

# Out and About



*care with  
purpose*



## Christmas blessings to all at Catholic Homes

As we celebrate the festive season, Advent encourages us to embrace the spirit of giving, kindness, and reflection, making it a meaningful and enriching part of the Holy season for people of all faiths.

You can use this time to connect with loved ones, give back to your community, and find moments of serenity and joy.

To everyone at Catholic Homes, we send you heartfelt greetings for a joyous, blessed Christmas and eagerly look forward to a safe and prosperous New Year in 2024.



## The season to bring joy – What is happening in December 2023

### Christmas is a time for celebration!

December has already been a whirlwind of festivities and joyous occasions.

As the month unfolds, we look forward to continuing to embrace the spirit of celebration.

From the cheerful resident and relative celebrations to the festive light tours, we hope that you have enjoyed helping decorate your home.

As we see out December in style, may you continue to revel in the joyous atmosphere and shared laughter.

We look forward to sharing the festivities in the January 2024 edition of "Out and About".



### CHRISTMAS CAROL SCHEDULE

**Trinity:** 14<sup>th</sup> December at 1:30pm

**Castledare:** 15<sup>th</sup> December at 6pm

**Ocean Star:** 15<sup>th</sup> December at 6pm

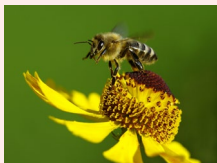
**St Vincent's:** 20<sup>th</sup> December at 6pm

**Archbishop Goody:** 21<sup>st</sup> December at 10:30am

**Sr Mary Glowrey:** was Tuesday 12 December!







## Archbishop Goody Gardening for the soul



Archbishop Goody has had a fun filled November from outings to the casino, to having students from TAFE who are part of the English Migrant Program. Thank you to Nicole for helping the students.

John and Christiana have been busy in the gardens. Their wise words **'Plants are like us, they need water, just like us'**.

Maria had fun shopping at the variety store.

We look forward to what the remainder of the year brings.





## Trinity Village

### Choir brings joy

It was so lovely to hear the voices of children singing at Trinity Village once again.

It's been a while since we have had a children's choir perform for us. We had our first taste of Christmas carols for the season.

Everyone thoroughly enjoyed the performance and Linda Blake of House 42, gave a lovely speech thanking the children and staff on behalf of the residents.

We also welcomed the Marmion Primary Senior Choir and enjoyed their renditions of some old and new.

We hope to welcome them back again soon.







## The year that was

As 2023 comes to a close, it is a lovely opportunity to fondly recall all the love, hospitality and joy that we have experienced. From the final event at Servite, and what a memorable event it was, to our talented family at Ocean Star who showcased their art. Who could forget our Archbishop Goody and Castledare Volleyball Competition and the inaugural Golf and Sip. May we have found joy in the memories the year offered. As we embark on a new journey into 2024 may it be adorned with an abundance of love, care and hospitality. We hope that you enjoy reminiscing!





## GRANDMOTHER'S SCONES AND A CHRISTMAS SPECIALTY



### INGREDIENTS

1 2/3 cup (250g) self-raising flour

½ cup milk

125g butter

pinch of salt

### Method

Rub butter, flour & salt together, then add milk to make a “wet” dough. Gently spread it out to about ½ inch thickness. Cut with a small scone cutter or cut into triangular wedges. Put onto a greased and floured oven-tray and brush the tops with milk. Bake at 220 degrees for approximately 15 minutes. To test whether they’re done, tap the tops. If they sound hollow they’re cooked, if not they’re still doughy inside and need to cook just a few more minutes. Eat with butter, jam and cream. The secret to light, fluffy scones is not to work your dough at all. Once ingredients are just mixed, have them on a board & cut out the scones without kneading at all. The less handling, the better.

### Options

Savoury scones:

- add grated cheese and chopped chives (or garlic chives)
- add grated tasty cheese, chopped parsley and paprika
- for pumpkin scones used 1 cup cooked, mashed pumpkin, properly drained, instead of the milk, plus ½ cup sugar, also use half the amount of butter.

Eat savoury scones warm and buttered.

When Lesley was young she remembers the food that people brought after church services on Sundays. Where others used to bring sweet food to share, Lesley’s mother usually brought cheese and chives scones and many people would say how much they appreciated her special savoury option. Lesley can also remember doing lots of cooking with her grandmother – even making perfect scones in a camp oven, over a fire, with no scales or cup measures.





# *Lesley's Recipes for Leftover Christmas Cake*

## HEAVENLY HASH

### INGREDIENTS

- left over fruit cake (or a cheap one from the supermarket)
- 1 tin fruit salad
- Marshmallows (use as many as you like)
- whipped cream
- meringues (from supermarket)

### Directions

1. Cut cake and meringues into chunks and add to a 2-litre dish.
2. Add all other ingredients to the dish ensuring it doesn't go more than half way up the dish
3. Add more of the bits you like to personalize.
4. Smash it all together and eat immediately.

### History of Heavenly Hash

The story goes that a little boy was told to run home quickly, and on the way he fell over and made a big mess of his mother's dessert. This is how he put it back together again and it has been popular ever since.

## SUMMER PLUM PUDDING (OR COLD WINTER PUDDING)

### INGREDIENTS

- Port jelly
- left over fruit cake.
- whipped cream

### DIRECTIONS

1. Cut left over fruit cake into chunks
2. place into individual dessert ramekin or one large bowl.
3. Pour port jelly over the fruit cake and place in fridge for at least 4 hours or overnight.
4. Serve with a dollop of whipped cream.







St Vincent's

## Our fabulous fete

We were left in awe, as to the charm and delightful goodies and entertainment that the St Vincent's Fete offered. A true celebration of creation and a great opportunity to have everyone involved.







St Vincent's

## The Great Gatsby

We took a step back in time, to the 1920s, an era of the American Dream and Jazz Age. These are just a few of the photos from Our Roaring 20s celebrations.





# Santa Claus

How many words can you find in **Santa Claus**? Over 150 words are possible; how many will you find? The Lifestyle team will help you to submit your word list.

[illegible]



## Introducing Stephanie

**Meet our new Care Model Coordinator, Stephanie Ellwood. Based at Head Office, she coordinates & promotes 'Care with Purpose'.**

**Describe yourself in three words.** Friendly, warm and loving.

**If you could travel anywhere, where would you go?** I live to travel and next on my list is Lapland and to go back to Japan.

**What is your favourite dining-out restaurant?** At the moment I am a bit taken with Chakra in Inglewood.

**What is your favourite film?** Dirty Dancing, through and through.

**What would you sing at a karaoke night?**

I Wanna Dance with Somebody but, believe me, I cannot sing!

**Dinner party guest, who would it be and what would you ask them?** Claude Monet, I would adore being in the presence of an inspiring artist at a time in history.

**What was the first thing you bought with your own money?** A fan - unusual I know.

**What advice would you give your younger self?** Never be afraid to make mistakes and



make the most of every moment with those who are no longer with us.

**What are you most proud of?**

My loved ones and my relationships that I have with them.

**What is the best thing about your job?**

The sense of purpose that comes from working in aged care is really heartwarming. Having the ability to help make a positive difference to someone's day and hopefully their quality of life, is key in my love of the job.