

FEB 2024

# Noosa Seniors Newsletter

## What's on at Noosa Seniors

Happy New Year to all! Have we got a lot planned for 2024! Here are just a few of the many things to come:

- Opening of our new Tea Tree Café.
- Living Well Seniors expanded program.
- New Noosa Seniors group activities.
- Guest speakers and workshops on Navigating My Aged Care, Dementia Awareness, and Carer Gateway to name just a few. More to come soon, watch this space!
- Welcoming new volunteers – of which we could not operate without.
- Our vision for 2024 is to create a seniors hub for our Noosa shire residents.



## Staff Profile

Have you met Georgia?



**Q1. What is your position at Noosa Seniors?**

Team Leader Client Care and Programs.

**Q2. What was your first job?**

Cooking hamburgers.

**Q3. Where would love to go on holiday?**

Turkey and Croatia

**Q4. What is your favourite food?**

Seafood

**Q5. Do you have any nicknames?**

George/Georgie//Georgie  
Porge/GB/Miss G/Muz

**Q6. What is your favourite hobby?**

Walking

## In Review

Last year we saw many changes occur at Noosa Seniors. These changes enable us to continue to keep up with the aged care sector, and guarantee that quality support and services are available to our senior residents.

We saw the upgrade of our Tea Tree room into a beautiful Café, where we will host new activities, and information and knowledge workshops including a safe place for our carers to bring their loved ones.

We've welcomed 6 new staff to our team, all of which bring a wealth of knowledge and experience with them. Our staff bring compassion, reliability and kindness as well as their aged care experience and passion.



## Health and Wellbeing

Staying healthy is extremely important, especially for seniors. Here are a few tips to keep you happy and healthy:

- Attend your recommended screenings and appointments
- Exercise and stay active
- Maintain strong bones
- Don't let joint pain slow you down
- Eat a heart healthy diet
- Keep your medications organised and safe
- Get your beauty rest
- Keep socially active

Did you know as part of our community health initiative we contribute funding towards exercise classes? Contact us to find out more about our Living Well Seniors program.

## Highlights

### We now have Instagram!

Check out our new Instagram account @noosaseniors to stay up to date with all our upcoming events and videos.



### New programs alert!

Scan the QR code below to view our new social groups and Living Well Seniors program. We've introduced some brand new classes and can't wait to share them with you!



### January birthdays:

Jules - Admin Officer  
Emma - Community Care Assistant  
Karen - Community Care Assistant

### February birthdays:

Jane - Admin Support Officer  
Georgia - Team Leader Client Care and Programs  
Barbara - Community Care Assistant  
Angie - Community Care Assistant