



Echuca
Community
for the Aged

NEWSLETTER

September 2026



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"The quality of a father can be seen in the goals, dreams, and aspirations he sets not only for himself, but for his family."

Editor's Desk

Hello Residents, Families and Friends!

With a Hop, Step, and a Jump – It's Now September! This year is truly flying by!

August Highlights & September Activities

August has been another wonderful month at ECA, filled with plenty of fun, outings and opportunities to connect with our community.

This month we celebrated **Aged Care Employee Day**, taking the opportunity to thank and recognise our amazing staff for everything they do for our residents each and every day. We also enjoyed a delicious meal out at the **Moama RSL**, and residents enjoyed hearing all about Julie's recent trip to the **Flinders Ranges**, sharing stories and photos from her adventure. Let's not forget the special trip to the theatre to watch the Moama Grammar's performance of **Mary Poppins Jr.**

Looking Ahead to September

September is set to be another exciting month, with **all things AFL** as we get behind the 2026 AFL Footy Finals! 🏈

With the warmer weather returning, we are also happy to welcome our **walking groups back onto the planner**, giving everyone the opportunity to enjoy the beautiful spring weather and get out and about.

Our September outings will include:

- Lunch at the **Pastoral Hotel**
- Morning tea at **Beechworth Bakery**
- A trip to Lockington for the **Cuppa Connection**
- A visit to Kyabram to enjoy the talented **Anthony Tenace Show**

We are looking forward to another busy month filled with great outings, entertainment, friendship and plenty of fun!

Stay warm,

Mel

Lifestyle Volunteer/ Coordinator



Month in Review

Moama RSL

A delightful day was had by all that attended the recent lunch outing to the Moama RSL.

Once again, a big thank you to our dedicated volunteers who give up their time to be able to make outings like these happen.



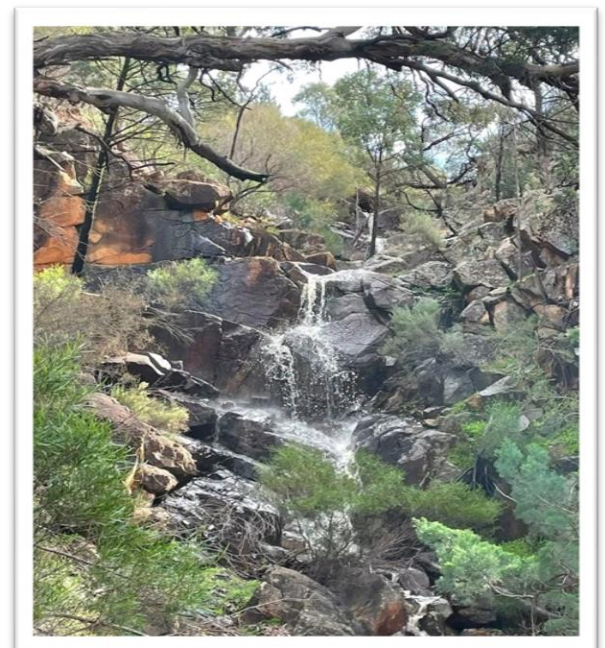
Aged Care Employee Day

Thank you for the care, commitment and heart you bring to our community each day. We are truly grateful for everything you do to make Echuca Community for the Aged such a special place to live, work and belong.

Flinders Ranges

Julie's recent visit to the Flinders Ranges was a highlight of the month. We enjoyed learning all about her travels and hearing about the beautiful Flinders Ranges. For some of our residents, Julie's stories brought back wonderful memories of their own trips and adventures throughout Australia.

A big thank you to Julie for taking the time to share her travelling experiences with us. It was lovely to hear her stories and reminisce about our own special travel memories.



Month in Review



Upcoming Events.

Words on Wheels

Tuesday 1ST September 9.30am, Engelbert Hall

Friday 18TH September 11:00am, Engelbert Hall

Lockington Morning Tea

Thursday 10TH September 9.30am Meet in the Foyer

Big Breakfast

Wednesday 16TH September

Regular Events

Happy Hour every Friday 2.30pm

Church Service every Friday at 10am

Home Church every Tuesday at 11am, Canberra Lounge

Home Church every Thursday at 11am, Etona Lounge

Group Exercises Wednesday's 11am

Indoor Bowls Thursday's at 1.30pm

Library Book Exchange 2nd Friday of each month

Bingo! Sunday's at 1.30pm

Echuca Library Visits 3rd Tuesday of the month



Special Days

1ST Morning Tea Outing

Beechworth Bakery

5TH Happy Hour - EMU's

6TH Father's Day

7TH Consumers Advisory
Meeting

8TH Lunch Outing Tuesday
Pastoral Hotel

10th RUOK Day

10TH Lockington Morning Tea

16TH Library Outing

25TH AFL Footy Colours Day

25TH AFL Footy Tipping
Presentation Happy Hour

25TH AFL Grand Final Public
Holiday - No Activities

26TH 2026 AFL Grand Final

September Birthdays

In September, we celebrate birthdays with:

- Beryl Trease
- Rose Weymouth
- Judy Richardson
- Ross McDonald
- Dos Hanson
- Marie Thexton
- Shirley O'Bree
- Robert Lynch
- Elaine Gamble
- Gail Day
- Alan Wray



Father's Day Facts:

- The first Father's Day was celebrated on June 19, 1910.
- The word "Dad" This is one of the first few words spoken by kids.
- The tie is the most purchased item of clothing for a Father's Day gift.
- By the 1940s, Australia had embraced Father's Day and celebrated it on the first Sunday in September each year. Indeed, some had become a little too enthusiastic about showing dads how much they care.

Virgo (Aug 22 - Sep 22)

Logical, practical, and systematic in their approach to life. Perfectionists at heart.

Libra (Sep 23 - Oct 22)

Often considered the nicest and most charming personality in the world!

Father's Day

Father's Day is a day set aside for honouring one's father, as well as fatherhood, paternal bonds, and the influence of fathers in society. "Father's Day" complements similar celebrations honouring family members, such as Mother's Day and, in some countries, Siblings Day, and Grandparents' Day. The day is held on various dates across the world, and different regions maintain their own traditions of honouring fatherhood.

WOW!

Poem to Share

A Father's Hands

Father's hands, worn and strong,
Building a world where I belong.
Each line a story, each scar a lesson,
Crafting a life with every session.

You built my dreams with every nail,
Your steady hands, they never fail.
Through storms and sun, through joy and pain,
You stood unwavering, a constant main.

Your hands, the first to hold me tight,
Guiding me through the darkest night.
In your grasp, I learn and grow,
In the warmth of love, a constant glow.

Here's to the hands that have held my own,
Here's to the love that has always shown.
Father, my gratitude knows no bounds,
In your love, my life is found.

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

- Jean Kemnitz
- Norma Thomas
- Wendy Winwood
- Pat Reid
- Norman Raverty
- Les Weeks
- Pat Deller
-

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:

- Pamela Stewart
- Geoffrey Jenkins

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



Let Your Face Laugh

If your face wants to laugh, well let it
If a smile you can get, well get it
Never look down, don't wear a frown
Or everyone will hear all about it.

If you have got quite a lot of trouble
Don't forget someone else has double
So just laugh and grow fat and forget it
If your face wants to laugh, well let it.

Wife's Warning

A state policeman pulls over a speeding car.
"I was only going 40!" the driver protests.
"Not according to my radar." says the policeman.
"Yes I was!" the man shouts back.
"No you weren't." the policeman says.
With that the man's wife leans towards the window and says:
"Officer, I should warn you not to argue with my husband when he's been drinking".

Say That Again

A husband is reading a newspaper article to his wife.
"Women use about 30,000 words to a man 's 15,000 " he reads.
"That's because we have to repeat everything we say to men," she replies.
Her husband puts down the paper and says "WHAT?"

Snake Bite

One snake says to his friend, "I forget – are we poisonous?"
"Why do you want to know?" he friend replies.
"Because I just bit my tongue!"



FATHER'S DAY

Word Search



BARBECUE

BEER

BRAVE

CELEBRATE

CHILDREN

DEVOTED

DINNER

FAMILY

FOOTBALL

GIFTS

GREETING CARD

HANDSOME

HONOR

JUNE

LOVING

MEMORIES

MENTOR

NECKTIE

PRESENTS

RESPECT

SPECIAL

SUNDAY

SUPPORT

TOGETHER

MONDAY 31 ST	TUESDAY 1 ST	WEDNESDAY 2 ND	THURSDAY 3 RD	FRIDAY 4 TH	SATURDAY 5 TH	SUNDAY 6 TH
9.30 September in History, September Trivia, "September Birthdays Who Am I?" -Engelbert Hall	9.15 Morning Tea Outing 'Beechworth Bakery' Meet in the Foyer 9.30 Words on Wheels "The Aussie Fly" -Engelbert Hall	9.30 Covid 19 & RSV Vaccinations -Engelbert Hall 10.00 Men's Morning Tea Catch Up -Lodge Cafe	9.15 Bus Outing Meet in the Foyer 9.45 Hidden Picture -Engelbert Hall	9.30 Walking Group Meet in the Foyer 10.00 Uniting Church Service -Engelbert Hall		Father's Day 
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 Words that start with S Quizzes -Engelbert Hall	11.00 Home Church -Canberra Lounge 11.00 Hello Spring Spring Reminiscing -Engelbert Hall	11.00 Covid 19 & RSV Vaccinations -Engelbert Hall	11.00 Home Church -Etona Lounge 11.00 Father's Day Quizzes & Word Games -Engelbert Hall	11.00 Timeless Acts -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 Pamper -Engelbert Hall	1.30 Big Bobs -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Walking Group Meet in the Foyer	1.30 Movie in the Lounge Room	1.30 Bingo -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 7 TH	TUESDAY 8 TH	WEDNESDAY 9 TH	THURSDAY 10 TH	FRIDAY 11 TH	SATURDAY 12 TH	SUNDAY 13 TH
9.30 Brain Teasers -Engelbert Hall	9.30 Musical Instruments with Julie -Engelbert Hall 	9.30 Uno -Lodge Café 9.30 Men's Group -Engelbert Hall	R U OK? Day 9.15 Morning Tea trip to Lockington Meet in the Foyer 9.45 Bean Bag Toss -Engelbert Hall	9.30 Walking Group Meet in the Foyer 10.00 St Mary's 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 Lunch Outing "Pastoral Hotel" Meet in the Foyer	11.00 Group Exercises -Engelbert Hall 	11.00 Home Church -Etona Lounge 11.00 Trivia -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 "Dolly Parton" "9-5" -Engelbert Hall	1.30 Golf -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Walking Group Meet in the Foyer 	1.30 Movie in the Lounge Room	1.30 Bingo -Engelbert Hall 
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
	9to5 			2.00 Residents Performance -Engelbert Hall		

MONDAY 14 TH	TUESDAY 15 TH	WEDNESDAY 16 TH	THURSDAY 17 TH	FRIDAY 18 TH	SATURDAY 19 TH	SUNDAY 20 TH
9.30 Category Call Out -Engelbert Hall	9.30 Bus Outing "Echuca Library" Meet in the Foyer 9.30 Quoits -Engelbert Hall	Big Breakfast 9.30 What does it mean to You? -Engelbert Hall 10.00 Men's Morning Tea Catch Up -Lodge Cafe	9.15 Bus Outing Meet in the Foyer 9.30 Drama with Julie -Engelbert Hall	9.30 Walking Group Meet in the Foyer 10.00 Anglican 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 11.00 Anthony Tenance Show & Lunch Meet in the Foyer	11.00 Home Church -Canberra Lounge 11.00 Christmas Planning -Engelbert Hall	11.00 Group Exercises -Engelbert Hall 	11.00 Home Church -Etona Lounge 11.00 Movement to Music -Engelbert Hall	11.00 Words on Wheels "Father's" -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 Pamper -Engelbert Hall 	1.30 Falls Prevention & Pain Management Information Session with Physiotherapist Bec Cladingboel -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Walking Group Meet in the Foyer 	1.30 Movie in the Lounge Room	1.30 Bingo -Engelbert Hall 
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
		6.00 Echuca Federal Band Performance -Engelbert Hall		2.30 Happy Hour Reg Poole -Engelbert Hall		

MONDAY 21 ST	TUESDAY 22 ND	WEDNESDAY 23 RD	THURSDAY 24 TH	FRIDAY 25 TH	SATURDAY 26 TH	SUNDAY 27 TH
9.30 AFL Quizzes & Word Games -Engelbert Hall	9.15 Bus Outing Meet in the Foyer 9.30 AFL Hangman -Engelbert Hall	9.30 Scrabble -Lodge Café 9.30 Men's Group -Engelbert Hall	9.30 AFL Highlights Games of the Past -Engelbert Hall		2026 AFL Grand Final 	
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 AFL History & Reminiscing -Engelbert Hall	11.00 Home Church -Canberra Lounge 11.00 AFL Quizzes & Word Games -Engelbert Hall	11.00 Group Exercises -Engelbert Hall 	11.00 Home Church -Etona Lounge 11.30 AFL Footy Colours Day Lunch -Engelbert Hall	AFL Grand Final Public Holiday No Activities		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 AFL Handball Competition -Engelbert Hall	1.30 AFL Goal Kicking Competition -Engelbert Hall	2.30 AFL Footy Presentations Happy Hour -Engelbert Hall	1.30 Movie in the Lounge Room	2.30 2026 AFL Grand Final In the Lounge Rooms	1.30 Bingo -Engelbert Hall 
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
						

MONDAY 28 TH	TUESDAY 29 TH	WEDNESDAY 30 TH	THURSDAY 1 ST	FRIDAY 2 ND	SATURDAY 3 RD	SUNDAY 4 TH
9.30 A-Z Word Games -Engelbert Hall	9.30 Bus Outing Meet in the Foyer 9.30 Word Ladder -Engelbert Hall	9.30 Family Feud -Engelbert Hall 10.00 Men's Morning Tea Catch Up -Lodge Cafe	9.15 Bus Outing Meet in the Foyer 9.30 Drumming with Julie -Engelbert Hall	9.30 Walking Group Meet in the Foyer 10.00 Community Church Service -Engelbert Hall		
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
11.00 Pictionary -Engelbert Hall	11.00 Home Church -Canberra Lounge 11.00 Who Am I? -Engelbert Hall	11.00 Group Exercises -Engelbert Hall 	11.00 Home Church -Etona Lounge 11.00 Quizzes & Word Games -Engelbert Hall	11.00 Christmas Planning -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 Armchair Travel Kylie's trip to China -Engelbert Hall	1.30 Indoor Bowls -Engelbert Hall	1.30 Walking Group Meet in the Foyer 	1.30 Movie in the Lounge Room	1.30 Bingo -Engelbert Hall 
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
				2.30 Happy Hour "Emus" -Engelbert Hall		