

Mayfield Aged Care

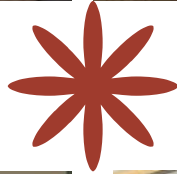
Newsletter

April/May 2026



Hunter Christian
Schools delightful
Students read
stories, sang songs
and generally
sparked joy during
their visit in late
April.





Mayfield Aged Care welcomed Councillor Peter Gittens (NCC) Georgie Hoddle (MAC Pastoral Care) and Noel Franks (Resident) to participate and contribute to our Anzac Service this year.



Residents, Family, Friends and Staff were invited to place poppies on our Memorial Wall in commemoration our Australian Defence Forces, past and present. Lest we Forget.

Birthday of the Month Celebrations



Thank you Putu for
the delicious and
beautiful Birthday
Cakes!

Your kindness and
care for our
Residents
demonstrates your
dedication to
delivery of ongoing
excellence of care.

We truly
appreciate all that
you do.

Thank you Wayne Rogers of
Flamingos Live for being you!



Our Residents enjoy your FABULOUS and
sparkly monthly concerts. "*Happy Hour*" is
indeed happy when you're with us!



Weekly Seated Exercises are keeping our Residents "on the front foot"



Leisure and Lifestyle have introduced some new; fast becoming favourite, resources to Resident seated exercise sessions.



Our giant inflatable balls and axe throwing activities are keeping us actively engaged and continue to contribute to a fresh sense of enthusiasm, laughter and fun.

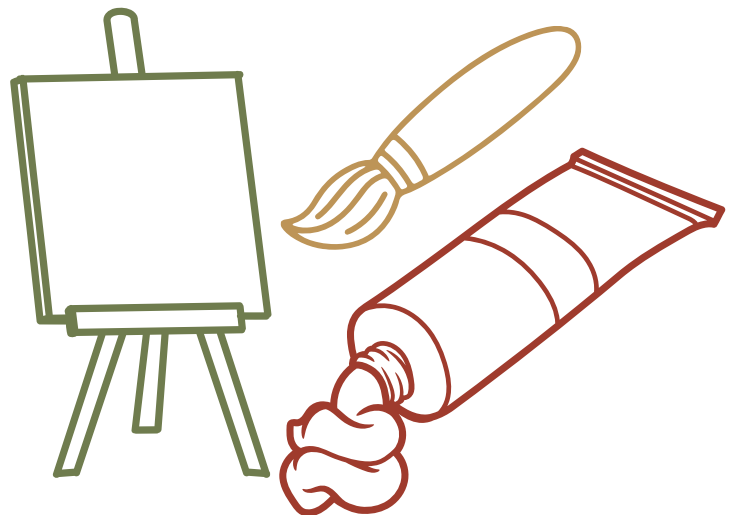




Our Physio Assisted Exercises take place weekly on Tuesday Mornings. Our Residents certainly enjoy engaging with Suja and Tina through their tailored exercise program!



Mayfield Aged Care is pleased to collaborate with Tetiana Tymofyeyeva (Art Therapist) and introduce monthly art therapy sessions to our Leisure and Lifestyle program.



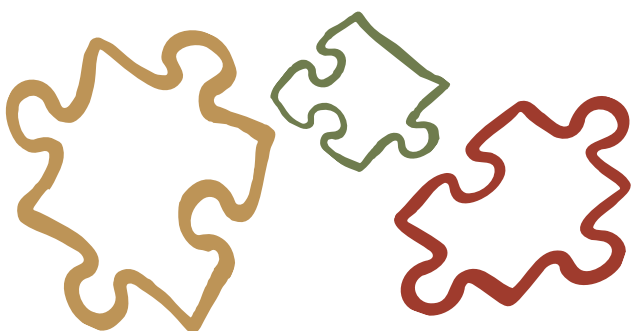
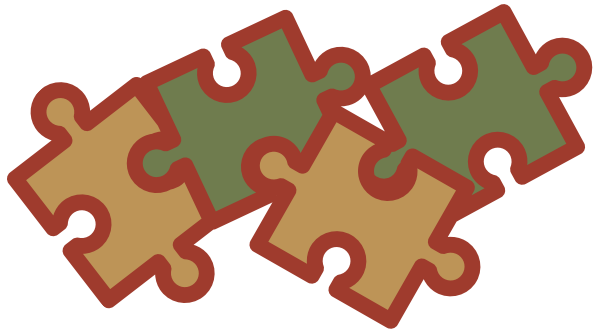
Supporting our ongoing commitment to benefit our Residents overall general health and wellbeing in a meaningful and creative ways.

Gentle guided water colour sessions are designed to support Residents creativity and social connection. There is a limit of 10 Residents for each session. Please let Danielle Reid (Events Coordinator) know if you are interested in attending.



Our Residents, Families and Friends are enjoying our Plaza Jigsaw Puzzle Parties.

The Plaza is proving to be the popular meeting place seeing many Residents actively engaged, enjoying one another's company and jigsaw puzzles together! Support your fine motor skill, dexterity whilst keeping your mind active. Come along and join in!



Cards for Connection



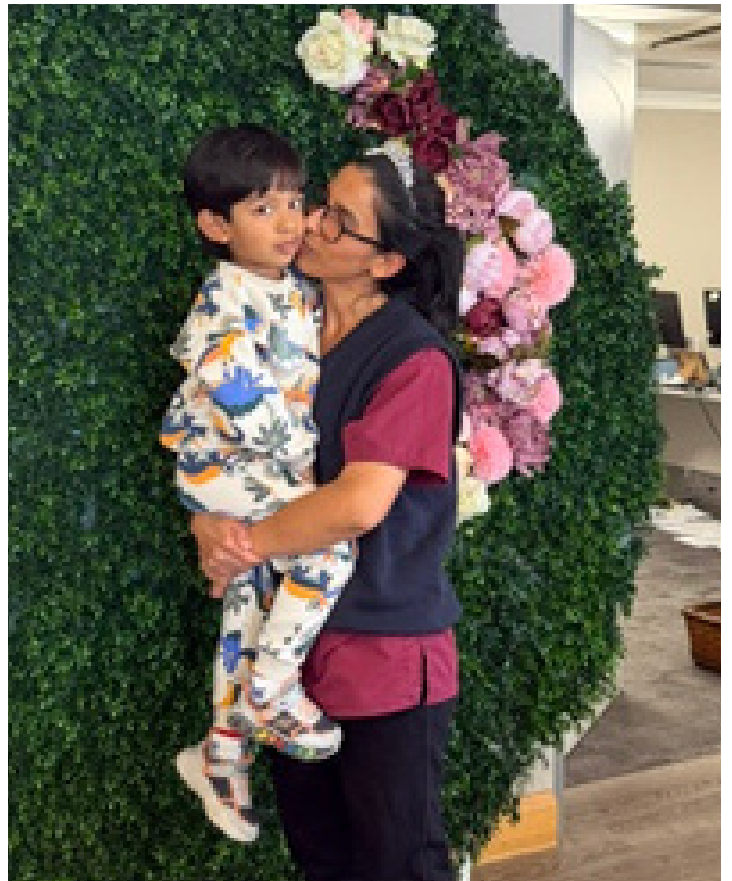
Mayfield Aged Care Leisure and Lifestyle would like to express our gratitude toward our Resident cohort and the Cram Family for their collective kindness and supportive stewardship towards the fabulous students from San Clemente Catholic College Mayfield.



Thankyou to Meredith Cram, (Teacher SCCC) treasured daughter of Wayne Cram, for continuing to promote MAC participation within the broader community. If you enjoy a game of cards or scrabble please check your "Week at a Glance" calendar for upcoming dates. You will be engaging and helping to pass on your experience, knowledge and card playing expertise to our local community's future leaders!



Mother's Day Luncheon





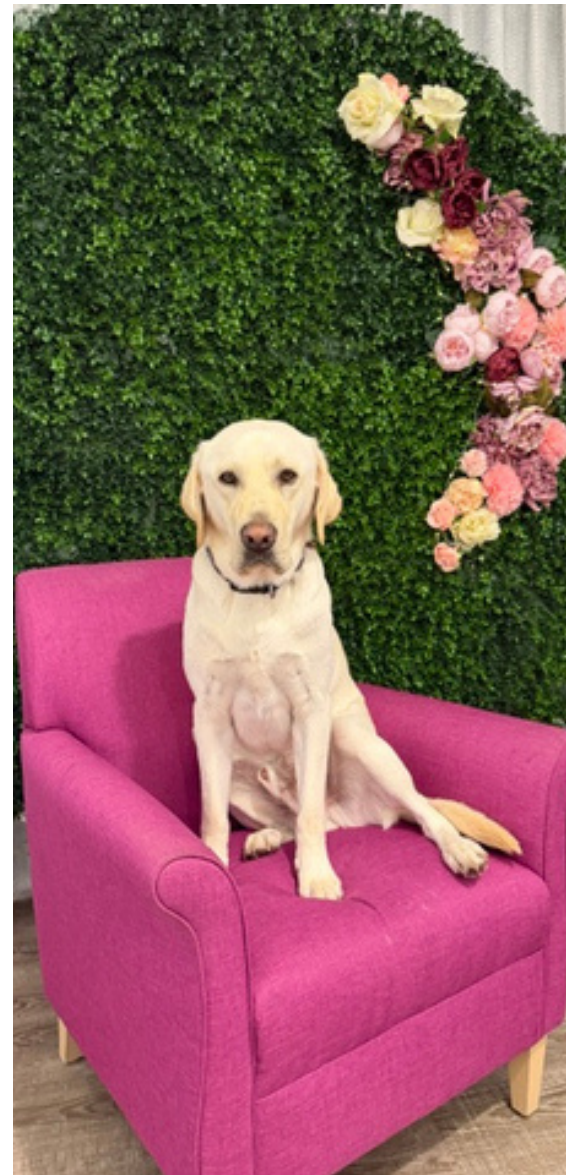


*“A picture
paints a
thousand
words”*





Leisure and Lifestyle is delighted to introduce and welcome to Mayfield Aged Care, Peter May (*Dog Handler*) and Tommy May (*Therapy Dog*).



Please check your “*Week at a Glance*” calendar for onsite visiting. Tommy is a 15 month old, polar white Labrador with gold dipped ears.

Peter and Tommy will be onsite three times weekly.





Many of you have already experienced the pleasure to meet Peter and Tommy, thank you for making them feel welcome. Our dynamic duo will continue to make their way around MAC attending room visits and group gatherings.

MAC has recently introduced our online Residential Care Feedback and Visitor Login System. TELL TOUCH. Kiosks are located in both East and West Wing Reception Areas.



Use of our newly installed system is designed to improve the quality of care and effective communication in your home.

MAC welcome the opportunity to achieve efficiency driven by effective communication and invite Resident and Families to enter your Feedback via the Tell Touch System.

Please ask Staff for assistance to submit your feedback, if required, otherwise follow the prompts on the screen to post your feedback.



With the cooler weather approaching our Maintenance Team has requested support from our Residents and Staff to please be considerate of responsible and effective use of your in room air conditioning system. Often windows are left open whilst air conditioners are operational. Unfortunately, this practise contributes to overload and places extreme demand on the system. Thank you for your support.

Ed Tonks, local Historian, has become a well attended new addition on the MAC Calendar. Ed, a retired teacher shares his extensive collection of photographic images and knowledge of local historical sites, people places and events in a relaxed and informative presentation. Ed will continue to return by popular demand in the coming months.





**THE COB SHOP WILL BE AT
MAYFIELD AGED CARE FACILITY**

Come get a cob in ya gob!



Mayfield Aged Care
Your Caring Home

 **115 Crebert St, Mayfield | 4PM – 7PM**

It is a great opportunity available to bring our Residents and their busy Families together to share a quick easy meal without all the fuss. There are tables set up in The Plaza. Come in, treat yourself and your loved one with a midweek Cob Loaf...delicious!

The Cob Loaf Food Truck has visited MAC on multiple occasions. Steve parks his Cob Loaf Van in Mayfield Aged Care front Courtyard. Residents, staff and the local community have taken advantage of a very popular, easy and delicious treat. The Mayfield and inner city broader community members who are Instagram and FaceBook followers of The Cob Loaf Food Truck, along with many Residents, have produced a steady flow of trade and interest. MAC, as always, is committed to supporting local small business operators. Check your Calendar (and social media) for upcoming visits.

We would like to welcome Duncan Woods back to Mayfield Aged Care. This time as an entertainer!

Some may remember Duncan from his time as a physiotherapist here at MAC.

What a fabulous addition to our weekly concerts.





Mrs Whippy
bought the
smiles for Friday
Movie and Ice
Cream
Afternoon. Choc
tops, ice cream
floats, nuts,
sprinkles,
sherbert, Oreo
crush, all the
extras, you name
it, she's got the
lot!





We do love an Ice Cream Truck complete with flying unicorn at MAC!
To the many staff who went over and above for our Residents with taking orders and assisting delivery to your door service, great team work, thank you!



THE NEW YORK TIMES BESTSELLING AUTHOR

**SALLY
HEPWORTH**

MAD

**They called it murder.
She called it justice.**

Mabel



Our newly introduced Book Club is a popular event on Tuesday afternoons, come along to The Plaza at 2.00pm and enjoy afternoon tea, and listen to Sally Hepworth's latest novel, *Mad Mabel*. The Australian author has captured the imaginations of our Resident book lovers. Settle in, cosy up and listen to the story of Mabel Waller who became the youngest Australian in history to be convicted of murder. It's such a clever story, I have to stop myself from taking the book home to find out what happens next! See you there Book Lovers!