

IN TOUCH



SCC MONTHLY NEWS - ISSUE 127
OCTOBER 2026





Contents

October 2026

Our cover features a beach from the Marian Grove Walking Group's recent adventure at Tuckers Rock in Repton.

Features

JULY LUNCHEON PHOTOS

Page 5

SPRING GARDEN COMPETITION

Page 7

MARIAN GROVE NEWS

News and happenings around Marian Grove

Page 12

COMMUNITY CORNER

SCC community events/news

Pages 13-17

MATER MATTERS

Mater Christi community events/news

Pages 20-24

THE LINK

Page 27

DONOVANS

News from Donovan's Cafe

Page 30

IMPORTANT INFORMATION

Page 31

JUST FOR FUN

Comic, Sudoku and Word Search

Pages 32-33

Regular Contributions

Residents

GROWING OLDER GRACEFULLY

Sr Anne Henson

Page 2

RESIDENT COMMITTEE REPORT

Page 11

Regular Contributions Staff

IN THE SPIRIT - Matt Digges

Page 3

VILLAGE NEWS - Karen Martin

Page 4

RECREATION CENTRE UPGRADE

Page 6

HOME CARE - Stuart Thorne

Page 8

COLIN'S CARE COLUMN - Colin

McDonald

Page 9

SANDY'S KITCHEN UPDATE

Page 10

FROM OUR CEO - Michael Darragh

Page 34

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

Daylight Saving



A reminder that Daylight Saving Time begins on Sunday 4 October, so remember to move your clocks forward one hour. Your mobile should switch forward one hour automatically.



GROWING OLDER GRACEFULLY

SR ANNE HENSON

As I recall, it did not take me long to think of a title when, about twelve years ago, I was invited to write these reflections. Now I think it is timely to reflect on the title itself. What does it mean to grow older gracefully?

We hear a great deal about growing when we are children. "Eat your vegetables or you will not grow up big and strong" was a recurring theme in my childhood. Then, adolescence ticked off, we stopped growing in height as measured on the wall, and began our adult lives. Maturity had begun and it continues to this day.

Working lives complete, adults have a choice: to decide not only what they will choose to do in the newly earned leisure of their retirement years but also how they will continue to grow within themselves. Hopefully, we will have found meaning, purpose, fulfillment and happiness in our careers. All work is a service to others and that is indeed a noble thought. It is in fact this connection with others which is truly grace, our response to the God-given goodness in us.

Grace is more than a ballerina in a tutu, more than a prayer we say before a meal. Such thoughts, however, point to something sublime. Grace leads us to contemplate beauty and also to feel and express gratitude.

Ageing gracefully means being increasingly comfortable in our own skin and at the same time being open to change. Older people who age gracefully think, feel and speak with dignity. They do not fit into the grumpy stereotype too often associated with the elderly. Certainly, they will have off-days, don't we all? Pain, stress and anxiety are not the prerogative of the elderly. Being patient with oneself is a grace.

Ageing gracefully often means letting go of things that are no longer meant for us, strenuous physical activity for instance. Our bucket lists should reflect the wisdom that comes from life experience. This is the time for developing talents that were on the back burner when work claimed our time and energy. We can find a new purpose in life, one which develops our talents and may at the same time enable us to give back to the community. Many retirees volunteer, knowing that they are helping others, and at the same time making new friends. Most older people can spend more time with family. Bonding with grandchildren is not only being helpful but also keeps us young at heart.

Significantly, we have time to reflect on our lives, making sense of challenges met along the way and the consequences of our decisions. Facing the truth about our shortcomings and reconciling with those with whom we have fallen out brings peace. If you are counting your blessings, you are ageing gracefully.

Sr. Anne Henson

Marian Grove Resident

“

Aging gracefully means
being flexible, being
open, allowing change,
enjoying change, and
loving yourself

@BASICSBYBECCA



IN THE SPIRIT

MATT DIGGES

Francis Revolution

St Francis, patron saint of peace, ecology, and animals, died 800 years ago this month.

He turned his back on his materialistic and pugilistic family and town of Assisi around 1205. People thought him mad. In the Spoleto Valley, the birds were more receptive than the locals. Maybe he was away with the birds, but we are intrigued by people such as Francis who take a stand.

When visiting Gubbio, he convinced townsfolk to feed rather than hunt the wolf terrorising them. We all have to eat! It worked and Gubbio lived in peace with Brother Wolf until he died.

It is not mad to seek peace;
It is not mad to be away with the birds.



In natural creation we can find the peace that seems so hard to find in our frenetic lives. The way we treat creation speaks loudly about finding our meaning in the messiness of life. Pope Leo has called for a Franciscan revolution:

In this age marked by so many seemingly interminable wars, by internal and social divisions that breed mistrust and fear, he (Francis) continues to speak, not because he offers technical solutions but because his life points to the authentic source of peace. St Francis, who called the sun "brother" and the moon "sister" and recognised in every creature a reflection of divine beauty, reminded us that peace must extend to the entire family of Creation.

The Blessing of Animals will be held at 10am after the 9am Mass at Mary Help of Christians Church, Sawtell on Sunday 11 October.

Matt Digges

Director of Mission



VILLAGE NEWS

KAREN MARTIN

Marian Grove Supports the Sawtell Bowling Club

Marian Grove Retirement Village was proud to sponsor the recent bowls event held at Sawtell Bowling Club on Saturday, 19th September.

More than 80 bowlers participated in the event, with four lucky teams taking home some fantastic prize money. It was a wonderful opportunity for Marian Grove to showcase our beautiful Village to potential future residents and connect with members of the local community.

Our own Marian Grove residents were also there on the day, providing plenty of moral support and encouragement to our community lawn bowlers. It was wonderful to see our residents getting involved and enjoying the atmosphere.

Lunch was delicious, with fish and chips and chicken schnitzels enjoyed by all. The event also gave us a great opportunity to try the new caterers at the club. This was particularly helpful as we prepare to host our Residents' Luncheon at Sawtell Bowling Club on Tuesday, 10th November.

We look forward to returning to the club for another enjoyable day with our Marian Grove residents!

Karen Martin
Village Manager



September Luncheon





The Recreation Centre is now closed in preparations for the trades people to begin works on the Recreation Centre upgrade.

The alternate venues for the continuing activity groups are listed below.

Activity Locations 2026-27 Refurbishments

BBQ	4 th Sunday	Postponed
Bible Study	Thursday 2.00pm	Other venue - Resident's home
Bowls - Indoor	Thursday 9.00am - 12.00 pm	Option for Sawtell RSL ladies only Weds 12pm-2pm. Mixed Tuesdays 6.30pm
Cards - 500	Monday 1.00pm - 4.00pm	Marian Grove Training Room
Chair Yoga	Thursday 1.30- 2.30pm	Postponed
Church - Ecumenical All denominations	1st & 3 rd Sunday 10.00am	The Chapel
Colouring Group	Tuesday 1.30pm	Other venue - Resident's home
Computer Technology	Friday fortnightly 10.00am - 11.00am	Marian Grove Training Room
Craft	Tuesday 1.00pm - 3.30pm	Marian Grove Training Room
Dance Fit - Julie Ross	Monday 12.30pm - 1.30pm Wednesday 9.00am - 10.00am	Boambee East Community Hall Mater Christi Community Room
Exercises - James	Friday 9.30am - 10.30am	Boambee East Community Hall
Library	Daily	Alternative Toormina Library
Mahjong	Tuesday 9.30am - 11.30pm	Marian Grove Training Room
Mahjong for Beginners	Monday 9.30am - 11.00am	Other venue - Resident's home
Mass	Wednesdays 9.30am Fridays 9.30am	The Chapel
Movies	3rd Saturday	Postponed
Paper Craft	Thursday 9.30am - 12.00pm	Other venue - Resident's home
Pool/Snooker	Monday - Friday 4.00pm - 5.00pm Thursday 7.00pm	Postponed
Rummikub	Thursday 1.30pm - 5.00pm	Marian Grove Training Room
Scrabble	Wednesday 1.30pm - 3.30pm	Activity is temporarily cancelled during refurbishments
Singing	Friday 10.00am - 11.00am	The Chapel
Table Tennis	Monday 9.30am - 11.30am	Postponed
Ukulele Group	Monday 3.30pm - 4.30pm	Mater Christi Community Room
Wii Fit	Wednesday 10.15am - 11.45am	Postponed
Wood Working	Daily	Workshop

SAWTELL CATHOLIC CARE PRESENTS

SPRING GARDENS COMPETITION

SCC Annual Spring
Garden Competition is
on again this October

Categories are:

Best Spring Garden

Best Overall Marian Grove Garden

Best Edible Garden

Best Courtyard/Patio Garden

Best Potted Garden

Best Mater Christi Garden

Last minute entries welcome
Judging will be held on Monday 19th October

Thank you to all our entrants

Prizes: Bunnings Gift Vouchers





HOME CARE

STUART THORNE

Spring has arrived, bringing renewed energy, warmer days and a welcome sense of possibility to Sawtell Home Care. It is a wonderful time to reflect on the connections that make our community so special and to look ahead with optimism to the months to come. As the season changes, our focus remains firmly on providing dependable, respectful and person-centred support.

We are delighted to have welcomed new care workers to our team. Each brings valuable experience, fresh perspectives and a shared commitment to supporting people with kindness and dignity. Their arrival strengthens our capacity to provide consistent care while building trusted relationships with participants and their families. We hope everyone will join us in making our new team members feel at home.

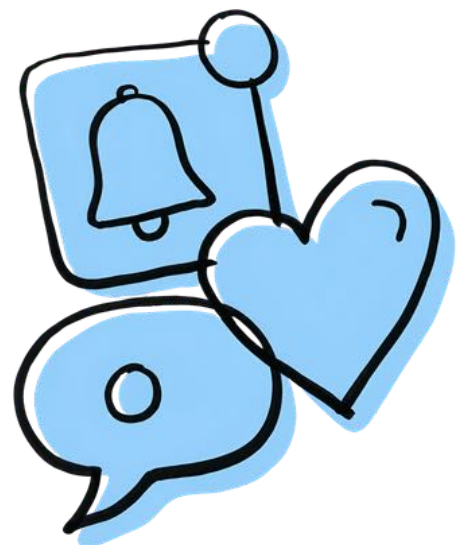
It has also been encouraging to see participants continuing to enjoy the support being provided. Whether assistance involves everyday routines, social connection, community participation or achieving personal goals, our team is proud to help each person live with greater choice and confidence. The feedback and conversations shared with us help shape our service and ensure that support remains responsive to individual needs, preferences and aspirations.

Personally, I am looking forward to meeting everyone over the coming months. The get-to-know-you meetings I have already held have been incredibly valuable, and I have learnt so much by listening to people's experiences, ideas and hopes for the future. These conversations are helping me understand what matters most across the Sawtell Homecare community and where we can continue to grow. Thank you to everyone who has welcomed me and spoken openly.

I am excited about working together, celebrating the season and continuing to provide support that makes a positive difference every day.

Stuart Thorne

Home Care Services Manager





COLIN'S CARE COLUMN

COLIN MCDONALD

September is done and dusted! Bring on October.

We are getting into the warmer months. Make sure you keep hydrated, drinking water throughout the day. Increased hydration has been proven to reduce skin tears and even when there is a skin tear, it reduces the severity and improve the healing process. Wear a hat in the sun and use sunscreen where needed.

Work continues on the new lift in Houses 6 and 7. Yes, there is a bit of noise at times but when complete, the new lift will be amazing. It will assist with access for all residents, family, friends and staff during their visits and workdays. Thank you for your continued support and patience.

At the end of August and into September we needed to have the Mater Christi Bus repaired. During this time we hired a wheelchair-accessible bus as a substitute for the few weeks. Thanks to all the team for assistance and trips during this period. I will be returning the bus soon but now that our bus is repaired, outings will continue.

Father's Day celebrations went off well. A great day had by all the dads in the facility. Thank you to all who helped with the celebrations on the day.

Father Dacey 70 year ordination celebration was celebrated in September. Congratulations to Father John, wow 70 years.

We are continuing on the recruitment push, trying to employ some more great staff here at Mater Christi. There are a few new employees roaming the corridors, so if you see a new face, please say hello and make them feel welcome.

Doug is still making his appearance in the facility, sharing his special form of love and happiness with all that cross his path. Come say hello, usually on a Tuesday and I am sure you will leave with a smile.

Colin's comment for the month

"You are never too old to set another goal, or to dream a new dream."

C. S. Lewis



Colin McDonald
Care Services Manager



SANDY'S KITCHEN UPDATE

SANDY BENDALL

Staff Achievement

Mater Christi is the winner of a visit from Maggie Beer. This will be happening in October when Maggie Beer herself will meet with our catering team, have a look at our facility and the Grove Cafe, be involved in cooking with some of our residents and lifestyle team, and see all the improvements that have been made in the catering department.

This has been a welcome acknowledgment of the hard work Tia and the rest of our catering team have put in. We worked with the Foundation for 12 months and had to hit milestones in staff-training and quality improvements. This meant a lot of work behind the scenes with extra staff education and the team showcasing those things to the Foundation through our Foundation trainer and mentor and uploading all our work. We were judged against many other facilities participating in the program, leading to ours being the winner of the Maggie Beer visit.

Making each mouthful count

As we head into the warmer weather we are already looking at how we can keep everyone hydrated. This is very important. We have been adding hydration waters to lunch times and afternoon teas to try and encourage more fluid intake. Here is one of our recipes.



Hydration water recipe 1 serve

1½ cups unsweetened coconut water, ½ cup fresh orange juice, 2 tablespoons fresh lime juice, pinch of salt, ice for serving.

Directions

Combine 1½ cups coconut water, ½ cup orange juice, 2 tablespoons lime juice and a pinch of salt in a large glass; stir until the salt dissolves. Pour into 2 ice-filled glasses.

Grove Cafe

We are now on our Spring / Summer menu, so don't forget to pop into the Grove Cafe to try some of our meals cooked from the main kitchen.

Meal Sharing for Family and Friends

We are always happy to have family and friends join us for meals. You will find an A4 display in each area of Mater Christi sign on areas that explains the process. But if you would like to join us it's as simple as letting our reception staff know what meal service you would like to attend and for a small cost you will have a main meal served with fresh fruit salad at lunch or a dessert at dinner.

We hope everyone is still enjoying the Cafe upgrades. We are still awaiting delivery of our new tables and chairs. This will be an exciting improvement.

Sandy Bendall
Chef Catering Manager

Resident Committee Report

At our Committee Meeting on 4th September, Denis Scott who is on the Project Control Group, confirmed several facts about the refurbishment commencing on 1st October.

- The Architect has confirmed that there is a Hearing Audio Loop in the Recreation Centre which will be operating when the Centre re-opens.
- The Recreation Centre refurbishment will include external gym equipment, as well as the existing confirmed plans for an air-conditioned gym.
- Landscaping around the new Recreation Centre has been planned and will be quite extensive.
- Our Village Manager, Karen, confirmed that the Annual Management Meeting will be held at The Link.
- Our next luncheon in October will be held at The Link.
- A reminder to all residents that a weekly bus to Toormina Library is on offer (dependent on residents wanting to use the service). Residents need to put their names down at the office.
- The office also has information leaflets about the home delivery services offered by Coffs City Library for residents unable to drive into the library. Approval needs to come from your Doctor or Aged Care Provider.
- A new noticeboard has been installed at the apartments near the mailboxes for the use of all residents

Sondra Donohue
on behalf of Marian Grove Residents' Committee



MARIAN GROVE NEWS



Residents' Luncheon
The Link

Tuesday **13 October** 12 Noon

\$16 per person

Menu
BBQ rissole & sausage, baby potatoes
& green salad
apple/peach slice with ice cream

Raffles 3 for \$5

Please purchase your tickets from Reception
prior to Friday 9 October 2026

Transport is available please call
Reception to book

During the Recreation Centre renovation the newspapers will be dropped off on the seats at the front of the Chapel



Public Holiday Office Closure

The Marian Grove Office
will be closed on
Monday 5th October



Community Corner

Beautiful Australian Native Orchids in Val Magor's garden.





Community Corner

Marian Grove Walking Group

Some photos from Phil's Tuesday morning walking group. It is always a lovely, interesting and informative walk through the beautiful, underappreciated bushland on our doorstep. All residents are welcome to join.





Community Corner

Mei Wei Lim Concert

Mei Wei Lim and her talented students provided an entertaining afternoon of music, showcasing their dedication and remarkable abilities as part of their HSC studies.

From vocalists and violinists to clarinet players, each student had the opportunity to perform and share their musical talents. It was a wonderful experience for our residents to enjoy the performances while celebrating the students' hard work, passion, and love of music.





Community Corner

The Coffs City Orchestra hosted a vibrant Latino-themed concert on 5th September, treating residents to an afternoon of music from South America and Spain. The program included "Don't Cry for Me Argentina", from the musical Evita, as well as the popular Spanish song "La Paloma".

Three Marian Grove residents are proud members of the orchestra, with a combined 20 – 36 years of involvement.

Ruth Egan has been playing violin and viola for an incredible 84 years. She completed her first music examination at just six years of age and has continued her passion for music throughout her life.

Fiona Scott has been playing with the orchestra for 35 years. She began her musical journey playing the oboe and now performs in the percussion section, where she plays an impressive 10 instruments, including hanging and crash cymbals, maracas, timpani, glockenspiel and tambourine.

Rosemary Lloyd plays the bassoon in the orchestra. Her musical journey began with piano at a young age before she went on to learn a variety of instruments, including trumpet, clarinet and ukulele.

It was wonderful to see our talented residents continuing to share their passion for music and perform alongside fellow musicians in the community.





Community Corner

U&I Fashion Parade and Shopping Event



SEEDS OF GRACE

You are warmly invited to come and meet others who have a loved one in Mater Christi and those from Marian Grove. This group is a place to give support, create friendships and build connections within our community.

WHERE: The Link – Reflections Bungalow

WHEN: Friday 9th October 2026

TIME: 10:30am – 12:00pm

ALL WELCOME

Morning Tea is provided.

RSVP to Kath, Senior Pastoral Assistant 0475214834 or kathrynbutcherine@scca.net.au and for any enquires



Kindness is one of the smallest seeds that can grow the biggest positive change



NEW SHOOTS

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

Where: The Link – Reflections Bungalow

When: Friday 9th October 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



Last month, the day before our group met, I had a reply from Coffs Harbour Libraries who let me know they were able to come to last month's meeting. We welcomed Olivia who leads the Home Library Service for Coffs Libraries. Olivia informed us that anyone who is unable to come to the library, can have a visit to their home from staff and let you know how the Home Library Service works. Any member of Coffs Libraries can be part of the Home Library Service, even in Residential Aged Care, such as Mater Christi.

Olivia also informed us of activities at Coffs Harbour Library.

Some of the activities at Coffs harbour Library at Yarrila Place, are below.

Chair Yoga, 10:30 – 11:15am – monthly, Wednesday 28th Oct, 25th Nov
Brain Training, 10:30 – 11:30am – monthly, Wednesday 21st Oct, 18th Nov, 16th Dec
Craft & Connect, 10:30 – 12:30pm – monthly, Wednesday 7th Oct, 4th Nov, 1st Dec
Games Morning, 10:30 – 12pm – monthly, Wednesday 14th Oct, 11 Nov, 9th Dec
The Men's Space, 10:30 – 12:30pm – monthly, Tuesday 20th Oct, 17th Nov, 15th Dec

**For further information,
please contact Kathryn 0475214834**



PAPER CRAFT

begins again
Thursday 29th October 2026
9.30am to Noon
in
The Dining Room
@ villa 59
Curlew Crescent

--o0o--

Come along and Enjoy
CREATING
ALL THINGS CHRISTMAS
CARDS, TAGS & GIFT MAKING

A gold coin donation. Enquiries: Joan Kirk 6658 1621





MATER MATTERS

Our Creative Colour Station is a bright, welcoming space designed to encourage creativity, self-expression and meaningful engagement for our residents and staff.

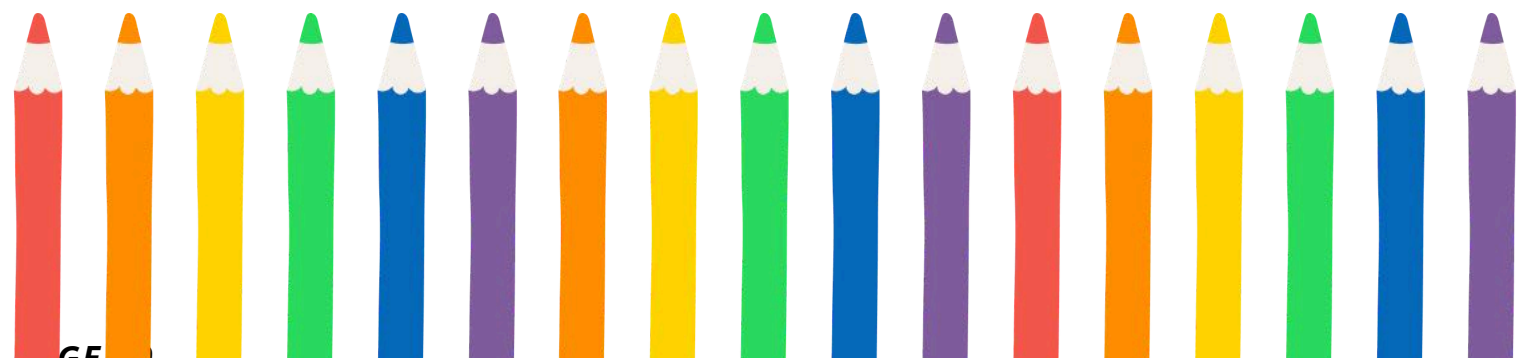
Located outside the Recreation office, the station provides residents and staff with easy access to a variety of colouring pencils and textas, allowing them to participate in activities at their own pace. Whether they choose to colour for a few minutes or become completely immersed in a larger artwork, the space offers an opportunity to relax, connect and enjoy the simple pleasure of being creative.



Colouring can be a wonderful activity for older adults, supporting fine motor skills, hand-eye coordination, concentration and cognitive stimulation, while also providing a calming and enjoyable experience. It can encourage conversation and connection too.

Our large "Follow Your Dreams" artwork provides a beautiful focal point and an ongoing project for residents and staff to contribute, reflecting the individuality and creativity of everyone.

Most importantly, the creative Colour Station is about choice, inclusion and enjoyment. There is no right or wrong way to create. You can simply pick up a pencil, choose a colour and let your creativity lead the way.





MATER MATTERS

A Special Platinum Jubilee Celebration

We recently came together to celebrate a very special milestone for Fr John Dacey, 70 years of Priesthood.

Fr John was ordained a Catholic Priest in 1956 and has spent the past seven decades serving within the Diocese of Lismore, with a particularly strong connection to the Coffs Coast. Residents, staff and friends gathered in the Community Room for a wonderful afternoon tea to mark Fr John's Platinum Jubilee.

It was a lovely afternoon filled with good food, friendship and plenty of memories, as we came together to acknowledge Fr John's remarkable 70 years of dedicated service to the Catholic Church and the wider community.

We are grateful to Fr John for the many years he has spent supporting, guiding and connecting with our community.

Congratulations, Fr John, on this incredible milestone, and thank you for 70 years of faithful service





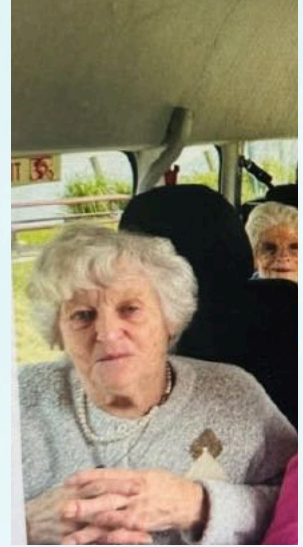
MATER MATTERS

More Opportunities to Get Out and About

While we had a hired van available, our residents enjoyed some extra opportunities to get out and about in the community.

The additional outings provided a welcome change of scenery and the chance to enjoy some fresh air, local sights and time together outside the home. Residents appreciated the opportunity to explore, socialise and make the most of these special community connections.

It was lovely to see the smiles and enjoyment these extra outings brought to our residents!



A Visit from Jazzy the Cat

Our residents were delighted to welcome Jazzy the cat for a special pet therapy visit.

Jazzy brought plenty of smiles and joy as residents enjoyed spending time with her, giving her gentle pats and watching her explore. Her calm and friendly presence created a lovely atmosphere and encouraged conversation, connection and reminiscence.

Pet therapy visits are always a favourite, providing companionship and a good opportunity for residents to enjoy the comfort and happiness that animals can bring.





MATER MATTERS

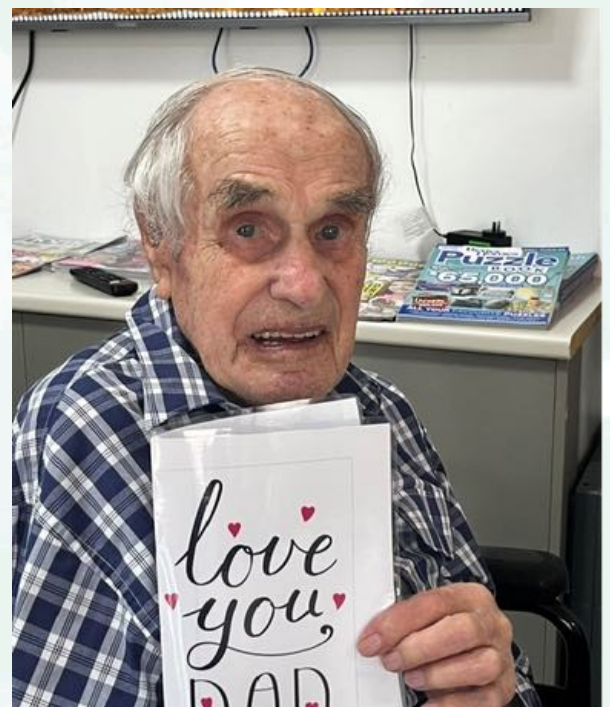
Father's Day Celebration

Our Father's Day celebration was a wonderful afternoon of good food, drinks and great company!

Our gentlemen enjoyed a delicious selection of nibbles, beer and wine while relaxing and catching up with friends and family. There was plenty of conversation, laughter and smiles as we celebrated the fathers and father figures in our community.

It was a lovely afternoon filled with friendship and a chance to enjoy some special time together.

Happy Father's Day to all our dear gentlemen!





MATER MATTERS

Happy Hour

Happy Hour is always a favourite on our activities calendar! Residents come together to enjoy a refreshing drink, good conversation, music and plenty of laughter.

It's a great opportunity to relax, catch up with friends and enjoy some social time together. Whether enjoying a sing-along, listening to music or simply sharing a chat, there is always a warm and welcoming atmosphere.

These simple moments of connection and friendship make Happy Hour a special part of our week.



Safe Harbour Support Group



Please join our support group/information sessions to assist people living with Dementia

Mission Statement

This group offers residents and family members a safe and supportive place to talk openly about dementia; what it means, how it feels, and how to navigate it together. We share experiences, learn from one another, and hear from occasional guest speakers who offer encouragement and helpful insights. At its heart, the group is a place of connection, understanding, and mutual support.

Topics we may explore together

- Living well with dementia
- Dealing with fear and uncertainty
 - Changes in communication
 - Identity, purpose, and meaning
- Supporting one another as residents and families
- Grief and loss (before and after changes occur)
 - Self-care for residents and carers
- Advocacy, rights, and available supports

Guest Speaker

Brendan Biddle

Friday 16th October

10.30am

Mater Christi Community Room

All welcome, Residents, Staff, Family and Village Residents

Together We Can



Please join our support group/information sessions to assist people living with Parkinsons

What this group is about?

Social connection	Meeting with others who share similar experiences can help break down feelings of isolation.
Information	Support groups can provide information about living with Parkinson's, including resources and solutions to common problems.
Motivation	Support groups can provide motivation and inspiration to deal with lifestyle changes.
Mental health	Research has shown that participating in support groups can lead to lower levels of anxiety, depression, and social phobia.
Educational sessions	Support groups may include educational sessions by guest speakers.

Guest Speaker September

To be advised

Wednesday 21st October

10.30am

Mater Christi Community Room

All welcome, Residents, Staff, Families and Village Residents

The Link

The Link recently welcomed students from Mary Help of Christians Primary School to sing the Australian Anthem for a NSW Police Awards Ceremony.

All students performed really well and were rewarded with tote gift bags for their enjoyment.

Keep an eye out in the coming months for another performance by the Choir to be held at The Link.





Parish News

★ CHRISTMAS MARKET ★

Sunday, 29th November 2026
at The Link - 631 Hogbin Drive, Toormina
7:30am to 12:30pm

SAVE THE DATE

Market Stalls available

You don't have to be a professional market stall holder, amateurs/first timers are very welcome.
Come and give it a try.

To book your place please scan the QR code and complete the short registration form.
Or contact the Parish Office on 6658 3544
admin@mhocsawtell.org.au



Saturday Coasters Men's Breakfast

All men are invited to join the Saturday Coasters Men's Breakfast on 10th October at The Link.

Breakfast will be served from 7.30am. We invite a \$10 donation, or feel free to pay it forward to support someone else.

If you registered last time and gave us your phone number, you will receive a text reminder. If this is your first time, please RSVP by calling the Parish Office on 6658 3544.



Parish Connections ~ Tea and Togetherness

Fr Joy and the Parish office staff are loving our monthly morning tea with parishioners and residents. There are lots of 'frequent flyers' who have come along each month, but also a few new faces at each event.





Parish News

Anniversary of Ordination Celebrations

The Parish hosted a very special event on Saturday 28th August. The 70th Anniversary of Ordination for Fr John Dacey and the 50th Anniversary of Ordination for Fr Colin Reinhard. Congratulations on 120 years of service between you!



Blessing of the Animals

We are currently celebrating a special Jubilee Year of Saint Francis, proclaimed by Pope Leo XIV to mark the eighth centenary of the death of Saint Francis of Assisi. To honour his enduring legacy as the patron saint of animals and the environment, you are invited to bring your pets to the church grounds for a special blessing!

When?
Immediately following the 9:00 am Mass on Sunday, 11th October

Where?
The church annex and carpark

Special Note for 9am Mass attendees:
If you plan to bring your animal to the 9am Mass, designated seating will be available in the annex and undercover area. For your convenience, Mass will also be live-streamed directly to the annex television so you can fully participate with your furry (or feathered or scaled!) family members close by.

Hello From DONOVANS

Spring has sprung at The Link

As we welcome the warmer days and the beautiful colours of spring, there's no better time to head over to DONOVANS Link Eatery & Grounds. Our gardens are looking beautiful, with Graham and Gordon bringing the grounds to life and creating the perfect setting to enjoy a coffee, a bite to eat and a little time outdoors.

September Residents' food offer

Ham and Cheese croissant and regular coffee \$15

Start your morning the right way with a freshly prepared ham and cheese croissant paired with a regular coffee. Whether you're popping in for breakfast, catching up with a friend or enjoying a morning in the gardens, this is the perfect springtime treat. Available throughout September.

Don't forget to collect your DONOVANS Loyalty Card if you haven't already. Throughout the year we'll continue offering exclusive promotions, seasonal specials and rewards available only to our loyalty members.

Please note: The monthly residents' offer can be redeemed multiple times throughout the month, per person. However, loyalty card offers cannot be redeemed for multiple guests during a single visit. Each guest must present and use their own loyalty card to access member-exclusive offers.

Have you been over lately?

Spring is one of our favourite times of year at DONOVANS Link. The gardens are looking gorgeous, and there's plenty to enjoy from our fresh cabinet treats to our delicious Portuguese tarts and cookies, perfect alongside your favourite coffee.

If you haven't visited lately, pop in and see what's new. We'd love to welcome you back!

Events Coming Up

We have some exciting events coming up at DONOVANS Link, so make sure you keep an eye on our socials and our flyers in the restaurant and book your table early.

Whether you're joining us for a relaxed lunch, a special event or simply a coffee and something sweet in the gardens, there's always something happening at DONOVANS Link. Book your table and come enjoy Spring with us.

We look forward to seeing you soon!

DONOVANS Team





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 on 6653 1241 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)

For any Police emergency matters please phone:

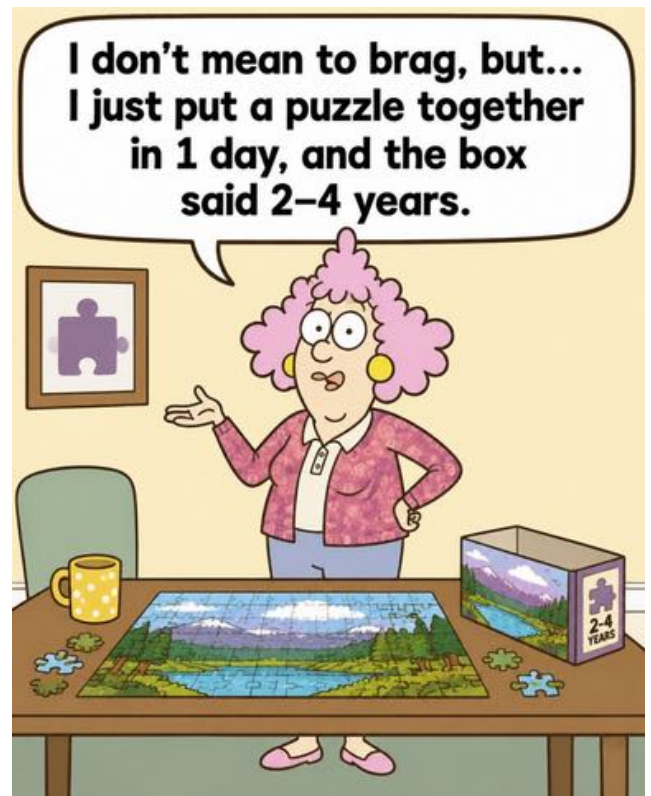
6691 0799

Grounds and Maintenance Requests

For any grounds or maintenance requests please phone Marian Grove Reception on **6653 1241**.

Please advise Marian Grove Reception 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

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

Sudoku provided by SudokuBliss.com

September Sudoku solution

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

Sudoku provided by SudokuBliss.com

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!





From our CEO

Courage, Love, Respect, Justice

Dear residents, families, friends and staff,

October brings with it another busy and positive month across our community, with plenty happening across our villages, services and parish.

A key focus this month is the continued progress of the Marian Grove Village Recreation Centre upgrade. This is an important project for our Village community and will ultimately provide an improved space for residents to gather, connect and enjoy the many social activities that are such an important part of Village life.

During the period of works, Karen Martin, our Village Manager, is coordinating arrangements to maintain continuity of residents' social activities and gatherings. We know how important these opportunities are for friendship, connection and wellbeing, and we thank residents for their patience and flexibility while this exciting project progresses.

Several safe and securable spaces have been identified for use during this disruption, including the community room at Mater Christi, undercover BBQ areas around Mater Christi and adjacent to the Chapel, and the multi-purpose room attached to Sawtell Home Care and Pastoral Services offices. Additional spaces are under investigation to determine if they can be made safe, including the Marian Grove Café annex, this will be determined in the coming weeks.

On Thursday 1st October, we recognise the International Day of Older Persons, an important occasion to celebrate the contribution, wisdom and experience of older people within our families and communities.

In October, we celebrate the Feast of St Francis of Assisi. Following the 9.00am Sunday Mass at Mary Help of Christians Church, Sawtell, on 11th October, there will be a Blessing of Animals at approximately 10.00am. All are welcome.

Sunday 4th October is also NRL Grand Final Day, so staff are encouraged to wear their team colours to work on Friday 2nd October and add a little friendly rivalry to the day!

A reminder that Daylight Saving Time begins on Sunday 4th October, so remember to move your clocks forward one hour.

World Mental Health Day on 10th October reminds us of the importance of looking after our own wellbeing and checking in with one another. A simple conversation, a listening ear or an act of kindness can make a meaningful difference, and show we care.

Finally, National Carers Week, 12 – 18 October, gives us an opportunity to recognise and thank the many carers, (professional and unpaid), who provide invaluable support to others every day, especially in the community care space. A big shout out to all our wonderful carers and care staff across SCC.

Until next time, wishing everyone a safe, warm and connected month ahead.

Michael Darragh
Chief Executive Officer,
Sawtell Catholic Care