



THE ROSEWOOD POST

APRIL 2025 ISSUE

Welcome Home

Hello Residents, Families, Staff and Friends,

The crisp early-autumn air had filtered through the windows, bringing with it a sense of renewal and quiet reflection in April. Easter was the highlight of the month. Residents joined together to craft decorations and the staff decorated with pastel garlands, bunny crafts and baskets of chocolate eggs. On Easter Sunday, there was much joy with family and friends visiting throughout the day.

Rosewood Intergenerational Program: Garden Connections

Connecting from West Perth and Leederville

A beautiful intergenerational program has been created, bringing Rosewood residents together with some incredibly curious, kind and delightful 4-year-olds from the North Perth School of Early Learning. The charming gathering, hosted by the North Perth Community Garden, allows both generations to connect, wander through the vibrant garden beds bursting with herbs, flowers, fruit and vegetables and enjoy crafting together – sharing laughter, little chats and creativity.

- BEAUTIFUL HAIR BY ITALIA
- CUDDLES WITH FURRY FRIENDS
- THE MEN IN OUR COMMUNITY
- TRAVEL TO JAPAN
- PICNIC VIBES AT THE LOCAL PARK
- THE WELLBEING POWER OF BALLET



Ron and his inquisitive new friends



Manesh with Emma (North Perth Community Gardens)



Gloria and Irma wandering the gardens with a little friend.

Neighbourhood News from **LEEDERVILLE**

Picnic Vibes at the Local Park



A beautiful day for a morning tea picnic



Krys and Thea enjoying each other's company at the picnic



Beth loving the great outdoors

Cuddles with Furry Friends

Residents, staff and families always look forward to the adorable farm animal visits and once again, we had a full house! The animals arrived with their best barnyard charm and the goat cuddles were a BIG hit!



Loveable cuddles for Colleen

Beautiful Hair by Italia

Italia keeps our ladies and gents looking and feeling their best with fabulous haircuts, colour, hot drink and lots of chat! Judy is glowing after her visit - she looks gorgeous!



Judy having her regular style and catch up with Italia (Hairdresser)

Neighbourhood News from WEST PERTH

The Wellbeing Power of Ballet

In this monthly ballet class, there may not be pirouettes, but there's certainly poise, performance and positivity! Have you experienced the gentle 45-minute seated ballet class? Aurélien and Sandy from Ballet4Wellbeing guide participants through mindful breathing and gentle movements for the shoulders, arms, hands, legs and feet – designed to release tension, maintain strength and cognitive health and promote better circulation and mobility, and all whilst listening to inspired and beautiful music.



Judy joining in with Tracey (Lifestyle)



Port de bras exercise (meaning carriage of the arms)



Heather's graceful arm extension

The Men in Our Community

Some men are not always eager to jump into social circles or attend group activities but put on some good food and good company, and voilà!... At West Perth, we cater to our men with monthly events like the Squires' Men's Luncheon (by invitation) and Blokes on the Balcony – relaxed, welcoming gatherings.

It's all about connection, comfort and creating space just for the blokes.



Squires Men's Luncheon



Blokes on the Balcony

Travel to Japan

Our residents recently took a trip to the Land of the Rising Sun from the comfort of their armchairs! With beautiful visuals, traditional music and a taste of Japanese culture by Yuko (Lifestyle), our armchair travellers explored everything from cherry blossoms and ancient temples to tea time.



Yuko (Lifestyle) in traditional dress serving tea to Ernesto



Beautiful creations by the residents @Leederville

Easter-time at Home

Connecting from Leederville and West Perth



Leila (Susan's daughter) and Joana (Receptionist) @West Perth



Crafted by the residents @Leederville



Easter Egg Hunting @West Perth



The hunt is over and it's tea time @West Perth



Ivy and Lorna just in time to join the Easter Hunt @West Perth



Love the bunny ears! @West Perth



Eleanor and Georgia making Easter decorations @West Perth



Artists @Leederville



Crafting enthusiasts @Leederville



Colouring-in together @Leederville

Printed Rosewood Programs in our homes and connect on our website @ www.rosewoodcare.org.au

HOME WITH OUR Residents

Rosewood's Intergenerational Programs

Connecting from Leederville and West Perth

Rosewood is committed to growing our intergenerational programs, fostering meaningful connections between generations through shared experiences, learning and joy. These programs bring together curious little ones, bright minded youths and our wise and experienced residents to build empathy and respect, spark curiosity and create moments of learning and memories across generations. Our current programs include: Activities with Aranmore Catholic College, Concerts by Aranmore Primary School and Aranmore Catholic College, North Perth Community Garden Intergenerational Program, Intergenerational Home Visit Program with the North Perth School of Early Learning.



Neville enjoying chair yoga with one of the students visiting from Aranmore Catholic College.

Meet Me! Sue Whitten - Facility Manager, Leederville



I am married and have been with Mark for about 40 years now. We have three adult children, Josh, Lucy and Andrew. My daughter, Lucy, is expecting my very first grandchild in August - in which I am very excited about. We have a little rescue dog, Buddy. Lucy adopted him some years ago when living at home, and as the old story goes....she left home and left Buddy with us.

I commenced my aged care nursing here at Rosewood Leederville approx. 7-8yrs ago and loved it. It taught me so many things on how to be a great aged care Registered Nurse. Rosewood has always exuded a warmth, a sense of community and a comfortable 'home' feeling. I have always told people about the positive energy at Rosewood, so to come back after some other working experiences, is exciting and makes my heart sing. My expectations are high; and I am always ready to help out and support the team to reach those levels! I have been a nurse for approximately 40 years (yes long time). I have worked in gerontology, palliative care, plastic surgery, and more recently a short stint with Dementia Support Australia.

I love to garden - it helps me to relax, and I love to potter about out there. I spend a fair bit of time in my pool, and I love the beach. It is my happy place. I probably spend far too much time in the sun; however, I am a sun worshipper and hence always telling the staff to ensure our residents get out for some fresh air and sunshine. I did dance lessons (modern, tap and ballet) many moons ago and taught for some time. Hence, I love nothing more than an evening at the quarry watching the ballet, or a vibrant musical at the local theatre! I dabble in adult tap classes, and in fact it is on my list to get started again this year for some much-needed exercise! I walk around the lake when I can with my dear friends, and we natter all the way around. Good for the soul.



Tracy Harris
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WEST PERTH WA 6005

welcome home

Leederville Cuddly Farm



Colleen



Joe



Laurel



Italia (Hairdresser) and grandkids



Trevor and Jean



Soft, sweet and oh-so-cute!
The bunnies were a favourite



Eileen



Judy



Laurie



The Guinea Pig Huddle!



Jan



Christine



Valerie

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