

## Lakeshore's Newsletter for Family and Friends



Hello. In this newsletter, we'll share some highlights of how residents and staff have banished the grey days of winter. We hope you have been able to do the same. We have also included some pictures showing our Christmas celebrations.

### Music

Over the past three months residents have been able to enjoy a wide range of musical performances. The fantastic performances have ranged from large ensembles such as the Salvation Army, the Barn Stormers and the Sheringham Ukulele Band, through to solo musicians such as Rachel on flute and piano, Chris Wilson on guitar and trumpet and passionate vocalists like Adam and Darrin Sings. All these performers are wonderful in engaging their audience. Residents sing-along, play percussion and dance in place. The Christmas Concert performed by Sheringham Primary School was one of the highlights. After the concert, small gifts were exchanged and tea and Christmas goodies served.



## Festive Fun

The festive season started with large 'advent tables', that displayed the prizes available for the daily advent drawing for everyone based at Lakeshore. In the art and craft sessions, residents created many of the decorations that could be found throughout the home from floral Christmas centre pieces to 3D depictions of Santa climbing down the chimney.



Early on Christmas morning, residents were delighted to meet Santa and his helpers. Santa had gifts for each resident. Each gift was tailored to reflect the resident's preferences and interests.



The merriment continued over Christmas Lunch, Boxing Day and for the rest of the week. Residents saw the New Year in with a glass of bubbly and blowing party favours. The party was in the afternoon rather than at midnight!

### **Puppy Visits & Pet Therapy**

Residents love the frequent visits from Luna, the Toy Poodle who is so petite, that she is a perfect lapful. Residents enjoy stroking, cuddling, grooming and feeding her treats. Residents were also very excited to play with some beautiful dachshund puppies. All the residents met either Winston, Elvis, Bruce, Hazel, Sally, Willow, Max or Winnie. As you can see these visits produce a lot of smiles and a sense of well-being.



## Gentle Movement

Residents and staff have embraced the Qi Gong sessions that were introduced last Autumn. The sessions run fortnightly and are well attended. Residents enjoy exercising using different props. To date, these have included clubs, massage balls, balloons and macarena.



## Friendly Competition & Quizzes

The popularity of quizzes and word games at Lakeshore continues. Residents enjoy working in teams, testing their knowledge, and sharing plenty of laughs along the way. There is also a friendly rivalry between the residents and the quiz master. Residents cheer, when either as a group or individuals, they reach 100 percent!



Clues to find the chocolate/sweet. <http://www.gld.com.au/13060/>

1. Excellent thoroughfare \_\_\_\_\_
2. Dark occult \_\_\_\_\_
3. Clever people \_\_\_\_\_
4. Garden flowers \_\_\_\_\_
5. Dairy holder \_\_\_\_\_
6. Istanbul harem \_\_\_\_\_
7. Coat fasteners \_\_\_\_\_
8. Talk quietly \_\_\_\_\_
9. Big bus \_\_\_\_\_
10. Spin around \_\_\_\_\_
11. Lorry Driver's Favourite snack \_\_\_\_\_
12. Ford's people carrier \_\_\_\_\_
13. Big cats pub \_\_\_\_\_
14. Outdoor dining \_\_\_\_\_
15. Roman god of war \_\_\_\_\_
16. Captain Bligh's ship \_\_\_\_\_
17. A finger is just enough \_\_\_\_\_
18. Equipment for a feline \_\_\_\_\_
19. Locals from Malta \_\_\_\_\_
20. Musicals bards \_\_\_\_\_
21. A hazelnut in every bite \_\_\_\_\_
22. Made to make your mouth water \_\_\_\_\_
23. All you can do is chew \_\_\_\_\_
24. Let the juice loose \_\_\_\_\_
25. The mint with the hole \_\_\_\_\_
26. Chocolate heaven since 1911 \_\_\_\_\_
27. Refreshers your breath, naturally \_\_\_\_\_
28. Tap it, unwrap it \_\_\_\_\_



We look forward to seeing you soon.  
Best wishes,  
Linda Cooke, Manager, RGN