

## CONNECT WITH US



New Aged Care Pty Ltd



@newagedcare



<https://www.newagedcare.com.au/>

## FOR ALL ENQUIRIES

Phone: (03) 5427 2002

Email: [enquiries@newagedcare.com.au](mailto:enquiries@newagedcare.com.au)



# August & September

## IN THIS ISSUE

**IRIS' CROCHETING** pg 1

**DOT'S DIAMOND ART** pg 2

**MICHAEL'S HIKING** pg 2

**MELISSA'S CROCHET TURTLE** pg 2

**WILMA'S CROCHET** pg 3

**JUDE'S PLANTERS** pg 3

**PINA'S CROCHET** pg 4

**RUTH'S SPINNING** pg 4

**RUEBEN'S WOODWORK** pg 4

**EVELYN'S WRITING** pg 5

**CAROLE'S CHOC CHIP COOKIES** pg 5

**WENDY'S BLANKET** pg 6

**PUZZLE PAGE** pg 6

AUGUST & SEPTEMBER 2025 | ISSUE 24



# New Aged Care

## Newsletter

### *Crafts, Hobbies & Talents Edition*

It's always a joy to see the wonderful crafts, hobbies and creative talents shared by our clients, residents and staff. Whether it's a painting, cooking, knitting or garden design, each creation reflects the personality and passion behind it. Art and creative expression not only bring beauty and colour into our spaces but also support wellbeing, encouraging relaxation, connection, and a sense of accomplishment. Celebrating these talents reminds us how meaningful and uplifting creativity can be at any age.

In this edition of the NAC Newsletter, we're proud to showcase the incredible talents, hobbies and artistic expressions of our clients, residents and staff. From beautiful artwork to unique crafts and personal projects, this issue is filled with inspiring examples of passion and skill. We hope you enjoy exploring the creativity that makes our community so vibrant and special.



## IRIS' CROCHETING

Bacchus Marsh Resident Iris was an avid knitter in her early days, until she took up crocheting in her 60's. She is currently making these colourful squares so they can be made into rugs for the dogs in rescue shelters. Well done Iris!





## DOT'S DIAMOND ART

Home Care Client Dot took up the hobby of Diamond Art after her granddaughter Lily made a frog one for her and inspired her to try one for herself. She has completed the Galah and Parrot artwork in the past few months and is currently working on a Koala piece. She says she enjoys doing it because it helps pass the time and is something different from her knitting. Amazing work Dot!

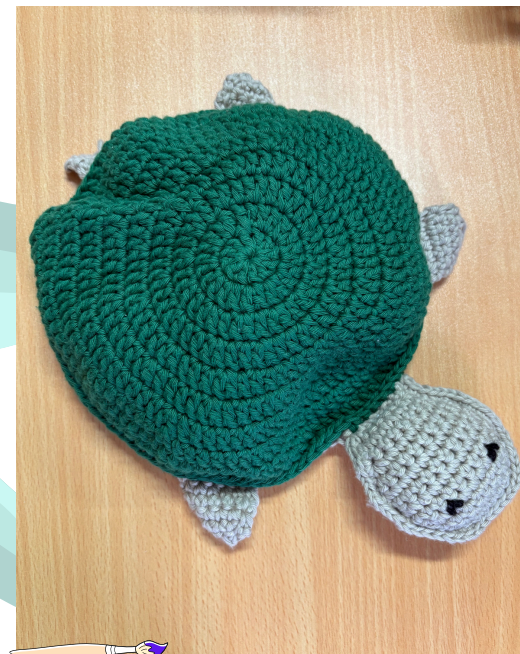


## MICHAEL'S HIKING

Home Care Client Michael loves getting out into nature, especially for hikes and long walks. He enjoys spotting wildlife along the way, from birds and koalas to anything else that crosses his path. One of his favourite moments is when he sees dogs out on their walks. He'll often stop to say hello and give them a friendly pat. Great work Michael!

## MELISSA'S CROCHET TURTLE

Accounts Administrator Melissa has been busy working on a crochet turtle. This turtle also holds several smaller baby turtles inside its shell. Each baby turtle has a different coloured tummy, with matching pairs, it can be used as a simple memory game. A very creative piece, well done, Melissa!





## WILMA'S CROCHET

Home Care Client Wilma started crocheting only a couple of years ago and learnt by watching YouTube. Wilma crochets most days and has done many different projects. Wilma is currently working on making baby items such a booties, beanies and jackets for one of her great grand children that is due to arrive in December this year. Wonderful work Wilma!



## JUDE'S PLANTERS

Carer Jude has been busy turning her love of gardening into beautiful displays. She's crafted three planters using wooden boxes and a vintage metal vegetable rack, all filled with plants grown from her own cuttings. Jude also created a lazy Susan succulent garden and is always working on new projects. Her Tuscan-style patio features a lion-shaped water fountain, a special reminder of the iconic lion in Nottingham's Market Square, bringing a touch of home to her garden sanctuary. Lovely work Jude!





## PINA'S CROCHET

Arcare resident Pina finds joy in crocheting, as it keeps both her hands and mind active. She enjoys the challenge of trying different crochet styles and techniques. Some of her favourite creations include cushion covers, pot holders, and beautifully crafted flowers. Lovely work Pina!



## RUTH'S SPINNING

Home Care client Ruth loves to keep busy, especially when working with hand-spun wool. A Life Member of the Kyneton Hand Weavers and Spinners group, Ruth has spent years perfecting her craft. Her beautiful wool creations have been showcased at The Meat Market Craft Centre, The Kyneton Daffodil Festival, and The Bendigo Wool Show, among others. Her home is full of handcrafted treasures - a true maker's haven.

Downsizing isn't easy when everything holds creative value, but for now, Ruth continues to do what she loves: create. Amazing work Ruth!



## RUEBEN'S WOODWORK

Home Care Client Rueben has been creating wooden sculptures for over 40 years. His passion began unexpectedly while fishing, when a weathered log caught his eye. Curiosity took over, and with his pencil knife, he began carving into the log, gradually revealing the beauty beneath. Since that day, Rueben has restored and crafted countless wooden pieces—one of which he generously gifted to the NAC office. Thank you, Rueben!





The Memorare

Remember O'most gracious  
Virgin Mary! that never  
was it known, that any-  
one who fled to thy  
protection implored thy  
~~power~~ Help, and sought  
thine intercession, was  
left unaided  
Inspired with this  
confidence confidence.

## EVELYN'S WRITING

Watergardens Resident Evelyn has a passion for writing and contributes a piece to every NAC Newsletter edition! Here is her latest:

### **The Memorare**

"Remember o'most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, and sought thine intercession was left unaided. Inspired with thus confidence"

## CAROLE'S CHOC CHIP COOKIES

Project Officer Carole loves cooking and experimenting with new recipes, and also loves cooking with her grandchildren. They have lots of fun making and eating these cookies!

### **Ingredients**

- |   |  |
|---|--|
| <input type="checkbox"/> 2 cups blanched almond flour | <input type="checkbox"/> 6 tablespoons maple syrup **        |
| <input type="checkbox"/> 1/4 cup arrowroot starch *   | <input type="checkbox"/> 2 tablespoons coconut oil or butter |
| <input type="checkbox"/> 1 teaspoon baking powder     | <input type="checkbox"/> 1/4 cup milk of choice              |
| <input type="checkbox"/> 1 teaspoon vanilla extract   | <input type="checkbox"/> 1/2 cup chocolate chips of choice   |

### **Instructions**

1. Preheat the oven to 175C/350F. Line a large tray with parchment paper or prepare a cookie sheet. Set aside.
2. Combine the almond flour, arrowroot starch, and baking powder in a large mixing bowl and mix well.
3. Combine the coconut oil and syrup in a microwave-safe bowl or saucepan over the stove, and heat until melted. Whisk together until combined.
4. Add the syrup/coconut oil mixture to the dry mixture, along with the vanilla extract and milk, and mix very well. Fold in the chocolate chips.
5. Form 16 small balls of cookie dough. Place each ball on the lined tray and press each one lightly into a cookie shape.
6. Bake for 12 minutes, or until lightly browned. Remove from the oven and allow to cool completely.

\* can substitute this for cornstarch or tapioca flour

\*\* can substitute this for agave nectar or honey

If your cookie dough batter is too crumbly, slowly add a little extra milk of choice







## WENDY'S BLANKET

Care Services Coordinator Wendy has taken up a new hobby, blanket making! Her latest creation features a charming patchwork quilt top paired with a soft, fluffy underside for extra warmth. This cosy and colourful piece now lives in the NAC office, where it keeps Wendy toasty on cooler days and adds a lovely homemade touch to the space. Excellent work Wendy!

## PUZZLE PAGE

### ARTS & CRAFTS WORDSEARCH

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

- ARTS
- BEADS
- BRUSH
- CANVAS
- CLAY
- CRAFT
- CROCHET
- DRAWING
- KNITTING
- LATCH HOOK
- NEEDLE
- PAINTING
- PAPER
- POTTERY
- QUILTING
- SCISSORS
- SEWING
- WOODWORKING
- WOOL
- YARN

FIND THE PAINT BRUSH!  They look this this!

Oh no! The paint tin has spilled, and all 10 brushes have gone missing! Can you spot them all?