

Sylvia's Milestone 107th Birthday celebrations

Sylvia Arnett has reached the very significant milestone of 107 years, celebrating the occasion with family and friends at a well-attended morning tea.

Sylvia, residing at Garden Village was born on 11 April 1911 at Bannaby via Taralga in NSW.

Married for 54 years to her beloved Norman, Sylvia moved to Port Macquarie 44 years ago and spent many years working at St Vincent DePaul helping others. This continued as she moved into Garden Village volunteering in the Craft Group raising money for worthy causes.

With a love of dancing and music Sylvia defines a love of semi classical music saying "I used to play *Rustle of Spring*- this type of music is very restful".

Sylvia attributed her long life to her not smoking and being sensible with alcohol. Sylvia has a wonderful sense of community spirit and she defines her caring nature as a factor in maintaining such wonderful relationships with staff and friends both in Self Care and the Aged Care Facility.

Garden Village General Manager, Craig Wearne, added that Sylvia is absolutely remarkable- staff, residents and students frequently comment on Sylvia's wit and knowledge and we appreciate the continuing opportunity to care and support Sylvia.

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Note to editors: Garden Village Port Macquarie, a not for profit community organisation, is a premier Aged Care and Retirement Living provider with 40 years of care and support experience in the Hastings area. More information is available at www.gardenvillage.com.au.