

IN TOUCH



SCC MONTHLY NEWS - ISSUE 118
DECEMBER 2025 - JANUARY 2026





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Church Times

Our Lady of the Way Chapel

Wednesday
9.30am
Mass

Friday
9.30am
Mass

Sunday Ecumenical Service

10.00am
The 1st and
3rd Sundays

Office Closure over Christmas



Marian Grove Reception will be closed from midday 24th December and will reopen on Friday, 2nd January 2026.

SCC Carols Under the Sails

Residents and families are invited to our annual SCC Carols. This year we plan to hold the event in our ANZAC garden, please join us for a warm and festive evening together.

Come along and enjoy a classic sausage sandwich while tapping your toes along to the cheerful tunes of the Marian Grove Ukulele Group. It is a beautiful way to celebrate the season and share the joy of Christmas on **Friday 12th December at 6pm.**



GROWING OLDER GRACEFULLY

SR ANNE HENSON

"How many sleeps until Santa comes?" Little ones know about having to wait for Christmas. Throughout their lives they will experience the need to wait – for their next birthday, for a new baby brother or sister, for something that will make them happy.

Adults wait, not always patiently, for something important to them, say the ability to afford a home loan, for reconciliation with a friend or family member. I am waiting for my new sunroom and it is looking likely that I will be enjoying it at Christmas.

Millions of people world-wide are waiting for Christmas. This three to four-week period is known as Advent in the Christian calendar. Each week, people may light a candle on an Advent Wreath in the parish church or in their homes. Each week the candle has a focus: joy, peace, hope, love. The weekly Scripture Readings at Mass recall the long wait of the Chosen People for the coming of the promised Messiah, Jesus.

His coming on the first Christmas Day was announced by the angels: "Joy to the world and peace on earth to people of goodwill".

In 2025, the world is certainly waiting for peace. We wait with hope and we know that peace will come only when we love one another and care for our planet earth and all its creatures. The Christmas truce of 1914 when British and German troops met in No Man's Land to exchange gifts, sing carols and even play football, gives us cause to hope that peace is possible.

A familiar hymn tells us what each of us personally can do to bring about peace: "Let there be peace on earth and let it begin with me".

During Advent people decorate their homes, place a Christmas tree in the living room, maybe string lights outside. Light is a sacred symbol of Christmas. Scripture records that a brilliant star, known to us as the Star of Bethlehem, shone over the stable where Jesus was born.

Advent is the time to reach out to others, sending greetings to friends, donating to the Christmas Appeal of a trusted charity, planning with family about celebrating Christmas, singing carols, and including the lonely in our plans for Christmas. Check out the times for church services on Christmas Day and arrive early because space is limited!

Christmas is a family celebration, a time for gathering, telling stories and enjoying the traditional family Christmas dinner, whether it be roast turkey and plum pudding, seafood, or a barbie and pavlova. It is a time for telling stories and making memories. Christmas blessings of peace, joy, hope and love.

Sr. Anne Henson

Marian Grove Resident





IN THE SPIRIT

MATT DIGGES

With our penchant for humour, Australians joke about the ridiculousness of dressing as Santa, singing about snow, and eating a multi-course roast on one the hottest days of the year. In 2011, Colin Buchanan gave us our own version of Jingle Bells:

*Oh, Jingle Bells, Jingle Bells
Jingle all the way
Christmas in Australia
On a Scorching summer's day*

However secular our Australian society may have become, most of us recognise that Christmas is about more than a consumeristic frenzy paired with northern European winter traditions. Lee Newton probably gave us a better understanding of what Christmas can mean to those who feel something beyond what we can see.

*For the birth of God, the wallabies hop
For the birth of God, the cockatoos squawk
For the birth of God, the platypus swims
For the birth of God, the kookaburra laughs
For the birth of God was such exciting news
They'd never heard before
They came from all the land
To see this baby in the straw.*

Nature proclaims hope and chooses life, yet it is so fragile. As our country blooms under blistering heat and summer rain we recall one who entered our world a powerless and vulnerable child, remained so, died powerless, yet changed the world. In God's Grandeur, Gerard Manley Hopkins tells us that the constant renewal of nature infused with grace rises above our folly to something new and hope filled:

*And for all this, nature is never spent;
There lives the dearest freshness deep
down things;
And though the last lights off the black
West went
Oh, morning, at the brown brink
eastward, springs —
Because the Holy Ghost over the bent
World broods with warm breast and with
ah! bright wings.*

As we share hope, love, and time this Christmas, may we experience God born in all creation and find God in all things.

Matt Digges

Director of Mission





VILLAGE NEWS

KAREN MARTIN

The Annual Management Meeting held 18th November was well received, with seventy-five residents in attendance. The financial overview was informative and appreciated. The presentation on the updates to the Retirement Village Act was also well received and provided valuable clarity for residents. Four resident-submitted questions were addressed appropriately, contributing to a positive and transparent session.

Our Christmas Carols event on Friday 21st November was a wonderful success, attracting over one hundred attendees. Congratulations to the ten lucky residents who took home juicy Christmas hams from our raffle. Morning tea was sumptuous, with delicious cupcakes provided for the children, along with lolly bags to take home.

A special thank you to the Mary Help of Christians children, who sang beautifully for everyone. Their performance was a highlight of the morning, followed by interactive Christmas trivia. Participation was enthusiastic, and everyone thoroughly enjoyed the activity.

Our Annual Village Evacuation Exercise, conducted on Tuesday 25th November, was successfully completed. Resident participation reached an all-time high, and the exercise ran smoothly, achieving record timing. Thank you to all who took part and helped ensure the safety readiness of our community.

We are excited to host our Residents' Christmas Party on Tuesday 9th December. All residents will receive a complimentary gift, along with delicious festive treats to enjoy.

The Workshop Team has been busy creating a selection of handmade items available for purchase - perfect for unique Christmas gifts. Our Christmas Raffle, featuring three great prizes, will also be drawn during the event. Please remember to RSVP early, as numbers are capped. We look forward to celebrating with you and sharing a joyful festive season.

Please note: Marian Grove Reception will be closed from midday 24th December and will reopen on Friday, 2nd January 2026.

The Village Facility Services team will remain on site throughout this period.

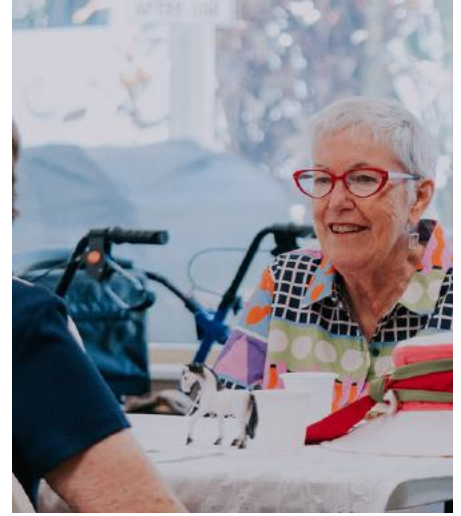
Please be aware that on Public Holidays, staffing will be minimised and focused solely on essential waste disposal requirements.

If you have any **urgent maintenance** requests within the Christmas period, please contact our out-of-office number: **0417 468 043**.

Karen Martin
Village Manager



November Luncheon





To Management, staff, volunteers, and our wonderful and valued residents of Marian Grove and Mater Christi.

After five very meaningful years, the time has come for me to return to retirement.

I have enjoyed my time here immensely, and I wish each of you a Merry Christmas and a bright and blessed 2026.

It has truly been an honour to serve you all, and to have formed such special bonds with so many of you over the years.

To serve is a privilege, because it means being trusted to walk alongside people, to share moments both ordinary and extraordinary, and to offer help in ways that matter, even if small. Being able to make even a little difference in someone's day has always meant a great deal to me, and I will miss you all as I move on.

To those who know me a little better, our times together have been funny, informative, occasionally whacky, and always thoroughly fulfilling. I hope it has been much the same for you.

To Management and staff - thank you.

You are wonderful people who approach your work with skill, care, and professionalism, and at times, with great humour and joy. It has been a pleasure to work alongside you.

To the wonderful ladies on the Function Committee, Karen, Kath and Mary - you truly are amazing individuals. Your tireless efforts in providing beautiful meals each month for the Village residents, many of them themed and some at no cost, speak volumes about your heart and dedication. The creativity you bring, especially Kath and Mary with their displays, is incredible. And yes, being occasionally used as part of your creations has provided some very memorable moments for me!

It's not goodbye, but a warm "see you around", because I fully intend to pop in from time to time, share a chat, enjoy a laugh, and keep cheering you all on.

Kindest regards,

Trevor

Aka "The Rooster" - haha! 🐔😂



Thank you from Sr. Anne

The launch of my book, *Subjects Matter*, on 1st November was a joyful celebration in the true spirit of Marian Grove community. Thank you to all who came, brought delicious plates of food and purchased the book. Friends who joined us that day were impressed by our friendliness and hospitality. The memories live on as people continue to tell me what an enjoyable morning they had. Sales of the book have been really promising, and we are now in the process of ordering a re-print to be ready for those who wish to give my book as a Christmas gift. Proceeds from the sale of *Subjects Matter* will go to Coffs Harbour Parkinson's Support Group which provides programs in four local aged care facilities, including Mater Christi.

Sr. Anne Henson

†





HOME CARE

ROB WILSON

Celebrating Christmas: Togetherness in Marian Grove

As we approach the Christmas season, I'm reminded of what makes Marian Grove so special: the sense of community, connection, and care that surrounds us every day. Christmas is more than decorations and gifts - it's about sharing moments, creating memories, and supporting one another. Here in our Village, we are fortunate to experience that spirit all year round.

Working within the Home Care Team, I see firsthand how neighbours become friends and friends become like family. Whether it's lending a hand, sharing a laugh, or simply being present, these small acts of kindness weave together the fabric of our community. This Christmas, let's take time to appreciate the connections we've developed with our friends and neighbours and reach out to those who might need a little extra cheer during a time of year which some people find particularly difficult.

I feel deeply grateful to work in a place where people genuinely care for one another. It's my privilege to support residents in maintaining independence while fostering relationships that enrich their lives - and ours. Together, we create a village that feels like home in every sense of the word.

From all of us at Sawtell Home Care, thank you for allowing us to be part of your journey this year. We wish you a joyful Christmas filled with warmth, laughter, and the company of those who matter most.

Rob Wilson

Sawtell Home Care Manager



**SAWTELL
HOME CARE**





DON REPORT

MERCY KURINYEPA

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." Martin Luther King Jr

As we celebrate the joyous season of Christmas, we are filled with gratitude and appreciation for every one of you. Christmas is a time of reflection, love, and hope - a time to cherish the blessings that surround us and to share the spirit of generosity with those near and dear to us. Christmas is also a time of gratitude. We therefore want to use this opportunity to thank every one of you, for all you do and have done for Mater Christi and the entire community.

Our organisation continues to grow, and I am grateful to have an experienced and passionate team to help implement the services we are able to bring to our clients and residents next year. I for one am looking forward to a new year, 2026, and to keep moving forward, embracing all the new norms and whatever comes our way. May the happiness of this festive season fill you with new inspiration, new smiles and new dreams. Wishing you good times with your loved ones over the holiday period!

Mercy Kurinyepa

Director of Nursing



Clinical Corner

Understanding glaucoma

Glaucoma is one of the leading causes of irreversible blindness worldwide and is often referred to as “the sneak thief of sight.” It typically has no early symptoms, making it difficult for individuals to recognise the disease until significant vision loss has occurred.

According to the World Health Organisation (WHO), as of August 2023, an estimated 7.7 million people worldwide are affected by glaucoma, and this number is projected to increase to 112 million by 2040 owing to the aging global population. Given these alarming statistics, regular eye examinations, early detection, and timely treatment are essential to mitigate the risk of vision loss.

Glaucoma is a group of eye diseases that cause damage to the optic nerve, often due to increased intraocular pressure (IOP). This progressive damage can lead to blindness if left untreated. The two most common types of glaucoma are open angle glaucoma, the most prevalent form, which develops gradually and presents no early symptoms and angle-closure glaucoma, a more sudden and severe condition that can cause intense pain and rapid vision loss, requiring immediate medical attention.

Other types include congenital glaucoma, which is present at birth, and secondary glaucoma, which results from underlying health conditions or the use of certain medications.

Risk factors and prevention

While glaucoma can affect anyone, certain groups are at a higher risk of developing the disease. These include individuals over the age of 40, people with a family history of glaucoma, individuals of African, Asian, or Hispanic descent, long-term steroid users and people with conditions such as diabetes, high blood pressure, or extreme near-sightedness.

Although glaucoma has no cure, it can be managed effectively through medications, laser treatments, or surgery.

To lower the risk of developing glaucoma, individuals should adopt the following preventive measures:

- Regular eye examinations: routine check-ups help detect glaucoma in its early stages, allowing for timely intervention.
- Healthy lifestyle choices: a balanced diet rich in antioxidants, regular exercise, and adequate hydration contribute to eye health.
- Managing underlying health conditions: conditions like diabetes and hypertension should be controlled to prevent complications that may contribute to glaucoma.
- Avoiding harmful habits: smoking and excessive alcohol consumption can increase the risk of glaucoma and other eye diseases.

We do have a visiting Optometrist, any concerns please let our clinical team know.



SEEDS OF GRACE

You are warmly invited to attend
our group which builds connections,
gives support and meets us
where we are in our lives.

RETURNS FEBRUARY 2026

WHERE: The Link – Reflections Bungalow

WHEN: Friday 13th February 2026

TIME: 10:30AM – 12PM

For further information
Contact Kathryn
Senior Pastoral Care Assistant

0475 214 834

kathrynbutcherine@scca.net.au

NEW SHOOTS

An environment for those experiencing grief,
loss and change in life and for those who have
lived experience to share with others.

RETURNS FEBRUARY 2026

Where: The Link – Reflections Bungalow

When: Friday 13th February 2026

Time: 1pm – 2:30pm.

Afternoon tea provided.

RSVP Kathryn, Senior Pastoral Assistant

Call 0475 214 834

Email kathrynbutcherine@scca.net.au for more information





MATER MATTERS

Meeting Maggie Beer

Chef Sandy and Tia were recently acknowledged by Maggie Beer and Governor General Sam Mostyn for excellence in catering for elderly in care. They attended a special event in Sydney in November.



"I am very proud of the hard work Tia and the rest of the team have put into the work involved with the Maggie Beer Foundation. The staff have really taken on all the advice and training Matt Roman has given us."

I also wanted to thank the management team for giving us the opportunity to attend the Afternoon Tea, and for the support given to us to be able to implement changes, purchase quality food and improve our food service."

It was a really great afternoon, and fantastic to hear about everyone's experiences throughout their Maggie Beer journey, and be recognised for all the hard work we do."

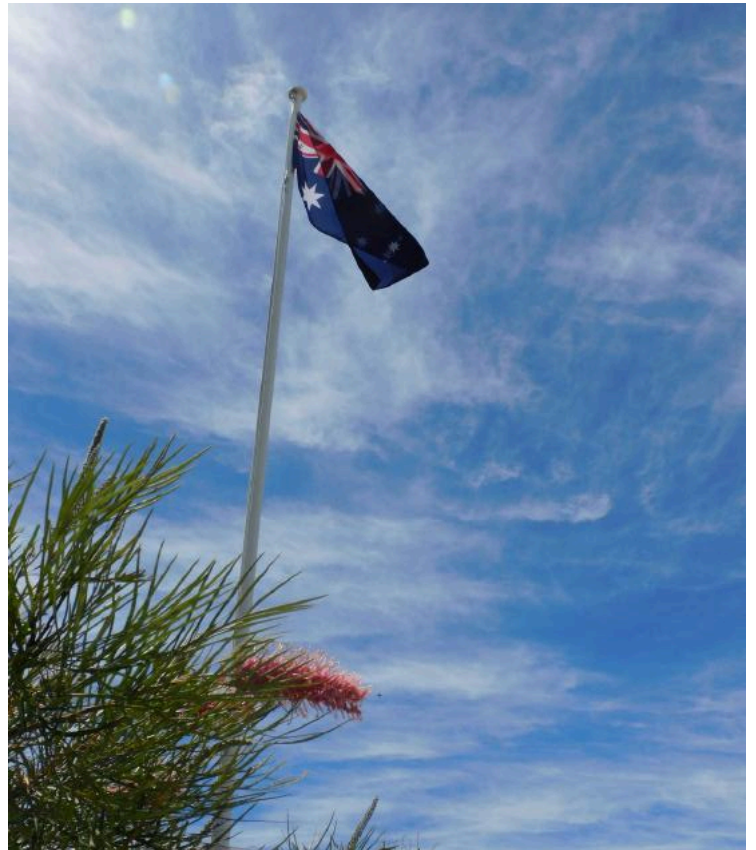
Sandy Maggs-Bendall
Mater Christi Chef and Catering Manager



MATER MATTERS

Remembrance Day Service Held on 11 November

On 11 November, residents, families, and staff gathered to observe Remembrance Day, honouring the service and sacrifice of Australia's veterans. The service included a One Minute's Silence, the reading of The Ode, and the playing of The Last Post, as residents, families, staff and volunteers reflected on the significance of the day. Staff and volunteers supported everyone to participate in this meaningful ceremony, reinforcing the community's respect and gratitude.



Upcoming Christmas Light Bus Outings

We're excited to announce our upcoming Christmas Light Bus Outings! Residents will have the opportunity to enjoy an evening drive through the community to admire the festive displays, sparkling lights, and cheerful decorations. These outings are always a highlight of the season, bringing plenty of joy, conversation, and Christmas spirit. More details and dates will be shared soon - we can't wait to celebrate the magic of the holidays together.





MATER MATTERS

Boambee Bay Outing

Residents recently enjoyed a relaxing outing by the water, taking in the calming views and fresh coastal breeze. It was a wonderful opportunity for everyone to unwind, chat with friends, and soak up the peaceful surroundings. With laughter, gentle strolls, and plenty of time to simply observe nature, the afternoon was a beautiful reminder of how restorative nature can be. Our team looks forward to planning more outings like this for our community.



Melbourne Cup

Residents enjoyed a vibrant Melbourne Cup celebration filled with excitement, good company, and delicious food. Chefs Matt and Sandy prepared an elegant selection of canapés that were a highlight of the day - beautifully presented, full of flavour, and enjoyed by all. The community room buzzed with conversation as residents shared their race picks, admired the colourful fascinators and hats, and soaked up the festive atmosphere. It was a wonderful afternoon that brought everyone together to celebrate one of Australia's favourite traditions in style.





MATER MATTERS

Christmas Market Success

Our Christmas Market was a wonderful success, raising \$382. We are delighted to share that these funds will go toward purchasing new cooking equipment for our Community Room kitchen. This will allow us to facilitate even more engaging and enjoyable cooking activities in the New Year. Thank you to everyone who supported the market and helped make this achievement possible.

A big thank you to our wonderful volunteers for assisting residents to The Link. Your time, kindness, and gentle support make such a meaningful difference. We truly appreciate your dedication and the care you bring to every visit.



Santa's Little Helpers Have Been Busy!

Santa's little helpers have been hard at work putting up our Christmas decorations throughout Mater Christi. The halls are slowly filling up with twinkling lights, festive colours, and plenty of holiday cheer. A big thank you to everyone involved for creating such a warm and joyful atmosphere for our residents this season.





Recreation Centre Upgrade

Where are we up to?

Although it has taken much longer than we would have liked, we are excited to advise the RFS have now provided their 'in principle' approval of the proposed Master Plan design!

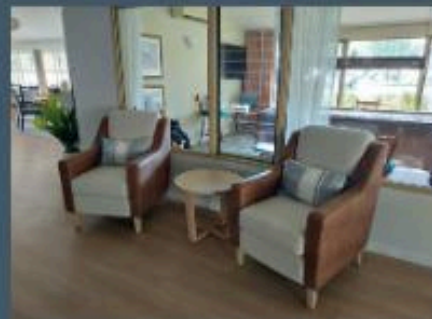
As the design has been changed, some of which were necessitated by RFS conditions, the required reports/plans for the lodgement of the DA are in the process of being finalised.

It is anticipated the DA will be submitted to Council by mid December 2025 and we are hopeful of a faster assessment by lodging a comprehensive and complete application.

As the proposed Master Plan incorporates a small proportion of the car park, plans for a revised and compliant car park configuration will also be included as part of the development application.

Your patience and support has been appreciated throughout this lengthy (and sometimes frustrating) process.

New furniture has arrived!



Stay informed...

- Talk to your Project Reference Group (PRG) representatives - Denis Scott and David Clyde;
- Regular Project Updates and other project information is available on the foyer noticeboard in the Recreation Centre;
- Read about the project in the monthly In Touch magazine.

Step 1 - Implementation of agreed Stage 1 works



Step 2 - Bushfire consultant advice/RFS conditions



Step 3 - Revised concept design/plans



Step 4 - RFS pre-DA advice/approval in principle



Steps 5/6/7 - Development Application, Detailed Design, Construction Certificate for Stage 2 works





Xanthe's Concert



Marian Grove and Mater Christi residents enjoyed a special concert from Xanthe in the Recreation Centre. Xanthe's Concert was held on Saturday 8th November and was an opportunity for her to perform the program that she was doing for her diploma assessment. It was recorded live in concert at the Bellingen Memorial Hall on Saturday 15th November.



Special for Village Residents

From now until Christmas, Julie from The Book Warehouse, Coffs Harbour, will personally deliver, free of charge, to your home in Marian Grove, any books purchased from the store.
Ph 02 6651 9077

It's **CHRISTMAS**

INVITATION
Coffs Harbour City Orchestra
invites you to Christmas Carols

Marian Grove
in the events hall

**Saturday 6th
December
at 2 pm**

- Enjoy singing along to carols
- Hear some well known contemporary carols
- Relax and celebrate Christmas with a symphony orchestra

FREE EVENT
Donations welcome



Christmas Ham Raffle and Choir Performance



U&I Designs Fashion Parade



Hello From Donovans

December is all about festive flavours, warm community spirit, and summer sunshine at Donovans Link. Join us throughout the month for fresh baked goods, handcrafted gelato, and relaxed dining, perfect for catching up with friends and family. Our Donovans Food Truck will also be popping up with delicious bites and drinks, adding to the vibrant buzz of the season. Whether you're visiting the gardens, grabbing a coffee on the go, or treating yourself after a long day, Donovans Link is your go-to spot for a little festive joy this December.

As a Merry Christmas from the Donovans Link Team we would love to offer all residents a 10% discount when purchasing a meal as our way to say thank you.

Tropic Night – 5 December 2025

Dinner at The Link returns for Tropic Night. The venue will come alive once again with live entertainment, relaxed dining, and the tropical spirit of summer. Guests can book a table in the restaurant, enjoy casual seating at the picnic tables, or simply roll out a blanket on the grass. With families warmly invited, Tropic Night promises an evening of community, music, and festive vibes under the stars.

Book your table via our website donovansvenues.com.au or call 0435 653 588.

Donovans Holiday Operating Schedule

Donovans Link will be closed on all public holidays. Closure dates are:
25 December 2025 (Christmas Day)
26 December 2025 (Boxing Day)
27 December 2025
1 January 2026 (New Year's Day)
26 January 2026 (Australia Day)



Follow us on socials
@donovanslink & @chefmattdonovan



Community Corner



Orphans' Christmas Get-Together



If you're around this Christmas,
come and share the day with
friends old and new.

25th December

5.30 PM

Recreation Centre

Bring along your favourite drinks and nibbles, and
join us for a relaxed evening of laughter,
good company, and festive cheer.



Reminder

If you are going away,
please contact Marian
Grove Reception and we
will log your trip in our
holiday/travel register.





Community Story

When I was very small I thought the Angel Gabriel brought tidying of great joy to the shepherds – tidying being the sort of frantic activity undertaken before the arrival of guests which meant newspapers hastily shoved under cushions and a certain door being closed with strict instructions not to open it. I accepted the angel's cryptic housekeeping news to the shepherds as just another unfathomable part of the adult world.

Christmas meant cicadas piercing the air and Christmas beetles coming through the unscreened windows, attracted by the light only to buzz helplessly on their backs once inside the house unless rescued by us kids. We wore them like brooches on the front of our clothes.

On Christmas Eve my dad had a half holiday from his work as a clerk for NSW Railways. This in itself was magic, to have our Dad home for lunch on an otherwise working day when holidays were few and far between.

Each year he would buy a case of soft drink for us and on Christmas Eve we would head out to collect it, the only time in the year we tasted such treats. Dad would collect the drinks and some bottled beer for himself and the uncles. In those days none of our friends or relatives drank wine but some of the ladies would pretend to enjoy half a glass of beer. Having picked up the drinks from a bloke known to my dad we would drive a short way out of the suburbs to the bush near the Royal National Park to select our Christmas tree, always a small she-oak, which was placed on the running board of our old 1926 Chrysler with the pull down blinds, and held in place with our hands. On the way home we hung out of the car calling "Merry Christmas" to anyone we passed.

Dad put the tree in its bucket, prepared with beach sand and decorated with red crepe paper, then it was usually time to drive into Central Station to meet my grandmother, arriving from Newcastle with her suitcase in one hand and in the other a sugar bag containing a headless chicken, feathers and all. The unfortunate bird had been executed the previous day by my uncle and why none of us got salmonella poisoning is still a mystery.

After WW2 there were not too many frivolous items in the shops and rationing was still in place, so each year my mother made dollies for my sister and me which were duly placed in our pillow slips by Santa Claus. Santa was a personal friend of my parents and year by year they discussed with him the practicalities of keeping a horse in our modest backyard or the fact that he had run out of bicycles. I realised only later that any spare cash from my father's meagre salary was spent on music lessons. The initial disappointment was swallowed up in the general excitement and the examination of other gifts in the pillowcase, boosted by offerings from various uncles and aunts.

After breakfast Dad and the uncles took the kids out to fly kites, play cricket and otherwise try out the larger or more mobile gifts from Santa while Mum and Nan plucked the chook and stowed it in the ice chest. This was a sort of cupboard cooled by a huge block of ice left once or twice a week by the ice man, heaving it from the back of his horse drawn cart with enormous tongs and racing around the side of the house with the ice block wrapped in a sugar bag on his shoulder before depositing it in the said ice chest.

Mum and Nan always attended the 11am service at the Anglican Church while we kids carried out a mutual gift inspection with our friends who lived nearby, and watched other kids with their new bicycles and scooters riding up and down the road. There were so few cars that accidents were rare but often lethal, being so totally unexpected.

Returning home from church at what would normally have been the lunch hour Mum and Nan set about getting the chook and vegies into the oven. They must have pooled their ration cards as there never seemed to be any shortage of food, especially as we grew some of our vegies. By the time it was ready it was mid-afternoon, we were famished, tired and cranky while Mum and Nan had spent the previous hours in the hot kitchen with oven going full bore and the steamer heating the pudding. Somehow, everyone seemed to hold on to their tempers, but I have never been able to serve a hot lunch to my family at Christmas. It seems strange now in this time of plenty that one chicken served seven people but as chicken was prohibitively expensive we only experienced it once or twice a year, and so were grateful for a wing.

After a compulsory nap other relatives arrived amid general hilarity, Uncle Harry and Auntie Louie being especially full of Christmas joy. They had worshipped earlier at St James King St which Auntie Louie declared was "just like grand opera". As if on cue my mother would hiss "They've been drinking". We loved Auntie Louie, she really understood the meaning of the Abundant Life.

We grew older and in common with many young people at the time, our lives revolved around the church with outings, drama presentations and bible study a part of our week. Television was in its infancy and in the suburbs of Sydney people walked everywhere or used public transport so there were always people walking or chatting at their gates to passers-by. On Christmas Eve teenagers, accompanied by young married couples would walk the surrounding streets singing traditional carols and songs, or sometimes we rode in the back of a truck, clutching one another for support. Silent Night had a special significance for me, as we never heard it sung except on Christmas Eve. I would look up at the stars as we stood under the street lights half expecting to see that especially bright one. People would come out of their houses calling Christmas greetings as we moved away. Sometimes they offered money which we refused.

Christmas is a quieter time now. I've handed on my pudding recipe, which once fed forty guests, to my eldest daughter, however on Christmas Eve I know, when all the preparations have been made and the grandchildren finally asleep, I will go out and look up at the Australian sky, searching for that special star.



MARIAN GROVE NEWS

RESIDENTS CHRISTMAS CELEBRATION

Tuesday 9th December 2025

12 noon - \$15 per person

Recreation Centre



MENU

Leg ham, roast turkey breast and a selection of salads

Dessert Medley

Drinks and nibbles provided

**Resident
Lucky Dip**

**Woodwork Shed Gift Table
Handmade gifts on offer**



Tickets 3 for \$5

RSVP by Friday 5th December 2025

Bookings essential as numbers are capped

Call Reception 6653 1241 option 3

Transport available

Movies



Saturday

20th December 2025

1.30pm

Recreation Centre

\$3

Lucky door prize
and afternoon tea

For enquiries contact

Barbara Smith 0401 781 706



Shopping Bus Time Table

Monday

Toormina Shopping Centre 9.00am - 10.30am

Toormina Shopping Centre 10.00am - 11.30am

Wednesday

Toormina Shopping Centre 9.00am - 10.30am

Toormina Shopping Centre 10.00am - 11.30am

Friday

Coffs CBD or Park Beach Plaza

9.00am returning 12 noon

Park Beach Plaza Shopping Centre

10.00am returning 1.00pm

via Cunningham's Bananas

November Sudoku solution

4	6	7	5	1	8	3	9	2
5	1	8	3	9	2	4	6	7
3	9	2	4	6	7	5	1	8
6	7	3	1	8	4	9	2	5
9	2	5	6	7	3	1	8	4
1	8	4	9	2	5	6	7	3
2	5	1	7	3	9	8	4	6
7	3	9	8	4	6	2	5	1
8	4	6	2	5	1	7	3	9

Sudoku provided by
SudokuBliss.com



MARIAN GROVE NEWS

Get Spruced Up for Xmas

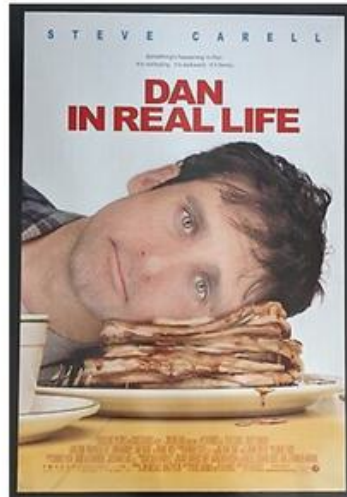
December Deals

LADIES CUT \$37
includes shampoo & dry off

REGROWTH COLOUR TINT
\$50

MATER CHRISTI
MARIAN GROVE

For appointments
phone
0497181026



Saturday 17th January 2026

1.30pm - \$3.00 DONATION

Includes afternoon tea & lucky door prize

For enquires contact Barbara Smith

0401 781 706

RESIDENTS ONLY

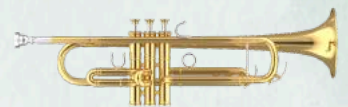
Wanted to Buy Trumpet

Working order, or
not.

I would like it as a
decorative piece on
a wall.

Contact Ronda
Gartrell

0409 628 865



FOR SALE

Scout Sport Quattro Mobility Scooter

Best offer.

We paid \$2990, it's
approximately 2 years old,
has no issues.
Folds into boot.

Contact Graham Donald
Apartment 751
0427 464 303



FOR SALE

Pair of Cane Chairs

A pair of white cane
chairs with floral
cushions included
both in great
condition.

\$80 each or nearest
offer.

Contact Nola
0487 945 509



FREE

TV Cabinet

Must collect from
Lynette and Len
Payne's Apartment
719

Contact
0408 606 934





Christmas Eve DEC 24 6PM Family Mass

Outdoors at The Link

631 Hogbin Drive, Toormina
BYO folding chairs, rug and/or
cushion for the lawn -
amphitheatre area.

Please note that this Mass will be outdoors.
Sunset is estimated to be 7:50pm that day,
so you may experience some low light.
Note that there is only ambient lighting at The Link.
You will be on uneven ground - paving and lawn.

Wet weather plan is for inside the pavilion
(with your own chair and/or rug).
No notice will be given,
set up will be decided that afternoon/evening.



**The Link and Donovan's will be
closed on the Public Holidays
over the Festive Season**

**Thursday 25th December 2025
Friday 26th December 2025
Saturday 27th December 2025
Thursday 1st January 2026**

**The Link Events Office will be closed
from Monday 22nd December and
re-opening Monday 5th January
2026.**

**We wish all the residents a
wonderful Christmas and New Year.**

Exercise Class

James has been a personal trainer for over 40 years and is extensively qualified with level 3 and 4 in physiotherapy, cert 4 in fitness as well as 2 years of human movement. James offers a holistic and friendly exercise class which focuses on rehabilitation, functional movement and balance suitable to all individual needs, encouraging residents to keep their body moving and maintaining good mobility, strength, and wellness. The class is also a friendly and social gathering for residents in a relaxed atmosphere.

Cost is \$15 each for 10 passes or \$20 per single pass.

Classes are held on Tuesday mornings at 9.30am in the Recreation Centre.





Marian Grove

Important Information

Safety Link Devices

Please remember to test your Safety Link pendant monthly.

Instructions to test:

(a) Upon installation of your new Safety Link device by staff you will be given a date to test your unit each month.

(b) When this date occurs press the grey button on your pendant.

(c) Safety Link will then ring back through the white box device to confirm that the alarm has come through.

(d) You have then completed the testing and no further action is required.

(e) In the event of a medical emergency press the grey button on your white pendant and Safety Link will contact you through the speaker device to determine if you require medical assistance.

(f) Please note that the Safety Link pendant is waterproof and can be worn in the shower.

Marian Grove Resident Medical Information

If you activate your medical response pendant and the ambulance is called, vital emergency information paperwork should be available behind your front door.

This information provides the hospital with your personal details, current medication and Medicare Number.

It is important to keep this information up to date and any changes can be made by contacting Marian Grove Reception 6653 1241.

Transport Bookings

Vehicles can be booked for medical appointments only from 8.30am until 1pm Monday to Friday. Please contact Marian Grove Reception prior to the day of your appointment to request transport.

After Hours

Maintenance

For any after hours maintenance emergencies please phone:

0417 468 043

(emergencies only)

Grounds and

Maintenance

Requests

For any grounds or maintenance requests please phone the office on **6653 1241**.

Please advise the office when logging the request if there are specific days or dates you will not be home so this can be recorded with your request.

COMIC



SUDOKU

9	4						6	
			3		8			7
	3	5						
				8		5		
6			7		4			1
		8		5				
						7	4	
7			6		2			
	1						3	9

Sudoku provided by SudokuBliss.com



Christmas Word Search



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

David

Matthew

three

frankincense

cows

stable

inn

Luke

angel

myrrh

nativity

Joseph

clothes

Messiah

Galilee

gold

star

Mary

swaddling

men

Nazareth

camels

Shepherds

Christmas

Emmanuel

wise

Bethlehem

sheep

manger

Jesus



From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

As we enter this joyous season of celebrating the birth of Jesus Christ, we pause to reflect on the journey we have shared as a community. Together, we have faced challenges and sorrow, overcome obstacles, and celebrated new beginnings.

As we move through the season of Advent, we are reminded that this is a time of hopeful waiting and a time to prepare our hearts for the coming of Christ. Advent invites us to slow down, to pray, to reflect, and to open ourselves to God's promise of renewal. Each greeting smile and card we write brings us closer to the great joy of Christmas, when we celebrate our saviour who came into the world to bring hope, peace, love, and salvation.

In every season, the Holy Spirit has been with us, guiding, comforting, and inspiring us, often in ways we may not immediately recognise. As we look back, we remember those we have lost, grieve where there has been pain, and give thanks for the love and grace that continue to sustain us. This is a time to celebrate the light of Christ, who echoes in our world and our hearts again each Christmas.

In Luke 2:10–11, the angel proclaimed: "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord." May these words remind us of the profound hope that Christmas brings, not only in our faith, but in the strength and unity of our community.

Our latest Annual Report captures the real people and real stories that have shaped our

year, stories of resilience, compassion, and faith. It is a testament to the spirit of Christian compassion that thrives here, nourishing a community where each person is valued and supported.

To our tireless volunteers, many of whom work quietly behind the scenes, thank you, especially Trevor, who is retiring this Christmas. Your generosity, presence, and service embody the true spirit of Christ's love in action. And to all our staff and leaders, thank you for your unwavering commitment to the care of our residents, clients, and fellow colleagues. Your dedication brings our mission to life every day.

As summer arrives and many of us enjoy the outdoors, gatherings, and festive celebrations, I encourage everyone to be sun smart and stay safe. Please remember to slip on protective clothing, slop on sunscreen, slap on a hat, seek shade where possible, and slide on sunglasses. Staying hydrated and avoiding the harsh midday sun helps protect your health and wellbeing.

Finally, as we celebrate Christ's birth, may we continue to share generosity, compassion, and kindness into our village and beyond. These powerful gifts strengthen our bonds and brighten the lives of those around us.

May you and your loved ones enjoy a safe, joyful, and holy Christmas, filled with the peace and presence of Christ.

With gratitude

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care

