

Sunnyside Snippets

Spring 2025



Gardening Club Blooms at Sunnyside 🌱 🌸

Our residents have been thoroughly enjoying Gardening Club, run by Frank and Morgan. From planting colourful flowers to tending to the veggie patch, the club has become a favourite weekly activity. It's not only a chance to get hands in the soil, but also a time to relax, share stories, and watch the garden flourish together.



Congratulations
Brisbane Lions !!

Footy Fever at Sunnyside 🏈 🦁

Our residents and staff got into the spirit of the footy season by proudly wearing their team colours. The room was filled with cheers, laughter, and plenty of friendly banter as everyone showed off their scarves, jumpers, and hats. It was wonderful to see the joy, team spirit, and memories that footy brings out in us all.

Resident Reflections

"The food is great! I look forward to lunch everyday"

"I love the garden—It reminds me of my own backyard"

"I feel safe here. I know if anything happens, someone's always close by"

"The people here are very kind. The staff treat you like family, and I've made some lovely friends too."

"I enjoy the craft days and painting. I never used to do those things before, but now I look forward to

I like the company. I lived alone for a long time, and now I always have someone to talk to "

" I've made friends here I never expected to find at this stage of life. We laugh, we talk, and we look out for each other."

CEO Report

Dear Residents, Families, and Staff of Sunnyside House,

After three weeks of annual leave, I'm pleased to say I've returned feeling refreshed and energised for the months ahead. I look forward to reconnecting with residents, families, and staff as we continue working together to provide the best possible care at Sunnyside.

In the coming weeks, I'll be sharing some important updates regarding the upcoming changes to the Aged Care Act. Please keep an eye out for this communication, which will provide clear information about what to expect and how it may affect you or your loved ones.

We have also set the date for the facility Christmas party of 2025 – watch this space for more information next month, but save some time on the afternoon of December 5th to celebrate here with your family.

We also have something special planned for October—a joyful and witty circus performance called Casting Off, happening on the 24th. Residents are in for a real treat, and families are warmly invited to attend (please note this will be a standing-room-only event).

Kind Regards,

Jo Forrest

"The beauty of life doesn't fade with age—it deepens, like the roots of a tree, steady and strong through every season."