

### Volunteer Update



Welcome to our March newsletter! We hope this update finds you well and that you are looking forward to the upcoming Easter long weekend.

Warrigal was once again proud to be a sponsor at the 2023 International Women's Day luncheon which was held at the WIN Entertainment Centre. This year's theme is #EmbraceEquity, encouraging us all to challenge gender stereotypes, call out discrimination, draw attention to bias, and seek out inclusion.

[CLICK HERE](#) to read CEO Jenni Hutchins thoughts on the meaning of the day, and how Warrigal is embracing equity.

Congratulations to Jo-Anne Gray, who was awarded the Beryl Lewis Scholarship for Older Women during the event. It was truly inspiring to hear Jo-Anne's story and her dedication to improving the lives of older women in our community.

As we head into the Easter long weekend, we want to wish you all a safe and happy holiday. If you are travelling, please remember to take extra precautions and stay safe.

#### Michelle Chate, Volunteer Coordinator



### Warrigal GO

Meet our amazing Warrigal GO volunteers, who recently embarked on a journey to spread the word about our village transport service Warrigal GO! This service was established to provide village residents with reasonably priced point-to-point transportation alternatives, allowing them to remain connected to the community. Julianne, Bob and Ian are among the volunteers who play a vital role in delivering this beneficial service. They paid a visit to Warrigal Shell Cove, where they distributed flyers to inform village residents about this fantastic initiative.

"I really enjoy working with Sel and our volunteer drivers and having a chat to the village residents". *Julianne (Volunteer)*



## Pancake Wednesdays



In addition to being open on Fridays for morning tea and light lunch, the Bundanoon café is now providing Pancake Wednesdays, with pod coffee, tea, and hot chocolate. As you enter the home, nothing quite beats the smell of freshly baked pancakes. Yum! Open every Wednesday from 10am - 11am

**Volunteer Week Lunch - Southern**  
(Bundanoon, Goulburn, Queanbeyan, Stirling & Calwell)  
Tuesday 16th May, 2023

**Volunteer Week Lunch - Illawarra**  
Thursday 18th May, 2023

## Colour Quiz

1. What are the colours of the United Nations flag?
2. What is the actual colour of the black box in aeroplanes?
3. Mars is known as the ..... planet.
4. What are the two colours in the Swiss flag?
5. What is the name of the painting by Gainsborough - '..... Boy'.
6. Prince sang about what colour Corvette?
7. What is the name of a song by the Beatles '..... Submarine'.
8. What are the colours of the rings in the Olympic flag?
9. What is the colour flag is held up when someone surrenders?
10. In China you would find the ..... River?
11. In Moscow you would find ..... Square?
12. What is a fear of colours called?
13. What is Tom Jones' song? '....., ....., Grass of Home'.
14. What is the name of Michael Jackson's song about colour? '..... or .....'.
15. What is the name of the reptile that changes colour?
16. What is the name of the film (1999) starring Tom Hanks - 'The ..... Mile'?
17. Elton John had a hit song '..... Eyes'.
18. What colours do you have to mix to get green?
19. What colours do you mix together to make orange?
20. What colour is the skin of a polar bear?

## Fancy Scrabble Anyone?



Sonya loves the challenge of making Scrabble Art. Inspired by her volunteer work in Warrigal's Op Shop, Sonya cleverly fills the scrabble board with words relating to her work - enjoyment, talk, treasure, donation, bargain, laughter, apparel, interest - just to name a few. Sonya's Scrabble Art will be framed and on display in the Op Shop.

"It doesn't take me long and I really enjoy the challenge. I've made a few now, for friends and my own wedding anniversary". Sonya (Warrigal Op Shop)



## Answers

1. Pale blue and white
2. Bright orange
3. Red
4. Red and white
5. Blue
6. Purple
7. Yellow
8. Blue, yellow, black, green, red
9. White
10. Yellow
11. Red
12. Chromophobia
13. Green, green
14. Black or White
15. Chameleon
16. Green
17. Blue
18. Blue and yellow
19. Red and yellow
20. Black

## Volunteering at Queanbeyan



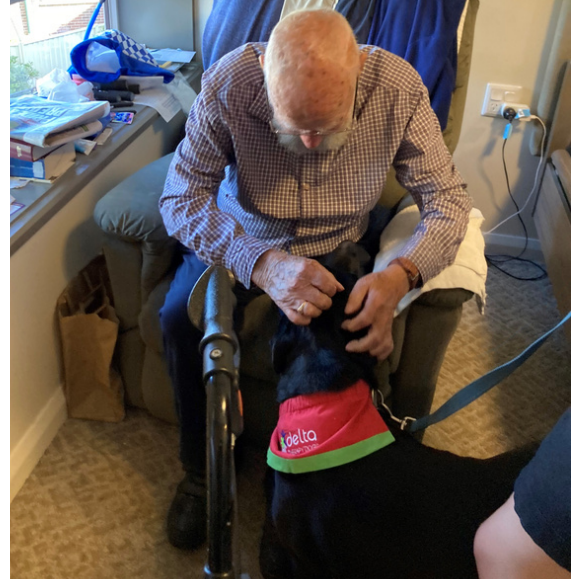
**Jacqueline**, brings such a happy and positive spirit into the home and has recently started helping our new Queanbeyan Choir.



**Derek**, is a valuable member of our team. He happily drives the bus each week, taking the residents on enjoyable and fun outings.



**Jill**, loves to have a chat with our residents and facilitates a Friendship Club every second Tuesday. Jill will bring a particular book of interest or article and together we reminisce about past memories and when times were much different. It is wonderful hearing each other's stories and sharing many of the same struggles and pleasures in life.



Our adorable Delta Therapy dog, **Louis**, is always excited to meet and greet the residents for a pat every fortnight, accompanied by his bubbly and cheerful owner, Lauren.



**Robyn and Keith**, or their stage name '**Brumby**', are one of our many talented entertainers who performed a special Christmas show, bringing smiles to the resident's faces and handing our Christmas gifts.



**ACT Companion Dogs**, showing off a few tricks for the residents during their month visit.

# Thank You Warrigal Care Auxiliary Inc.

Members of the Warrigal Care Auxiliary recently visited Mount Warrigal for a thank you morning tea and view the furniture recently purchased from the Auxiliary fundraising funds. The provision of new lounges, armchairs and activities chairs has really enhanced the look of the residents' living environment as well as providing comfortable seating suitable for older people. The Warrigal Care Auxiliary raise funds throughout the year through various means, including the Warrigal Op Shop and fundraising events.

The Auxiliary's hard work and dedication are truly inspiring, and their contributions are a reminder of the positive impact that can be made through community involvement and support.

If you would like to join the Auxiliary, please contact Warrigal's Volunteer Coordinator.



# Memory Walk

Volunteer Pastoral Carer, Scott Matthews, recently participated in the 2023 Illawarra Memory Walk & Jog with the inspiration of the residents at Warrigal Mt Terry who live with dementia. This is Scott's third year participating in the 6km run and raised a total of \$276 for Dementia Australia. All funds provide crucial support services for people living with dementia, their families, and caregivers, including counselling, support groups, education and training. Thank you Scott for making an impact in the lives of those living with dementia.



## Community Facilitators

**Shell Cove** - Lexy Varshawsky (0476 858 872)  
avarshawsky@warrigal.com.au

**Queanbeyan** - Maddie Memmolo 0448 586 928  
mmemmolo@warrigal.com.au

## Lifestyle Team Leaders

**APR** - Natasha McAlister (0476 858 870)  
nmcaster@warrigal.com.au

**Bundanoon** - Stacy Plain (02) 4884 6100  
splain@warrigal.com.au

**Calwell** - Amrit Adhikari (02) 6298 5200  
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**Coniston** - Sarah Sainsbury (02) 4229 4433  
ssainsbury@warrigal.com.au

**Goulburn** - Rachael Edwards (0476 858 871)  
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**Mt Warrigal** - Stella Banks (0458 110 571)  
sbanks@warrigal.com.au

**Mt Terry** - Linda Winter (0436 631 170)  
lwinter@warrigal.com.au

**Queanbeyan** - Kathleen Thompson (0408 486 016)  
kthompson@warrigal.com.au

**Stirling** - Kimberley, Sushila, Bubita (02) 6287 0200

**Wollongong** - Wendy McKnight (02) 4222 0930  
wmcknight@warrigal.com.au

For all volunteer enquiries please contact Warrigal's Volunteer Coordinator

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