

The Windmill

Rembrandt Court Weekly Newsletter | Issue 460 | 27 September 2024

Staying Connected As We Age

Staying connected with others is vital for overall well-being, especially in old age. Social interactions help reduce feelings of isolation and loneliness, which can negatively impact mental and physical health. Regular socialisation boosts mood, lowers the risk of depression, and even enhances cognitive function by keeping the mind engaged.

Whether through family, friends or community groups, meaningful connections provide emotional support and a sense of belonging. Additionally, staying active in social circles promotes better physical health. Older adults who engage in social activities tend to stay more mobile and are motivated to maintain healthier habits.

Regardless of age - connection is key to a happy, fulfilling life.

Refer to our Monthly Lifestyle Calendar for upcoming events and activities at Rembrandt Court. Why not go on an outing or join Social Harmony.



Men's Club Fortnightly in the Main Hall

Men's Club is more than just a social gathering—it's a vital space for camaraderie, support and purpose.

The next Men's Club will be held on Wednesday 9 October at 11.45am



Residents Meeting

The weekly residents meeting was held on Wednesday 18 September 2024. The meeting was attended by ten residents and two staff members.

- Resident commented that the food has been very good lately.
- Two residents feel the meals could be hotter especially the meals served in rooms.
- Further incidents of residents coughing in Rose dining area. Staff have followed up with clinical team.
- Residents were informed that the Clinical Nurse, Parisa will be on leave and RN Kaman will fill in for her.
- Resident enjoyed the sing a long with residents from Magnolia in the main hall. It was lovely and really enjoyable.

Residents Meeting

The weekly residents meeting was held on Wednesday 25 September 2024. The meeting was attended by seven residents and two staff members.

- Resident had wonderful staff on Monday & Tuesday.
- Resident would like the night staff to assist her fold back her bedspread before she goes to bed. Nurses to pass onto care staff.
- Resident commented that beds are too narrow.
- Resident has asked if a new resident can be moved to the long table in Rose for meals - Lifestyle to follow up.



Upcoming Events

Oktoberfest

Oktoberfest - Social Harmony

Friday 4 October, 10.30am

German themed morning tea, lunch and dessert.



Halloween

Thursday 31 October, 10.30am

Happy hour, trick or treat, everyone in costume

Rembrandt Court Jazz Day

Friday 22 November

Dress up and entertainment by Pat & Adrian



Happy Birthday

Pat Wright 29 September

And a very special Congratulations to David Rowley who turns 100 on 30 September!

We welcome all feedback!
Call 8198 0300 or
email feedback@rembrandtliving.org.au

My Weekly Menu

Lunch

Dinner

MON
30
SEP

Main: Curried Sausages or Vegetarian Sausages
Sides: Mash Potatoes, Honey Butter Carrots and Broccoli
Dessert: Pear & Blueberry Crumble

Soup: Roast Cauliflower and Potato
Main: Egg and Bacon Quiche & Salad
Sandwich: Egg & mayo or ham & cheese
Dessert: Ice Cream

TUE
1
OCT

Main: Chicken Kiev or Vegetarian Schnitzel
Sides: Chips and Garden salad or Mixed Vegetables
Dessert: Chocolate Mud Cake with Cream

Soup: Chicken and Corn Soup
Main: Salmon brown rice slice
Sandwich: Chicken & mayo or cheese & gherkin
Dessert: Stewed Apricots and Custard

WED
2 OCT

Main: Moroccan lamb or Vegetarian Curry
Sides: Sweet potatoes and Brussel Sprouts
Dessert: Ginger snap Torte

Soup: Potato & Leek Soup
Main: Home Made Pasty Slice
Sandwich: Ham & mustard or egg & lettuce
Dessert: Lemon pudding Cream

THU
3 OCT

Main: Sweet and Sour Pork or Curry Veggies
Sides: Mashed Potato, Roast Pumpkin and Broccoli
Dessert: Mango coconut Pannacotta

Soup: Creamy Broccoli
Main: Meat Lovers or Vegetarian Pizza
Sandwich: Cheese & gherkin or ham, cheese & tomato
Dessert: Pears & Custard

FRI
4 OCT

Oktoberfest

Main: Cheese Kranski or Fish
Sides: Chips, Sauerkraut, Potato Salad
Dessert: Apple Strudel & Custard

Soup: Lentil
Main: Roasted Vegetable or Haloumi Fritter
Sandwich: Chicken, lettuce & mayo or curried Egg
Dessert: Strawberry Cheesecake

SAT
5 OCT

Main: Chicken Meat Loaf or Lentil casserole
Sides: Chips, Potatoes and Garden salad
Dessert: Chocolate Ripple Torte

Soup: Tomatoes White Bean
Main: Thai vegetable Curry
Sides: Steamed Rice
Sandwich: Turkey and cranberry or tomato & cheese
Dessert: Fruit and Ice Cream

SUN
6 OCT

Main: Roast Lamb or Vegetable patties
Sides: Roast Potatoes, Roast Vegetables and Mixed Vegetables
Dessert: Spiced Apple with custard

Soup: Creamy chicken
Main: Honey Soy Chicken
Sides: Pasta Salad
Sandwich: Ham & Cheese or Egg & Lettuce
Dessert: Peaches and Custard

