

**fairway**  
Bayside Aged Care



# Enriched Living Program

We listen.  
We respect.  
We care.

## Enriched living at Fairway

### Some things don't need to change with age.

We love laughter and fun. We love quiet times to reflect together or alone. We love good food and a glass of wine, and music and movement. We love the things we have always loved, and Fairway's broad range of lifestyle options means we have endless opportunity to discover new passions and interests – with new friends and old.

### Enriched Living Program

Fairway's **Enriched Living Program** offer a package of **Additional Services**, providing you with additional lifestyle choices to make your time with us more enjoyable. We offer a range of lifestyle options so you can discover new passions and interests.

Full terms and conditions are set out in the Resident and Accommodation Agreement.

Art & Craft	
<i>Art Program</i>	Duration: 1 – 1 1/2 hours
Residents enjoy being creative through the medium of Art. Painting, drawing, colouring on canvas, paper or fabric. The artwork is then displayed across all areas of the home.	
Residents particularly enjoy decorating the facility with their art for special occasions such as Easter or Mother's Day.	
<i>Craft Program</i>	Duration: 1 – 1 1/2 hours
Craft is another creative activity, this entails sewing, weaving, using clay or even sequins to produce decorative useful items for rooms or as gifts. Craft group is not only about being creative it is also fun and a great way to chat and work together.	

Events	
<i>Entertainment: External</i>	Duration: 1-1 1/2 hours
Entertainers from the community perform for the residents. Performers are generally musical in nature from Opera to Pop to nostalgic reminiscence.	

## Experience

### *Armchair Travel*

Duration: 1-1 1/2 hours

Offering residents an opportunity to reminisce over places they may have travelled or to enjoy learning about the history and culture of somewhere they have always wished to visit. We provide a multimedia, multi-sensory experience - residents are welcomed onto their flight by a member of the Fairway aircrew and seated in lounge chairs by the aisle or window. Ambient airport and plane audio filter into the room as the flight readies itself for takeoff. During the flight in-flight entertainment will present footage of the destination and recommendations of where to visit, local cuisine, festivals, walking trails etc. A taste of local food and drink will be served midflight.

### *Bibliography (book group)*

Duration: 1-1 1/2 hours

A visiting professional bibliotherapist selects a different short story and poem for each session to intrigue residents. The stories are read out aloud while residents follow. After the story she leads a lively discussion group.

### *Bus Outings*

Duration: 1-1 1/2 hours

Our bus trip is a short outing on our Fairway bus with Fairway staff to enjoy a scenic drive around the local area, with a coffee or ice-cream included. Occasionally, we will offer mystery trips to keep residents guessing but rest assure no mystery ends in disappointment.

The Fairway bus was generously funded by the Bendigo Bank local branch. A wonderful community initiative and Fairway is forever grateful to be a recipient of such generosity.

### *Cooking Class*

Duration: 1 hour

Simple treats prepared together. A good opportunity to utilize "old" skills or acquire new ones. We all know that food brings people together.

### *Companionship program*

Duration: 30 minutes

A tailored one to one session focused on resident choice ie gardening, reminiscing, going for a coffee together, reading aloud. General Interest (eg topical talk, poetry, short stories).

### *Cycling without Age*

Duration: 1 hour

Enjoy the great outdoors, relax and allow our pilots to take you on a ride around beautiful Bayside, head to the beach and stop for an ice cream, or in the cooler months place a blanket over your lap and feel the cool breeze in your hair.

<b><i>Dementia Focus Program</i></b>	Duration: 1 hour each session
<p>An assortment of activities which aims to provide the Resident with self-expression, choices and decision making. These activities promote self-esteem, personal fulfillment and increase sensory and cognitive stimulation. Also provide social interaction with fellow residents and giving opportunities for enhancement of self-worth, satisfaction and to feel valued:</p> <ul style="list-style-type: none"> <li>• Poetry Readings</li> <li>• Life Stories</li> <li>• Discussion Group covering - Entertainers, Sports Stars, People in History...</li> <li>• Famous Faces - Reminiscence, Drive in Theatre.</li> <li>• Singalong</li> <li>• Topic of The Day – Christmas, Easter, St Patrick’s Day</li> <li>• Games / Puzzles / Cards</li> <li>• Resident’s Own Stories.</li> <li>• 1:1 Time</li> <li>• Outdoor Garden session</li> </ul>	
<b><i>Excursions</i></b>	Duration: Min 3 hours
<p>A popular activity, residents take part in an organized trip to an attraction, restaurant, museum or even the theatre, for example Jewish Museum, Parkdale Theatre.</p>	
<b><i>External Music Therapy</i></b>	Duration: 1 hour
<p>A visiting music therapists engage individuals and groups using musical expression, and the memories, feelings, and sensations it evokes. Music has a close relationship with unconscious emotions. These feelings can be so strong they ignite memories from an earlier age where people can remember words and music even if they cannot remember their name. Music therapists include a therapeutic harpist and therapeutic guitarist.</p>	
<b><i>General Interest</i></b>	Duration: 1 hour
<p>Open discussion surrounding topical points of interest, could include current and up to date news, poetry, open forum with resident participation.</p>	
<b><i>In House Cinematic Movie</i></b>	Duration: Maximum 2 hours
<p>Enjoy a cinematic movie while in the comforts of home, sit back, relax with a choice of a refreshment along with an ice cream or popcorn while watching a good old classic or a new release.</p>	
<b><i>Memory Lane</i></b>	Duration: 1 hour
<p>Staff use memory games, and memory lane crosswords both on-line and whiteboard to stimulate reminiscence and engage in a lively conversation.</p>	

## Food & Beverage

### Food and Beverage Package includes the following

- Wine / Beer / Soft drink for **lunch** and **dinner, daily**
- Room service - Breakfast, morning tea and upgraded supper, **daily**
- Coffee club includes free coffee, **twice per week**
- Hot breakfast, **twice per week**
- Birthday cake

Separate to the food and beverage package and at an extra charge, residents can enjoy a glass of wine or beer with **lunch** and **dinner, daily (1 glass per meal)** (priced separately)

Do you enjoy a hot breakfast from time to time, let our catering team know and they can arrange a tray to your room on the designated hot breakfast day (priced separately).

## Games

### Quiz

Duration: 1 hour

Before the internet and Apple Iphone's we enjoyed the good old-fashioned quiz from the newspaper, another favorite amongst the residents with everyone vying for the top position of Quiz Master.

## Social

### High Tea

Enjoy the finer things in life, the perfect cup of tea in the perfect China cup, along with cakes, scones and delicacies

### Art Connection Bayside Art Gallery

Duration: 2-2 1/2 hours

Comprises of a mini-bus outing for up to 6 residents to Bayside Art Gallery in Brighton. The bus is driven by one staff member and another staff member attends the outing to assist with transfers and other requirements on the day.

Volunteers at the gallery facilitate discussion about highlighted pieces of work in the current exhibition in the gallery and encourage the participants to discuss and consider their thoughts and feelings about different pieces. Often this leads to reminiscence discussions.

<b>Art Connection (Virtual)</b>	Duration: 1—1/2 hours
<p>First half an hour comprises of an external facilitator connecting with participants via a video link. The facilitator chooses 4 pieces artwork that they hope might initiate conversation from participants. Participants are given the opportunity to speak about thoughts and feelings provoked by the pieces of art and often discussion leads to moments of reminiscence.</p> <p>Second half of the session is initiated by a staff member and is driven by special areas of interest or requests from participants. It may comprise of a slide show relating to a particular artist or online gallery showing. It involves explanation of pieces of art or art movements, or it may be something completely different such as the showing of the artwork in the Silo Art Trail.</p>	
<b>Men's Breakfast</b>	Duration: 1—1/2 hours
<p>A group gather to discuss men's common interest or topics in a supportive environment. The men enjoy sharing a special cooked breakfast.</p>	

## Sport

<b>Darts / Bocce / Golf</b> <i>(Played on separate days)</i>	Duration: 1 hour each
<p><b>Darts</b> Dart competition played for over an hour; residents enjoy 5 games with the winner being announced at the conclusion. The winner is the person with the highest number of points across all 5 games.</p> <p><b>Bocce</b> The Italian game of Bocce is like carpet bowls apart from the silver ball which does not have a bias. Each player has their own numbered ball that they roll towards a smaller ball called the pallino which is the target. When everyone has had a turn, the three balls closest to the target are given points. After the conclusion of 5 games the person with the highest score is the winner.</p> <p><b>Golf</b> is putting practice where residents compete for the highest score in a wooden fixture at one end of the room across 5 rounds of play. The highest scoring player is presented with a silver cup to keep for the week.</p>	
<b>Strength training</b> <i>with a qualified Trainer</i>	Duration: 1 hour
<p>Exercise class is facilitated by a member of a trained lifestyle team. Exercise varies from Tai Chi, seated dance, weight sessions or music and movement.</p>	
<b>Walking Group</b>	Duration: 30 min
<p>With the assistance of our Lifestyle staff members, residents are taken on a gentle stroll around the local area.</p>	

## Wellness

### *Meditation*

Duration: 1 1/4 hour

Guided meditation delivered by trained lifestyle assistant. Concluded by group discussion.

### *Tai-Chi Exercise*

Duration: 1 hour

Delivered by a trained lifestyle assistant and is a favorite amongst residents, Tai-Chi is a range of gentle movements to enhance mind, body and spirit.

### *Seated Exercise*

Duration: 1 hour

Seated exercise is delivered by a Physiotherapist and takes the residents through a series of exercises using light weights.

## Pricing for Additional Services

It is very simple. Participation in the Additional Services under the Enriched Living Program at Fairway is **optional**. You are only charged for those Additional Services that you **actually use**.

The price for each of the Additional Services is set out below.

Activity	Price (GST inclusive)
<b>Art &amp; Craft</b>	
Art Program	\$25.0
Craft Program	\$25.0
<b>Events</b>	
Entertainment: External	\$25.0
<b>Experience</b>	
Armchair Travel	\$25.0
Bibliotherapy (book group)	\$25.0
Bus Outing	\$15.0
Cooking Class	\$25.0
Companionship Program	\$25.0
Cycling Without Age	\$25.0
Dementia focus program - cognitive, sensory	\$15.0
Excursions (minimum 3 hrs)	\$25.0
External Music Therapy	\$25.0
General Interest (eg topical talk, poetry etc)	\$15.0
In House Cinematic Movie	\$10.0
Memory Lane	\$15.0
<b>Food and Beverage</b>	
<b>Food and Beverage Package</b> <i>wine/beer/ soft drink for <b>lunch and dinner, daily</b></i> <i>room service - breakfast, morning tea and upgraded supper, <b>daily</b></i> <i>coffee club includes free coffee - <b>twice per week</b></i> <i>hot breakfast, <b>twice per week</b></i> <i>Birthday Cake</i>	\$25.0
Wine or Beer for <b>lunch and dinner, daily (1 glass per meal)</b>	\$4.0
Hot Breakfast	\$15.0
<b>Games</b>	
Quiz	\$15.0
<b>Social</b>	
High Tea	\$25.0
Art Connection Bayside Art Gallery	\$25.0
Art Connection (Virtual)	\$15.0
Men's Breakfast	\$25.0
<b>Sport</b>	
Darts / Bocce / Golf	\$15.0
Strength Training with qualified trainer	\$25.0
Walking group	\$15.0
<b>Wellness</b>	
Meditation	\$15.0
Tai-Chi Exercise	\$15.0
Seated Exercises	\$15.0

At the end of each month, we will total the price of the Additional Service items you have used and itemise these in your monthly account.

If you currently participate in an Additional Service and you want to cease participating in that Additional Service, you can **opt out at any time without any penalty**.

We would ask that if you are going to opt out of participating in an Additional Service in moving forward, that you give us as much notice as possible for scheduling and administrative purposes.

**Any questions regarding the Additional Services?**

Please contact Fairway's Lifestyle Coordinator, Margaret Maher **Phone: 9599 4199 or email: [lifestyle@fairwayagedcare.org.au](mailto:lifestyle@fairwayagedcare.org.au)**