

The Cumberland Catch Up

Summer Edition 2025



Celebrating community, capturing stories and keeping connected.

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Message from Joe

Dear Cumberland View Community,

Welcome to the Summer 2025 Newsletter.

We have officially transitioned to autumn; however, we are still enjoying a few weeks of summer like weather. With that in mind, a reminder to all to stay sun smart; Apply sunscreen and wear loose clothing and a hat before going outdoors. Make sure you stay well hydrated.

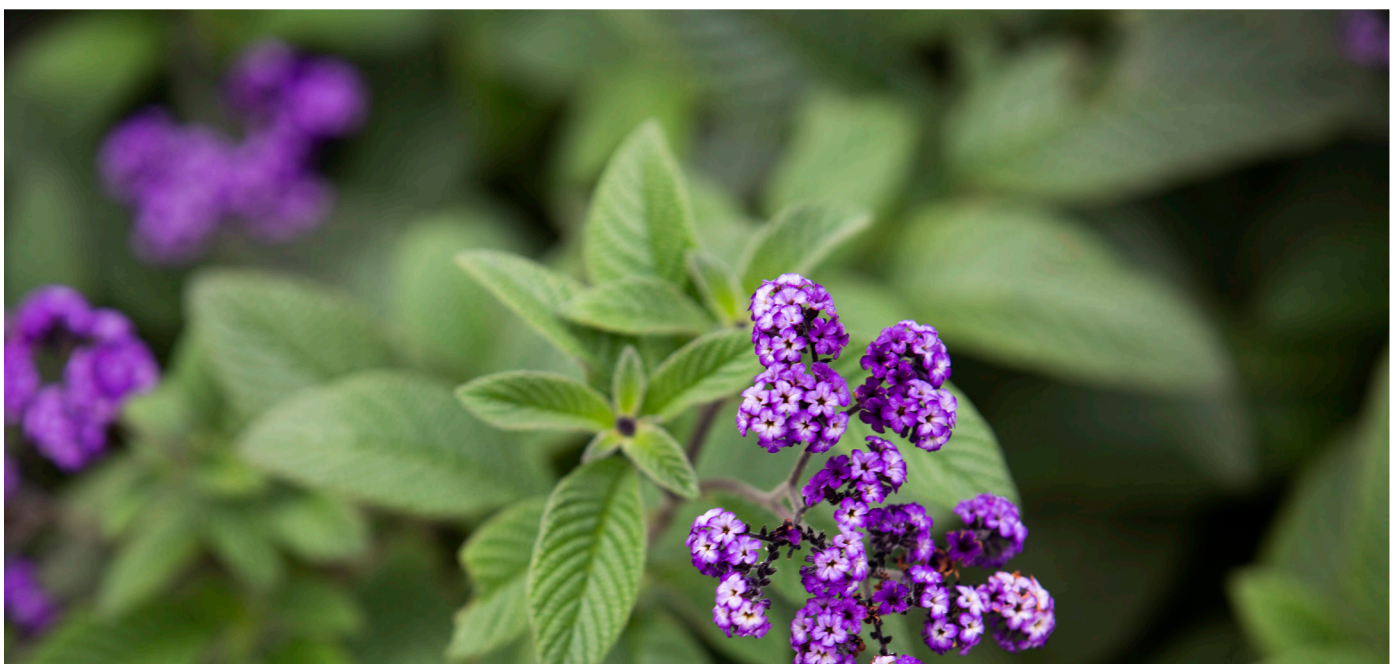
Flu Season is fast approaching so we are offering Flu vaccinations for all residents and staff that want it. We strongly recommend that you take up the offer.

We have a lot to look forward to in the next couple of months. Our Chef Sumith has been busy working on the new menu and tasting sessions will be held in early March.

Footy is back, so for those of us for which this is our second religion, the joys and heartbreak of the season ahead will unfold.

I hope you enjoy reading this newsletter and if you do, send your love and appreciation to Janine Linnert, your Leisure and Lifestyle Coordinator.

Happy Reading!



Community Happenings

Here's a look back at our wonderful summer.

A Festive December

Our terraces came alive with decorations, carols, and the sweet melodies of the St Justin's Youth Ministry Choir and primary students. A highlight of the season was a visit from model train and steam train enthusiasts. Creativity flourished in our wreath-making workshop and the excitement of Christmas Pass the Parcel brought plenty of laughter.

Residents also delighted in Christmas movies, a cheerful happy hour, and a magical night touring the local Christmas lights while singing along to classic carols.

Welcoming the New Year

We rang in 2025 with music and celebration, thanks to fantastic performances from Alex Matthews, Laurel McKenna, and Jack the Music Man. As we settled into the new year, residents embraced the spirit of summer with cricket, croquet, and our ever-growing morning walking group. Happy Hour continued to be a favourite, with live entertainment keeping spirits high.

January also brought dance and movement to our community, with Elvis and Steph Renouf getting everyone on their feet. Chair Tai Chi with Chris offered a more relaxing way to stay active, while Baruch's sessions provided soothing moments of reflection. Crafting, poetry, and book reading

added to the vibrant mix of activities, and our Australia Day celebrations were filled with music, games, and a delicious BBQ. The festivities wrapped up with a lively concert featuring Laura singing hits from The Seekers and "Coxxy the Singing Cowboy" entertaining us with Aussie classics.

A Heartfelt February

We celebrated the Chinese Lunar New Year with beautiful dancing and a stunning performance by Steph Renouf. Our residents explored the wonders of New Zealand through an engaging armchair travel session.

A special afternoon was spent reminiscing with family at our "Hear My Story" event, where residents captured cherished memories in a keepsake book. Music and movement continued to bring joy, with drumming sessions by Jose, a harp recital by Susan Graham, and performances from Margaret Dennis, Steph Renouf, and Baruch.

Valentine's Day was filled with love and romance as Laurel McKenna, Jack the Music Man, Lorenzo, and Alex Matthews serenaded us with timeless love songs. We ended the season with vibrant painting and crafting sessions, more active games and exercise classes, and a delightful movement-to-music session with Eliza.

Here's to a wonderful autumn ahead! Warm regards,

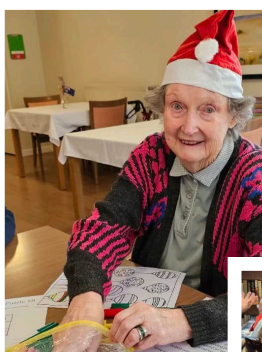
The Cumberland View Lifestyle Team

Summer highlights

That Festive Feeling!



December was filled with festive fun, laughter, and community spirit.



Lorenzo

We were all spellbound listening to Lorenzo.

What a concert!

There were not many dry eyes in the house.



Community Happenings

Click below for Cumberland View Aged Care Summer 2025 – in movie form!



Message from Janine



Hello Cumberland View Residents, families and friends,

As we bask in the last few days of warmth heading into Autumn, it's been a wonderful time filled with laughter, joy, and plenty of fun activities. December, January, and February were full of delightful moments, and we're excited to continue the good times into the upcoming months. We have some amazing events lined up that we know you'll enjoy!

Looking Ahead – A Sneak Peek at the Upcoming Activities:

- **Filipino Dancers:** Prepare for a vibrant performance of traditional Filipino dance, bringing the beauty and rhythm of the Philippines to Cumberland View.
- **St. Patrick's Day Celebration:** Let's get ready to wear some green and celebrate this Irish tradition with music, dance, and lots of fun!
- **Vera Lynn's Birthday Tribute:** We'll be honouring the legendary Vera Lynn with a special performance from the "Golden Girls," bringing her timeless songs to life.
- **Lorenzo in Concert:** Get ready for another incredible musical experience with Lorenzo's live performance. His beautiful melodies are sure to lift our spirits!
- **Circus Themed Day – World Circus Day Celebration:** This special event will be a celebration of all things circus! Join us for an exciting day of fun, games, and surprises, bringing the circus magic to Cumberland View.

As we transition into the autumn months, we're looking forward to more moments of joy, togetherness, and community. It's going to be a fun-filled season, and we can't wait to share it with all of you!

Don't forget to check out our Facebook page to stay updated on all the events happening here at Cumberland View. While you're there, please give us a "like" – it's always lovely to see your support!

We're excited for the great times ahead and can't wait to make more wonderful memories together!

Warm regards,

Janine Linnert
Lifestyle Coordinater & the Lifestyle Team.

Meet the Team: Hannah Maxwell

In this edition we get to know Hannah, our Administration Assistant.

What do you enjoy most about working at Cumberland View?

The fact that each day I come in, I get to help the residents in whatever small way I can. Admin work is often behind the scenes therefore can sometimes feel like you're not making a positive impact, but here at CVAC you're communicating directly with the residents and families, and even if it's a small thing, you can see you are helping them.

What do you enjoy doing in your spare time?

I love reading! Being transported into another world where our rules don't apply is a lot of fun, and a great way to decompress from the day. I also love to paint water colours – it may not be my best skill, but it is a fun and relaxing activity when I've got the time.

If you could travel anywhere in the world, where would it be?

My top 2 places would have to be Greece and Great Britain.

I love reading Greek mythology, the stories are fascinating and interesting to say the least. It would be amazing to go to the places where these myths are based to see them in person and see the stories come to life. Not to mention the beauty that Greece has to offer, and the architecture!

And Great Britain, as my grandparents are from England and Ireland, and while there I would love to see Scotland too. To experience and see the places where my family has come from and understand some of that history would be amazing.

In summary, there are too many places to see!



Meet the Resident: Greg

We chatted with Greg who has recently arrived at Cumberland View aged care living.

Greg was happy to share some of his life story with us.

Greg was born in Chatswood NSW in 1948 and enjoyed growing up with two brothers and a beautiful sister.

The family moved from Sydney to Brisbane and then to Melbourne because his Dad worked for Golden Fleece as an accountant.

Greg enjoyed school and playing with his siblings. Greg has always loved animals, in fact he shares that he adores them. He currently donates to many animal welfare societies and has a fine collection of "Back Yard Buddies" stuffed toy purchased as part of his donations.

Greg has been a keen table tennis player with the Croydon Vic team and played 10 pin bowling up until recently.

To say he is a caring man is an understatement having worked with meals on wheels and other charitable organisations including the Lions club for 36 years.

Greg worked for the Veteran Department of affairs from 1966 – 1996 and loved working there.



He loves the news and watches 3 channels religiously from 5:00pm – 7:30pm daily and enjoys watching nature documentaries – anything that has animals in it.

We can't wait to see Greg joining in the carpet bowls as he shared this is something he would enjoy doing here.

Welcome to Cumberland View Greg.

Chef's Corner

We held another menu tasting session this Summer, thank you to the residents for your valuable feedback. Our head chef, Sumith, designs the menu based on nutrition and resident preferences.

Below is his Beef & Guinness Pies recipe, give it a go and you'll see why its a favourite.



BEEF AND GUINNESS PIES

Makes 8

2 kg Coles Beef Chuck Casserole Steak
3 sliced onions
4 crushed cloves garlic
1 tbsp oil
2/3 cup plain flour
400ml Guinness beer
2 cups beef stock
2 sheets ready-rolled puff pastry
1 beaten egg



Method:

Brown beef in hot oil. Set aside.

Cook onions and garlic in oil until golden.

Sprinkle in flour and cook for 1 min.

Return meat and juices to pan, add Guinness and stock. Bring to the boil.

Reduce heat, simmer for 2 hours until tender and sauce has thickened.

Preheat oven to 200°C.

Spoon beef mixture into eight 250ml ovenproof ramekins.

Cut out eight circles of pastry to cover. Press firmly onto dishes and seal.

Brush with egg, place on a tray and bake for 25 minutes until golden.

Noticeboard

A very warm welcome to our new residents

Aileen Stokes
Pauline Lynch
Irene McBean
Lenis Russo
Genevieve Rame
Heather Stonehewer
Algemon Stonehewer
Elizabeth Devine
Gwen Gabriel
Gwen Lawry
Joyce Scott
Yeranouhi Ohanessian
Sheila Symss
Janice Squires
Nancy Williams
Lois Holder
Reg Emons
Greg Webb
Denis Fitzgerald
Patricia Bretherton
Jean Cornell
Barbel Koroknai

Scenic bus drives

Once a month enjoy a lovely scenic bus drive with our wonderful bus driver, Brent, and one of our Leisure and Lifestyle team members.

Sit back and relax, enjoy an ice cream and cold drink as we enjoy the glorious scenery on our drive.

In Memoriam

We offer our sincere condolences to the families and friends of our late residents.

Every cherished member of our community who leaves us, is sadly missed and fondly remembered.

Hot breakfasts

Join us in the dining room every Wednesday at 8 am for a delicious hot breakfast and tea and coffee.

Devotions

Join us in the concert area every Wednesday morning at 10.30 am for devotions.

We have multi denominational services on rotation each week. All residents are welcome.

Men's Group

Every Thursday @ 3:30 PM
Concert/Cafe Area.

Join us for a time of connection, support, and meaningful conversations. This is a space where men can come together, share, and grow in a welcoming environment. Come as you are – all are welcome!

We are here for you

If you'd like more information on the above services, please contact Janine Linnert:
lifestyle@cumberlandview.com.au

Games corner 1

1	6	7		2		8		
			6	1				
2	8							
					5		2	4
8	3	5	2	6	4	1	9	7
4					3	5		8
	2	8	3	4	1		5	
		3	7					1
5				8	6	4	3	2

Games corner 2

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

BREW
CAFFEINE
CAPPUCCINO
CARAMEL
CHOCOLATE
CINNAMON
COFFEE
ESPRESSO
GRIND

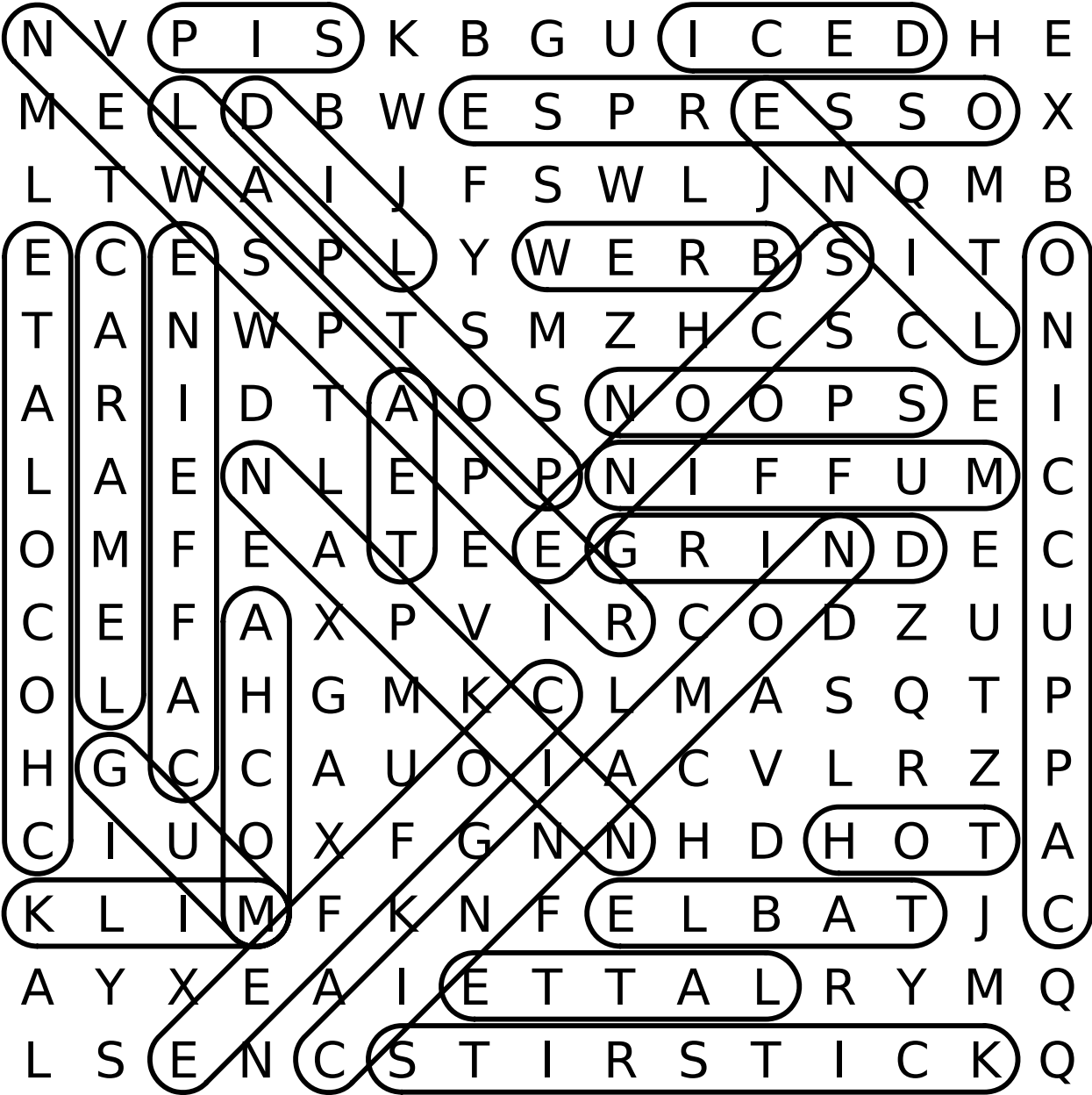
HOT
ICED
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MILK
MOCHA
MUFFIN

MUG
NAPKIN
NEWSPAPER
SCONE
SIP
SPOON
STIR STICK
TABLE
TEA

Games corner 1 - Answers

1	6	7	5	2	9	8	4	3
3	5	4	6	1	8	2	7	9
2	8	9	4	3	7	6	1	5
7	1	6	8	9	5	3	2	4
8	3	5	2	6	4	1	9	7
4	9	2	1	7	3	5	6	8
9	2	8	3	4	1	7	5	6
6	4	3	7	5	2	9	8	1
5	7	1	9	8	6	4	3	2

Games corner 2- Answers



Stay tuned for Autumn

Thank you

We would like to issue a heartfelt thank you to relatives and volunteers who support us day in and day out. You make such a difference and we very much appreciate your time and energy.

Can you contribute?

Contributions to our newsletter are encouraged and appreciated. Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us at lifestyle@cumberlandview.com.au.