

Excursions for Wattle Group



Katanning Dome and Mamma Mia

Saturday 8 September

Drive down to Katanning for brunch at the Dome Café, arriving at the Little Gem Wagon at 1.30pm. Mamma Mia commences at 2.00pm.

Pick ups begin: 9.00am / Leisure Centre - 9.15am

Drop offs: 5pm

Cost: \$30.00 includes movie and fuel

Lunch: At own cost or BYO

Aladdin - Crown Theatre

Sunday 23 September 2018.

Breath taking sets, mind blowing special effects, lavish costumes and a fabulous cast bring Disney's Aladdin to life on the Crown stage. Prepare to experience the unmistakable theatrical magic that is Aladdin.

Now is the time to start saving your pennies! Tick this off your bucket list. All tickets before September were sold out!!

We will need at least 20 people to qualify for discounted tickets.

Discount price: \$150.00pp

Normal Price: \$165.00pp

Lunch: At own cost.

Pick ups begin: 7.30 am

Broomehill - Henry Jones Winery and Café

Sunday 12 August

Built in 1911, this was the shopping centre of its day where you could buy everything from flour to bullets and bank your money at the same time. In this lovingly restored building one will step back in time, a huge range of collectable books, some you can purchase and others just there for you to browse through. A vast display of memorabilia that will take you back to your childhood days and beyond. This is a "restaurant with a difference", enjoy wine tasting from Henry Jones own winery then sit down to a delicious two course meal lovingly prepared by Annabella, the owner of this remarkable winery and café.

Pick ups begin: 8.15am, Leisure Centre 9.15am

Drop offs: 5pm

Cost: \$50.00 includes cost of lunch

Wildflowers in the Wheatbelt

Sunday 16, Monday 17, Tuesday 18 September

Two nights at Wave Rock Lakeside Resort situated on the shores of Lake Magic. Enjoy Lake Magic sunrise, sunset and changing colours at beautiful Lake Magic. The water in the lake is clear but salty, the lake is gypsum and surrounded by beach sand.

Explore fields of natural beauty – begin our wheatbelt experience travelling through the towns of Yealering to Bullaring, stay awhile at Bullaring, take a stroll through the Dorothy Martin Wildflower Garden then proceed to Corrigin. Before lunch we will do the Corrigin Wildflower Drive which is one of the best locations to seek out wonderful wildflowers and native vegetation. Variety is the keynote as the plants change with soils through woodlands, thickets and scrub land. As we pass through the Wheatbelt towns on our way to Wave Rock enjoy panoramic views of granite rock, farmland

and historical architecture. Day two will be as or if not MORE exciting than day one. The fun of discovery will be when you join our group to experience and explore the mystery and delight of our tour. We will not be visiting the Lace Place or the Tin Soldiers Collection unless it is requested.

Pick up Sunday: 7am

Drop off: Approximately 3pm Tuesday

Cost \$300.00: Includes light breakfast, morning teas, all lunches, dinners, and accommodation

Natures Garden of Harmony, Romancing the Stone, Maida Vale

Tuesday 16 October

Welcome to Tom's garden, enjoy a walk with Tom and learn the history of this award winning garden. This garden is a wonderful creation of undulating rock walls, pathways and water features interspersed with an array of colourful flowers and shrubs. Relax and enjoy a light lunch amongst a garden that has been created out of love. This garden has featured on the ABC's Gardening Australia programme.

Pick ups begin: 7am

Drop off approximately: 5pm

Cost: \$38.00 includes morning tea and light lunch

From the Manager's Desk

A reminder of the services that Narrogin Regional Homecare provide

At Narrogin Regional Homecare we provide services to assist frail, older people to remain living independently at home and in the community. Our friendly team is ready to listen to you and assist in choosing the right kind of care and support so you can live a full life.

From daily assistance to maintaining your care budget, find out how our care team can support you to get the best from your services.

Whether it's keeping in touch with friends or making that regular appointment. We can help you get around and join in the activities you love! If you need to get to the doctors, the shops or have a special trip, we can get you there in comfort.

Social support and activities are some of the best ways to maintain your friendships, wellbeing, and outlook. We can help you choose from ranges of activities that you like or help you find a place where you'd like to spend more time. Give your social life a boost, by getting out and about or enjoying visits from friends.

Homecare support services include; domestic assistance, home maintenance, gardening, personal care, transport, social support, respite (and flexible respite), Meals on Wheels, and other food services.

We know it's important for caregivers to take a break and that's where our flexible respite services can help. Providing good quality respite care for frail, older people on a casual basis. We are here to help and maintain relationships between carers and clients.



We can do your everyday chores around the house. Our friendly and dependable support workers take the worry out of day to day tasks.

We can also help with essential activities outside the home such as bill paying, banking and shopping. Our friendly staff take the time to listen, are here to meet your needs and help you get the most from your care budget. You can always rest assured that Narrogin Regional Homecare will attend to your needs with respect and dignity.

Please don't hesitate to call if you need more assistance to remain safe and independent in your own home.

The importance of clients owning a vacuum cleaner

We have for some years now requested that all Clients provide their own vacuum cleaners. Vacuum cleaners can be purchased in town and they have come down in price considerably in the last few years. It is essential for infection control that all Clients provide their own vacuum cleaner which is in good working condition. If you do not have a vacuum cleaner that is in good working condition please get one as soon as possible.

Watching football good for the mind: dementia expert

By: AAP in News, Top Stories July 9, 2018 0

Watching football can be good for mental wellbeing, a dementia expert says Professor Alistair Burns said older people in particular can benefit from watching classic football matches such as England's 1966 World Cup final victory.

Burns, who is NHS England's clinical director for dementia, said several members of the golden generation of 1966 have experienced dementia with winners Nobby Stiles and Martin Peters currently living with the condition.

"Although fans may not feel it this week, football can be good for your nerves. The beautiful game really can help your mind and body," he said. "As well as being great physical exercise, there is a positive link between watching classic football matches and keeping the mind active.

"For people in old age and dealing with dementia, re-watching matches can rekindle past memories, connect people with their past and keep the brain active". Burns said the power of sport can stimulate emotion which can be revived many years after the event.

Emotional memory, which is one of two main types of memory in the human brain can be more powerful than memory for personal events, so as people in later life relive exciting or tense moments it can stimulate memories, potentially strengthening brain activity.

Home maintenance to assist with windows and the tops of cupboards

If Clients would like windows cleaned or the tops of cupboards dusted you are able to ask Brodie when he comes to provide your monthly home and garden maintenance service. They are good tasks for Brodie to do on rainy days for example when he is allocated to provide your normal lawn mowing.



“Love people, hold them in your heart.”

Susa Talan

“Don't judge each day by the harvest you reap
but by the seeds you plant.”

Robert Louis Stevenson

“Be a true representative of the goodness in your heart and don't expect it to be easy or even
noticed.”

Adyashanti

“If you want to have a full and happy life, in good times and in bad, you have to get used to the
idea that facing misfortune squarely is better than trying to escape from it.”

Norman Fischer

kindest regards for August

*Lynne and the Narrogin Regional
Homecare team*

NARROGIN REGIONAL HOMECARE

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Shire of
Narrogin
Homecare Services