



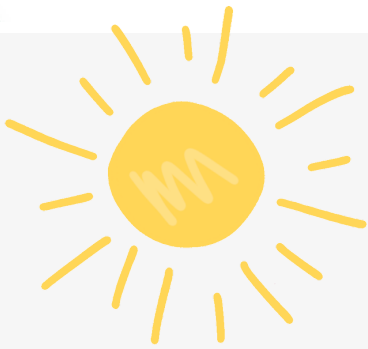
Life in action at Lonsdale House

Where **IMAGINATION** is just the beginning...



HERVEY BAY DAY CARE & RESPITE CENTRE INC
TRADING AS

Lonsdale House Support Services
WHERE **IMAGINATION** IS JUST THE BEGINNING...



Thank you to all our friends of Lonsdale House, families, carers and supporters for another amazing year. 2023 has welcomed many new friends to our centre! Our year has seen new activities, visiting new places and spending time with people who make everyday a better day!

VISIT OUR WEBSITE

www.hbdcrc.org.au





Walking Football 2023



GOAL!

Walking Football activity has finished for the year!
We would love to share our thanks and appreciation to those that make this activity possible every week! A big thank you to the staff at Football Queensland who run the activity and spend time with us!



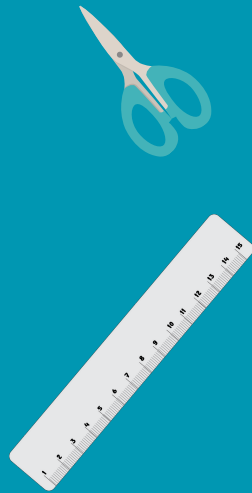
LONSDALE HOUSE OFFICE CREW!



ADAM



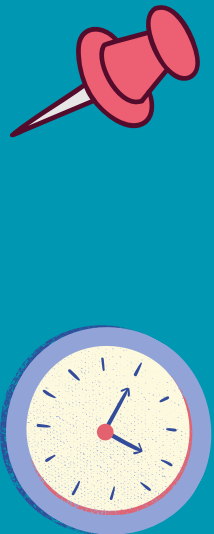
Administrator Business



DREW



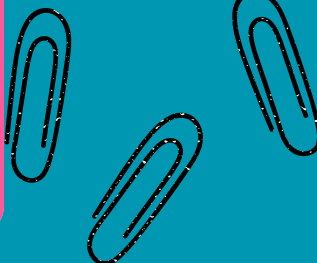
Aged Care Administrator



JAIMEE



Executive Assistant



TERRI



Hr Assistant

WORDS FROM TAM

What an amazing year sharing some time with clients, each other and families and friends of Lonsdale House.

At our Christmas party I watched the day unfold just looking at the wonderful friendships that have been formed in our amazing centre, the kindness, the encouragement, and true acceptance of each person. We have spent time with each other at our best and when we needed support at other times; Lonsdale House is not just a building or a centre; it is a place that is home to so many, a place where you celebrate each other, each day, and a place where you recover when life has got a little harder.

Since my very first day at Lonsdale House in 2017, I remember being so nervous about if I could do what was needed to bring life back to the clients and staff at Lonsdale House; what I did not expect was what Lonsdale House would bring into my own life..

Each of you has been a key part of my journey and I truly value each person and what they have added to make Lonsdale House a home.. We have shared some amazing moments and hopefully more to come.

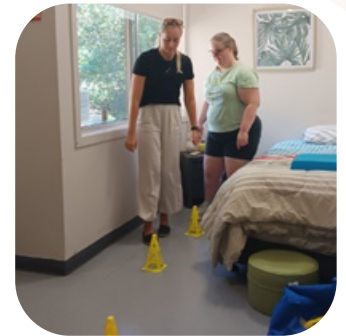


MEET MEG



Hi there! I'm
Meg

providing
physiotherapy
services



Meg attends our centre every Tuesday to provide tailored physiotherapy services to both NDIS and Aged. Meg graduated with a Bachelor of Physiotherapy from the Australian Catholic University in Brisbane. Having participated in sports throughout her life, Meg has developed a keen interest in musculoskeletal and sporting injuries.

While working in private practice during her undergraduate degree, Meg completed a women's health placement, and achieved core competencies in this clinical area. Meg looks forward to expanding on her current knowledge and skills in the area of women's health, with plans underway to complete additional training in this field.

Meg also has previous professional experience in the disability sector, having worked extensively with clients of all ages and abilities during her university studies.

As a team player, Meg thrives on a collaborative approach towards achieving client and therapist set goals. Meg looks forward to further developing her professional skillset and providing high quality, patient centred care to her valued clients.

JANUARY

20
24



SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04 MENS WALK AND TALK GROUP 6AM-7AM SURF LIFE SAVING CLUB	05 FOOD AND GROOVE	06 URANGAN PIER MARKETS
07 NIKENBAH & CITY PARK MARKETS	08 WOMENS WALK AND TALK GROUP 5PM ALL ABLIATES PARK	09	10 SLOT CAR WEDNESDAY 5PM @ ACTION JOINARY HERVEY BAY	11	12	13 KONDARI BBQ FESTIVAL URANGAN 10AM
14 BARGARA SUMMER SUNDAYS LIVE ONCERTS 2PM-5PM SCHUHHAFT PARK BARGARA	15	16	17	18	19	20 BOOMBOX 80S PARTY AT RSL
21 CITY PARK MARKETS	22	23	24	25 LONSDALE HOUSE BBQ LUNCH	26 AUSTRALIA DAY PUBLIC HOLIDAY 11 SUPPORTS AVAILABLE ONLY	27
28 CITY PARK MARKETS	29	30	31			

Please contact us if you would like to request extra supports to attend any of the local events included in this calendar.

Phone: 074124 1400
Email: administratorbusiness@hbdcrc.org.au





REST IN PEACE



KIM ROBERTS

Rest in Peace- Kim Roberts

It is with great sadness that we farewell an amazing friend, supporter, previous president and consultant of Lonsdale House Support Services, Kim Roberts.

Kim sadly passed away after a short and aggressive illness on Saturday 23rd December 2024, surrounded by family and his loving partner.

Kim was an amazing man that lived such a diverse life, a life that was all about giving back to others, a life where he made a positive impact both professionally and personally.

Kim led a life that should be celebrated and remembered with a smile, a life that only those with the commitment, strength and drive could ever hope to have.

Fly High Kim, we thank you for everything you have done to support us, most of all your friendship.





LOCAL PARKS

With the warmer weather we have found ourselves spending as much time in the aircon as possible, we however are still managing to escape to our local parks to get some vitamin D and to join in with some park activities!

COOKING GROUP

Lonsdale House has recently has been smelling delicious! cooking group is run weekly and the most yummy meals and snacks are being shared throughout! Cooking not only help us with our capacity building and independent skills but it brings us closer together, from making and sharing a meal!



STUDENTS

Lonsdale House has had some students begin to complete their placement with us! with this new faces, please feel free to introduce yourself to our students and tell them your best joke or verse them in a game of ten-pin!

Where **IMAGINATION** is just the beginning...

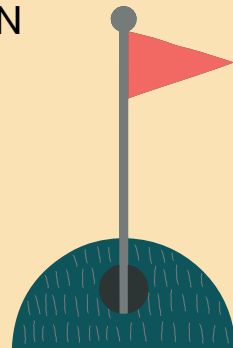
**SEE MORE ON OUR
FACEBOOK**



GOLF RANGE



ON A FORTNIGHTLY BASES WE TRAVEL UP TO THE LOCAL GOLF RANGE TO SPEND SOMETIME PRACTIVING OUR GOLF SWINGS WITH HOPES OUR BALLS WILL HIT THE FURTHEREST MARK ON THE RANGE!



HERVEY BAY DAY RESPITE CENTRE INC
MONDAY - SUNDAY SUPPORT AVAILABLE FOR NDIS PARTICIPANTS
OFFICE HOURS: 8AM - 4PM MONDAY - FRIDAY



07 4124 1400



ADMINISTRATORBUSINESS@HBDCRC.ORG.AU

HAPPY BIRTHDAY



WE WISH YOU THE BEST

*Happy Birthday to our
December friends Tamara,
Drew and Rob!*



LET'S GO BOWLING

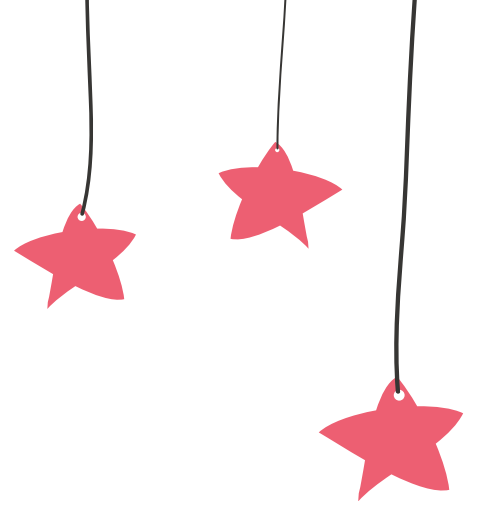


A PLACE WHERE FRIENDS MEET

Social Night



NOVEMBER SAW LONSDALE HOUSE HOLD THE LAST SOCIAL NIGHT OF THE YEAR 2023! THANK YOU TO EVERYONE WHO HAS ATTENDED OUR SOCIAL NIGHTS, AND THANK YOU TO OUR LOCAL RESTURANTS ESPECIALLY RSL AND BOAT CLUB! NOTHING BETTER THAN GOOD FOOD, COMPANY AND A NIGHT OF DANCING WITH FRIENDS!



THANK YOU!

for another year of friendship, kicking some goals and letting your imagination just be the beginning!

Hello,

We will like to wish you and your family a very Merry Christmas and a safe and Happy New Year!

Thank you to all of our friends, family, carers and supporters throughout the year 2023. 2023 has seen many changes at Lonsdale House including welcoming new friends and faces to our site as well as saying goodbye and goodluck to those who have left us!

With 2024 just about to begin, we have some big plans for our centre including introducing some new activities and ready to plan and work towards your goals for the year!

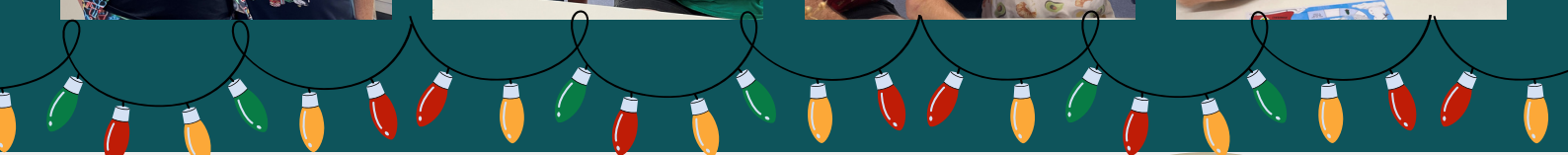
Lonsdale House Support Services couldn't be a place where friends meet without your support!

with love,
The Lonsdale House Team





2023



MERRY

Christmas

We hope you enjoy your Christmas break and can't wait to see you in the new year!



"Maybe Christmas (he thought) doesn't come from a store. Maybe Christmas perhaps means a little bit more." — The Grinch

MONTHLY RECIPE

Homemade Banana Bread



Ingredients

- Mashed Bananas: Be sure to choose bananas that are quite ripe with some brown spots. They'll be softer and sweeter!
- Oil: I used vegetable oil but you could also use olive oil.
- Butter: Unsalted
- Eggs
- Milk: You could also use soy milk or almond milk.
- Vanilla:
- Sugar: I used regular sugar, but you could also use light brown sugar if you wanted to add a touch of caramel flavor.
- Flour
- Baking Powder
- Baking Soda
- Salt
- Cinnamon

METHOD:

- **Prepare your equipment.** Preheat the oven to 350°F and generously grease a 9-inch loaf pan, setting aside once that's done. Feel free to line it with parchment paper (this will help prevent the bread from sticking once it's done baking).
- **Combine the wet ingredients.** Using either a potato masher or a fork (the potato masher is usually easier), peel and mash the bananas. Once mashed, combine the mashed bananas with the oil, butter, eggs, milk, and vanilla extract. Then, beat everything together until it's all thoroughly combined. When that's done, add the sugar and continue beating until it's well incorporated.
- **Combine the dry ingredients and add them to the batter.** In a large mixing bowl whisk the flour, baking soda, baking powder, salt, and cinnamon until combined. Afterward, add the dry ingredients to the bowl and beat just until it starts to combine (beating too much will cause the bread to be tough and chewy).
- **To finish incorporating the flour, just continue to stir the mixture with a spatula.**
- **Bake.** Pour the batter into the prepared loaf pan and bake at 350°F for 55-65 minutes (or until a toothpick inserted in the center of the loaf comes out clean). Allow the bread to cool for at least 1 hour before slicing.



INTRODUCING OUR GROUPS FOR

SOCIAL SENIORS

At Lonsdale House Support Services we believe that social connection and friendships are the key to a happy life, but, sometimes you may need a little help in accessing social networks. At Lonsdale House, we have the place and transport options that may assist you. Please contact us to check your eligibility.

Wellness Wednesday

Balance of indoor and outside
low impact activities

9am-12pm


Thursday Gamers-old school


Selection of games to get the
competition alive, no fancy controllers
needed.. back to basics

3pm-6pm

*\$6 per person
excluding
transport*

Services delivered under My
Aged Care. Commonwealth
Home Support Programme
CHSP

 07 4124 1400

 www.hbdcrc.org.au

 agedcare@hbdcrc.org.au

HERVEY BAY DAY CARE & RESPITE CENTRE INC

TRADING AS

LONSDALE HOUSE SUPPORT SERVICES



SUPPORTERS AND FRIENDS

We thank you



SUMMER

wordsearch

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

SUNNY
PARADISE
POPSICLE
FLAMINGO
FLIP FLOPS
VACATION

SNOWCONE
WATERMELON
SUNGLASSES
BEACH
SNORKEL
PICNIC

BARBECUE
OCEAN
PALM TREE
SAND CASTLE
SUNBLOCK
POOL

TOWEL
ICE CREAM
STRAWBERRY
LIFEGUARD
FIREFLIES
SWIMMING