



CaSPA Care

Living well. Living locally.

CASPA CARE EMERALD HILL RESIDENCE

NOVEMBER LIFESTYLE NEWS!



November is looking to be an exciting month of activities. There are a few events where our residents family and friends are welcome to attend so we would love to see you!

If you are interested in volunteering at CaSPA Care we would love to hear more about spending time with our wonderful residents. There are many activities to participate in, however one-on-one time is also a treasured way to improve residents wellbeing.

If you want to know more about any volunteering or activities, contact the Lifestyle team - Kerry or Karen:
lifestyle@caspacare.org.au

MELBOURNE CUP & OAKES DAY

We are celebrating the Melbourne Cup on Tuesday the 7th of November with a sweepstake underway and decorations going up for the main event. During the race we will have happy hour celebrations with nibbles and drinks.

OAKES DAY CELEBRATIONS - OPEN EVENT!

We are excited to welcome you along to our Oakes Day Celebrations! Thursday 1.30pm in the Activity Room (Level 'L') at 1.30pm. We will have live entertainment, afternoon tea, a hat parade (everyone is welcome to dress up) and our residents artwork will be on display. Please join us! We'd love to have you.



AUSTRALIAN NATIONAL ACADEMY OF MUSIC

Our partnership with the Australian National Academy of Music (ANAM) continues in November, inviting residents to attend the recital concerts at the South Melbourne Town Hall.

Wednesday 8th November - 1pm and 3pm

Friday 10th November - 11am and 1pm

Family and friends are welcome to attend at a cost of \$5 per person to be paid to ANAM at the door. Please note, start times are strictly adhered to.



BUS OUTINGS

November sees an increase in bus outings with a few trips to the beach scheduled with Karen Wilson. As the weather warms up, it's lovely to encourage our residents to take a trip to the nearby Elwood Beach for an ice cream and some fresh sea air.

We also have outings to the National Gallery of Victoria and Morning Melodies in Yarraville.

HEY DEE HO MUSIC

Our thriving music program includes twice monthly visits from a group of 4 year old Children from the Neighbourhood House who sing and enjoy activities with Hey Dee Ho Music.

Inter-generational therapy brings so much joy to our home, it really brightens up both our residents and staff and we are so thrilled to continue this popular activity in October.

Thursday 2nd November - Level 3 / 10.30am

Thursday 23rd November - Level 1 / 10.30am

WALKING GROUP

CaSPA Care Emerald Hill Residence is surrounded by beautiful parks, gardens, and for the more active residents we are very close to the Albert Park lake.. Our walking groups are certainly enjoying this warmer weather.

Daily exercise is of critical importance so we are focused on encouraging more residents to actively participate in physical movement every day. Chair based exercises, yoga, meditation along with fun games are all part of our November programme.

NETFLIX AND YOUTUBE

In October we introduced Netflix for each home at Emerald Hill Residence (apart from House 3 who have alternative options).

Our residents now have access to all movies, shows and documentaries on Netflix - tell us your suggestions? We would love to know what you've been watching if you think our residents might enjoy.

Also, each floor now has YouTube access to search for absolutely anything on offer via this hugely popular service.

