



# In focus

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Newsletter Issue 36 - December 2015

## FROM THE CEO ...

As another busy year draws to a close, I want to use this column to recognise the outstanding work done by the volunteers in our Opportunity Shop.

This hard working group of volunteers not only support 'focus' and the work we do, but over the years they have developed genuine and supportive friendships amongst themselves and with the community members who frequent the shop. This last financial year, through their magnificent efforts they raised just over \$215,000 to contribute to the work of 'focus', this was a massive \$40,000 more than they raised in the previous 12-months. We acknowledge their efforts and the wonderful contribution they make in so many ways.

In early December we gathered at the home of one of those volunteers, to celebrate the end of another great year. The volunteers provided a plate and a pressie and everyone had a beautiful morning in bright sunshine. To our many volunteers, but particularly to the family members who continue to work at the Op Shop, we say a very big thankyou.



### Directors

**Tony Negri OAM (Chairman)**

**Paul Hardy-Smith**

**Sally Harrop**

**Andrea Heffernan**

**Sara Jholl**

**Peter Phillips**

**David Wansbrough**

**Paul Williams**



### Executive Team

**Gail Foster**

**Chief Executive Officer**

**Vacant**

**Manager Client Support**

**Lisa Wilson**

**Executive Manager, People  
& Culture**



The building work continues on the Red Hill site, the clients have moved from the old Oak House to the new Oak House and the old house has been demolished. By the time this newsletter is published we should have the roof on the new Cedar House, that is being built where Oak House used to be. It is all a juggling act but before too long we will have four brand new houses on the Red Hill site.

On behalf of everyone at 'focus', I would like to wish everyone a very Merry Christmas and a prosperous New Year.

To the staff of 'focus' I can only say thankyou for another excellent year, we all know we could not provide the services we do without your hard work and commitment to the clients you work with. Have a great Christmas.

Gail Foster

Chief Executive Officer





# AROUND THE HOUSES



BONDI

## DAVE

We will always remember you as a kind, well mannered, respectful gentleman. You were an absolute character, with a great sense of humor, dancing with us all in the dining room. We will miss your planking!

Your love of sweets, especially pudding will be legendary and your enjoyment of our cooking, particularly roast lamb and lasagna will long be appreciated and remembered.

We all knew when "Demolition Dave" was coming with his walker on a mission wanting to know what the next meal was; irrespective of any walls and doors that were in the way.

You loved your hydrotherapy with Simon; it was the one morning of the week you were up early and raring to go.

We all knew how much you cared for your family, your friends and how proud you were of Sarah. These people were so precious to you and you loved all the visits and phone calls.

The staff enjoyed caring for and supporting you. It was a pleasure to meet and get to know all of your family and friends over your time with us. We admired you and learned from your courage, dignity and the way you faced your disease. You were always teaching us something new, and look out when that feisty side came out!

Cade says he misses you Levi, referring to a very well loved shirt you often wore.

Your passing leaves emptiness at Bondi which will be hard to fill. We wish we could be there to say goodbye, but please know our hearts, thoughts and prayers are with you all today. We all had great respect for you and will always remember you.

The staff at Bondi



HARTIGAN

Julie and Jeanette are checking out Santa's Place hoping an early Santa might be there and are looking for Christmas presents.



# AROUND THE HOUSES

BALCOMBE

## BEACH FUN

On a sunny Saturday afternoon in August, the Balcombe crew, visited the Frankston foreshore park for a picnic lunch; followed by a bit of beach fun by the bronze crab statue and playing soccer in the sand.





# AROUND THE HOUSES



## BALCOMBE

### ALL STARS

Catherine, Marcus and Julia returned home from day service all smiles and proudly showing off their AMF bowling trophies.



### ZIRKA CIRCUS

Catherine & Julia attended the evening performance of the Zirka Circus at the Rose Garden in Mornington. The ladies were thrilled to have a photo opportunity with several different clowns before the show started. Throughout the performance Julia laughed at antics and happily clapped to show her delight at each act. She was enthralled for hours. At the completion of the show Julia was invited into the arena and had a photo taken with the whole cast. It was a wonderful evening and very entertaining. A visit to the next performance is highly recommended.



# AROUND THE HOUSES

## SPRING GARDEN SHOW



On a glorious Saturday, Marian visited the "Spring Garden Show" which was held at the Mornington racecourse.

Marian attended gardening seminars and eagerly took notes for her work as a horticulturist. One of the seminars was hosted by Graham Ross from "Better Homes & Gardens". He spoke about how gardening has evolved since his early days. After he was finished speaking Marian was encouraged to introduce herself to him, Marian stating "I saw you on the telly last night, and now I'm seeing you again today". Graham Ross spoke with Marian for several minutes, posed for a photo and presented her with a Daphne plant. She was absolutely thrilled; it was a fantastic start to her day.

Marian spent several hours looking through the displays of colourful flowers, succulents and vegetable gardens, discussing her horticultural experience with others along the way.

Marian obtained information on worm farms, composting and addresses of plant nurseries on the peninsula which she would also like to visit.

Marian prepared a diary and a photo album to share with her mother and friends at the plant nursery where she works.



# AROUND THE HOUSES



## BALCOMBE

### MUSIC

Julia & Bruce taking centre stage, enjoying the community music access program with Stuart at The Salvation Army Hall in Hastings. What a fantastic morning of music, song, dance and smiles.



### SASI ART EXHIBITION

The third SASI Art exhibition was officially opened by the Mayor of Frankston, Sandra Mayer, on Thursday 29th October at the Frankston Arts Centre. The evening was a huge success with 80 pieces of work exhibited and over 100 guests in attendance. The Art work was amazing and many of our 'focus' clients were thrilled to see their work on show. Everyone enjoyed the champagne, canape's and mingling with friends.

Marcus, Catherine, Julia, Sue and Mary were all very proud to have Artwork on display and they had a fun night out together. Marian and Catherine had a laugh with Bruce Billson, the Member for Dunkley.



# AROUND THE HOUSES

## WHATS HAPPENING AT BALCOMBE

The Balcombe vegetable & herb garden has been prepared and will soon provide the essentials for our healthy summer salads.

Catherine & Marian are eagerly attending to the tomato plants and Marcus is lending a hand preparing the tomato trellis.

BAM Allstars, all abilities dance crew is a modern joyous dance group for people with disabilities who love to dance and perform. Not only are the classes fun, they are educational, good for coordination and memory skills and great for social skills. Weekly dance classes are held on Saturdays at Monash campus in Frankston.

All at Balcombe attend regularly for fun and fitness and recently participated in the BAM production "The big Bam Theory" at the Frankston Arts Centre.



## VILLA MARIA OUT & ABOUT FUN DAY ALBERT PARK

On a beautiful Melbourne Sunday the crew at Balcombe visited Albert Park to participate the Villa Maria "All Abilities" Out & About Fun Day.

They joined their friends in the BAM Allstars Dance Crew in presenting a fantastic performance of a collection of their favourite dances from this years classes. They had a wonderful time together displaying their many talents. They received a tremendous response from the crowd.

Following a lovely lunch we all had fun together dancing and singing to the music of Ross Wilson and his band. Marcus and Bruce took centre stage; busting their moves to tunes such as "Eagle Rock" and "Daddy Cool".

Chris, Marian and Julia also happily danced together until we needed to rest.

Bruce and Chris enjoyed looking at the Farmyard animals and Bush babies, and visited the 3AW broadcast van to wave at Grubby & Dee Dee during their live broadcast.

Chris observed the Cricket Victoria workshop and even had a go at bowling.

Marian was delighted with the Sensory Garden created by Swinburne University and happily chatted about her horticultural work in Rosebud.

Marcus had lots of photo opportunities with Ross Wilson.





## AROUND THE HOUSES >>>>>



### BERRY FLAT

#### HOME FOR DINNER

Mikael was invited to his mum's for dinner and decided to help out with preparing meatballs, cooking and setting the table.



### OAK HOUSE

#### MATES DAY ON THE BAY

Lisa and Peter from Oak House enjoyed beautiful day fishing on Port Phillip Bay. They each caught a few little fish which were too small to keep. Following the fishing, a BBQ lunch was enjoyed. A big thank you to Futurefish Foundation for their time and organization year after year!



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## AROUND THE HOUSES

### BERRY HOUSE

#### DAY OUT

Susie and fellow house mate Deb decided to have a girl's day out.

First stop was a coffee and donuts at "Geo's" in Karingal and discuss the plan of the day.

Next Susie enjoyed a foot spa and massage, Deb decided not to have one.

After the foot spa and massage the ladies went window shopping around the plaza.

On the way home the ladies decided to stop at the new McDonald's on the Peninsula Link and have a warm chicken salad.

The girls enjoyed their day and relaxed when they arrived home.



#### PORTSEA

Susie went with her friend Deb to Portsea and the Portsea National Park. She had a nice walk and visited the attractions including the Gunnery Building and the Large Gun on display. They chose a Pizza and Coke for lunch which Susie enjoyed at the





# AROUND THE HOUSES



## OLSEN HOUSE

### A DAY AT THE ROYAL MELBOURNE SHOW

Philip attended the Royal Melbourne show in September; he had a magnificent day's adventure. Philip started the day with a train trip to the city and was very excited when entering the show gates. He first chose lunch and later enjoyed looking at the various animals that were on show. Philip particularly liked feeding the baby goats and lambs; he wanted to bring them back with him! Phil enjoyed watching the woodchop and the show jumping and after a well earned coffee, he turned his attention to the show bags! He really loved choosing his show bags, especially the huge Army bag that was almost as big as Philip! After his purchases, he had a look at the country fire display and also checked out the Police exhibition. Eventually, it was time to leave the Showgrounds and Philip promised himself that he would return.....next year!



## CEDAR

### "MATES DAY ON THE BAY"

Dale and Bernie from Cedar house participated in the 'Mates Day on the Bay'. It was a perfect day with awesome weather, calm waters and a well organised event including a free BBQ lunch after the fishing. The most important thing: Plenty of fish biting! It took the guys only 15 minutes to pull in a beauty of a snapper. Dale also loved going very fast on the very fast boat we were on. No matter what, we will definitely be there next year again!



# AROUND THE HOUSES

## OPPY HOUSE

Fiona is getting in early with her Festive Cheer and wishes everyone a very Merry Christmas!



### MELBOURNE TRIP

Fiona, Jane, Pip, Sally and Debra headed off on a sunny Spring Sunday on a train trip to Melbourne. Getting there was half the fun with discussions about various stations, previous train trips and an impromptu 'disco' with some of the ladies enjoying some music and a chance to boogie! Once in Melbourne there were sights to see, landmarks to admire and some horses to talk to as well as a scrumptious café lunch before a couple of the ladies purchased postcards as mementos of their day. The trip home was much quieter with some of the ladies ( shhh..not telling you WHO!) had a bit of a snooze to recharge their batteries but all said how much they enjoyed their Melbourne day out.

### PETS DAY OUT

Attending Pets Day Out recently in Frankston Jane, Fiona and Deb had a great time getting up close and personal with pets of all sizes but it was Channel Nine newsreader, Peter Hitchener that Jane particularly wanted to spend time with! Calling out; 'I know him from TV'. Peter was very gracious and spent time talking with the ladies about their lives and the day and insisted on a group photo. Jane is still talking about the moment.





OLSEN

HORSE RIDING BY SUE STEEDMAN

I have never ridden a horse but I have always wanted to. Bianca helped me find Moorooduc Riding School. I felt so happy and excited to go to my first lesson. My horses name was Diablo. He was a big black horse. He was so pretty. My instructors name was Naomi. I brushed Diablo then lead him into the arena for my lesson. It took me a little bit to get onto Diablo because he was so big! Naomi helped me walk around and go over some poles. At the end, I got off and thanked Diablo and Naomi. I want to have another lesson soon!



SUMMER PET SAFETY

Hi, my name is Nicole and I love animals. I would like to discuss summer safety the do's and don'ts to take care of your dog and other animals in really hot weather.

Rule number 1: This rule isn't just for dogs but our native wild life. If you are lucky enough to have a bird bath how about filling it up with fresh water? If you don't have a bird bath, ice-cream containers are good enough. Don't forget to place them in the shade!!

Rule number 2: Now moving on to our wonderful pet puppies and dogs. If your dog loves the water, try filling up a plastic pool or those large plastic sea shells. Your dog will love to play in the water. Make sure to supervise your dog at all times.

Rule number 3: Make sure there is enough shade in your yard for your pet. Better still; let them inside for awhile to cool right down!!!

Rule number 4: Never tie your dog up let alone on a hot day!!!!



Rule number 5: Do not take your dog for a walk when the temp is very hot.

Rule number 6: Never ever leave your dog in the car, not even for 5 minutes.

Rule number 7: If your dog or cat isn't a fan of water you can try using a spray bottle and spray them with cool water. But if your pet hates that too don't keep doing it, otherwise they might get angry and scratch you. Remember to stay safe out there with your furry friends and have a good summer Nicole.



SASI ART EXHIBITION

Both Sue and Holly were invited to the SASI Art exhibition at Frankston Art Centre.

They were both greeted with an array of colorful artworks on either side of the gallery.

Images of happy faces, landscapes, animals, shapes, butterflies and so many other creative mixed media subjects were on display.

Holly was so proud to see her "Violet's" hung for all to see Sue's "Happy Rainbow" made everyone feel just that, Happy.

And what Gallery night is not complete with yummy food and drink – I think we shouldn't have eaten dinner before we left.

Holly was particular fond of the mini toasts with different toppings and Sue indulged in a red or two.

Such a great show!





# AROUND THE HOUSES



OLSEN

## MYUNA FARM

Dixie and Nicole enjoyed a day out together at Myuna Farm in Doveton.

Both loved being around and interacting with Animals. Dixie loved patting a friendly rabbit and Nic said she was particularly fond of the Cockatoo (she spent quite some time trying to communicate with him and make him dance).

We saw new born piglets, so many MANY Rabbits, Donkeys, Cows, lots of noisy Chickens and Roosters, a BRILLIANT White peacock (strutting his stuff for his mate), Turkeys (not for Christmas!!!!)

more Rabbits (they were everywhere, definitely seems true what they say about them)

Some frolicking (and rather hilariously entertaining) Goat Kids, Llama's....or Alpacas... (what's the difference again?)

Camels (Watch out, they spit!), Kangaroo's (lazy critters, lying about the place), Emus (Watch out for those guys!)

And so many more critters and fluffy things to enjoy. It was such a great day out.



# AROUND THE HOUSES

## THE MELBOURNE SHOW BY HOLLY

I was excited about my day at the Melbourne Show. It was a very busy drive in, but less stressful than the train. I didn't realise how big Flemington racecourse was until we parked there for the show!

The first thing I did was buy a sexy fireman calendar as proceeds go to the Royal Children's Hospital. This is hanging in my bedroom now, I haven't shown mum yet!

Next I walked around for a bit and played a game. I won. I then had lunch with Bianca.

We had fish and chips.

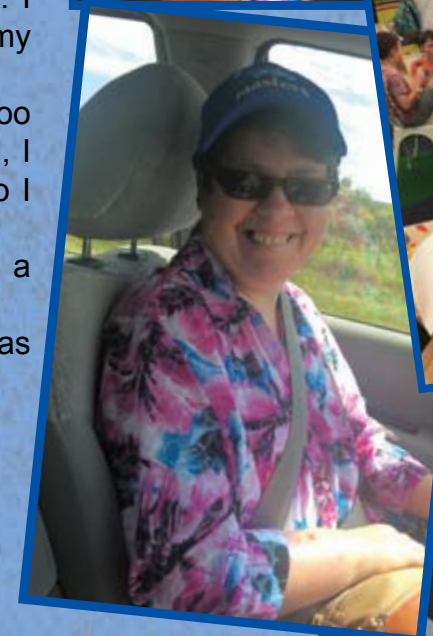
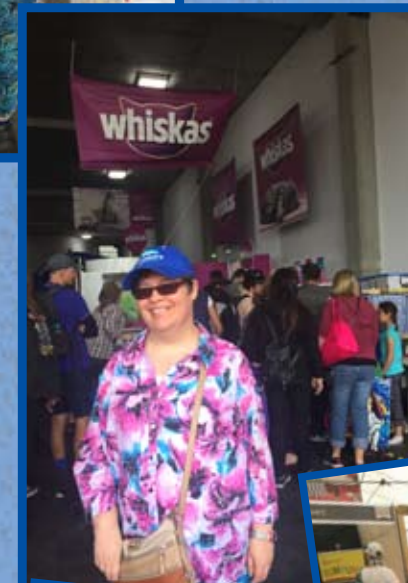
After lunch I watched the motorbikes jump but they were too noisy so I went to look at the cakes. I liked the Chinese cake and asked Bianca to take a picture with me next to it! I then turned into an avocado.

Opposite the cake decorating was the show bag pavilion. I bought lots of show bags and needed more support workers there to help me carry them! I bought a shapes show bag and a Kit Kat show bag because I needed a break. I also bought a cookie monster teddy to put on my bed.

I had a quick look at the animals but they were too smelly! Heading towards the animals pavilion, I walked passed a band that sounded good so I bought their album.

In the animal pavilion, I was tempted to buy a whiskers show bag for Dean!

It was then home time. The Melbourne show was like Christmas and I want to g back next year!





# AROUND THE HOUSES



OLSEN

## ZUMBA BY HOLLY REES

I have been doing Zumba for a year and a half now. I found Zumba on Google.

At first I really liked the staff to stay with me but now I like to go by myself.

I like to speak with my Zumba teacher, Jenny, through emails on my iPad.



16



# AROUND THE HOUSES

PINE

The folks at Pine House have been a busy bunch these last few months, and have been out and about doing lots of different activities. Warwick has enjoyed time on the beach as the weather has begun to warm up, and had a ball on the Mornington Steam Train – we don't know if we've ever seen a smile that big!

Jane recently tried a trip to a nail salon to see whether having a manicure would be something she might enjoy. Jane was certainly in her element here, who doesn't love a bit of pampering? Jane confidently chose her nail polish colour (pink, wouldn't you know it!) and has since returned to seek out the services of the lovely ladies at The Nail Salon in Rosebud Plaza. All three went for a night out on the town at the Wesley Disco and had a ball – but particularly Mandy who danced the night away!



17



SEAVIEW

SANTA'S MAGICAL KINGDOM

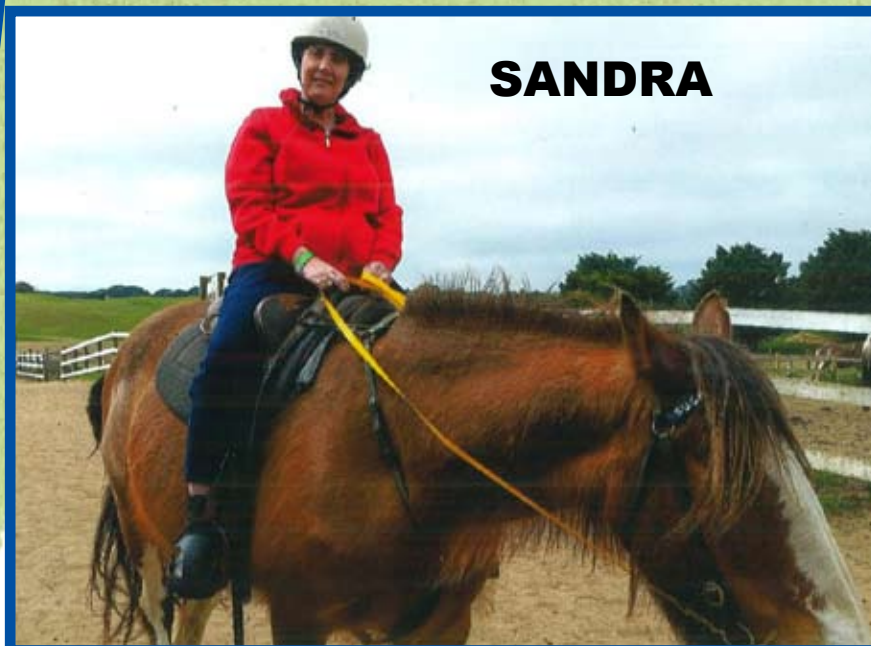
Mary Anne and Kath's visit to Santa's Magical Kingdom Christmas is Mary Anne's favourite time of year – she loves the Christmas carols, the decorations and of course getting presents! Kath likes Christmas too – the food is always great and seeing friends and family makes it special. MaryAnne and Kath decided to go on a trip to Santa's Magical Kingdom at the Caulfield Racecourse and they both had an awesome time! MaryAnne liked the showbags, the reindeer and all the shiny lights while Kath was happy to get a hug from Santa himself and have TWO coffees! The ladies finished their day with a stroll down the Frankston Pier in the sun.



MARYANNE



SANDRA



SASI ART EXHIBITION OPENING NIGHT

On Thursday Night 29th October I went to the SASI Art Exhibition Open Night at Cube 37 in Frankston. My support worker was Kaz, she picked me up and went with me. I had a great time. I was very excited to see my work of art in the exhibition. There was a lot of art work from people I know at 'focus', we had 20 pieces entered. Mine was my favourite. The Food was very nice - we had Sandwiches, Fruit, and I had a glass of Diet Coke. I saw my nice Painting there. Everyone told me it was wonderful and I was very proud of myself I saw a lot of people I knew at the exhibition. I saw Marcus, Mary, Catherine and some other people from different organisations that I have met through the 'Have A Say Conference' and VALID meetings. And also saw Katrina from The Rise. For next years exhibition I want to do a very nice painting. I would like to sell it.

CIRQUE SUR ROUS

Circus Sur Rous has been very busy this term preparing for the Neon Dreaming Performance being held at Cube 37 at Frankston. Participants (Bruce, Mary-Anne, Deb, Jenny, Timara, Holly H and Jenny) have been practicing spinning plates, devil sticks and hoola hoops and a train scene for the show. We have also completed filming dream sequences for the show, one of which entailed a wedding scene between Mary-Anne and Sam. All participants dressed up for the wedding and there was a bridal party, lots of confetti and even a toast with pretend champagne! All participants love the circus and look forward to it every Thursday.





# INDIVIDUAL SUPPORT



## FRANKSTON LIBRARY

Every Thursday morning MaryAnne, Bruce, Jenny and Deb go to the library in Frankston. Deb and Jenny will go to the magazine area and choose a couple of magazines or newspapers to look at. Deb in particular likes to look at magazines on trains, or anything that is railway related! Jenny will usually look at a variety of magazines and will also wander around the library to check everything out. Both MaryAnne and Bruce borrow books weekly. When we enter the library they will return their books and then wander off to choose their items for the week. MaryAnne and Bruce have a wide range of tastes and their weekly book selection can be quite varied. Bruce and MaryAnne then enjoy going up to the counter to borrow their books, and sometimes like to have a chat with library staff.



# INDIVIDUAL SUPPORT

## INTERNATIONAL DAY FOR PEOPLE WITH A DISABILITY

On Wednesday 3rd December 'focus', along with Mornington Shire, Karingal, Scope, Mornington Gymnastics, Cricket Australia, Swish Table Tennis and many other groups, came together and put on an 'All Abilities Sports Day' at The Civic Reserve in Mornington. The day was a huge success; there were 280 participants who came to enjoy the activities. The day opened with BAM the dance group showing off there incredible moves and of course Marcus, Jane, Philippa, Julia, Bruce and Catherine where all part of the team. They invited everyone on to the floor, where most people got up and had a dance. The day included soccer, netball, basketball, tennis, table tennis, cricket, gymnastics, yoga, circus skills, and painting. People could move around at their leisure and enjoy the activities spanning over the whole day. It was great to have people from all walks of life and all age groups, come and enjoy the activities. Participants received a passport when they arrived, as they moved around the activities they received a stamp in the passport. There were spot prizes given, with 'focus' winning a few of them. At the end of the day people got a show bag filled with goodies. 'focus' had around 40 participants involved in the day. With so many people at the event many got to catch up with friends, and old staff they haven't seen for years. There were stories of people catching up for the first time in 8 and 9 years. It is hoped after such a successful day, that it will be run again next year. I have no doubt everyone will come back for such a fun day.

## MCALISTER

Wow, we have come to an end of another great year here at McAlister. This year participants have been involved in some great things such Biggest Morning Tea, All Abilities fun days and Footy fun days. But two great events still to come are our Production in February and also the Cirque Sur Roué performers will be putting on a show at Cube 37. The garden at McAlister, as always is thriving and is used for our cooking program, which now takes place at the Karingal Neighbourhood Centre. Twice a month clients plan and prepare meals from different cultures, they catch public transport to the venue using their MYKI cards to tap on and off, do their shopping and walk across to the centre to prepare their meals. McAlister has just started lawn bowls at Mordialloc Bowl's club. Twice a month we go down and play against other services. Lawn bowls is a great low impact activity that every one can enjoy. Sailing at Mornington Yacht club has finally recommenced, everyone has been looking forward





# INDIVIDUAL SUPPORT



to getting out on the water to take in the views of Mornington.

McAlister's plot at The Joy of The Earth Community Gardens is also thriving. We have received some great news; that plans have begun for a sensory garden to be built within the grounds.

Finally we have been able to start doing Bunnings workshops at Bunnings Frankston with the help of Lynn. So far we have attended two workshops and made mobile wind chimes and individually decorated herb pots.

McAlister still have lots of events to attend in December such as our end of term outing which participants have decided on two outing ideas, we also have numerous events to attend as part of International Day of People with Disability and these include The Great South East Bowl Off, All Abilities Film Festival and All Abilities Day at Mornington.



## CAMP MUNYUNG WEEKEND ESCAPES 2015

On Friday 20th November three ladies set off for an adventure at YMCA Camp Munyung. On the first night Veronica, Marie and Jacqui were very excited about getting to camp. On arrival they all introduced themselves to fellow campers, unpacked and made their beds. We then had a walk around the property to familiarise ourselves with the property. After dinner, all our bellies were full and we went to the recreation room; it was raining and windy so we stayed indoors and did some indoor activities. First up was our fuzzy bags which are decorated bags that are left on a table throughout the camp and allow people to write nice things about each other to place inside.

The morning sun greeted us with warmth and brightness. After breakfast we set off for our first activity which was the Giant Swing. It was a bit high and daunting for us but we pulled up our sleeves and had a go. We then tried bushwalking and tree surfing. The star for this activity goes to Marie for really pushing herself to have a go and she not only had one go.....



# INDIVIDUAL SUPPORT

BUT three turns well done Marie you were amazing.

After lunch was bike riding, there was a few different style bikes to chose from and well done to Marie and Veronica for once again giving it a go you both were fantastic on the bikes.

After dinner, it was time to get ready for our 60's themed disco night where we got dressed up and danced the night away. On Sunday



morning we got up had breakfast before heading to our rooms to pack and clean up, then it was time for RED Faces Jacqui got up on stage and danced to the music, Marie belted out a Shania Twain hit "Man I feel like a women". Everyone sang along with her.

On behalf of the 'focus' crew I would like to thank all the staff and volunteers at the YMCA Weekend Escapes, each time you excel and go that extra step to make things happen for the participants and developing such great activities and events, and we can't wait to see you

all in 2016  
From Jacqui, Marie, Veronica and staff member Jackie.





## SAILABILITY

The arrival of spring, have seen Julia, Anita, Deb, Bernie and Bruce re-unite with the Sailability program on the beautiful Mornington Harbor. The program is run by volunteers from the Mornington Yacht Club. Each participant has the choice of either going onto a 2 seater sail boat or an 8 seater motorboat, cruising around the Mornington Harbor. Following the sailing, each participant generally takes the opportunity to relax and have a chat over a cup of coffee or tea.



## MY COFFEE TABLE GRANDMA

I remember when Grandma and I would have coffee after school, she always wanted to know who my latest boyfriend was and then when I was at work, she always wanted to know about my friends, Mary, Marcus and Catherine.

Grandma used to call herself "Coffee Table Grandma". This was because quite a few of us grandchildren lived a long way away and she would keep our latest photos sitting on her coffee table. She always loved getting on a plane or train to come and visit us.

Grandma you were always there for us – we will all always love you.

Stephany



## WHATS HAPPENING IN INDIVIDUAL SUPPORT SERVICES

John Simmons loves to bowl and here he is pictured doing what he loves best at Karingal AMF. Second to bowling he loves a cappuccino!

When Rene Hanley isn't eating out at his favourite cafes and restaurants he enjoys being assisted to cook a healthy meal at home. High on his list of favourites is a vegetable curry and pasties. Rene recently visited the SASI Art Exhibition and was thrilled to see his good friend win the overall prize for his artwork, featured behind them.



Dino Cuiffetelli has been seen getting around Rosebud in his new wheels, a beautiful blue Scooter. Dino clocks up quite a few km's in it and it is a very comfy ride. Just be sure Dino to google the weather forecast, as we get 4 seasons in a day. Dino gets much enjoyment as we walk or ride along the foreshore paths, chatting to people along the way and as

often as possible, patting their pooches.

Dino recently spent a beautiful spring day at the Melbourne Zoo.

Dino has been working on building up a social group to get together in the Rosebud Plaza on a Friday morning, for a morning tea and chat at a local cafe. If anyone would like to join him please ring the office.



## SHIRLEY WARREN

One of Shirley's goals for herself was to be able to cook an evening meal for her husband Les. Shirley was supported to use a Slow cooker and to follow a simple recipe to create a delicious evening meal for them both. Shirley is very happy to be able to do this for her husband and her confidence in her cooking skills is increasing.





On behalf of  
everyone at 'focus',  
have a Merry  
Christmas and a  
prosperous  
New Year.

