



Echuca
Community
for the Aged

NEWSLETTER

August 2026



Aged Care Employee Day is celebrated on August 7th each year in Australia. It's a day to recognize and appreciate the hard work and dedication of aged care workers. These workers play a crucial role in supporting older Australians, providing care and assistance in various settings like residential facilities and in-home care.

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Editor's Desk

Hello Residents, Families and Friends!

July has certainly been a busy month at ECA, with plenty of fun, laughter, outings and special moments shared with our residents!

We started the month celebrating International Chocolate Day, learning a little about the history of chocolate and, of course, enjoying some delicious treats along the way!

We were delighted to welcome the Journey Learning Kinder kids, who stopped by for a visit and joined our residents for a fun game of ten-pin bowling, followed by some creative arts and crafts. It was wonderful to see the generations come together and share plenty of smiles and laughter.

Our residents also enjoyed a lunch outing to the Moama Bowling Club, a lovely morning tea in Lockington, and a trip to the library.

Movie lovers enjoyed a screening of Annie Get Your Gun, while food lovers celebrated International Lamington Day with a delicious afternoon treat. We also enjoyed another successful Big Breakfast, bringing everyone together for a wonderful morning of good food and great company.

Our Ron Galea Happy Hour was another highlight, filled with music, entertainment and plenty of fun. We also enjoyed the fantastic Anthony Tenace Show, followed by lunch in Kyabram.

And to finish off a wonderful month, we celebrated with a delicious Christmas in July lunch! It was the perfect way to wrap up a very busy and enjoyable July.

A huge thank you to everyone who helped make July such a memorable month.

Looking Ahead to August

If you thought July was busy, August is set to be even bigger and better!

We have a very special Commonwealth Games Week planned, filled with fun activities, friendly competition, team spirit and plenty of opportunities for our residents to get involved and cheer each other on. 🏆

Alongside our Commonwealth Games celebrations, we have lots of exciting outings, special activities, entertainment and events planned throughout the month. There will be plenty of opportunities to get out and about, try something new, catch up with friends and, most importantly, have lots of fun!

We are looking forward to creating plenty of wonderful memories, laughter and special moments together and making August another memorable month at ECA. ❤️

Keep an eye on the activities calendar for everything we have planned

Mel Lifestyle Coordinator.



Month in Review

Lunch Outing to Moama Bowling Club

Our residents had another wonderful outing to Moama Bowling Club, enjoying a delicious meal, great company and plenty of smiles along the way!

It's always lovely to get out into the community, catch up with friends and enjoy a change of scenery. A big thank you to the team at Moama Bowling Club for looking after us so well once again.



A BIG Thank You to Zara & Lily!

ECA would like to say a huge thank you to Zara and Lily for spending your work experience week with us!

It was wonderful having you both around, and we truly appreciate all your help, enthusiasm and willingness to get involved in our activities.

We hope you enjoyed your time with us as much as we enjoyed having you!



Christmas in July

Our residents enjoyed a wonderful Christmas in July Lunch, filled with delicious food, festive decorations, great company and plenty of Christmas cheer!



Month in Review



Upcoming Events.

Words on Wheels

Tuesday 4th August 9.30am, Engelbert Hall

Big Breakfast

Wednesday 12th, Engelbert Hall

Lockington Morning Tea

Thursday 13th August 9.30am Meet in the Foyer

Words on Wheels

Friday 28th August 11:00am, Engelbert Hall

Regular Events

Happy Hour every Friday 2.30pm

Church Service every Friday at 10am

Home Church every Tuesday at 11am in the Canberra Lounge

Home Church every Thursday at 11am in the Etona Lounge

Group Exercises Wednesday 11am, Engelbert Hall

Indoor Bowls Thursday's at 1.30pm

Library Book Exchange 2nd Friday of each month

Bingo! Sunday's at 1.30pm



Special Days

7TH Aged Care Appreciation Day

7TH Happy Hour – Emu's

11TH Lunch Outing Moama RSL

12TH Armchair Travel Julie's Trip
to Flinder's Ranger

14TH Happy Hour The Murray
Singers

17TH – 21ST Commonwealth
Games Week

24TH Anthony Tenace Show

25TH Nursery Rhyme Sing-a-Long
with Kinder Kids.

August Birthdays

In August, we celebrate birthdays with:

- Heather Roberts
- Marnie Adams
- Betty Curtis
- Elaine Gray
- Glenice Priestley
- Brian McCleary



Remember When?

A few things many of us grew up with that younger generations

may never experience:

- Writing letters by hand and waiting days for a reply.
- Using a paper map to find your way on a trip
- Looking up phone numbers in a directory.
- Taking photos without knowing how they turned out until the film was developed.
- Gathering around the radio for news and entertainment.

Leo (July 22 -August 21)

Lovable Leos are famously known for their exuberance, loyalty and self-confidence.

Virgo (Aug 22 – Sep 22)

Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Technology has changed dramatically over the years, but the memories - and the stories - remain priceless.

August in History: I Have a Dream

On August 28, 1963, Martin Luther King Jr. delivered his historic "I Have a Dream" speech during the March on Washington in Washington, D.C. Speaking before a crowd of more than 250,000 people, he shared a powerful vision of equality, justice, and hope. The speech remains one of the most influential and memorable addresses in modern history.



Poem to Share

Keep a-Goin'

By Frank L. Stanton

If you strike a thorn or rose,
Keep a-goin'!
If it hails, or if it snows,
Keep a-goin'!
'Tain't no use to sit and whine
When the fish ain't on your line;
Bait your hook and keep on tryin'—
Keep a-goin'!
When the weather kills your crop,
Keep a-goin'!
When you tumble from the top,
Keep a-goin'!
S'pose you're out o' every dime,
Gittin' broke ain't any crime;
Tell the world you're feelin' prime—
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup,
Keep a-goin'!
See the wild birds on the wing,
Hear the bells that sweetly ring;
When you feel like sighin', sing—
Keep a-goin'! A faithful heart, where we
belong.

Noticeboard



THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy. If anyone would like to sign up to become a volunteer please ask to speak to Mel in Lifestyle.

lifestyle@echucaca.com.au

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

Remembering

- Beth Wood
- George Shawcross
- Janet Tuohey

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and complaints. There are feedback forms available in the front foyer and at various spots around the facility. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

NEW RESIDENTS

A very warm welcome to:

- Pat Dellar
- Robert Lynch
- Thelma Cooney
- Norman Raverty

And to our visitors who are here for a short stay welcome and we hope you enjoy your time with us.

LIBRARY SERVICE

We have Books on wheels, talking books and talking Newspaper available from the local library. This is a free service with book exchanges happening monthly. If you would like to take part in this service, please talk to a lifestyle staff member.

HAIR DRESSING SERVICE

Hairdressing services are available Tuesday's, Wednesday's and Thursday's if you would like to see the hairdresser then please let reception or one of the friendly staff members know so they can book you an appointment.

Laughing Matters



The Lost Contact Lense

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mum" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a samll piece of plastic. I was looking for \$350 dollars!"

The Doorbell

A priest is walking down the street one day when he notices a very small boy trying to press the doorbell on a house across the street.

However, the boy is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the priest walks across the street to the little boy and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a solid ring.

Crouching down to the child's level, the priest smiles benevolently and asks, "And now what, my little man?"

To which the boy replies, "Now we run!"

Jonah and the Whale

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though a whale is a very large mammal, its throat is very small.

The little girl stated that Jonah was swallowed by a whale. The teacher reiterated that a whale could not swallow a human, it was impossible.

The little girl said, "When I get to heaven I will ask Jonah."

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him!"

Always find a reason to laugh –
it may not add years to your life but will surely add life to your years.

Word Search

INDIGENOUS PEOPLES OF THE WORLD



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

Maori
Ainu
Cherokee
Ojibwe
Guarani
Haida

Inuit
Maya
Hopi
Tlingit
San
Mohawk

Sami
Mapuche
Apache
Quechua
Dayak
Seminole

Aboriginal
Navajo
Cree
Aymara
Yanomami
Torres Strait

MONDAY 3 RD	TUESDAY 4 TH	WEDNESDAY 5 TH	THURSDAY 6 TH	FRIDAY 7 TH	SATURDAY 8 TH	SUNDAY 9 TH
9.30 August in History, August Trivia, "August Birthdays Who Am I?" -Engelbert Hall	9.15 Bus Outing -Meet in the Foyer 9.30 Words on Wheels "Down Memory Lane" -Engelbert Hall	9.30 Yahtzee -Lodge Café 9.30 Men's Group -Engelbert Hall	Genes for Jeans Day 9.15 Bus Outing -Meet in the Foyer 9.30 Name That Show -Engelbert Hall	Aged Care Appreciation Day 10.00 Uniting Church Service -Engelbert Hall		
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 Words that Start with A Quiz -Engelbert Hall	11.00 Home Church -Canberra Lounge 11.00 Trivia -Engelbert Hall	11.00 Group Exercises -Engelbert Hall	11.00 Home Church -Etona Lounge 11.00 Find the Hidden Objects -Engelbert Hall	11.00 Timeless Acts -Engelbert Hall		11.30 Tune into Songs of Praise on ABC <i>Songs of Praise</i>
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.30 Art, Craft & Knitting -Engelbert Hall	1.30 Pamper -Engelbert Hall	1.30 Big Bobs -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Documentary – Etona Lounge Scrabble – Pevensey Lounge Aromatherapy – Canberra Lounge	1.30 Resident's Choice Movie in the Lounge Room	1.30 Bingo with Debbie & Barbara -Engelbert Hall
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
				2.30 Happy Hour "Emu's" -Engelbert Hall		

MONDAY 10 TH	TUESDAY 11 TH	WEDNESDAY 12 TH	THURSDAY 13 TH	FRIDAY 14 TH	SATURDAY 15 TH	SUNDAY 16 TH
9.30 What If? /Wish List -Engelbert Hall	9.30 Reminiscing "My Story" -Engelbert Hall	Big Breakfast 9.30 Guessing Game -Engelbert Hall 10.00 Men's Conversation Connection Group -Lodge Café	9.15 Lockington Morning Tea Outing -Meet in the Foyer 9.30 Sudoku -Engelbert Hall	10.00 St Mary's Catholic Church Service -Engelbert Hall		
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 Match the Song to the Musical -Engelbert Hall	11.00 Home Church -Canberra Lounge 11.00 Lunch Outing 'Moama RSL' Meet in the Foyer	11.00 Group Exercises -Engelbert Hall	11.00 Home Church -Etona Lounge 11.00 Boggle -Engelbert Hall	11.00 Timeless Acts -Engelbert Hall		11.30 Tune into Songs of Praise on ABC <i>Songs of Praise</i>
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.30 Art, Craft & Knitting -Engelbert Hall	1.30 Movie on the Big Screen "On the Town" -Engelbert Hall	1.30 Armchair Travel Julie's Trip "Flinder's Rangers" -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Documentary – Etona Lounge Scrabble – Pevensey Lounge Aromatherapy – Canberra Lounge	1.30 Resident's Choice Movie in the Lounge Room	1.30 Bingo with Debbie & Barbara -Engelbert Hall
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
				2.30 Happy Hour "The Murray Singers" -Engelbert Hall		

MONDAY 17 TH	TUESDAY 18 TH	WEDNESDAY 19 TH	THURSDAY 20 TH	FRIDAY 21 ST	SATURDAY 22 ND	SUNDAY 23 RD
		Commonwealth	Games	Week		
9.30 Basket Ball -Engelbert Hall	9.15 Bean Bag Toss -Engelbert Hall	9.30 Pin Pong Egg Toss -Engelbert Hall	9.30 Shot Put -Engelbert Hall	10.00 Anglican Church Service -Engelbert Hall		
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 Food Focus Group & Consumer Advisory Meeting -Engelbert Hall	11.00 Home Church -Canberra Lounge 11.00 Javelin -Engelbert Hall	11.00 Ten Pin Bowling -Engelbert Hall	11.00 Home Church -Etona Lounge 11.00 Air Hockey -Engelbert Hall	11.00 Quoits -Engelbert Hall		11.30 Tune into Songs of Praise on ABC <i>Songs of Praise</i>
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.30 Golf -Engelbert Hall	1.30 Big Bobs -Engelbert Hall	1.30 Shooting -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Documentary – Etona Lounge Scrabble – Pevensey Lounge Aromatherapy – Canberra Lounge	1.30 Resident's Choice Movie in the Lounge Room	1.30 Bingo with Debbie & Barbara -Engelbert Hall
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
				2.30 Happy Hour Commonwealth Games Closing Ceremony -Engelbert Hall		

MONDAY 24 TH	TUESDAY 25 TH	WEDNESDAY 26 TH	THURSDAY 27 TH	FRIDAY 28 TH	SATURDAY 29 TH	SUNDAY 30 TH
9.30 Old Time Reminiscing -Engelbert Hall	9.15 Bus Outing Meet in the Foyer 9.30 Chair Dancing with Julie -Engelbert Hall	9.30 Word Association Game -Engelbert Hall 10.00 Men's Conversation Connection Group -Lodge Café	9.15 Bus Outing -Meet in the Foyer 9.30 Crosswords -Engelbert Hall	10.00 Rochester Presbyterian Church Service -Engelbert Hall		
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 Quizzes & Word Games -Engelbert Hall 11.30 Anthony Tenace Show & Lunch Ky Club Meet in the Foyer	11.00 Home Church -Canberra Lounge 11.00 Nursery Rhyme Sing-a-Long With Journey Kinder Kids -Engelbert Hall	11.00 Group Exercises -Engelbert Hall	11.00 Home Church -Etona Lounge 11.00 Timeless Acts -Engelbert Hall	11.00 Words on Wheels -Engelbert Hall		11.30 Tune into Songs of Praise on ABC 
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1.30 Art & Craft & Knitting -Engelbert Hall	1.30 Sing-a-Long with Julie -Engelbert Hall	1.30 Pass the Mic -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Documentary – Etona Lounge Scrabble – Pevensey Lounge Aromatherapy – Canberra Lounge	1.30 Resident's Choice Movie in the Lounge Room	1.30 Bingo with Debbie & Barbara -Engelbert Hall
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
				2.30 Happy Hour -Engelbert Hall		