

ACTIVITIES



Playing games is so much more than just fun! Light physical movement helps to support balance.

Even seated games encourage stretching and co ordination.



Our residents rolled up their sleeves and baked Valentine's Day treats. From mixing and decorating to sharing laughs along the way. The best reward for baking is enjoying every bite!

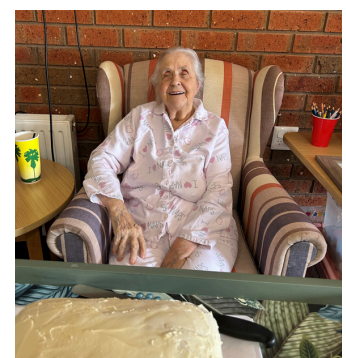
PRODUCE



Our residents absolutely love collecting fresh produce from our very own garden. There's something truly special about stepping outside, feeling the sunshine, and picking vegetables, that have been grown with care right here at home.



Happy Birthday



RESIDENT SPOTLIGHT



When I asked Peter how long it took him to settle into Sunnyside, he smiled and said, about half an hour. He loves the people here and has formed a special connection with Andy. Peter says the staff are wonderful and would do anything for you. His outlook on life is simple: "Life is what you make it, and people treat you how you treat them"

Family has always been the highlight of his life, with 5 children and thirteen grandchildren, he is very proud of them all. When I asked what advice he would give to the younger generation today, his answer was just as simple "Be kind to others"

Peter loves to play the accordion and enjoys performing for everyone at Sunnyside. He has even started teaching Chloe how to play.



If you are looking for Jilly, you'll likely find her in a quiet spot with a good book in hand. She never misses a chance to offer a sincere compliment or a few kind words. When asked what matters most in life, Jilly doesn't hesitate – family and friends are at the heart of everything she does.

STAFF SPOTLIGHT



In just 3 months at Sunnyside, Praveen has already made a wonderful impact. As care Manager he brings calm leadership and compassion.

You will rarely see him without a smile on his face. For Praveen the highlight of working in aged care is simple, yet powerful – "Making a positive difference in the lives of our residents"

He is passionate about person centered care and makes time to build genuine connections with residents, families and staff.

New to Camperdown, Praveen is settling in well and has quickly become a valued part of the Sunnyside team.

His genuine warmth and commitment to teamwork have strengthened our care culture and brought a fresh perspective to our service, we look forward to the continued positive impact he will make in the months and years ahead.

Thanks Praveen from all of us at Sunnyside House.