

The Gallipoli Times

April - June 2026



Table of Contents

- Page3: Dua of Month
- Pg 4, 5 & 6: Eid Al Adha
- Pg 7, 8 &9: Art Therapy
- Pg 10: Al Faisal College School Visit
- Pg 11 & 12: Bus outing
- Pg 13 & 14 : AIA North Kellyville School Visit
- Pg 15, 16 & 17: Happy birthday
- Pg 18 & 19: Family information
- Pg 20 & 21 : Ashura
- Pg 22 & 23 : Maggie Beer Foundation
- Pg 24 : July Calendar

DUA OF THE MONTH

🙏 Arabic

اللَّهُمَّ احْفَظْ كِبَارَ السِّنِّ، وَأَدِمَّ عَلَيْهِمُ الصَّحَّةَ وَالْعَافِيَةَ، وَارْزُقْهُمْ الرَّاحَةَ
وَالسَّكِينَةَ، وَاجْعَلْ أَيَّامَهُمْ مَمْلُوءَةً بِالسَّعَادَةِ وَالطَّمَأْنِينَةِ، وَارْحَمْ مَنْ
كَانَ مِنْهُمْ مَرِيضًا وَاشْفِهِ شِفَاءً تَامًا يَا رَبَّ الْعَالَمِينَ

English 🌿

O Allah, protect the elderly, grant them continued health and well-being, and bless them with comfort and peace. Fill their days with happiness and reassurance, and have mercy on those who are unwell and grant them complete healing, O Lord of all worlds

Ey Allah'ım! Yaşlıları koru, onlara daimî sağlık ve esenlik ver; onları huzur ve sükûnetle lütuflandır. Günlerini mutluluk ve gönül ferahlığıyla doldur; hasta olanlara merhamet et ve onlara tam bir şifa bahşet; ey âlemlerin Rabbi!

أَمِينَ يَا رَبَّ الْعَالَمِينَ

Eid Al Adha

Eid al-Adha, also known as the Festival of Sacrifice, is one of the two major Islamic holidays celebrated by Muslims around the world. It commemorates the willingness of Prophet Ibrahim to sacrifice his son in obedience to God's command.

According to Islamic tradition

The holiday takes place on the 10th day of the Islamic month of Dhu al-Hijjah, coinciding with the annual pilgrimage of Hajj.

Common ways Muslims observe Eid al-Adha include:

Attending a special Eid prayer.

Spending time with family and friends.

Giving to those in need through charity.

Sacrificing a sheep, goat, cow, or camel (where permitted), with the meat traditionally shared among family, friends, and people in need.

Enjoying festive meals and exchanging greetings and gifts. The holiday emphasizes values such as faith, obedience to God, generosity, compassion, and caring for others. It is a time of gratitude, reflection, and strengthening family and community bonds.



Eid al Adha

Our residents enjoyed celebrating Eid surrounded by their families and our dedicated staff, making it a truly warm and meaningful occasion.

We hosted a lovely morning tea where everyone came together to share food, conversation, and festive spirit. To add to the celebration, gifts were presented to our residents, which brought great joy and excitement to the day.

It was heartwarming to see how thrilled and happy everyone was, as we shared in the spirit of Eid together. Moments like these strengthen our sense of community and create beautiful memories for all involved.

Eid Mubarak from all of us at Gallipoli Home 🌙💛







Each week, we are delighted to welcome a dedicated art therapist who leads our residents in a variety of arts and crafts activities. These interactive sessions may include coloring, painting, and a wide range of other creative projects.



Why is Art Therapy beneficial for our residents



Art therapy is highly beneficial for residents, especially in aged care, because it supports mental, emotional, physical, and social wellbeing in a gentle and enjoyable way.

Here are the main reasons it is good for residents:



1. Supports emotional wellbeing

Art gives residents a safe way to express feelings that may be hard to put into words. It can reduce stress, anxiety, sadness, and loneliness, and helps promote calmness and relaxation.



2. Stimulates the brain

Activities like colouring, painting, and drawing help keep the mind active. This can support memory, focus, and cognitive function, especially for residents living with dementia or cognitive decline.



3. Encourages social connection

Group art sessions give residents the chance to talk, laugh, and engage with others. This helps reduce isolation and builds a sense of community and belonging.



4. Improves fine motor skills

Holding brushes, pencils, or colouring tools helps maintain hand strength, coordination, and dexterity, which is important for daily living activities.



5. Provides a sense of purpose and achievement

Completing an artwork gives residents pride and a sense of accomplishment, boosting self-esteem and confidence.



6. Encourages relaxation and enjoyment

Art therapy is calming and enjoyable, offering residents a meaningful and enjoyable activity that brings happiness and reduces boredom.

Overall, art therapy helps residents stay engaged, express themselves, and enjoy meaningful moments, which greatly enhances their quality of life.



Al-faisal college school visit

Al Faisal College makes monthly visits to our residents, bringing joy and companionship. Their cheerful smiles and engaging activities create a warm atmosphere, ensuring that everyone feels cherished and valued.



Gallipoli Home Bus Outings

At Gallipoli Home, our residents look forward to our regular bus outings every Monday and Wednesday. These outings provide a wonderful opportunity to get out into the community, enjoy a change of scenery, and spend quality time with friends and staff.

Our bus trips include scenic drives, shopping excursions, visits to local cafés and restaurants, parks, and many other enjoyable destinations. Whether it's enjoying a coffee with friends, browsing the shops, taking in beautiful views, or simply getting out for some fresh air, every outing offers something special.

These outings play an important role in supporting our residents' wellbeing. They encourage social interaction, help residents stay connected with the local community, promote independence and confidence, and provide opportunities for gentle physical activity. Getting out and about can also boost mood, stimulate conversation, create meaningful memories, and reduce feelings of isolation.

We are committed to ensuring every resident has the opportunity to participate, with outings organised on a rotating schedule across all floors. Seeing the smiles, laughter, and friendships that grow during these trips reminds us how valuable these shared experiences are. We look forward to many more adventures together!



Gallipoli Home Bus Outings





AIA North Kellyville

We were delighted to welcome the students from AIA North Kellyville to Gallipoli Home. Our residents had a wonderful time getting to know the students and sharing special moments together.

The teacher kindly recited verses from the Holy Quran for our residents, creating a peaceful and meaningful atmosphere. The students also joined our residents in a colouring activity, spending quality time together, before everyone enjoyed sharing morning tea.

Thank you to the students and staff from AIA North Kellyville for your kindness, generosity, and for making the day so memorable. We look forward to welcoming you again!







Throughout the month, we had the pleasure of celebrating the birthdays of our wonderful residents. It was a joyful occasion filled with smiles, laughter, delicious cake, and special moments shared together.

Happy Birthday to all our special residents! We hope your celebrations brought you happiness and created cherished memories. Wishing you all good health, happiness, and many more wonderful birthdays to come, with warm wishes from your Gallipoli Home family. 🎈📺





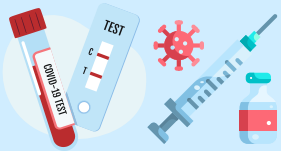


NL Phones

Please note that the Neighbourhood Leaders on Poppy and Tulip are now carrying mobiles to allow you to call them to check on your loved ones, or even to chat with them via video call or just a voice call. The NL is available from 8am to 4pm each day.

NL Poppy: 0447 773 832 NL Tulip: 0428 197 260

Flu Season and colder weather



A friendly reminder to our Family and Friends that as the weather is changing and getting colder, we are also coming into the flu season and it's also time to update your flu vaccinations. In the coming week we will commence the flu vaccinations for the residents who have approved, and this is to ensure that if they are unwell with the flu, it will reduce the severity of the symptoms. We encourage all family and friends to assist in this by also considering this get vaccinated as well since Covid and flu are always circulating in the community. Please do not visit if you feel unwell or have flu-like symptoms. Currently we have no mandatory testing but if you would like to test our friendly staff at reception would be happy to do this for you. If staff, ask you to complete a test it's because they feel you might be unwell and this is just a precaution.

Family information

Visiting Hours

Our visiting hours remained ned from 9am to 8pm every day. If you need to stay longer or would like an exception, please speak to The Head of Consumer and Community Advocacy or one of the Care Managers for approval. We also recommend that you get your flu shot and a booster Covid vaccine to protect our loved ones. If you would like a swipe card for your access please speak with reception and they will assist in supplying this for you. The cost is a \$50 refundable bond when the card is returned to Gallipoli Home

Contact

There are several ways to contact staff members with questions.

Our reception is open Monday-Friday from 9am to 5pm, otherwise feel free to email recption@gallipolihome.org.au during business hours.

You can contact a Registered Nurse outside of office hours on both floors.

Jinan: 0438 818 713 Poppy: 0437 680 174. Tulip: 0448 028 920

Clothes to be tagged

When bringing clothes for your loved ones, please make sure to deliver them directly the floor level during office hours and fill out the form for the clothes to be tagged to prevent the clothes from getting lost. Please refrain from bringing clothes on the weekend.

Hairdressing and Barber Services

Hairdressing and barber services are provided approximately every 6 weeks. To ensure that your loved ones use this service, please speak to the reception or NL on your floor during business hours.

Electrical Goods

We would like to remind you that all electrical items must be approved by management for safety compliance. We do not accept electric blankets, kettles, coffee makers or old refrigerators. Refrigerators can be purchased from Gallipoli Home at a cost that can be approved by reception, and this will remain the property of the resident. A friendly reminder that it is the family's responsibility to keep food in the fridge and check it and empty it, when necessary, Gallipoli Home has installed temperature gauges in all of its refrigerators, and we will only monitor the temperature.

Ashura



Ashura is the 10th day of Muharram, the first month in the Islamic lunar calendar. Its significance varies across different branches of Islam: it is a solemn day of mourning for Shia Muslims, a day of celebration and gratitude for Sunni Muslims, and a period for reflection on historical resilience

Deliverance of Moses: It is famously recognized as the day Allah parted the Red Sea, allowing Moses (Musa) and the Israelites to escape the Pharaoh.

Observances: The Prophet Muhammad encouraged fasting on this day, with traditions stating that fasting on Ashura expiates the minor sins of the previous years

Beyond fasting, Ashura is generally seen as a spiritual reset to begin the new Islamic year.

Charity: Giving to the poor, visiting the sick, and performing acts of kindness are highly encouraged.

Cultural Foods: In many cultures, families cook a hearty, sweet, or commemorative porridge or stew (known as Ashure or Noah's Pudding), which is historically linked to the landing of Noah's Ark after the flood.

Ashura



Maggie Beer Foundation

One Story Celebration Lunch – Bringing Our Community Together
Through Food, Family and Tradition

Gallipoli Home proudly hosted the One Story Celebration Lunch in partnership with the Maggie Beer Foundation.

This special event celebrated the people, cultures and traditions that make the Gallipoli Home community so unique. Through the universal language of food, residents, families, staff and community members came together to share stories, create lasting memories and honour the rich diversity of our home.

Residents and staff enjoyed a vibrant buffet featuring dishes inspired by the cultural backgrounds of our residents and team members. From the shared tables of Türkiye and the flavours of Lebanon to the traditional cuisine of Pakistan, Afghanistan and Fiji, each station represented a chapter in the collective story of Gallipoli Home, highlighting the importance of food in bringing people together.

The event also showcased the Maggie Beer Foundation's commitment to flavour, nutrition, choice and dignity in aged care.

Residents and staff experienced innovative dining options, including beautifully presented texture-modified meals that demonstrated how every resident can enjoy nutritious, appealing and culturally meaningful food, regardless of their dietary requirements.

More than a shared meal, the One Story Celebration Lunch provided an opportunity to strengthen connections, celebrate our heritage and recognise that, while each of us has our own unique journey, together we create one story one built on food, family, belonging and tradition.

A special thank you to Chef Matt and Chef Ryan for their ongoing support throughout the Maggie Beer Foundation program and for preparing such an exceptional menu alongside our talented Head Chef, Ibrahim. Their passion, expertise and commitment helped make the day a memorable celebration for everyone involved.





Callipoli Home Leisure and Activities Calendar

July 2026

MONDAY

TU ES DAY

WEDNESDAY

TH URS DAY

FRIDAY

SA TURDAY

SUNDAY

G – Community Room
P – Level 1, T – Level 2, J – Jinan
C – Courtyard/Garden, L- library
PH – Public Holiday

We look forward to seeing you at this month's activities. Whether you feel like participating or just to watch, we welcome you to come along. If you have any suggestion or feedback, please speak to lifestyle team. Bus trip locations may change depending on the weather



Muharram 1448
9:45 Bus Trip (PARK)
10:00 Group Exercise (C, J)
10:45 Teatime or Floor Games (C)
10:45 Sorting, Sensory (J)
13:00 Individual Support
13:30 Folding towels & Movies (J)
15:00 Music Time (J)
15:00 Painting (J)
15:00 Colouring (P)
NEURONS VR Experience Jinan

Muharram 1448
10:00 Group Exercise (C, J)
10:00 Men Group (volunteer)
10:30 Arts Therapy (C)
10:45 Sorting, Sensory (J)
14:00 Café & Talk
14:00 Walking Group
15:00 Painting (J)
15:00 Dot to dot charts (P)
15:00 Memory card games (T)
NEURONS VR Experience Poppy

Muharram 1448
9:45 Bus Trip (PARK)
10:00 Group Exercise (J, P, T)
10:30 Floor Games (J)(P)(T)
13:30 Hand and nail care (J)
14:00 Walking Group
14:00 Hot drink Trolley
15:00 Aroma therapy (J)
15:00 Flower arrangements (P)
15:00 Bean Bag Toss (T)
NEURONS VR Experience Tulip

Muharram 1448
10:00 Group Exercise (C, J)
10:30 Men Group (volunteer)
10:30 Turkish ladies group music
10:45 Aroma Therapy (J)
13:30 Listening to favorite music (J)
14:00 Individual Support &
Happy Hour in the Courtyard
15:00 Sorting Activity (J)
15:00 Ball games (P)
15:00 Target throwing (T)
NEURONS VR Experience Poppy/Tulip

Muharram 1448
10:00 Group Exercise (J)
10:00 Quran Sisson Group (C)
10:30 Nashed (J)
11:00 Quran Recitation
14:00 Ilahi/Nasheed/ Sip, Snack &
Socialise (J, P, T)
15:00 Movie Time (J)
15:00 Ballroom tennis (P)
15:00 Card game afternoons (T)
NEURONS VR Experience Jinan

Muharram 1448
10:00 Group Activity (J, P, T)
10:30 Social Group Morning Tea
11:00 Happy Hour (J)
13:30 Music and movement (J)
14:00 Games (J, P, T)
14:00 Individual Support (J, P, T)
15:00 Gentle Massage (J)
15:00 Bingo games (P)
15:00 Ballroom tennis (T)

Muharram 1448
10:00 Group Exercise (J, P, T)
10:30 Music Appreciation (J, P, T)
11:00 Floor Games (J, P, T)
13:30 Social Group (J)
14:00 Individual Support (J, P, T)
15:00 Ball Game (J)
15:00 Connect Four (P)
15:00 Bowling (T)

Muharram 1448
9:45 Bus Trip (Shopping)
10:00 Group Exercise (C, J)
10:45 Teatime or Floor Games (C)
10:45 Sorting, Sensory (J)
13:00 Individual Support
13:30 Folding towels & Movies (J)
15:00 Music Time (J)
15:00 Painting (J)
15:00 Colouring (P)
NEURONS VR Experience Jinan

Muharram 1448
10:30 Group Exercise (C, J)
10:00 Men Group (volunteer)
10:45 Cooking Sessions (volunteer)
10:45 Sorting, Sensory (J)
14:00 Café & Talk
14:00 Walking Group
15:00 Painting (J)
15:00 Dot to dot charts (P)
15:00 Memory card games (T)
NEURONS VR Experience Poppy

Safar 1448
9:45 Bus Trip (PARK)
10:00 Group Exercise (J, P, T)
10:30 Floor Games (J)(P)(T)
13:30 Hand and nail care (J)
14:00 Walking Group
14:00 Hot drink Trolley
15:00 Aroma therapy (J)
15:00 Flower arrangements (P)
15:00 Bean Bag Toss (T)
NEURONS VR Experience Tulip

Safar 1448
10:00 Group Exercise (C, J)
10:30 Men Group (volunteer)
10:45 Games (C) / Aroma Therapy J
13:30 Listening to favorite music (J)
14:00 Individual Support &
Happy Hour in the Courtyard
15:00 Sorting Activity (J)
15:00 Ball games (P)
15:00 Target throwing (T)
NEURONS VR Experience Poppy/Tulip

Safar 1448
10:00 Group Exercise (J)
10:00 Quran Sisson Group (C)
10:30 Nashed (J)
11:00 Quran Recitation
14:00 Ilahi/Nasheed/ Sip, Snack &
Socialise (J, P, T)
15:00 Movie Time (J)
15:00 Ballroom tennis (P)
15:00 Card game afternoons (T)
NEURONS VR Experience Jinan

Safar 1448
10:00 Group Activity (J, P, T)
10:30 Social Group Morning Tea
11:00 Happy Hour (J)
13:30 Music and movement (J)
14:00 Individual Support (J, P, T)
15:00 Gentle Massage (J)
15:00 Bingo games (P)
15:00 Ballroom tennis (T)

Safar 1448
10:00 Group Exercise (J, P, T)
10:30 Music Appreciation (J, P, T)
11:00 Floor Games (J, P, T)
10:00 WYF/undack
13:30 Social Group (J)
14:00 Individual Support (J, P, T)
15:00 Ball Game (J)
15:00 Connect Four (P)
15:00 Bowling (T)

Safar 1448
9:45 Bus Trip (LADIES ONLY)
10:00 Group Exercise (C, J)
10:45 Teatime or Floor Games (C)
10:45 Sorting, Sensory (J)
13:00 Individual Support
13:30 Folding towels & Movies (J)
15:00 Music Time (J)
15:00 Painting (J)
15:00 Colouring (P)
EURONS VR Experience Jinan

Safar 1448
10:00 Group Exercise (C, J)
10:00 Men Group (volunteer)
10:30 Arts Therapy (C)
10:45 Sorting, Sensory (J)
14:00 Café & Talk
14:00 Walking Group
15:00 Painting (J)
15:00 Dot to dot charts (P)
15:00 Memory card games (T)
NEURONS VR Experience Poppy

Safar 1448
TAKEAWAY DAY - charcoal chicken
9:45 Bus Trip (CAFE MEN ONLY)
10:00 Group Exercise (J, P, T)
10:30 Floor Games (J)(P)(T)
13:30 Hand and nail care (J)
14:00 Walking Group
15:00 Hot drink Trolley
15:00 Aroma therapy (J)
15:00 Flower arrangements (P)
15:00 Bean Bag Toss (T)
NEURONS VR Experience Tulip

Safar 1448
10:00 Group Exercise (C, J)
10:30 Turkish ladies group music (volunteer) & Men Group (volunteer)
10:45 Aroma Therapy J
13:30 Listening to favorite music (J)
14:00 Individual Support &
Happy Hour in the Courtyard
15:00 Sorting Activity (J)
15:00 Ball games (P)
15:00 Target throwing (T)
NEURONS VR Experience Poppy/Tulip

Safar 1448
10:00 Group Exercise (J)
10:00 Quran Sisson Group (C)
10:30 Nashed (J)
11:00 Quran Recitation
14:00 Ilahi/Nasheed/ Sip, Snack &
Socialise (J, P, T)
15:00 Movie Time (J)
15:00 Ballroom tennis (P)
15:00 Card game afternoons (T)
NEURONS VR Experience Jinan

Safar 1448
10:00 Group Activity (J, P, T)
10:30 Social Group Morning Tea
11:00 Happy Hour (J)
13:30 Music and movement (J)
14:00 Individual Support (J, P, T)
15:00 Gentle Massage (J)
15:00 Bingo games (P)
15:00 Ballroom tennis (T)

Safar 1448
10:00 Group Exercise (J, P, T)
10:30 Music Appreciation (J, P, T)
11:00 Floor Games (J, P, T)
13:30 Social Group (J)
14:00 Individual Support (J, P, T)
15:00 Ball Game (J)
15:00 Connect Four (P)
15:00 Bowling (T)

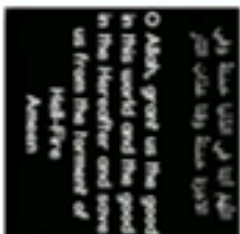
Safar 1448
9:45 Bus Trip (Cafe)
10:00 Group Exercise (C, J)
10:45 Teatime or Floor Games (C)
10:45 Sorting, Sensory (J)
13:00 Individual Support
13:30 Folding towels & Movies (J)
15:00 Music Time (J)
15:00 Painting (J)
15:00 Colouring (P)
NEURONS VR Experience Jinan

Safar 1448
10:30 Group Exercise (J, C)
10:00 Men Group (volunteer)
10:45 Bingo With (volunteer)
10:45 Sorting, Sensory (J)
14:00 Café & Talk
14:00 Walking Group
15:00 Painting (J)
15:00 Dot to dot charts (P)
15:00 Memory card games (T)
NEURONS VR Experience Poppy

Safar 1448
9:45 Bus Trip (Shopping)
10:00 Group Exercise (J, P, T)
10:30 Floor Games (J)(P)(T)
13:30 Hand and nail care (J)
14:00 Walking Group
14:00 Hot drink Trolley
15:00 Aroma therapy (J)
15:00 Flower arrangements (P)
15:00 Bean Bag Toss (T)
NEURONS VR Experience Tulip

Safar 1448
10:00 Group Exercise (C, J)
10:30 Men Group (volunteer)
10:45 Games (C) / Aroma Therapy (J)
13:30 Listening to favorite music (J)
14:00 Monthly Birthday Celebration
15:00 Sorting Activity (J)
15:00 Ball games (P)
15:00 Target throwing (T)
NEURONS VR Experience Poppy/Tulip

Safar 1448
10:00 Group Exercise (J)
10:00 Quran Sisson Group (C)
10:30 Nashed (J)
11:00 Quran Recitation
14:00 Ilahi/Nasheed/ Sip, Snack &
Socialise (J, P, T)
15:00 Movie Time (J)
15:00 Ballroom tennis (P)
15:00 Card game afternoons (T)
NEURONS VR Experience Jinan



Wishing everyone celebrating their birthday in July a very Happy Birthday. May your day be filled with joy, laughter and love! HAPPY BIRTHDAY!!!!