



CEO MESSAGE



Spring has sprung with a flurry of activity and some exciting news!

At the CEO BBQ, the Village raised \$391.50 for the Cancer Council's Daffodil Day. There was a great turn out, with many guests resplendent in daffodil yellow! It was also an opportunity to discuss changes to the café at

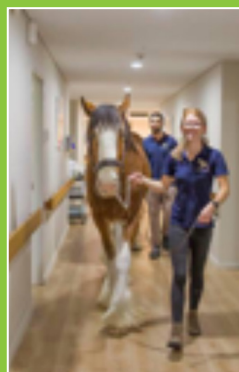
the village, an important part of our community life.

We trialled a pre-ordered menu in September and will be returning to a basic café menu with daily specials in October following feedback from our café patrons. I invite all in our community to support the café and enjoy a coffee or a light meal and perhaps a chat. Opening times will be Monday – Thurs 9.00am – 2.30pm until further notice.

Planning for the Open Day on Saturday 19th October is currently underway, with tours, music, food and stalls. Please let us know if you would like to volunteer some time on the day or if you would like to have a stall. It's going to be a great day! Don't forget our guest unit is available for visitors to our Lodge and Village (see inside for details).

At the Lodge, we are nearing the end of the current refurbishment program and we look forward to showing off the finished foyer and corridors this month. Finally, I am delighted to announce that Yallambee Lodge underwent a 4 day site audit in August against the new Aged Care Standards, and has been re-accredited by the Aged Care Quality and Safety Commission for another 3 years. I would like to thank all staff, residents and families who participated in the process.

Warm Regards, **Helen**



'Claudia' & 'Wellington Clydesdale' visit The Lodge.

Residents, staff and volunteers welcomed 2 beautiful Clydesdale horses Wellington and Claudia from W & C Events during a visit to Yallambee Lodge on Friday 20th September.

Clydesdales are blessed with such a beautiful nature, they were able to visit residents in our courtyard as well as inside the Lodge.

We are looking forward to another visit early next year.

Don't forget if you have any ideas for activities, outings or other animals coming to visit please let the activity staff know.

CONGRATULATIONS

"Congratulations to the Team at Yallambee Lodge for achieving 3 year Re-accreditation against the new Aged Care Standards."

BROADWATER SENIORS SOCIAL DAY CLUB OCTOBER

Every Thursday 10am
Community Centre
Evergreen Life Care

3rd October

LAVENDER BLUE

The lovely ladies will be entertaining us today do sit back and enjoy with us.

10th October

BUNNINGS - will be coming to help us make something for you to take home.

17th October

JD's WORLD OF MAGIC - MAGICIAN

Come and be amazed and astounded by Joel an Award winning Magician.

24th October

Bus Trip TBA !!

31st October

MELBOURNE CUP CELEBRATIONS

Come in and enjoy our race to see who gets to the finish line first to win the prize

We are at Yallambee Village Community Centre, at Evergreen Life Care, on Thursdays only.

All welcome. Our weekly price is \$10 which includes our lovely morning tea, our home cooked lunches, and of course our wonderful entertainment (\$10 unless otherwise stated).

Gardening for Good Health

Gardening has been shown to have many positive benefits for health and wellbeing. The exercise is good for heart health, it reduces stress by lowering cortisol levels and helps you sleep better. Exposure to healthy bacteria in the soil can increase serotonin and reduce anxiety. Digging and pulling weeds can improve hand strength, and of course there is a sense of achievement and benefits of growing your own fresh vegetables and herbs.

Evergreen has set up several community garden beds around the village and has plots available near the Workshop and on the Western side of the Village.

If you're interested in joining in the fun, contact Elle at the Community Centre on 4349 2325. Etiquette for Community Gardens.



1. **Everyone's welcome!**
 - > You don't need to know much about gardening to join in!
2. **Ways to participate**
 - > If you love getting your hands dirty, find a vacant plot and start planting!
 - > Other may prefer to assist by supplying seeds or equipment (and words of encouragement!)
 - > You might offer to water a patch when your neighbour goes away.
3. **Know your spot!**
 - > Make sure you stick within the confines of your area. This means not taking produce from someone else's plot unless you have direct permission. It may be possible that your gardening neighbour doesn't mind sharing but only take what you are offered!
4. **Maximise the Benefits**
 - > Consider swapping produce with others for more variety!
5. **Keep Things Clean**
 - > Keep your plot clean and weed-free. Weeds that grow in your plot will spread to your neighbours' plots, so be vigilant to keep them pulled.
 - > If you are using pest control measures or fertilizers in your own garden, keep them confined to your area.
 - > If keeping up with the weeds becomes too much for you, be willing to give up your plot to someone else who is interested or enlist help.
6. **Be considerate of others.**
 - > Plan your plot and crops carefully. Consider the possible height of the plants you plan to grow with the direction of the sun, and ensure that you wouldn't be shading anyone else's crops from much needed sunlight.



DEAR RESIDENT,
YOU ARE INVITED TO PARTICIPATE IN



EVERGREEN LIFE CARE OPEN DAY

Saturday 19th October

10.00am – 2.00pm

We will be showcasing the village
and offering:

- Tours of the facilities and units for sale
- Entertainment
- A range of stalls from our local community
- Devonshire Teas

The residents committee will be coordinating a sausage sizzle and Crafty Critters will hold a stall.

If you have any other suggestions, we'd love to hear from you.

I look forward to seeing you there.

Kind Regards,
Helen Wilson (CEO)

VILLAGE ACTIVITIES

5th October – 11.00am

Residents BBQ

Community Centre – BYO Food and drinks

9th October – 11.30am

Settler's Tavern – Meals at own cost

12th October – 10.30am

Caves Beach Hotel – Meals at own cost

16th October – 9.30am

Laycock Theatre Show 'Cheek to Cheek'

Cost \$ 19.00

Please RSVP by 7th October

Lunch Grange Hotel – Meals at own cost

19th October – 10.00am to 2pm

Evergreen Life Care

Open Day in the Community Centre

20th October – 2.00pm

Movie showing on the big screen

Community Centre – BYO Popcorn

25th October – 5.00pm

Happy Hour – Community Centre

Cost \$6.00

26th October – 10.00am

Hunter Valley 'Rose Spectacular'

Lunch & Tour – Included Cost \$46.00

27th October – 3.00pm

Philharmonia Choir – Community Centre

Cost \$5.00 afternoon tea included

Please place name at reception

for catering purposes

30th October – 10.00am

Garden Nursery Lunch

Ourimbah RSL – Meals at own cost

FOR ENQUIRIES

CALL RECEPTION 4349 2302



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TRAVEL MANAGERS
OPEN DAY
19th October 2019

I look forward to meeting you
at Yallambee Village showcasing
some great travel destinations.

Lois Marshall

0419 974 660

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REGULAR ACTIVITIES

Saturday Morning Tea
10.30am Every Saturday morning in the Community Centre. Come along and meet fellow residents in the village. Gold coin donation. All welcome.

Podiatrist - Wednesday 23rd October
Community Centre (Appointment only)
Please Book on 4349-2302

Fruit & Vegie Day
Wednesdays from 10.30am
Fruit, vegie's and eggs available at the Community Centre

Residents BBQ
Saturday 5th October - 11am
Bring your own food and beverage and sense of humour. Come along and join in meeting other residents in the village.

'KLOP'S' - Every Wednesday
10am - 12 Noon. End of Driveway J
Come along and have some fun. Bring a hat and water bottle. Walker friendly.

Art Classes - Every 2nd Wednesday of the month. 10-12 Noon Community Centre. Come and meet Peter and learn a new hobby.

Table Tennis - Please feel free to book at reception to play at any time.

Community Restaurant
Meals On Wheels
Every Friday starting at 10am
Come along to the Community Centre for fun and games or if you would just like a meal come around 11.30am for only \$12.00 and see Lorraine and her many helpers.

Happy Hour
Friday 25th October, 4pm. Cost \$6.00
Come along and enjoy refreshments and nibbles and enjoy the company of fellow residents in the Village.

Gentle Exercises
Mondays 1pm-2pm
Community Centre.
Come and meet Lucienne our new gentle exercise instructor.
Cost of class is \$5.

Fresh Seafood - Fridays 11.30am
'Joe the Fisho'. Say hi to Martin who will be driving through the village selling fresh seafood.

Gosford Library details and Broadwater Social Day Club on Calendar.

OUT AND ABOUT IN THE VILLAGE

CEO BBQ

On Wednesday 28th August Helen hosted another successful CEO BBQ. We had a great turn out from our Village residents. Mitch and Matt cooked a delicious BBQ and Vanessa did an amazing job coordinating another great event!

Thank you to everyone who came!



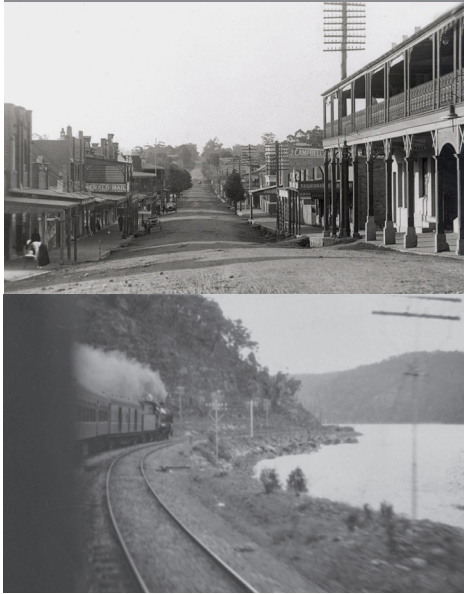
OUT AND ABOUT IN THE VILLAGE



Flower Arranging with Carmen

Flower arranging with Carmen is held on the first Tuesday of every month
In September, Grace, Irene, Robyn, Eileen, Pauline, Christa and Lorraine created gorgeous floral bouquets.

A small fee is charged to cover materials and bookings can be made at reception.



Personal History Recording

Would you like your personal history documented to share with your families?

Maureen Horne, Executive Secretary Gosford RSL Club would love to help you put your life story into words as a keepsake for you and your families. Any meaningful photos can be included in this also.

Maureen will be at Yallambee Lodge for morning tea on
Wednesday 9th October
if you would like to meet her and have a cup of tea and a chat.

If you are interested please let Jan at Yallambee Lodge Reception or Julie at Yallambee Village Reception know.



Daffodil Day

On Wednesday 28th August the Village raised awareness and much needed funds for the Cancer Council.

A grand total of **\$391.50** was raised.

Thank you for all of your generous contributions!



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OCTOBER IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9.30am Move & Groove 10am Hot Seat Quiz 11am Walking Grp 2pm Craft Watermelon Fan in the Main Lounge	2 <i>9.30am Resident's Meeting in Mn Lge</i> 11am Music, Music Music 2pm Wacky Wednesday Wine & Cheese Tasting in the Courtyard	3 9.30am Move & Groove 10am Church 10am Brain Teasers 11am Music, Music, Music 2pm Pine Needles Singers in the Mari Ma	4 9.30am Move & Groove 9.45am Bus leaves for Morning Tea at Gosford 10am Hot Seat Quiz 2pm Ice Cream Trip	5 1.30pm Arm Chair Travel of FRANCE in the Main Lounge
6 2pm Movie 'HAROLD & MAUDE' in the Main Lounge	7 PUBLIC HOLIDAY 1.30pm Movie in the Main Lounge	8 9.30am Move & Groove 10am Hot Seat Quiz 11am Walking Grp 2pm Craft Watermelon Fan in the Main Lounge	9 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Memories in the Main Lounge	10 9.30am Move & Groove 10am Church 11am Music, Music, Music 2pm Spin that Record in the Main Lounge	11 9.30am Move & Groove 10am Hot Seat Qz 11am Chat Group 12pm Golden Girls BBQ in the Gazebo 2pm Ice Cream Trip	12 1.30pm Arm Chair Travel of MALDIVES in the Main Lounge
13 2pm Movie 'GRUMPY OLD MEN' in the Main Lounge	14 9.30am Move & Groove 10am Brain Teasers 11am Walking Group 2pm Poetry in the Main Lounge	15 9.30am Move & Groove 10am Hot Seat Quiz 11am Walking Grp 2pm Craft Bunnings Craft in the Main Lounge	16 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday 'Your Childhood Home' in the Main Lounge	17 9.30am Move & Groove 10am Church 10am Brain Teasers 11am Music, Music, Music 2pm Name that Tune in the Mn Lounge	18 9.30am Move & Groove 10am Hot Seat Qz 11am Colour Club 11.30am Bus leaves for Lunch at Diggers Ettalong 2pm Movie & Ice Cream	19 1.30pm Arm Chair Travel of VANUATU in the Main Lounge
20 2pm Movie 'THE BUCKET LIST' in the Main Lounge	21 9.30am Move & Groove 10am Brain Teasers 11am Walkiing Group 2pm Bingo in the Main Lounge	22 9.30am Move & Groove 10am Hot Seat Quiz 11am Walking Grp 2pm Craft Melbourne Cup Fascinators in the Main Lounge 3.30pm Catholic Church	23 10am Pink Ribbon Day in the Courtyard 11am Music, Music Music 2pm Singalong with Julz in Mari Ma	24 9.30am Move & Groove 10am Church 10am Brain Teasers 11am Music, Music, Music 2pm Singalong in the Mn Lounge	25 9.30am Move & Groove 10am Hot Seat Qz 11am Colour Club 12pm Secret Mens Business BBQ in the Gazebo 2pm Ice Cream Trp 2pm Pottery with Emilia in Mari Ma	26 1.30pm Arm Chair Travel of KENYA in the Main Lounge
27 2pm Movie 'LITTLE MISS SUNSHINE' in the Main Lounge	28 9.30am Move & Groove 10am Brain Teasers 11am Walkiing Group 2pm Bingo in the Main Lounge	29 OKTOBERFEST 9.30am Alpine Hat making in Mari Ma 10.30am Armchair Travel 2pm Oktoberfest Garden Party in the Courtyard	30 9.30am Move & Groove 10am Word Games 11am Music, Music Music 2pm Wacky Wednesday Henry Kendall Cottage Visit in the Main Lnge	31 9.30am Move & Groove 10am Church 10am Brain Teasers 11am Music, Music, Music 2pm Happy Hour Birthday Party with Steve in Mari May		

OCTOBER IN THE VILLAGE



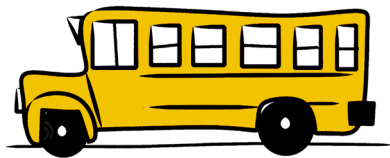
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Every THURSDAY from 10am <i>Broadwater Social Day Club</i> <i>Comm. Centre</i> <i>All Welcome</i> <i>Games + Meal</i> <i>Cost: \$10.00</i>	Every FRIDAY MEALS ON WHEELS <i>Community Restaurant</i> <i>Here at your Community Centre</i> <i>Cost: \$12.00</i>	1 Bus to Gosford & West Gosford 10am Scrabble 10am -12pm Flower Arranging Cost: \$10.00 2pm Indoor Bowls	2 10am KLOPS 10am Crafty Critters Group	3 Bus to Gosford, West Gosford & Erina 10am Church	4 Bus to Gosford & West Gosford	5 10.30am Morning Tea 11am Resident's BBQ 1-5pm Cards
6 1-5pm Cards	7 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	8 Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls 3.30pm Catholic Communion in the Chapel	9 10am KLOPS 10am Beginners Art Class 11.30am Settler's Tavern Meals at own cost	10 Bus to Gosford, West Gosford & Erina 10am Church 3-3.30pm Travelling Library	11 Bus to Gosford & West Gosford	12 10.30am Morning Tea 1-5pm Cards 10.30am Caves Beach Meals at own cost
13 1-5pm Cards	14 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	15 Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls	16 9.30am Laycock Theatre Show 'Cheek to Cheek' Cost: \$19.00 Meals at own cost 10am KLOPS 10am Crafty Critters Group	17 Bus to Gosford, West Gosford & Woy Woy 10am Church	18 Bus to Gosford & West Gosford	19 10.30am Morning Tea 1-5pm Cards
20 1-5pm Cards 2pm Movie showing on the Big Screen Community Centre	21 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	22 Bus to Gosford & West Gosford 10am Scrabble 2pm Indoor Bowls 3.30pm Catholic Church Mass in the Chapel	23 10am KLOPS 10am Beginners Art Class	24 Bus to Gosford, West Gosford & Erina 10am Church 3-3.30pm Travelling Library	25 Bus to Gosford & West Gosford 5pm Happy Hour Cost: \$6.00	26 10.00am Hunter Valley Rose Spectacular Lunch Included & Tour Cost \$46.00 10.30am Morning Tea 1-5pm Cards
27 1-5pm Cards	28 Bus to Gosford & West Gosford 10-12pm Darts 1pm Gentle Exercises	29	30 10.00am Garden Nursery Lunch Ourimbah RSL Meals at own cost	31	Gosford Travelling Book Library 3.00- 3.30pm THURSDAY 10th & 24th October Across from Driveway E Yallambee Ave	
WEEKLY EVENTS IN THE COMMUNITY CENTRE						
1-5pm Cards All Welcome	10-12pm Darts L. Wellington 4323 7911 1pm Gentle Exercises Cost: \$5	10am Scrabble 2pm Indoor Bowls	9.30am - 1.30pm Computers Book at Reception 10am KLOPS Driveway J	10am Broadwater Social Day Club Community Centre	10am Community Restaurant Meals on Wheels All Welcome	10.30-11.30am Morning Tea and Chat Cards 1-5pm All Welcome

DAYLIGHT SAVING TIME



SUNDAY 6TH OCTOBER

Put your clocks **FORWARD**
1 hour on Saturday night
5th October before you
go to bed.



REMINDER

to Yallambee Village
and
Yallambee Lodge
Residents.

When catching our
Yallambee Bus to Erina
or Woy Woy
please remember
to place your name
at reception.

For safety reasons.

In Sympathy



Our thoughts and prayers go out to
the family and friends of the late

John Robinson - YL

Sidney Dowler - YL

Betty Holdeman - YL

June Toogood - YL

Our sincere condolences.

FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

From your Residents
Committee Meeting

President Carol Fraser opened
the meeting on
September 2nd at 2.30 pm.

A Nomination form from Jim Osborne
was received, proposed, seconded, all
in favour. Carol welcomed Jim to the
committee.

Correspondence went out:

1. To Helen Wilson CEO. Thanking
Helen, who was accompanied by new
executive Michelle Croft for the visit to
our August meeting. Hopefully it won't
be too difficult for management to sort
out and allay any concerns of residents
brought up at our meeting. Feedback
on the new format of the Horizons
magazine was aired. As commented
"change can be difficult".

2. To Trevor Green in regards to his
library enquiry.

3. Letter to CWA Disaster Relief Fund of
NSW and enclosing cheque for \$550.
This money was raised along with the
many donations of food, toys and other
items at our recent Village 'Christmas in
July' luncheon.

Correspondence was received:

From Helen Wilson CEO thanking
Secretary Margaret for invitation to
meeting. I have followed up on the
various items discussed.

The Village Open Day and Lodge Fair
will be held on Saturday October 19.
Meeting to be arranged for further
discussion. Please contact Elle
Goldfinch on 4349 2325 if interested in
having a stall or would like to volunteer
time to help out on the day. If you have
any questions or concerns please
contact Elle.

In regards to query on additional
carports. The Development Application
is with council awaiting approval.

Any work on the Outdoor Recreation
Area will not commence until after the
Open Day. Quotes are being assessed.

We have drafted a document outlining
"Etiquette for Community Gardens".
Feedback from committee would be
appreciated.

Business Arising from the Correspondence:

Meeting to be organised with staff in
regards to Open Day. Feedback on the
"Gardens Etiquette" leaflet was very

positive. Letter to Helen in regards to
printing.

Treasurers Report was received and
seconded.

General Business: David Bowler
brother to Ruth Moselen offered to
transport and deliver the large amount
of goods collected at our Christmas
in July luncheon to the CWA base at
Burren Junction. This very generous
offer is much appreciated. Letter of
thanks be written to David enclosing
cheque to cover his expenses. Meeting
closed 3.25pm.

Please read the full and comprehensive
minute of this meeting. This is posted
on the notice board. Next meeting
Monday, October 7th.

BURREN JUNCTION

Ruth Moselen decided to accompany
brother David on the long trip to Burren
Junction which lies between Wee Waa
and Narrabri, to deliver our drought relief
goods. Ruth reports the countryside
along the way was very parched and
many of the small towns are relying on
carted in water. Burren Junction is over
550km from our home in West Gosford
and has a small population of 276 at
last count. Everything is extremely
dry - no water in the creeks or in the
Naomi River which is downstream of the
Keepit Dam. Kids can be seen go-carting
or skateboarding on the dry beds. The
Keepit Dam once a paradise for holiday
makers has dropped in capacity from
99per cent to .045percent. The drought
affects many things. Even for basic
groceries residents have to drive 51 km
to Wee Waa.

In the township of Warren, the water
trucks are in readiness for the hospitals
and schools which have priority over
homes thus leaving many residents
vulnerable to the serious threat of fire.

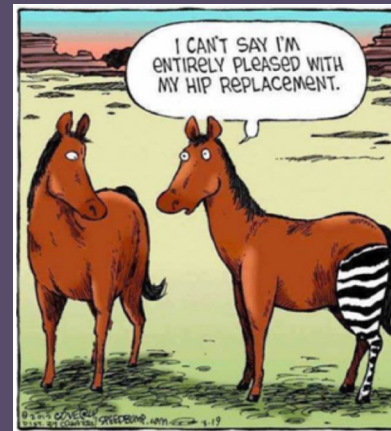
As Ruth says it would be great to see
people go west of the Divide, visit
these small towns and spend some
money. Things are really dire. Thanks
for that run-down Ruth. Let's hope our
donations are of some help.

When a man becomes a fireman
his greatest act of bravery has been
accomplished. What he does after that
is all in the line of work. ~ E.F Croker
Hug a firey and feel warm all over.

Thanks for listening everyone.
Margaret.



LAUGHING OUT LOUD



"I Can't say I'm entirely pleased
with my hip replacement."

LIFE WITH A BLONDE TEENAGER...

SCENE: My teenage daughter and
me in the car.

Lauren: Dad, do you know what the
most commonly used letter in a
girl's name is?

Me: Hmm, is it a consonant or a
vowel? (Silence.) Please tell me
you know what consonants and
vowels are.

Lauren: You're no fun, Dad.
Forget it.

Me: What is a vowel?

Lauren: OK, OK. A vowel is ... ahh ...
eh ... well, oh ... uh ...

Me: Close enough.

TOO MUCH INFORMATION

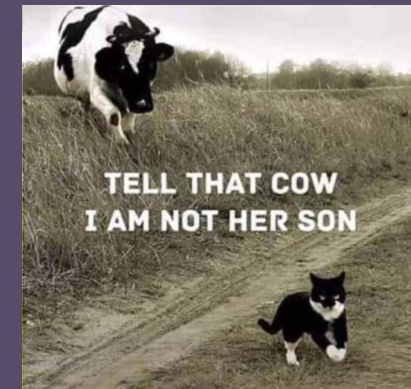
My collection of vintage kitchen
utensils includes one whose
intended purpose was always
a mystery. It looks like a cross
between a metal slotted spoon
and a spatula, so I use it as both.
When not in use, it is prominently
displayed in a decorative ceramic
utensil caddy in my kitchen.

The mystery of the spoon/spatula
was recently solved when I found
one in its original packaging at a
rummage sale.

It's a pooper-scooper.

HEAVENLY

My niece Katrina tailgates other
cars and it makes me nervous.
I just can't get it through her head
that she does this and that it's very
dangerous. One good thing is that
I sometimes find myself drawing
closer to the Lord when
I ride with her.



NOT YET

A police officer jumps into his
squad car and calls the station.

"I have an interesting case here,"
he says. "A woman shot her
husband for stepping on the floor
she just mopped."

"Have you arrested her?"
asks the sergeant.

"No, not yet. The floor's still wet."

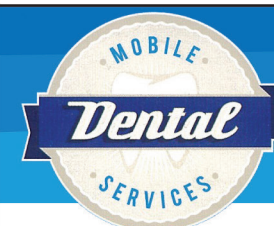
SOMEONE'S WATCHING

The children were lined up in the
cafeteria of a Catholic elementary
school for lunch. At the head
of the table was a large pile of
apples.

The nun made a note, and posted
it on the apple tray: 'Take only
ONE. God is watching'.

Moving further along the lunch
line at the other end of the table
was a large pile of chocolate chip
cookies.

A child had written a note: 'Take
all you want. God is watching
the apples'.



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VISITING EVERGREEN
Wednesday
16th October

OCTOBER BIRTHDAYS

Join us in wishing
Happy Birthday
to these wonderful
residents.



2nd October	
Ron Wallace	YV
Margaret Husband	YV
4th October	
Margaret Robinson	YV
5th October	
Fritz Baumung.....	YV
6th October	
Sonia Williams	YV
8th October	
Eileen Horton	YV
7th October	
Ben Bentick.....	YV
10th October	
Moiria O'Neil.....	YV
Joan Leegwater	YV
11th October	
Lauretta Clews	YV
12th October	
Beverley Pinnock	YV
13th October	
Thelma Carter	YV
Jan Muldoon	YV
17th October	
Yvonne Eames.....	YV
19th October	
Lou D'Adam.....	YV
21st October	
Nan Richards	YV
22nd October	
Ann Loudon	YV
Pauline Orchin.....	YV
31st October	
Mary Young.....	YV

YV = Yallambee Village

Famous Artists Word Search

Find and circle all of the artists that are hidden in the grid.
The remaining letters spell a secret message.

T H E P I S S A R R O H M U N C H O
R E P P O H N K E D L T G S E Y P A
D I N T T D C T A N E W E O C E I N
E G T H O O A L D N N U A H G A L Y
G T V I L U I V O N R A A R N N K K
A C E L M N L M I A A G Z T H S A C
S V O A I T M O T N A R O E N O A V
N P G O C E A G U L C K B I C R L X
R H S G H N T B L S E I D M A O L I
E D I A E A I N A E E N T V E A H O
E I S U L M S L F S A L A M R R I R
M S T G A F S F E K Q G A E I T I C
R N U U N M E A Y O G U V U E L I A
E E R I G R E N O I R I I K T S K L
V B N N E R E D O V R I N A A R E E
Y U E I L L E C I T T O B A T H E D
R R R D O A T A R R A P H A E L L C
L E O S S A C I P T T A S S A C S O

BASQUIAT
BOTTICELLI
CARAVAGGIO
CASSATT
CEZANNE
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FEATURES:

- ✓ Full kitchen
- ✓ Laundry
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- ✓ Short stroll to Gosford RSL and local shops
- ✓ Sunny balcony

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or visit Julie at Reception in the Community Centre.



Kay's family stayed
at Evergreen's guest
unit when visiting from
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Perfect location to spend
precious time with our
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CHILLI TUNA & ROCKET BRUSCHETTA

INGREDIENTS

- olive or canola oil spray
- ¼ cup plain flour
- 1½ tablespoons caster sugar
- 2 eggs
- 1 cup low-fat milk
- ½ teaspoon vanilla extract
- 825g canned apricots in (light) syrup, drained well
- 1 teaspoon ground cinnamon

METHOD

Step 1:
Preheat oven to 200°C (180°C fan forced).

Step 2:
Spray a 22cm diameter shallow ovenproof dish with oil.

Step 3:
Combine flour, sugar, eggs, milk and vanilla in a bowl, blender or jug and mix well.

Step 4:
Place apricots cut side down into dish, then pour egg mixture on top and sprinkle with cinnamon. Bake for 30 minutes or until custard is set.

Step 5: Stand for 5 minutes before serving.

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Central Coast Living



Leadership Master Classes



Care Staff at Evergreen Life Care are taking part in specifically designed Master Classes to help them deliver the best service and experience possible for our residents.

These interactive training events are delivered by Motivational Leadership Alliance and adopt a research based approach to enhancing organisational citizenship among our staff.

They cover workplace emotional intelligence and communication skills to support us in our commitment to service excellence.



MEET ONE OF
THE EVERGREEN
TEAM

**Sunny
Phupiriyaporn**

Yallambee Lodge Kitchen Hand
Yallambee Village
Barista and Cafe Assistant

Sunny has worked at Evergreen Life Care for 6 months.

In her spare time Sunny love to spend time with her boys and taking them to the local park.

Sunny loves baking, shopping and gardening.

She enjoys chatting to everyone and would love for you to drop in and say hi!

