



# CaSPACare

*Living well. Living locally.*

CASPA CARE EMERALD HILL RESIDENCE

## DECEMBER LIFESTYLE NEWS!



December is always a hugely exciting time of year with plenty to celebrate throughout our home.

We welcome all Family, Friends and loved ones into our home always, especially over the festive season. Please let us know if you would like to attend Christmas events or Christmas Day lunch by emailing [kfields@caspacare.org.au](mailto:kfields@caspacare.org.au)

### CHRISTMAS PARTY TIME!

We are celebrating Christmas in each home this year and we warmly welcome you to join us as we spread good cheer and love with one another. There will be nibbles, drinks and christmas carol sing-alongs with Kerryn on the Ukulele!

Southport Residence: Monday 11th December

Emerald Hill Residence:

House 1 & 2: Friday 15th December, 2PM

House 3: Tuesday 12th December, 2PM

House 4 & 5: Thursday 14th December, 2PM

House 6: Tuesday 12th December. 10.30am

House 7 & 8: Wednesday 13th December, 2PM

House 9 & 10: Monday 18th December, 2PM



### CHRISTMAS EVE - GREEK CELEBRATIONS!

We are celebrating with our Greek community on Christmas Eve (December 24) and we would love to see you there!

Enjoy Greek music, entertainment and a delicious shared afternoon tea. All Residents, Family, Friends and members of our community are welcome to join us!

EMERALD HILL RESIDENCE - LEVEL 2, HOUSE 6

203 NAPIER STREET, SOUTH MELBOURNE

DECEMBER 24TH - 1PM - 3PM



## CHRISTMAS DAY CELEBRATIONS!

Christmas is an important time of year to celebrate with our loved ones, please make sure you are registered for our main meal at lunch time should you wish to enjoy a sit down meal together.

Lunch will be a 3 course meal with all the trimmings! The cost per person is \$35 and you must RSVP by the 15th of December via Jenny at Emerald Hill Reception, Tara/Jodie at Southport Reception OR call (03) 9633 9200.

Please make sure you let us know you are coming for lunch - a number of folks turned up on the day and we had not catered for those who did not RSVP.

## DANCE THERAPY

Our thriving music therapy program includes weekly visits from our wonderful Dance Therapist Cristina who just loves working with our residents, promoting movement, enjoyment, and group activity time. These classes are a lot of fun and will continue through the festive season so we will be keeping our bodies moving over Christmas.

Cristina visits Southport on Tuesday's and is at Emerald Hill Residence on Thursday mornings in House 3 and 6 with the sessions open to all our residents.



## LIVE ENTERTAINMENT

Bobby Valentine is an internationally performing award winning songwriter who brings his huge personality and warm heart to the residents at CaSPA Care. Bobby entertained us earlier in the year and our residents loved his renditions of classics we all know and love to sing along to.

Bobby is bringing Elvis to Christmas this year in House 3 (Level 2) Thursday the 21st of December, 1.30PM.



## POLISH DINNER - HOUSE 9 AND 10

On Friday the 8th of December from 4-7pm our residents in House 9 & 10 are celebrating a Polish themed dinner with entertainment from our resident pianist Les Sedal.

Les will perform 12 Chopin Mazurkas, showing examples of the dance in short film clips as he plays while folks enjoy their 3 course dinner. After dinner we will be showing the film 'Isadora' based on the life of the dancer Isadora Duncan.

A fun and relaxing evening, open to all our family and friends with a \$15 meal ticket available at reception for those who wish to join us.

