

# Out and About



*care with purpose*



## Aged Care Games Metro

Fourteen teams from metropolitan aged care residences participated in the Annual Metro Live Lighter Aged Care Games at the Belmont Oasis in August.

Archbishop Goody sent their team, AGH Premiers, who placed third again this year.

St Vincent Vignerons also competed.

St Vincent Vignerons came fourth, and the competitors loved their big day out.

Dulcie, who just turned 100, won a prize for being the oldest participant.

Participating in the local community helps maintain connection, optimises quality of life, and promotes skills and strengths that bring joy.



## Shepherd's Pie



### Ingredients

500g beef	1 cup water
1 brown onion finely chopped	4 medium potatoes
1 carrot, chopped	½ cup milk
½ stick celery, chopped	1 teaspoon butter
other chopped vegetables, optional	grated cheddar cheese for
sprig of thyme	topping, optional
1 chicken stock cube (don't worry	
about salt for the meat, stock cube	
will have enough salt)	

### Method

Fry onion until soft and translucent. Add mince and fry until browned. Add carrot, celery, and thyme, and fry for a few more minutes (you can add any vegetables you like and put in as much as you think the meat mix needs). Place into a casserole dish.

Peel potatoes, cut into quarters, boil in water with a pinch of salt, and cook until soft. Drain the potatoes well and mash with the milk and butter. Spread mashed potatoes over the meat and vegetables. Bake at 180 degrees for approximately 1 hour. If you like the top brown and crispy, after ½ hour, sprinkle the top with grated cheddar cheese. Keep an eye on it so it doesn't burn on top.



## St Vincent's

# Spring Fete

St Vincent's is holding their spring fete on 27th September and is looking for donations and volunteers on the day to help out. There will be lots of fun for friends and family. See the flyer below for more information.



For donations or providing assistance on the day,  
please contact [stv@catholichomes.com](mailto:stv@catholichomes.com)



## St Vincent's

# Job Roles

Care with Purpose job roles provide a sense of purpose and achievement. Joan Duns fills salt and pepper shakers, Joseph Marimuthu changes the weekly menus, and Valerie Laughton helps create beautiful birthday cards.

Archbishop Goody

## Aged Care Games

The LiveLighter games provide opportunities to experience team participation and competition through adapted games held in the local community.

The AGH Premiers compete regularly and placed third again at the games held at Belmont Oasis in August.

Congratulations, AGH Premiers.



Archbishop Goody

## Mini Sports

At Archbishop Goody, you don't have to wait for the LiveLighter games to satisfy your urge to compete. Mini sports activities are a regular occurrence.

Christina and John are pictured enjoying a game of seated air hockey and mini basketball at the mini sports activities held at AGH.



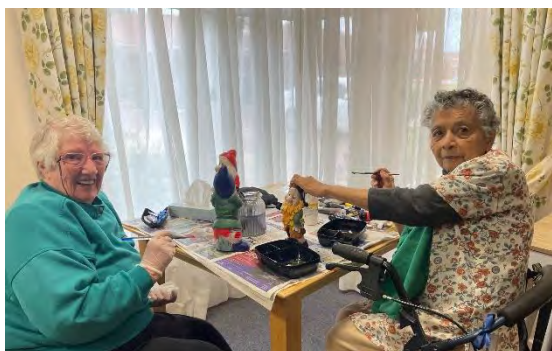


Trinity

## Job in Hand

Housemates Shirley and Patricia from Trinity Village recently took time to give all our little gnomes a fresh lick of paint.

They look fantastic in the garden, just in time for spring. Garden gnomes represent good luck, protection, nature, and abundance. Thank you, Shirley and Patricia, fantastic job!



Trinity

## Job Role

We want to thank you, Christine, at Trinity Village, for always being willing to lend a hand. You've taken on several projects, including the Village Library, where you catalogued all the books. Each season, you assist with marking the weekly footy tipping and often help with sorting and stapling documents. Perhaps your most valuable contribution was the idea four years ago to create Chatter Box, a newsletter put together with the help of a volunteer consisting of interesting local articles and news stories. Everyone is encouraged to contribute and often share their poetry, life stories, talents, jokes, and memories.

Thank you, Chris.



Ocean Star

## Knitting Group

Knitting groups have been around for a long time.

In the past, creating and mending garments for the family was considered an essential skill. Being creative, practising the skill, and being with people who share a common interest is now the satisfying focus of many knitting groups.



Ocean Star

## Animal Love

The person-animal bond is said to be a mutually beneficial as well as being a dynamic relationship.

Honey, visits fortnightly with her two sisters and has become very relaxed with everyone, and Taffy, the horse, is popular as well. Everyone looks forward to their visits.





Ocean Star

## Job Roles

Hazel and others, thank you for contributing to the floral ambience at Ocean Star. Arranging the chapel flowers is a task that delivers beauty and joy to our home. The flower arrangers' efforts are greatly valued. Thank you.

Ocean Star

## Mr Sheen

Mr Sheen has been around since the 1950s and has put a shine to many a West Australian home. Thank you, Val, for brightening up Ocean Star corridors with a polish of Mr. Sheen. Polishing makes a satisfying difference to the look and feel and is much appreciated.



Ocean Star

## Housekeeping

Housekeeping in the dining room at Ocean Star continues to be a time of shared effort and warm discussion amongst friends around the kitchen table. This job role is an example of meaningful engagement fostering joyous connection.

Castledare

## Indian Culture

Indian culture was celebrated in a big way at Castledare recently. India celebrates its Independence Day on 15 August each year.

Indian dance comes in many styles and is an engaging activity.

Enjoying an Indian restaurant is another way to celebrate Indian culture and an enjoyable experience.





Castledare

## Armchair Travel to Japan

Armchair travel is a long-held enjoyment. This month Castledare travelled to Japan and learnt much about the country.



Castledare

## Knit and Natter

Knitting groups are growing again. The ladies at Castledare enjoy the production and creativity of the craft and the conversation with people who have a common interest.





Castledare

## Cake Decorating

Cake decorating talent involves decorating a cake for special occasions such as birthdays, weddings, baby showers, or religious holidays. Lomonde, Shirley, and others show us their cake decorating skills in these photos.





# Words from Words

## Achievement

How many words can you find in **achievement**? The Lifestyle team will help you to submit your word list.

[illegible]

Conversation was the word for the July word game.

Mary, at Ocean Star found 272 words, and at Trinity, Sannie found 86, Shirley found 212, and Patricia found 132 words. From Castledare Penny found 231, Laurie 168, Diane 73, Thelma 90, Len 41, and Shirley 21. Well done to everyone.



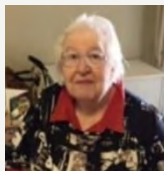
Mary



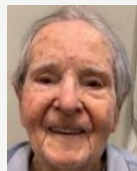
Sannie



Patricia

 Shirley

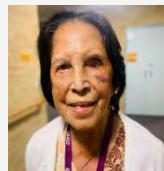
Penny



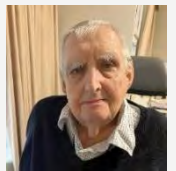
Laurie



Shirley



Thelma



Len



## Feature

# Valmai

Valmai was born in South Perth in 1939.

She left school and worked as a tailor at Davison and Sons, making men's suits and shirts.

Valmai moved to Narrogin, where she worked for Foy and Gibson Fashions as a sales assistant and a model, and won the Crowning Glory Crown in 1959. She met and married her husband, Doug, in Narrogin, and they had six children.

Valmai has lived in Manjimup, Busselton, Geraldton, Bunbury, and Guilderton.

Valmai and Doug were publicans for 10+ years, running hotels and restaurants for 10 years. They retired to Allanson.

p 1300 244 111

e [catholichomes@catholichomes.com](mailto:catholichomes@catholichomes.com)

[catholichomes.com](http://catholichomes.com)