



YALLAMBEE BUZZ

A MONTHLY NEWSLETTER BY YALLAMBEE TRARALGON VILLAGE FOR THE AGED INC.

“ NOVEMBER REMINDS US TO ENJOY THE SUNSHINE, WELCOME NEW BEGINNINGS AND TREASURE FAMILIAR FACES. ”

INSIDE THE HIVE: LAST MONTH'S RECAP

OKTOBERFEST

Residents embraced the fun and festivities of Oktoberfest with an afternoon filled with laughter, friendly competition, delicious German-inspired food, and plenty of community spirit.

The day began with a German spelling challenge, where participants put their language skills to the test by attempting to spell a variety of tricky German words. Everyone enjoyed giving it a go, and there were plenty of laughs along the way. Edith proved to be the standout competitor, winning the competition comfortably with her impressive spelling abilities.

The fun continued with a unique stein-stacking challenge. Residents worked carefully to build the tallest tower possible using traditional beer steins. It was a surprisingly tense competition, with some towers toppling just as they neared record heights. Caryll emerged victorious after successfully stacking an incredible nine steins high, earning plenty of applause from fellow residents.

No Oktoberfest celebration would be complete without some delicious German cuisine. Residents enjoyed tasty kranskys served with sauerkraut, along with crispy sauerkraut balls, which were a big hit with everyone attending.

The afternoon was filled with smiles, conversation, and friendly rivalry as residents came together to celebrate German culture and traditions. A wonderful time was had by all, making this year's Oktoberfest another memorable event on the Yallambee social calendar.



WHAT'S NEW PUSSYCAT

On Thursday 8 October our Yallambee residents were lucky enough to see "What's New Pussycat? Hits of the Swingin' Sixties" To add to the experience we were all offered a complimentary glass of wine as we admired such a beautiful theatre.

This hit cabaret show starring award-winning Australian musical duo Melissa Langton, dressed in her beautiful sparkling ensemble and Mark Jones playing the piano, singing and quick wit off the wall Jokes making us all laugh. The performance was a joyous, foot-stamping cele-

bration that brought the vibrant music, humor, and spirit of the 1960s to life.

The show is part of the popular "Live @ 11" matinee series playing at GPAC (Gippsland Performing Arts Centre) in Traralgon. Feedback included: Judy said "what an excellent show" Valda said "I enjoyed that so much" Reata said " That was outstanding" If you would like to be on our next concert, please see our lifestyle staff or checkout our sign up sheets on the lifestyle office door.



POSITIVE AGING THE SWINGING SIXTIES

Our Yallambee community stepped back in time as Australian music icon Wendy Stapleton took to the stage for a series of spectacular, high-energy performances. Headlining the regional Positive Ageing and Seniors Festivals, Wendy brought her acclaimed tribute show, "The Swinging Sixties," to our own GPAC.

With her signature powerhouse vocals, Wendy paid a brilliant tribute to the legendary women who defined a generation of music. Audiences were treated to a nostalgia-filled

journey through the 1960s, singing and clapping along to timeless hits from Dusty Springfield, Petula Clark, Lulu, and Cilla Black, as well as beloved tracks from classic girl groups like The Ronettes and The Shirelles.

Sponsored by local councils to celebrate and connect our senior residents, the event was completely free and drew enthusiastic crowds. To finish off such a fun day everyone got to take home a souvenir show bag.



MYSTERY DRIVE

Mystery Drive at Tyers Lookout Our latest Mystery Drive brought Yallambee residents together for an afternoon of fun, and a bit of local sightseeing, continuing to a spectacular finish at Tyres lookout. The drive kicked off keeping everyone guessing as we cruised around the streets. Navigating through town required a keen eye and plenty of teamwork from the navigators in the passenger seats. There were plenty of smiles (and only a few intentional wrong turns!) as our convoy made its way along the designated route. The grand finale took us up the road to Rawson, just two kilometres north of Tyers. Pulling into the

parking area, drivers were treated to the breathtaking, 180-degree panoramic sweep that makes Tyres Lookout one of the region's best underrated viewpoints. Enjoying the view with a biscuit and a hot cuppa. The clear weather gave us a perfect view across the Latrobe Valley all the way to the Strzelecki Ranges, offering a stark and beautiful contrast between our lush green Gippsland farmlands and the massive industrial landmarks like Loy Yang and the local paper mill. A massive thank you to everyone who attended. Stay tuned to the next newsletter for details on our next social drive!



MIDVALLEY SHOPPING

On Thursday, 15 October we all head to Midvalley for shopping. Some residents caught up with family, others ladies enjoyed a beautiful coffee while watching the people walk past. Everyone had a great time and look forward to the next trip.



HELP PROGRAM: HELPING EVERYONE LIVE WITH PURPOSE

In September, Yallambee proudly launched our new HELP Program - Helping Everyone Live with Purpose.

The HELP Program was created to give residents the opportunity to contribute to our community in ways that reflect their individual strengths, interests, abilities and life experiences. Rather than taking a "one size fits all" approach, each volunteer role is carefully matched to the resident, ensuring it is enjoyable, meaningful and tailored to their preferences.

We already have several residents embracing their new roles. Margaret and Peggy have taken on the important job of delivering newspapers to fellow residents each weekday, helping everyone stay informed while providing friendly daily interactions. Jill delivers the Express to fellow residents every Tuesday. Neil enjoys spending time outdoors and now helps keep our pathways clear using a leaf blower purchased especially for him, allowing him the flexibility

to work at a time that suits him. Judy has become one of our Friendship Visitors, spending time with residents who would benefit from extra social connection and companionship.

The HELP Program recognises that purpose, contribution and community involvement remain important at every stage of life. By providing opportunities for residents to share their skills, assist others and stay engaged in meaningful activities, we are helping foster confidence, independence and a strong sense of belonging.

We are always looking for more residents to become involved. A variety of roles are available and can be tailored to suit individual abilities, interests and preferences. If you would like to learn more about the HELP Program or explore a role that may suit you, please speak with the Lifestyle Team.

Together, we're helping everyone live with purpose.





YOU'VE GOT A FRIEND IN ME



IN OCTOBER WE WEAR PINK

October has been a busy and incredibly successful month at Yallambee as we came together to support Breast Cancer Awareness Month.

Throughout the month, we hosted a range of fundraising activities, including our corporate Toast for Hope event, a special Pink October breakfast and the sale of breast cancer awareness merchandise.

It was wonderful to see so many residents, staff and members of our wider community getting involved, showing their support and helping raise funds for such an important cause.

A heartfelt thank you to everyone who attended an event, made a donation, purchased merchandise or helped behind the scenes. Your generosity and enthusiasm made Pink October a wonderful success.

Together, we have helped raise awareness, support those affected by breast cancer and make a meaningful difference.

- Jelly Bean Guess Winner – Liam Verdaas 437 jellybeans
- Raffle Prizes
- 1st Prize – Ken Mooney
 - 2nd Prize – Kim Inglis
 - 3rd Prize – Tom Szpura
 - 4th Prize – Di Howe
 - 5th Prize – Leanne Felstead
 - 6th Prize (donated by Flowers by Belle) – Kathy Sommer

Let's Fight Together

\$4,349

raised for the
National Breast Cancer Foundation.
Thank you for your generosity and support!





COOKING GROUP RECEIVES EXCITING NEW EQUIPMENT THANKS TO GREAT CHASE

Residents are excited to be putting some brand-new kitchen appliances to good use, purchased with the \$1,000 prize money awarded after our fantastic result at The Great Chase on 7 September.

After proudly finishing in second place, residents were invited to decide how the winnings should be spent. Many expressed a wish to enhance our popular Cooking Group, choosing a range of kitchen appliances and supplies that will help make future cooking and baking activities even more enjoyable.

The new equipment will support residents to continue sharing recipes, learning new skills, and creating delicious treats together. These purchases are a wonderful example of residents having a voice in activities and seeing their ideas become a reality.

A big thank you Traralgon Greyhounds and to everyone who participated in The Great Chase and helped make this possible. We look forward to many happy hours in the kitchen using our new appliances!



PEOPLES CHOICE AWARDS

Yallambee is delighted to have been voted the People’s Choice Award winner for Most Popular Aged Care and Disability Support Service for the third consecutive year.

Receiving this recognition three years running is an incredible honour, and we’re proud to share this achievement with our residents, their families and our dedicated staff.

A heartfelt thank you to everyone who voted and continues to support Yallambee. Your kindness, commitment and care help make Yallambee a welcoming place to live and work. This award belongs to all of you!

We would also like to acknowledge the event sponsors, whose generous support makes this celebration possible: Morwell Bowling Club, Melinda Bath MP, Marinus Link, TR FM, Latrobe City Council, Moe Racing Club, Latrobe Valley Drafting, McMillans, ANZ, Good Land Brewing, Latrobe City Business Chamber, Virtue Homes and AGL.

A special thank you goes to Bamits, sponsor of the Aged Care and Disability Support Services category.



From the Recipe Box

RECIPIE NAME:

Coconut Biscuits

SUBMITTED BY:

**Margery Cole Resident, Valda
Via CWA Cook Book**



Ingredients

Makes 30 | Prep 15 Min | Cook 15 Mins

Sugar - 185g

Butter - 125g

Egg

Self raising flour - 250g

Coconut 60g

Method

1. Cream the butter and sugar
2. Add beaten egg
3. Add flour then the coconut
4. Break off small pieces, roll and flatten with a fork
5. Bake on greased tray in a moderate oven 10-15 mins until golden

YALLAMBEE STAFF NEWS

NOVEMBER STAR OF THE MONTH

Star of The Month!



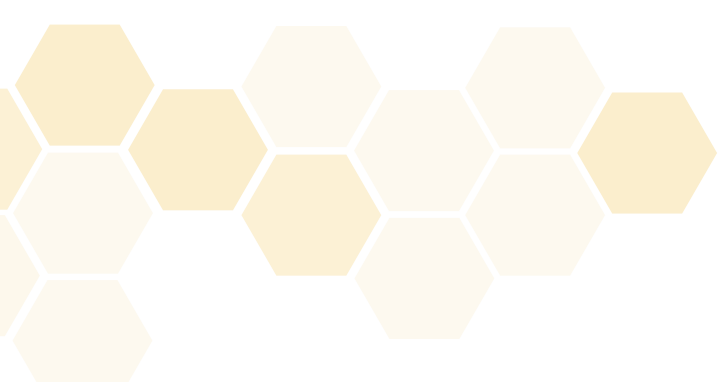
LEXI REDPATH **REGISTERED NURSE**

I would like to recognise Lexi for her outstanding work and commitment this week. Lexi commenced the second part of her graduate year in July and after her buddy shifts, confidently took on the responsibility of caring for residents she was not yet familiar with. This week was particularly challenging, with three residents who were clinically very unwell and required intensive nursing care. For such a new nurse, Lexi demonstrates excellent clinical knowledge. She is highly observant and in her calm and professional manner, raises concerns appropriately, providing detailed information and evidence to support her observations. Importantly, she follows through to ensure concerns are addressed and appropriate outcomes are achieved. Despite the increased clinical demands, Lexi successfully managed all routine nursing responsibilities while continuing to provide compassionate and empathetic care. Her empathy is genuine and she consistently demonstrates a resident-centred approach. Well done, Lexi. You should be very proud of how you have managed Grevillea and supported its residents this week. It has been an absolute pleasure working alongside you.



BRIANNA MUNSON **PERSONAL CARE WORKER**

I would like to nominate Brianna for Star of the Month for demonstrating exceptional kindness and resident-centred care. Brianna went out of her way to assist a new resident who had only a small amount of clothing and whose items had not yet been labelled. Recognising the resident's immediate need, she personally completed the resident's washing in the new resident laundry to ensure they had clean clothes available. This thoughtful act showed compassion, initiative, and a genuine commitment to supporting residents with dignity during their transition into care. Brianna's willingness to go above and beyond made a real difference to the resident's comfort and wellbeing and reflects Yallambee's values in action.



STAR OF THE MONTH SPECIAL MENTIONS & NEW STAFF



Special mentions also go out to the following staff who were nominated this month.

- Quinn Lynch, PCW
- Julie Ellen, PCW
- Tanya Sheen, PCW
- Susan Swart, CCC
- Georgie Taylor, PCW
- Nida Munn, PCW
- Ellen Abinsay, RN
- Grace Taylor, EEN
- Tara Symons, EN

All nominations received for each month are displayed on the digital frames in the staff rooms.

New Yallambee Staff

Brooke Jackson - Personal Care Worker

Ann-Maree Ahern - Executive Assistant

A very big welcome to all our new staff!



AGM

ANNUAL GENERAL MEETING 2026

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of Yallambee Traralgon Village for the Aged Inc.
(Margery Cole Residential Care Service Provider)
1 Matthews Crescent, Traralgon VIC 3844 will be held on:

MONDAY, 30 NOVEMBER 2026

at 6:00pm Grevillia Lounge

Members of the Association are invited to attend the meeting and will receive further details at their nominated addresses.

Staff receiving service awards are also encouraged to attend and will be sent a formal invitation.

Please RSVP to the Executive Assistant on 5132 3500 by 12 noon, Friday, 20 November 2026.

Please note that attendance is by invitation only.

A light supper and refreshments will be served at the conclusion of the AGM proceedings.



YALLAMBEE VILLAGE NEWS



AGM

ANNUAL GENERAL MEETING 2026

Yallambee Village Residents are invited to attend the

YALLAMBEE RETIREMENT VILLAGE AGM

Date: Monday 9 November 2026

Time: 2:30 PM

Venue: Margery Cole, Atrium Lounge

Please RSVP to Reception on 5132 3500 by
Thursday, 5 November 2026

Light refreshments will be served at the conclusion
of the AGM proceedings.

AGM
2026



THE BUZZLINE: UPCOMING EVENTS & NOTICES

OUTINGS

GPAC CONCERT

Thurs 5 Nov, 10:15 am, Foyer, \$15

MIDVALLEY

Mon 9 Nov, 1:45 pm, Foyer

BUNNINGS

Thurs 12 Nov, 10:15 am, Foyer

MYSTERY DRIVE

Thurs 12 Nov, 1:45 pm, Foyer (house roster)

LUNCHEON

Mon 16 Nov, 11:30 am, Laurel Lounge

MORNING MELODIES

Thurs 19 Nov, 10:15 am, Foyer, \$10, men only

MAFFRA VEHICLE COLLECTION

Thurs 19 Nov, 1:30 pm, Foyer, \$12, men only

OP SHOP

Mon 23 Nov, 1:45 pm, Foyer

MIDVALLEY

Thurs 26 Nov, 10:15 am, Foyer

MYSTERY DRIVE

Thurs 26 Nov, 1:45 pm, Foyer (house roster)

COLES

Mon 30 Nov, 1:15 pm, Foyer

COMMUNITY CONNECTIONS OUTINGS

(limited places - book with Lifestyle)

THEY SANG AT CARNEGIE HALL

Live @ 11 at GPAC

Thurs 5 Nov, 10:15 am, Foyer, \$15

BUNNINGS

Thurs 12 Nov, 10:15 am, Foyer

MORNING MELODIES

Morwell Club, Thurs 19 Nov

10:15 am, Foyer, \$10

MEN'S DAY

Maffra Vehicle Collection

Thurs 19 Nov, 1:30 pm, Foyer, \$12

MIDVALLEY

Thurs 26 Nov, 10:15 am, Foyer

PLEASE SEE LIFESTYLE STAFF TO BOOK

(Limited places; subject to availability and weather conditions.)

ENTERTAINMENT - ALL AT 1:30 PM

BILL BISHOP

Thurs 5 Nov, Grevillia Lounge

MEMORY LANE

Thurs 12 Nov, Grevillia Lounge

BILL, DAVE & FRIENDS

Fri 13 Nov, Grevillia Lounge

SONGS OF PRAISE

Sat 14 Nov, Grevillia Lounge

SINGING WITH TESS

Thurs 19 Nov, Grevillia Lounge

GLENN LEVER

Thurs 26 Nov, Grevillia Lounge

MONTHLY CHURCH SERVICES

NOVEMBER CHURCHES

Anglican

Fri 6 Nov, 10:45 am
Grevillia Lounge

Community Church (Uniting)

Date to be confirmed
Atrium

Communion

Fri 13 Nov, 10:30 am
Atrium

Catholic Mass

Tues 17 Nov, 10:45 am
Atrium

CULTURAL / SPECIAL DAYS

MELBOURNE CUP DAY

Tues 3 Nov, 10:15 am - themed activities
Fashions on the Field, 1:30 pm, Atrium
Melbourne Cup Race, 2:30 pm, Atrium

RSL REMEMBRANCE SERVICE

Fri 6 Nov, 1:30 pm, Atrium, with Ron Ostler
Followed by Happy Hour at 2:00 pm

CRAFT WITH JAYDE

Bunnings craft - Mon 9 Nov, 1:30 pm
Grevillia Lounge

REMEMBRANCE DAY

Wed 11 Nov, 10:45 am, flagpole
Weather permitting; morning tea follows
in Grevillia Lounge

MINI FARM

Mon 16 Nov, 1:30 pm, CBD Gardens

MEMORIAL DAY

Tues 17 Nov, 1:30 pm, Atrium

ST ANDREW'S DAY

Mon 30 Nov, 1:30 pm, Grevillia Lounge

MEETING CALENDAR

RESIDENT & RELATIVE MEETING

Wed 25 Nov, 3:00 pm
Training Room

VILLAGE RESIDENTS WELCOME TO MARGERY COLE ACTIVITIES

BIRTHDAYS AROUND THE HIVE: NOVEMBER



MARGERY COLE BIRTHDAYS

Joyce Morris | November 5

Alwynne Barnes | November 28

Shirley Kirkpatrick | November 27

Ian Cain | November 11

Barbara Parmigiani | November 5

Teresa Slocum | November 28

Patricia Smith | November 23

Jane Ferrier | November 20

VILLAGE BIRTHDAYS

Rosemary Lorenz | November 6

Coleen Boundy | November 12

Margaret Thompson | November 7

Bet Vivian | November 12

Beth Roberts | November 10

Ro Verspaandonk | November 20

STAFF BIRTHDAYS

Tori Duffell | October 29

Sandra Gora | November 20

Sophie Jarvis | November 2

Abigail Amoguis | November 30

Erin Garland | November 18

Manju Manoj | November 19

Sushmita Bhattarai | November 5

Sandra Gora | November 20

Tayla Mundt | November 12

Tanya Briggs | November 1

Kate Hagley | November 20

Alan Shibu | November 4

Emma (Kim) Bui | November 28

Dianne Howe | November 20

Madeline Wallace | November 15

RESIDENT & STAFF SPOTLIGHT

SUSAN MCIVER

MARGERY COLE RESIDENT



LENGTH OF TIME AT YALLAMBEE:

4 years

THE BEST THING ABOUT LIVING AT YALLAMBEE

I enjoy delivering Meals on Feet in the Village

THE WORST THING ABOUT LIVING AT YALLAMBEE:

It can get noisy at times

ONE THING YOU DON'T KNOW ABOUT ME:

I used to make pegs

MY FAVOURITE FOOD:

Spaghetti Bolognese

MY FAVOURITE LIFESTYLE & WELLBEING ACTIVITY:

Bingo

MY FAVOURITE ANIMAL:

All animals

WHAT JOB OR CAREER DID YOU HAVE BEFORE RETIREMENT?

Paper round and cleaning at the racecourse

MORNING PERSON OR NIGHT OWL?

Morning person

WHAT IS SOMETHING YOU LEARNED LATER IN LIFE?

Save your money

ACHINI ATTANAPOLA

YALLAMBEE STAFF MEMBER



ROLE AT YALLAMBEE:

Roster Coordinator

LENGTH OF TIME AT YALLAMBEE:

5 years

JOBS PREVIOUS TO YALLAMBEE: I

Flight attendant and Cabin Crew Liason Officer for Srilankan Airlines

ONE THING YOU DON'T KNOW ABOUT ME:

I love travelling and I've been to more than 20 countries

FAVOURITE PASTIMES:

Shopping with my daughter

FAVOURITE FOOD:

Thai

ADVICE TO NEW STAFF:

Support and help each other

FAVOURITE MOVIE OR TV SHOW:

Good Girl series on Netflix

MORNING PERSON OR NIGHT OWL:

Night owl

WHAT'S SOMETHING THAT ALWAYS MAKES YOU SMILE:

My besties and chocolate

SANDY MACFARLANE

YALLAMBEE VILLAGE RESIDENT



LENGTH OF TIME AT YALLMABEE VILAGE:

6 years

THE BEST THING ABOUT BEING AT YALLMABEE:

Everything

THE WORST THING ABOUT BEING AT YALLAMBEE:

Nothing. So grateful to be here

ONE THING YOU DON'T KNOW ABOUT ME:

I believe in climate change. Go greenpeace

FAVOURITE FOOD:

House made fruit bread and berries

ADVICE TO NEW RESIDENTS:

Get in there and enjoy. Just be happy

MORNING OR NIGHT OWL:

Night owl

FAVOURITE MOVIE OR TV SHOW:

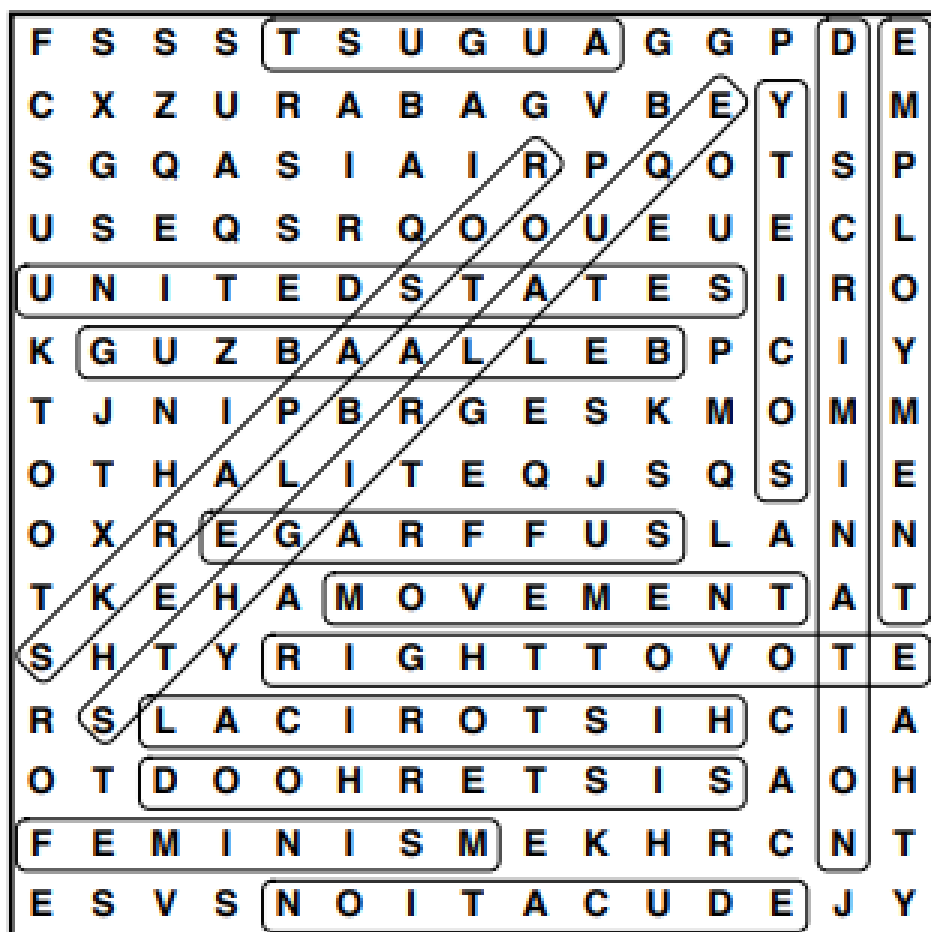
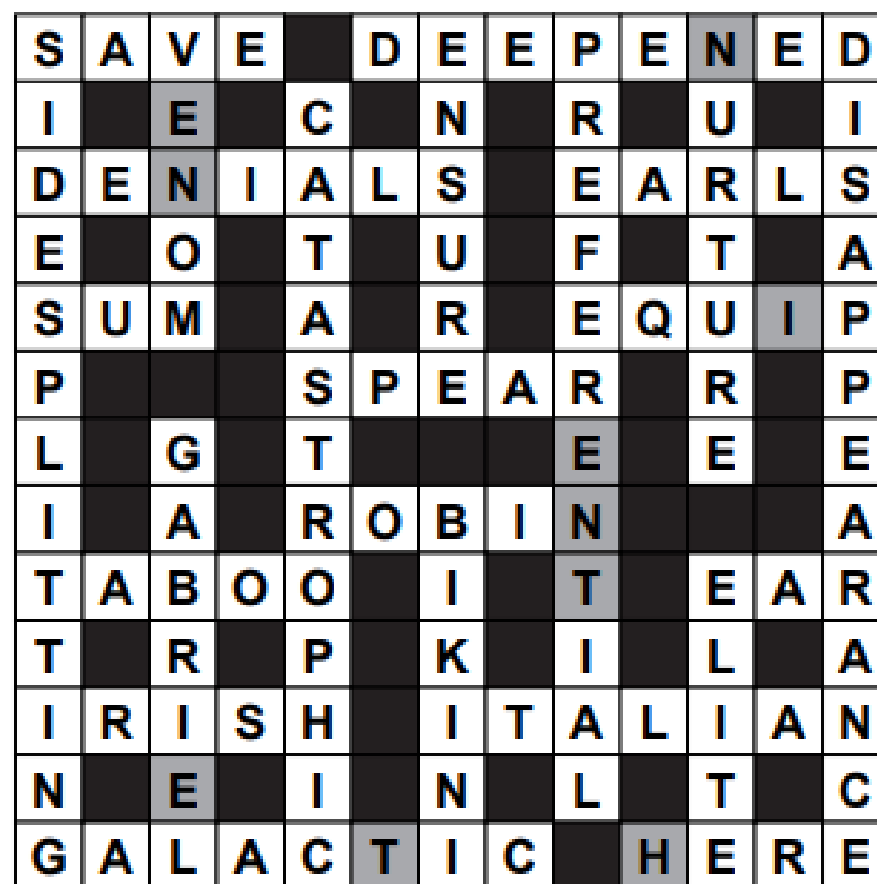
Lingo and Tipping Point Australia

WHAT'S ONE THING THAT MAKES YOU SMILE:

My special friends

MONTHLY PUZZLES

OCTOBER SOLUTIONS



Keyword: NINETEENTH

POLICY



WHISTLEBLOWER POLICY

A brief overview

01

WHAT IS IT?

A protected way to report actual or suspected wrongdoing in relation to Yallambee.

02

WHAT CAN BE REPORTED?

Misconduct, a reportable incident, or an improper state of affairs.

03

WHO CAN REPORT?

Staff, contractors, volunteers, consumers, and family members or carers may be eligible to make a disclosure.

04

CAN I REPORT ANONYMOUSLY?

Yes. Reports can be made anonymously.

05

PROTECTION

Yallambee is committed to protecting your identity and protecting whistleblowers from retaliation, harassment and victimisation.

REPORT A CONCERN

info@yallambee.com.au



View the full policy:

<https://yallambee.complicare.com.au/module/253/page/a7afb65e-48ff-414a-921a-a16c31b265c7.md>

YALLAMBEE LIFESTYLE & WELLBEING ACTIVITY CALENDAR

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 ST ANDREW'S DAY 09:45 Morning Chats H 10:15 House Meeting H 10:30 Exercises H 11:00 Brain Teasers H 1:45 Coles F 1:30 St Andrews Day A	 03 MELBOURNE CUP 10:15 Melbourne Cup Themed Activities G 1:30 Fashions on the Field A 2:30 Melbourne Cup Race A 	04 09:45 Morning Chats H 10:15 Exercises H 10:45 Brain Teasers H 10:45 Uniting Church A 1:30 Bingo G 3:00 Movie Club A 3:40 Individual Time H	05 10:15 Community Connections. Live @ 11 They Sang at Carnegie GPAC F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Bill Bishop G 3:40 Individual Time H 4:00 Bible Study G	06 RSL SERVICE 10:15 Walking H 10:45 Anglican Church G 1:30 RSL Remembrance Service A 2:00 Happy Hour A 3:40 Individual Time H 	07 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Golf G 3:40 Individual Time H	08 09:45 Morning Chats H 10:15 Exercises A 10:45 Brain Teasers A 1:30 Bingo G 3:40 Individual Time H
09 09:45 Morning Chats H 10:15 House Meeting H 10:30 Exercises H 11:00 Brain Teasers H 1:45 MidValley F 1:30 Craft with Jayde from Bunnings G 3:40 Individual Time H	10 09:45 Morning Chats H 10:15 Resident led Activity H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Cooking ANZAC Biscuits A 2:30 Coffee Club Cafe 3:40 Individual Time H	11 REMEMBRANCE DAY 09:45 Morning Chats H 10:45 Remembrance Day Service Flagpole 11:15 Remembrance Morning Tea G 1:30 Bingo G 3:00 Movie Club A 3:40 Individual Time H 	12 10:15 Community Connections. Bunnings F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Memory Lane G 1:45 Mystery Drive F 4:00 Bible Study G	13 09:45 Morning Chats H 10:15 Walking H 10:30 Communion A 1:30 Happy Hour with Dave, Bill & Friends G 3:40 Individual Time H	14 09:15 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Songs of Praise G 3:40 Individual Time H	15 09:45 Morning Chats H 10:15 Exercises A 10:45 Brain Teasers A 1:30 Bingo G 3:40 Individual Time H
16 10:15 House Meeting H 10:30 Exercises H 11:00 Brain Teasers H 11:30 Luncheon L 1:30 Mini Farm CBD Gardens 	17 MEMORIAL DAY 10:15 Resident led Activity H 10:15 Exercises G 10:45 Brain Teasers G 10:45 Catholic Mass A 1:30 Memorial Day A 	18 09:45 Morning Chats H 10:15 Exercises H 10:45 Brain Teasers H 1:30 Bingo G 3:00 Movie Club A 3:40 Individual Time H	19 MEN'S DAY 10:15 Morning melodies at Morwell Club F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Singing with Tess G 1:45 Men's Day Outing Maffra Vehicle Collection F 	20 VEC MOBILE VOTING 09:45 Morning Chats H 10:15 Walking Group H 1:30 Happy Hour G 3:40 Individual Time H 9:30-4:00 Victorian State Election Voting A	21 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 XMAS Craft G 3:40 Individual Time H	22 09:45 Morning Chats H 10:15 Exercises A 10:45 Brain Teasers A 1:30 Bingo G 3:40 Individual Time H
23 09:45 Morning Chats H 10:15 House meeting H 10:30 Exercises H 11:00 Brain Teasers H 1:30 XMAS Wreath Craft G 1:45 Op Shop Outing F	24 09:45 Morning Chats H 10:15 Resident led Activity H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Carpet Bowls G 2:30 Coffee Club Cafe	25 09:45 Morning Chats G 10:15 Exercises H 10:45 Brain Teasers H 1:30 Bingo G 3:00 Resident & Relative Meeting T 3:00 Movie Club A	26 10:15 Community Connections Midvalley F 10:15 Exercises G 10:45 Brain Teasers G 1:30 Mystery Drive F 1:30 Glenn Lever A 4:00 Bible Study G	27 09:45 Morning Chats H 10:15 Walking Group H 1:30 Happy Hour A 3:40 Individual Time H	28 09:45 Morning Chats H 10:15 Exercises G 10:45 Brain Teasers G 1:30 Card Making. Volunteer Thank you Cards/XMAS Cards G	29 09:45 Morning Chats H 10:15 Exercises A 10:45 Brain Teasers A 1:30 Bingo G 3:40 Individual Time H

REMEMBRANCE DAY

Join us for our in-house
service in recognition of
Remembrance Day.

Friday, 6 November
1:30 pm
Atrium Lounge

Happy Hour to commence
after service

Yallambee Village
Residents Welcome



Remembering Our Friends & Loved Ones

MEMORIAL SERVICE

You are warmly invited to join us as we
remember and honour the residents of
Margery Cole and Yallambee Village
who have passed away between
November 2025 and October 2026.

Tuesday, 17 November 2026
1:30 pm · Atrium Lounge

All residents, families, friends and staff
are welcome.

Please RSVP to Reception on 5132 3500
or email rec@yallambee.com.au by
Thursday 12 November.

Please stay for afternoon tea following
the service.





**Victorian
Electoral
Commission**

VICTORIAN STATE ELECTION 2026

Election day: Saturday 28 November 2026

**The Victorian Electoral Commission (VEC) will
be onsite to provide an opportunity to vote
before election day.**

**Friday 20 November 2026
09:30 am – 4:00 pm
Atrium Lounge**

**This mobile voting session is open to Margery
Cole residents and staff only.**

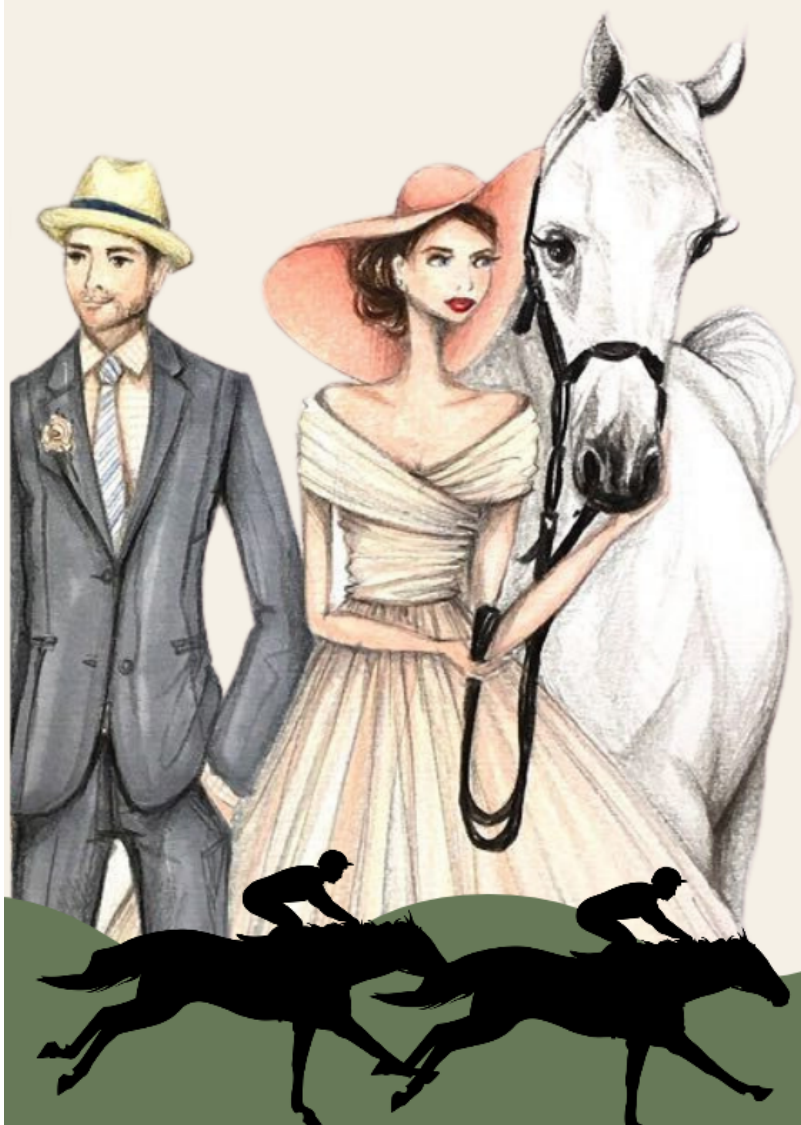


YALLAMBEE *Fashions on the Field*

TUESDAY, 3 NOVEMBER

1:30 ATRIUM

RACE BEGINS AT 3PM



Dress in your best!



POLICY OF
THE MONTH

PERSON CENTRED Dining



Yallambee is committed to making mealtimes enjoyable, welcoming and respectful of each older person's choices. Food and dining are an important part of everyday life, supporting health, independence, cultural identity and social connection. Our approach recognises individual tastes, routines and support needs so that everyone can enjoy their dining experience with dignity.

Your Choices Matter

Each older person's food preferences, dining arrangements and support needs should be respected. This includes choices about what, when, where and how they eat and drink. Flexible mealtimes, along with meals and snacks outside regular hours, help accommodate individual routines.

Meals That Suit Each Person

Meals should be nutritious and reflect individual tastes, cultural traditions, religious preferences and dietary needs. Allergies, intolerances and other dietary requirements are considered during assessment and care planning. Varied choices should also be available for people who require texture-modified meals.

Support With Dignity

Staff encourage independence while providing the assistance each person needs. This may include helping with utensils, ensuring glasses and dentures are available, and supporting safe positioning. Individual assistance needs should be reflected in the person's Care Plan.

Time to Enjoy

Mealtimes should feel relaxed and unhurried. Staff allow time between mouthfuls, serve one course at a time and avoid hovering or clearing plates before everyone at the table has finished. Friendly conversation should reflect each person's interests and preferences.

A Welcoming Dining Space

Dining areas should be clean, comfortable, well lit and inviting. Tables should be neatly arranged, with suitable crockery, cutlery and drinks within easy reach. Seating preferences and thoughtful presentation help make meals a pleasant part of the day.

Culture, Family & Connection

Food can bring people together and keep traditions alive. Yallambee encourages older people to share their favourite meals, cultural traditions and ideas. Visitors are warmly welcomed to join them at mealtimes, supporting relationships and a sense of belonging.

Listen, Respond & Improve

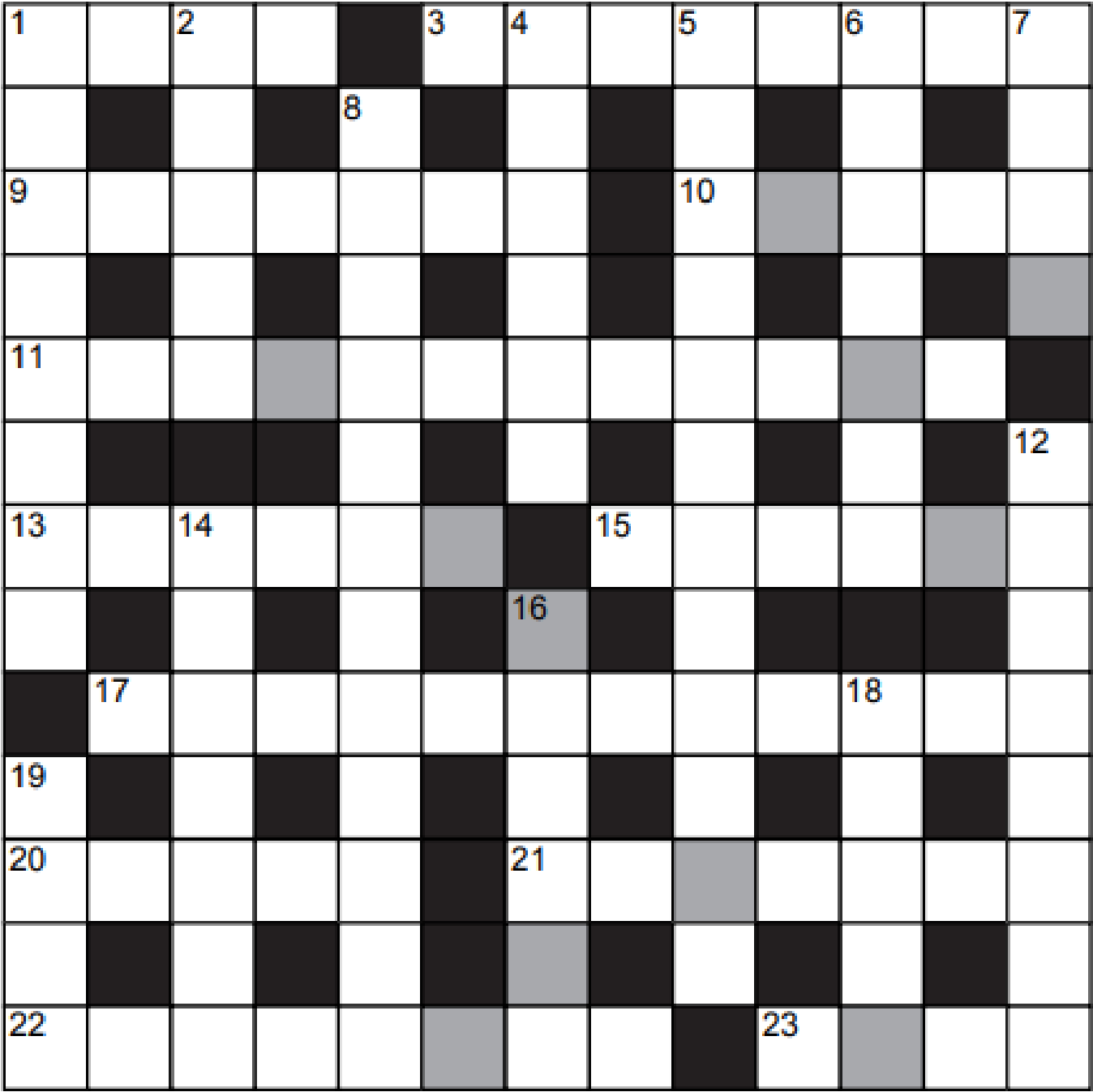
Older people are encouraged to share feedback through meetings, feedback forms and everyday conversations. If a meal is disliked or is not the preferred choice, an alternative should be offered. Staff investigate concerns about eating and drinking, and report ongoing refusal of meals or fluids to the Registered Nurse.

Why It Matters

An enjoyable dining experience supports wellbeing, dignity, independence and connection. By listening to each person and providing thoughtful support, Yallambee helps make mealtimes meaningful and enjoyable, while supporting individual nutrition and care needs.

THE FUN SECTION - MONTHLY PUZZLES

CROSSWORD - REMEMBRANCE DAY



Across

- 1 Falls back (4)
- 3 Shrewdly (8)
- 9 Capital of Ontario (7)
- 10 State indirectly (5)
- 11 Annulment (12)
- 13 Write a music score (6)
- 15 Small cave (6)
- 17 Act of reclamation (12)
- 20 Misplaces (5)
- 21 Attentive (7)
- 22 Male comedian (8)
- 23 Type of high-energy radiation (1-3)

Down

- 1 Tempting (8)
- 2 Element with atomic number 5 (5)
- 4 Damages (6)
- 5 Indifferent to (12)
- 6 Notable feat (7)
- 7 Spool-like toy (4)
- 8 Contagiously (12)
- 12 Understate (8)
- 14 Treachery (7)
- 16 Respiratory condition (6)
- 18 Conclude; deduce (5)
- 19 Musical staff sign (4)

Unscramble the letters in the shaded squares to reveal a themed word:

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WORDSEARCH – REMEMBRANCE DAY

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

- ARMED FORCES

BATTLE

BRAVERY

COUNTRY

DUTY
- MEMORIAL

MILITARY

PEACE

POPPY

RESILIENCE
- RESPECT

SERVICE

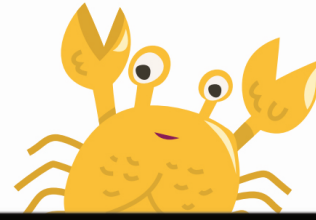
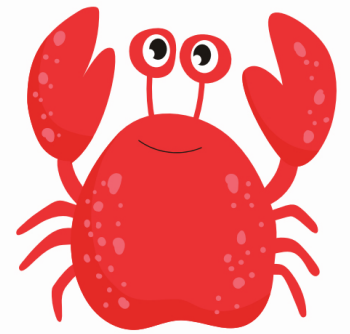
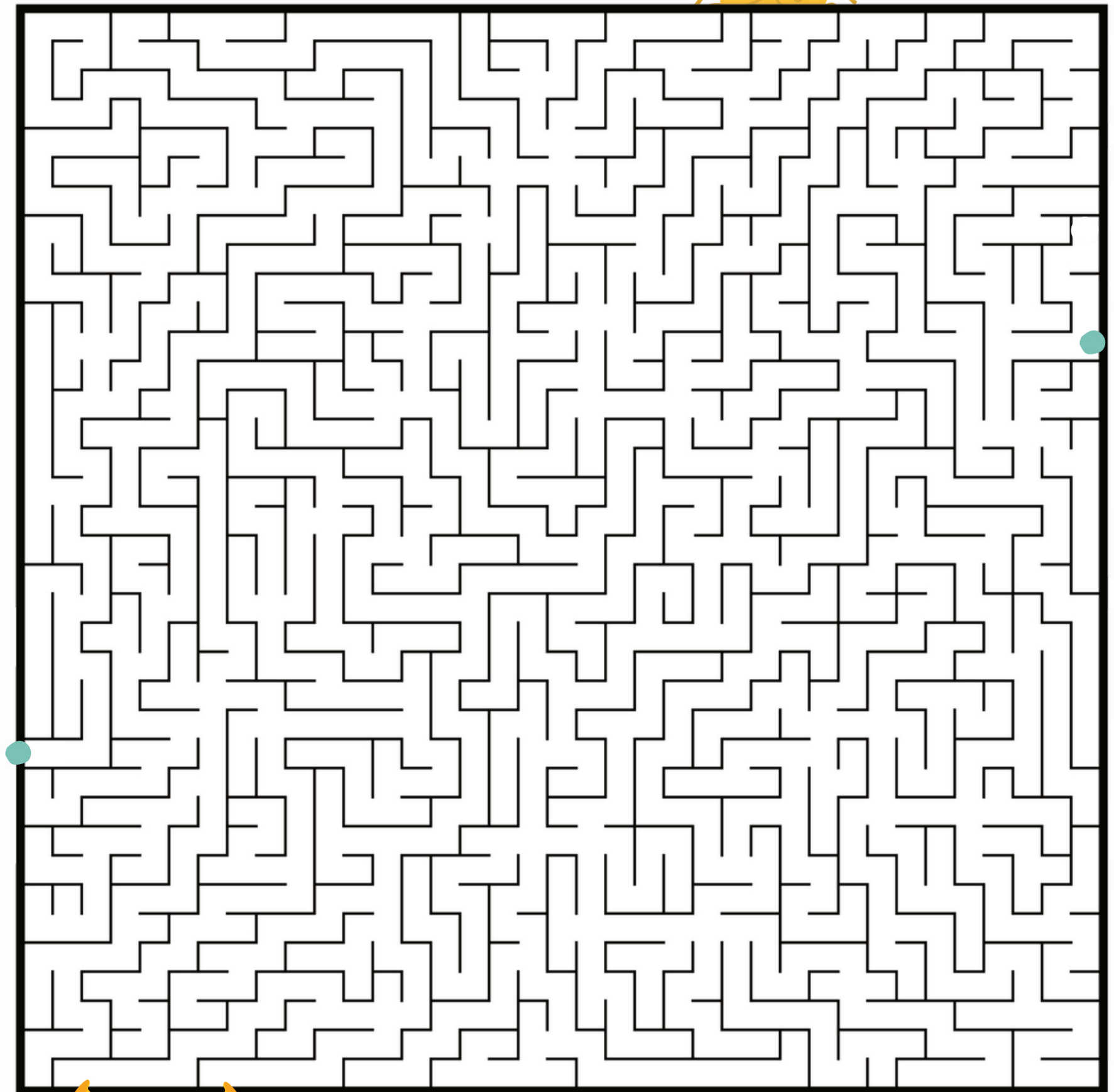
SILENCE

SOLDIER

STRENGTH

SEA CREATURE MAZE

FIND YOUR WAY FROM ONE SPOT TO THE OTHER
THROUGH THE MAZE



FOLLOW THE NUMBERS 1 THROUGH 50

2	1	2	18	12	6	7	11	1	2	3	50
3	2	8	19	27	5	4	3	2	47	48	49
4	3	7	29	8	9	10	11	3	46	8	7
10	4	5	6	7	30	31	12	4	45	46	6
49	48	47	46	45	10	32	13	27	48	47	48
1	2	3	4	5	33	23	14	26	49	5	49
19	20	4	8	44	45	46	15	28	19	4	50
18	XX	5	17	19	18	17	16	17	18	3	2
20	47	46	23	20	19	1	29	30	31	2	1
21	48	50	22	21	5	8	28	33	32	38	39
50	49	16	9	22	23	28	27	4	33	34	35
31	30	29	10	12	24	25	26	21	22	23	36
32	33	48	47	46	45	44	31	40	39	38	37
10	48	49	50	22	23	43	42	41	12	13	14



THANK YOU FOR BUZZING THROUGH THIS MONTH'S ISSUE!

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