

# seasons *living*

Summer 2025



CHRISTMAS  
TRADITIONS  
THROUGH  
TASTE

GET TO  
KNOW  
YOUR  
NURSE

HOW ACTIVE  
SENIOR  
EMBRACES HER  
GOLDEN YEARS

WATERFORD  
WINS  
WELLNESS  
AWARD

# Welcome

Hello and welcome to the Summer Edition of the Seasons Living Newsletter!

As the Lifestyle Coordinator at our Mango Hill community, I'm proud to showcase our vibrant lifestyle program, which has been thoughtfully designed to enrich the lives, health and wellbeing of our residents. At Seasons, we are committed to creating a way of life that promotes fulfilling experiences and helps you to thrive and enjoy your retirement.

In this bumper lifestyle edition of the newsletter, you will get a glimpse through the eyes of our Mango Hill residents, with a recap of our recent bus tour to the Carnival of Flowers. Our Mango Hill community also hosted a Health and Wellness Day to further support the holistic wellbeing of our residents. We collaborated with leading brands in the health space including Doterra Essential Oils, T2 teas and Fernwood Gym, and heard valuable information from industry experts.

Meanwhile at Sinnamon Park, our team is promoting the benefits of healthy aging with their new Smoothie Bar, offering delicious drinks packed with fresh and nutritious ingredients. You will also meet our inspiring fitness queen Sal, who has been featured in the Resident Spotlight. She is an active walker, marathon runner and kayaker, and proves age is just a number.

We are pleased to announce our Waterford West community won an award for the Health and Wellbeing category of the 2025 Logan Chamber of Commerce Business Distinction Awards. Congratulations to the entire team for your hard work and dedication.

Having worked at Seasons for more than four years, I have seen the impact of providing an active lifestyle for seniors. One moment I will never forget is when one resident first moved into Seasons and initially felt uncertain about embracing the social setting of community living. She had lost her husband and although she struggled with the isolation, it had become her normal. While participation in our lifestyle program is optional, I encouraged her to join us on an outing until she finally agreed. She later told me that moment was lifechanging. She took part in most activities and has made lifelong friends. Moments like this is why I'm so passionate about what I do and why I love my job.

On behalf of the entire team at Seasons, we wish you and your loved ones a Merry Christmas and Happy New Year.



Anna Garrood  
Seasons Mango Hill  
Lifestyle Coordinator



## In Brief

Waterford West has claimed top honours in the Health and Wellbeing category at the 2025 Logan Chamber of Commerce Business Distinction Awards.

Seasons Living CEO Jodie Gaske said the Seasons Waterford West team was honoured to be acknowledged and considered alongside other inspiring local businesses.

"At Seasons, we believe in providing a place for seniors to call home, feel safe, receive high quality care and participate in a lifestyle program that fosters purpose," Ms Gaske said.

"This award is a testament to our team's unwavering commitment to creating vibrant, supportive communities, which prioritise the physical, emotional and social wellbeing of our residents.

"We would again like to thank the Logan Chamber of Commerce, as well as the award category sponsor Lions at Springwood, for celebrating business innovation and excellence across the Logan region."

Hosted by the Logan Chamber of Commerce, the annual event aims to recognise organisations in Logan and highlight the efforts of local business owners who are thriving, persevering or making a meaningful impact.



Pictured: Peter Malek and Jodee Davis.



# Meet our Nurses

When residents choose to call Seasons home, they are not only investing in a modern apartment and vibrant lifestyle, but also quality care services.

Our incredible Care Team is knowledgeable, empathetic and reliable, providing security by supporting residents to live comfortably and confidently throughout their retirement.

We sat down with one of our dedicated Nurses Moví-Lon (Mo) Navarra Moral to learn what inspired his nursing career and what person-centred care means to him.

## Q: Why do you enjoy working at Seasons?

**A:** I've been part of the Seasons family for 15 months now and what I love most is the positive and supportive environment. We have such a strong support group here - everyone looks out for each other and works together to provide the best care for our residents. The teamwork, encouragement, and sense of belonging make it a really special place to work.

## Q: What does a typical work day look like for you?

**A:** I look after our residents' overall health and wellbeing. My day usually starts with handover, checking my scheduled run, checking how everyone's going and planning care for the day. I do assessments, wound care and medications, and work closely with carers, GPs and allied health professionals. Every day is different, but my goal is always to make sure our residents feel safe, supported and valued.

## Q: What made you want to become a nurse?

**A:** When I was younger, I wanted to become a doctor because I've always wanted to treat and take care of people. Due to financial challenges, this wasn't possible, so I chose nursing instead and I quickly realised it gives you the same purpose - it's just a different path. Back in the Philippines, we were raised to look after our grandparents and show respect to older people. They were the ones who shaped us when we were young, teaching us values and life lessons. That's why aged care feels close to my heart - it's my way of giving back to the older generation who once guided us.

## Q: What do you love most about your job?

**A:** What I love most is the connection... the smiles, the stories and the small moments that make a big impact. It's rewarding to know that I can help someone feel better, even in simple ways. I'm proud to be part of the Seasons team and I'm truly thankful for everyone's hard work and dedication. It takes teamwork to provide the best care and I really appreciate how everyone supports each other, especially during busy days. I'm also grateful for the chance to grow and learn here. Seasons has helped me become a better nurse and a better person.



## Q: What does person-centered care mean to you?

**A:** Person-centred care means seeing each resident as an individual, so understanding their needs, preferences, and life stories. I make sure to include them in planning their care, so they feel involved and respected in every decision that affects them. Building trust comes from being consistent, listening to them, and showing genuine care. It's about making them feel heard, valued, and supported every day.

## Q: Would you choose Seasons Care as a provider for your loved ones?

**A:** I'd choose Seasons because it genuinely feels like a caring and vibrant community. The staff go above and beyond to make residents feel safe and valued and the environment is homely and welcoming. What I really love is the lifestyle, with so many things happening every day, such as concerts, bus trips and events that keep everyone active and engaged. Seasons not only takes care of residents, but also makes sure they enjoy life along the way.

## Q: Can you share one of the most heartwarming or rewarding moments you have had in your career?

**A:** One of the most memorable moments for me was with a Seasons resident who was at the end of life. Initially he was firm, but as time went on and we got to know him better, he softened and showed a really kind side. We were with him on the day he passed away. He thanked us and said he appreciated everything we'd done for him. It was such a hard moment, but at the same time, it was comforting knowing he was now pain-free and that we had helped in some way. It's something I'll never forget. It reminded me why I love what I do.

## Q: When you are not at work, where would we find you?

**A:** I'm usually with my family, especially my one-year-old baby boy. Watching him grow and explore is the best feeling. I also enjoy gardening and discovering new places around Queensland.

For more information about Seasons Care, visit [seasonsliving.com.au/home-care](https://seasonsliving.com.au/home-care)

# The New Aged Care Act: What It Means for You



From 1 November 2025, Australia's new Aged Care Act took effect. You can find a full overview in recent Seasons newsletters or on the Australian Government's Department of Health and Aged Care website. Below is a quick refresher on the key changes and how Seasons is supporting you.

## What's changing at a glance

- ✓ New Statement of Rights for older people receiving care.
- ✓ Register a Supporter: nominate someone to help you understand information and make decisions.
- ✓ Stronger Provider Obligations with clearer accountability and reporting.
- ✓ Support at Home replaces Home Care Packages (HCP).
- ✓ More funding for Home Modifications & Assistive Technology to help you live safely at home.
- ✓ Updated fees and funding model, which includes client contributions and a lifetime cap of \$130,000.
- ✓ Enhanced protections for older people and whistleblowers.
- ✓ Additional support for Palliative and End-of-Life Care.

For official updates, visit <https://www.health.gov.au/our-work/aged-care-reforms>

## How Seasons is Turning Insights into Improvements:

At Seasons, we're committed to providing high-quality, person-centred care and continuous improvement.

We've strengthened our resident-voice structures, so your feedback directly shapes our services.

Our Consumer Advisory Committee (CAC) advocates for residents and provides practical advice to Seasons' Governing Body on what's working well and where we can improve.

➡ **Next visit:** Tuesday the 27th of January 2026.

📍 **Where:** Seasons Mango Hill – 28 Akuna Way

💡 **Drop in:** Pop by to meet the CAC and share your ideas or concerns.



## If you have feedback you would like to share with the CAC:

**STEP 1** Write a letter or complete a Seasons Feedback Form (available at reception).

**STEP 2** Place it in a sealed, confidential envelope addressed to Seasons Consumer Advisory Committee and pop it in the Seasons Feedback Box.

**STEP 3** Prefer to talk? Speak with any staff member and we'll arrange for a CAC Representative to contact you.

## Quality Care Advisory Committee (QCAC)

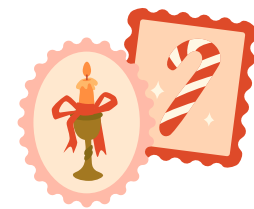
The QCAC reviews the quality and safety of our care, including clinical and quality indicators, complaints and compliments, staffing, incidents, regulatory actions, and progress on our Continuous Improvement Plan. A formal report goes to our Governing Body at least every six months, ensuring Seasons Governing Body is well informed, leading to clear actions and better outcomes.

If you have questions about how the reforms apply to you or need help reviewing your services, please speak with your Care Partner.

*We're here to help you live well, your way.*



# 'Tis the season to be tasting



Christmas food traditions are at the heart of the festive season, bringing loved ones together through shared meals, memories and experiences.

The creations we place on our decorated tables are often the greatest Christmas gifts of all. Carefully chosen, lovingly prepared and filled with meaning, the special handmade dishes we serve represents love and tells a story.

Whether it's a family fruitcake recipe passed down through generations, or a sherry-soaked trifle guaranteed to make everyone merry, here are all the sweet meanings behind our residents' Christmas dishes of choice:



## Lorraine – Layered Mexican Dip

"My friend gave me the recipe and it's always a huge hit because of all the flavours. It has cream cheese, sour cream, salsa and chopped vegetables.

Now my Granddaughter makes it, so we just keep passing the recipe on."

### *Lorraine's Christmas Dip*



- 250g cream cheese\*
- 300ml sour cream
- 300 g tomato salsa (whatever heat you want)
- 1 punnet of diced cherry tomatoes
- 1x capsicum cut small
- 1/4 cup cheese shredded

1. Mix cream cheese and sour cream
2. Put on bottom of dish
3. Top with salsa and spread over
4. Then spread cheese over salsa
5. Cut tomatoes in half
6. Place tomatoes in two circles around dish with capsicum in between circles

*\*Make sure cream cheese in at room temp*



## Edna – Christmas Sherry Fruitcake

"I bake the cake in an eight-inch tin and sometimes decorate it with cherries and almonds, but it always gets a good reception - and that's because I flood it with sherry.

I've been making this cake for Christmas for 40 years. My older sister Noelene and I decided to turn it into a competition to see who could make the tastiest cake each Christmas. I won the first year we did it, much to her dismay, and she didn't get over that very well because she was a really great cook who made a proper cake and I just boiled mine. With her being the oldest, winning was important because of the hierarchy.

Last year I made 81 cakes to gift to my family and friends. It took about four weeks, but I'm an early riser, so I can have four or five cakes made by 8am. I'll probably make more this year because I have acquired more friends at Seasons. Let's just say, a lot of people have tasted my cake."



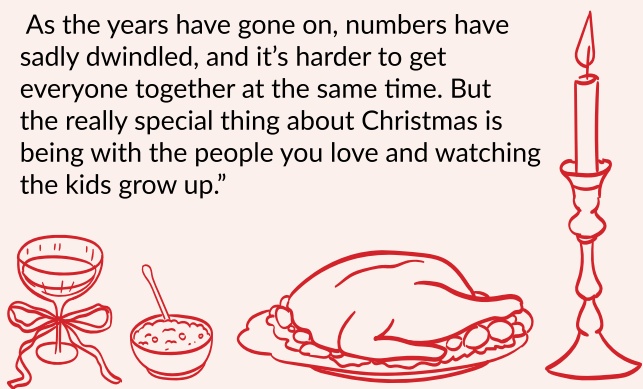


## Barb – Everything!

"My daughter recently told me that what she remembers most is how I always brought our whole family together for Christmas. Almost every year we hosted at our place and invited my parents, my husband's parents, my uncle, my brother, his wife and three kids, plus our two children. It was always such a lovely day because everyone was together.

I would make roast chicken with deep-fried vegetables and there was always a huge mountain of potatoes to peel. I used to make rainbow jelly using the old Tupperware molds, layered with red, green and yellow, because the kids would never eat the Christmas pudding. I've always loved baking slices too, so I would usually have one of them covered in chocolate, as well as rum balls, with tea and coffee. We eventually realised ice-creams on a stick are the perfect dessert because they are easy and everyone loves them.

As the years have gone on, numbers have sadly dwindled, and it's harder to get everyone together at the same time. But the really special thing about Christmas is being with the people you love and watching the kids grow up."



## Gilda – Rum Balls

"I've been making rum balls for Christmas for 12 years because my family just loves them – and the more rum, the better. The secret, other than being generous with the rum, is the type of biscuit you use.



I like Nice biscuits with a dash of orange juice so they aren't too dry. Once the kids started having their own children, I had to make two batches – one with two tablespoons of rum for the adults and one without alcohol for the kids.

As they got older, they tried to sneak the rum balls, especially my granddaughter, who has always been a real dare devil. But as soon as she bit into one, she spat it out and said 'Ew yuck, I don't like that Grandma!' so she learnt the hard way.

I remember my Grandmother used to make the most beautiful plum puddings every year. She would tie them up in a cloth and put two shillings, three pence and six pence inside them. If you found the two shillings in yours – because that was a lot of money in the 50's - you thought you were pretty lucky. That feeling never lasted too long though, because she would ask for it back so she could reuse it for the following year. We'd have to suck them clean and hand them back."





# Seasons Summer shake-up: Blending happiness and health

As we age, the importance of maintaining a balanced and nutritious diet increases.

Now Seasons Sinnamon Park has 'mixed' things up, brainstorming an innovative way to help residents feel their best this Summer.

Dedicated to supporting the health and wellbeing of residents, our team were inspired to think outside the box, bringing a vibrant smoothie bar to life and adding the fresh activity to the Summer Lifestyle Program.

Community Manager Sandeep Vaid said the new initiative had been a hit, with the smoothies providing health benefits, as well as enjoyment for residents.



“Smoothies are packed with nutrients, minerals and anti-inflammatory properties, which support digestion, immunity, hydration and bone strength,” he said.

“Plus, nothing is more refreshing than a fresh smoothie on a hot summer's day!”

Mr Vaid, who is also a qualified Chef and trained under the legendary Gordon Ramsay, said the community's talented hospitality team worked to create the perfect flavour combinations, using fresh ingredients.

Residents have plenty of tasty options to choose from, with Mango Madness, Banana Blizzard and Berry Oatmeal Banger on the menu.

## Steps to blend perfect smoothie:



### 1. Liquid base

Add 1 cup of your milk of choice or coconut water



### 2. Go green

Add 1 cup of spinach, zucchini, broccoli, kale or mixed greens



### 3. Pick some fruit

Add 1 cup of fruit high in antioxidants and vitamins, but low in sugar such as berries or avocado



### 4. Fuel your fire

Add 20-25 grams of protein such as Greek yoghurt or protein powder



### 5. Get creative

Add some fun extras and don't be afraid to experiment! Some healthy options include carrots, bananas, beets, nut butters, oats, cacao, cinnamon, ginger and nuts and seeds.



For more information about the Lifestyle Program, visit [seasonsliving.com.au/be-active](https://seasonsliving.com.au/be-active)





## Prepared and equipped: Managers receive emergency training

Over the past few weeks, our Community Managers and Emergency Officers have completed comprehensive training on the new Seasons Emergency Management Plan (EMP 2026), ensuring every community is fully prepared and confident in responding to a range of emergency situations within our communities.

This updated plan reflects the latest Aged Care Reform and Quality Standards (effective 1 November 2026) and places a strong focus on proactive preparedness, teamwork, and resident safety. The training sessions covered everything from evacuation procedures and communication protocols to the use of our new emergency response equipment.

Seasons Living Regional Facilities and Infrastructure Manager Kyle Loveday said the training was designed to strengthen preparedness and enhance community safety.

“We’re incredibly proud of the commitment shown by all staff during this roll-out,” he said.

“Together, these improvements ensure that our communities remain safe, responsive and compliant, and that our residents continue to feel secure knowing our team is ready to respond when it matters most.

“Thank you to everyone for helping make safety part of our everyday culture at Seasons.”

A key highlight was the introduction of Albac Rescue Evacuation Mats — a vital new addition to our emergency toolkits. These specially designed mats allow for the safe and efficient movement of residents with mobility challenges during an evacuation. Lightweight yet durable, they can be quickly deployed to help staff transport residents down stairs or through narrow passages when lifts or standard mobility aids can’t be used.



### The training reinforced the importance of:

- ✓ Understanding how the Emergency Management Plan works
- ✓ Knowing your Emergency Control Organisation (ECO) roles.
- ✓ Locating and maintaining the new “Red Book” Emergency Operations Centre resources.
- ✓ Understanding the placement and testing of our new GME handheld radios for improved on-site communication.
- ✓ Supporting residents with Personal Emergency Evacuation Plans (PEEPs).
- ✓ A demonstration of how to use the new Albac Rescue Evacuation Mats.



# Team serves up feast for eyes

Seasons is pleased to congratulate our talented team of chefs and hospitality staff at Sinnamon Park, who were presented with the Best in Class Food Presentation Award for their Winter menu.

The culinary incentive and rewards program was introduced by Seasons to recognise the efforts of our employees who work tirelessly to deliver quality food to our residents, and highlight the impact of food presentation.

Seasons Hospitality Consultant Scott Robertson said the internal initiative encouraged friendly competition between communities, while inspiring our chefs and cooks to be creative with the colour, composition, and overall presentation of their dishes.



“Presentation is so important, especially when it comes to food, as your enjoyment starts with what you see on your plate before you taste it,” Mr Robertson said.

“We are so proud of the Sinnamon Park team for winning the latest round, as well as all our employees who continue to deliver high-quality, nutritious, and visually pleasing meals for our residents every day.”

Special thanks to our supply partner, Bidfood for who are providing the Winter reward to our winning team.

This follows our Mango Hill team’s success in the inaugural Autumn round, where they received a well-deserved prize from Croft.

## Health at Mango’s core

Seasons hosted a vibrant wellbeing expo for Mango Hill residents, providing them with an opportunity to connect directly with leading specialists in the health and lifestyle space.

The prominent businesses delivered engaging presentations, showcasing the health benefits of their products and services.

Seasons Mango Hill Lifestyle Coordinator Anna Garrood said the purpose of the holistic event was to enhance the wellbeing of residents, through expert demonstrations, Q&A sessions and samples.

Stalls were hosted by T2 Tea, Doterra Essential Oils, Fernwood North Lakes Gym, Zumba Gold and Aqua Zumba, Forward For Physiotherapy, Hummingbods Massage Therapy and Seipel Group.



For more information about upcoming Seasons events, visit [seasonsliving.com.au/events](https://seasonsliving.com.au/events)



Dear diary.

Wednesday, 10th of September, 2025

Hubby Shane and I had the best day!

A group of us Mango Hill residents hopped on the Seasons Community Bus for a road trip to Toowoomba for the Carnival of Flowers.

When we arrived at Queens Park, we grabbed coffee and cake, before exploring the iconic Botanic Gardens. Can you believe the Toowoomba Council planted 50,000 seedlings and bulbs? There were more than 37 million petals in bloom, which is just incredible!

I was so excited to be there as it has always been a dream of mine to see the beautiful flowers. The experience lived up to the expectations too... the stunning variety of blooms and colours took my breath away. As we wandered through the most beautiful floral archway, I was reminded of my wedding day. It truly felt like a work of God's art.

The day just kept getting better. There was so much to see and do with delicious food, stunning scenery, rides and more. My personal highlight of the day was sitting on a butterfly-shaped chair – just delightful!

Before we left, we popped into the souvenir shop to pick some keepsakes. I chose a lovely umbrella, while Shane added another cap to his ever-growing collection, (He grabs one everywhere we go!).

Like all great adventures, this one had to come to an end, but what a glorious time we had!

Until next time,

Caralyn xx

- Seasons Living Mango Hill resident



On the bus and ready to roll!



First stop - coffee and cake, of course! Yumma!



All the colours of the rainbow at the Botanic Gardens.



Blooming beautiful!



Ice cream break!



Taking a spin on the carousel.



Queens on their butterfly thrones!



The Wheel of Oz offering five star views of the Queens Park florals.



Striking a pose! Picture perfect moments.



Back on the bus with souvenirs and Seasons bound!



# Active and ageless: Sal's life on the water

The words "I can't" are not part of retiree Sal Gardner's vocabulary. The 84-year-old has competed in more than 500 rowing races – a goal she set and achieved before her 80th birthday – and collected countless medals over the years.

Despite her age, the Seasons resident is still an active runner, swimmer and kayaker, and she structures her days around her fitness routine.

Young at heart and full of drive, Sal spends at least 30 minutes a day on the rowing machine, swims more than 3km a week and regularly participates in yoga and Pilates classes.

"I've always been pretty fit and I need to do something active every day – I get all bitsy if I can't," she said.

Sal joined her local swimming club as a child and later moved to the Masters Swimming Club before shifting her attention to gymnastics in the 90s.

By 16, she had discovered her greatest passion – kayaking and canoeing, after joining the Indooroopilly Canoe Club alongside her siblings. She remains a life member of the club today.

In 1962, Sal and her husband founded the Queensland Amateur Canoe Federation, where she served as Secretary for two decades.



**FIT & FEARLESS:** Age is just a number for Seasons resident Sal, who has spent most of her life kayaking. The inspiring senior believes age is just a number. *Picture: Contributed*

Over the years, she has competed in countless sprint and marathon events and estimates she has won at least 200 medals, though what she treasures most are the experiences she's gained along the way.

Sal has paddled around the Brisbane River, Wivenhoe Dam and the Moreton, Fraser, Keppel, Thursday, Cape York, Whitsundays, Port Douglas and Cooktown Islands.

Among her most cherished memories is her trip to Greece, where she spent her days sea kayaking around the Ionian Islands, stopping for cheese and biscuits at supper and camping overnight.

She has also kayaked the Whanganui River in New Zealand and taken part in some of the largest tournaments, paddling 1000km at a time.

"I love getting out on the water – it's my happy place," she said.

"The sense of achievement you get after completing a race is incredible.

"You have moments where you go, 'Why am I doing this?' but you can't just get out when you're in the middle of an ocean, so you have no choice but to dig deep and get to the end."



**PADDLE PALS:** Sal and friends stop for a bite to eat after a busy morning out on the water. *Picture: Contributed*



**TRAIL BLAZER:** Setting herself the goal of competing in 500 races by the time she turned 80, Sal not only achieved this, but exceeded the target by nine. The active retiree estimates she has won more than 200 medals for kayaking. *Picture: Contributed*



But it hasn't always been smooth sailing, with Sal facing rough conditions and unexpected encounters on the water.

"Two of us girls were out in a sea kayak once with a crocodile swishing around us," she said.

"This was before phones existed, so no one was around to save you.

"Another time I was paddling along the Brisbane River and found a person, which I had to report to the police... it's never stopped me from getting back out on the water though."

While Sal no longer owns her own kayaks or canoes, she still takes part in Brisbane City Council's GOLD (Getting Old and Living Dangerously) canoeing program.

Beyond water sports, she has also completed numerous marathons and triathlons, including a seven-day charity bike ride from Cairns to the Gulf and even a race without clothing.

"It was a 1km nude sprint, so of course I had to do it," she said.

"I looked a lot better in those days because I was only about 60."

Sporting talents evidently run in the family, with her son becoming an international paddler and daughter excelling as a left-handed fencer, while her sister was an Olympic canoeist.

Despite stereotypes around ageing, Sal refuses to slow down, believes age is nothing more than a number and recommends other seniors to adopt the same ideology.

"It obviously depends on your health circumstances, but a lot of it comes down to mindset," she said.

"Start slow and do what makes you feel good, whether it's chair yoga or small walks – but never let anyone tell you you're too old to do something."

**"Never let anyone tell you you're too old to do something."**



**WELLNESS WARRIOR:** Fitness queen Sal refuses to slow down and turned her retirement into her golden years. *Picture: Rhylea Thompson*



# Life at Seasons

## MANGO HILL



**YEE-HAW:** Mango Hill transformed into the Wild West when the community held its rodeo-themed Ekka Show Day. Residents donned their best cowboy hats and boots, played carnival games and treated themselves to fairy floss.

**DOLCE DAY:** 'Bellissimo' was the perfect word to describe the food served during a visit to popular Italian bakery, Torrisis. Residents enjoyed all the traditional classics including arancini balls, pizza, cannoli, tiramisu and hot chocolate at the popular family-run spot.

**CHIME TIME:** Windy days and good luck charms are on the forecast for the crafty residents who made their own wind chimes out of beautiful beads and bells. The finished creations are set to add a splash of colour and sound to the gardens too.

**PETAL PALETTE:** Spring was welcomed in style by Seasons residents during a trip to the Redcliffe Floral and Art Festival. Held at the Anglican Church in Clontarf, the event featured market stalls selling plants, jewellery and art. Residents finished the outing with scones for afternoon tea.

## MANGO HILL CARE SUITES



**BIRTHDAY BASH:** Turning 100 was a momentous occasion for resident Ray, who was delighted when Seasons staff presented him with a freshly baked cake and sang him Happy Birthday. Ray also celebrated the special milestone with family and friends.

**FLASHBACK:** As part of Dementia Awareness Week, Moreton Bay Library staff visited the Care Suites, with memory boxes. A Qantas-themed capsule containing historic in-flight brochures prompted many residents to reflect and share personal memories.

**MINT CONDITION:** The grass is greener at Care Suites, after residents got their hands dirty and planted their own miniature herb gardens. Their efforts paid off when they witnessed the first flower bloom on their snow peas.

**QUAIL TALES:** When it comes to giving our residents cuddles, Barney the Quail is the perfect bird for the job. The adorable pet stopped by recently for a visit and left quite an impression on everyone.



## SINNAMON PARK



**DIAMOND DUO:** Love was in the air for couple Robyn and Darryl, who celebrated their 60th wedding anniversary in September. The pair celebrated with friends, shared their favourite memories of each other and toasted with champagne.

**DISH DIVE:** Residents were treated to a behind-the-scenes look of the Sinnamon Park kitchen, when Community Manager and former Michelin-star chef Sandeep gave them a fun and informative tour.

**DRUM FIT:** Music and movement was in sync during a cardio drumming class. The 45-minute session was both fun and inclusive, with residents choosing to stand or sit for the activity. Resident Shirley, who is visually impaired, also joined in by following the beat.

**ROOM REVEAL:** Champagne bottles popped in celebration when staff unveiled the new Sinnamon Park activity space – The Rendezvous Room. More than 40 residents attended the red carpet event and resident Bev officiated the grand opening by cutting the ribbon.

## WATERFORD WEST



**SCAM HACKS:** Knowledge is power, especially for the residents who now feel more confident in detecting fraudulent activity, after a valuable presentation was delivered by officers from the Beenleigh Police Unit. It covered how to avoid, recognise and report scams.

**CHIT CHAT:** Conversing over coffee was the fitting way to celebrate the third anniversary of The Chatty Cafe. The Logan City Council initiative launched in 2022 and is now run by Seasons resident Robyn. The monthly meetings promote connection among seniors.

**SHOW STOPPER:** Applause echoed through the Bayside area after Terry Scott delivered an unforgettable performance. Waterford West residents gave the local musician a standing ovation after the concert, which coincided with his 58th anniversary as a showman.

**WINTER WONDERLAND:** Christmas came early at Waterford West for a Christmas in July party. Residents embraced the festive spirit by dressing up in their best Christmas-themed hats, jumpers and novelty shirts, before sitting down to enjoy a delicious meal.



# Our Communities

## SALES COMMUNITIES

### MANGO HILL

28 Akuna Way,  
Mango Hill, QLD

Sales Enquiries:

📞 Julie on  
0411 654 026



### SINNAMON PARK

147 Oldfield Rd  
Sinnamon Park, QLD

Sales Enquiries:

📞 Chris on  
0472 878 783



### WATERFORD WEST

881 Kingston Rd  
Waterford West, QLD

Sales Enquiries:

📞 Lori on  
0439 389 849



## RENTAL COMMUNITIES

### BRIBIE ISLAND

44/46 Melrose Ave,  
Bellara, QLD



### CALOUNDRA

30 Baldwin Street,  
Golden Beach, QLD



### EASTERN HEIGHTS

44 Grange Road,  
Eastern Heights, QLD



### KALLANGUR

1321 Anzac Ave,  
Kallangur, QLD



### REDBANK PLAINS

15 Argyle Street,  
Redbank Plains, QLD



### RENTAL ENQUIRIES

For any rental enquiries please  
contact us on:

✉ [rentals@seasonsliving.com.au](mailto:rentals@seasonsliving.com.au)

Visit our website:

🌐 [seasonsflexi.com.au](http://seasonsflexi.com.au)



Home Care is available at Mango Hill, Sinnamon Park, Waterford West, Bribie Island, Caloundra and Kallangur.

# Anatomy of a Seasons apartment



\*Apartment layouts apply to Seasons Mango Hill, Sinnamon Park and Waterford West communities only.



Experience the Seasons difference for yourself through our Try Before You Buy offer. Find out more at [seasonsliving.com.au/try-before-you-buy](https://seasonsliving.com.au/try-before-you-buy)





## We Welcome Feedback

At Seasons, we recognise that feedback provides a valuable opportunity to improve. We welcome all forms of feedback. If you would like further information regarding our complaints management approach, please speak with the Community Manager or email [info@seasonsliving.com.au](mailto:info@seasonsliving.com.au)

Statement of Rights replaces Charter of Aged Care Rights from 1 November.

## Statement of Rights



### I have a right to:
















1. Independence, autonomy, empowerment and freedom of choice
2. Equitable access
3. Quality and safe funded aged care services
4. Respect for privacy and information
5. Person-centred communication and the ability to raise issues without reprisal
6. Advocates, significant persons and social connections.

The Australian Government has created the Statement of Rights to coincide with the new Aged Care Act.

The Statement of Rights is designed to explain the rights of seniors when accessing aged care services and has replaced the current Charter of Aged Care Rights from 1 November 2025.

Note: <https://www.agedcarequality.gov.au/workers/reform-changes-workers/statement-rights>

## Support Services:

	<b>Older Persons Advocacy Network</b>	 1800 700 600	 <a href="http://opan.org.au">opan.org.au</a>
	<b>My Aged Care</b>	 1800 200 422	 <a href="http://servicesaustralia.gov.au">servicesaustralia.gov.au</a>
	<b>The Aged Care Quality and Safety Commission</b>	 1800 951 822	 <a href="http://agedcarequality.gov.au">agedcarequality.gov.au</a>
	<b>National Disability Insurance Scheme (NDIS)</b>	 1800 035 544	 <a href="http://ndiscommission.gov.au">ndiscommission.gov.au</a>
	<b>Association of Residents of Queensland Retirement Villages (ARQRV)</b>	 1800 951 822	 <a href="http://arqrv.org.au">arqrv.org.au</a>

ARQRV is a government-recognised agency for retirement village residents and can help provide support and advice to residents for a membership fee. Please contact ARQRV for further details.