 'Great Songs of the War Years' Promac Productions returns with a performance paying tribute to the songs of World War II and the Vietnam War

In December - The award winning Choir of Hard Knocks celebrates their 10th Anniversary in 2016 with their first national Hope & Inspiration tour under the direction of their founding conductor, Jonathon Welch



Special Milestone Birthdays

We have some special birthdays happening over the next few months:

90th Birthdays:

Gwen Forsyth - 5th October

Audrey Pascoe - 11th November

95th Birthday:

Jeannie Gasparini - 26th September

Mini Mozarts

On Sunday 11th September at 3.30pm, Mini Mozarts a local music school, are returning to Ardmillan Place to once again to perform for our residents.

The students play a variety of instruments and their youth, enthusiasm and dedication are evident in their performances. This event will take place in the level 2 foyer area and should last for approximately an hour.

All residents, family & friends are warmly invited to attend.



**To care for
those who
once cared
for us is one
of the highest
honours**