

The Week That Was

## Armchair Travel to Germany



Armchair Travel took off to Germany on Thursday, the travellers were treated to pretzels in the boarding lounge before their flight commenced. Once onboard the flight, our travellers enjoyed listening to German music before their in-flight meal of German sausages with sauerkraut arrived. Our guest speaker, Jurgen, was born in Germany and gave us an insight to what life is like in Germany. There were also quizzes, dancing and sightseeing to top it off. A big thank you to Brett who had no idea when he volunteered to cook the BBQ that he would be in costume – what a great sport!

### Here are some fascinating facts about Germany!

- 65% of the German Autobahn (highway) has no speed limit
- There are over 2,100 castles in Germany
- Education from kindergarten to university is free of charge
- Drivers running out of fuel on the Autobahn are served with a fine and have their licences suspended for 6 months.
- The soda Fanta originated in Germany as a result of the WWII restrictions on the importation of Coca-Cola syrup into the country. It is now the most popular drink outside the US.
- Prisoners who escape from German jails are not punished because it is a basic human instinct to be free!
- Officially, beer is considered food in Bavaria



Above: Musical Bingo in Poppy Place  
Below: Beth and Wally



Above: The smell of pancakes cooking always makes Ann's day, look at that smile!



Above: Chris cooking pancakes – Yum!



Above: Norma and Flo enjoy lunch in the courtyard



Top: Jurgen enjoys a drink from the beer stein  
Above: Tracey, Brett, Bron & Leanne looked the part in their German costumes.  
Below: Leanne kept us entertained with her German dancing throughout the morning



## SUNDAY ACTIVITIES



We are very excited to announce the extension of our lifestyle program to include Sunday activities. We have received some wonderful feedback from residents who are very excited to immerse themselves in the program. We would love to hear your ideas on which activities you would like, please let lifestyle staff know your suggestions.



A Residents' Family and Friends Meeting was held in the Activities Room on Tuesday morning. These meetings are a great opportunity to discuss matters of importance to you and be updated with important information. A copy of the minutes is on display in the Dining Room. Our next meeting will be held in the Activities Room on April 12<sup>th</sup> at 9:30am. We would love to see you there.

**SEE You THERE**

## This Weeks Laugh

A bloke and his wife visit their local for Friday night drinks. They step up to the bar and he orders. "I'll take a pint for me and a G&T for Donkey". The bartender gives him a strange look but fulfils the order. Second order, same thing. "I'll take a pint for me and a G&T for Donkey". Bartender asks, "Why do you always call her that"? To which the wife replies "He aw, he aw, he always calls me that!"



The lawyer of a wealthy art collector calls him in for a meeting.  
"Paul, I have some good news and some bad news."  
Paul: "You know, I've had an awful day, so let's hear the good news first."  
Lawyer: "Well, your wife informed me that she just invested \$5,000 in two very nice pictures that she thinks will bring in somewhere between \$15 and \$20 million... and I think she's right!"  
Paul: "Oh my goodness!! Well done!! My wife is a brilliant business woman, isn't she? You've made my day! Now I can handle the bad news..."  
Lawyer: "The pictures are of you and your secretary."

## What's On This Week

### POPPY PLACE ACTIVITIES

#### MONDAY 14<sup>TH</sup>

##### Valentine's Day

Move to Music  
Book Exchange  
Group Discussions  
Ladies Day High Tea

#### TUESDAY 15<sup>TH</sup>

##### Today is Olive Reed's Birthday

Newspaper Reading in the Garden  
Monthly Birthday Party  
Cooking Cupcakes

#### WEDNESDAY 16<sup>TH</sup>

##### Today is Betty Thomas' Birthday

Cooked Breakfast  
Group Discussions  
Individual Playlist  
Group Puzzles  
Hand Massages  
Catholic Mass

#### THURSDAY 17<sup>TH</sup>

Hand & Nail Care  
2:00 Tai Chi  
Tovertafel  
Garden Walks

#### FRIDAY 18<sup>TH</sup>

10-12 Café & Shop  
Balloon play  
Musical Memories  
Art & Craft  
Reminiscing Books

#### SATURDAY 19<sup>TH</sup>

10:00 Tai Chi  
1:30 Musical Bingo  
2:45 Movie Afternoon

#### SUNDAY 20<sup>TH</sup>

10:00 The Price is Right  
11:15 One on One Walks in the Garden with Tracey  
11:30 Songs of Praise  
1:30 Ice Cream Run

#### MONDAY 14<sup>TH</sup>

##### Valentine's Day

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
10:30 Book Exchange  
11:00 Book Club with Judy  
2:00 Ladies Day High Tea

#### TUESDAY 15<sup>TH</sup>

##### Today is Olive Reed's Birthday

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
11:00 Preparing Tomato Relish  
2:00 Knit, Natter & Craft

#### WEDNESDAY 16<sup>TH</sup>

##### Today is Betty Thomas' Birthday

Cooked Breakfast  
9:30 Cooking tomato Relish  
2:00 Gentle Chair Exercises  
2:30 Newspaper Reading  
3:00 Catholic Mass

#### THURSDAY 17<sup>TH</sup>

9:15 Gentle Chair Exercises  
10:00 Newspaper Reading  
11:00 Hand & Nail Care  
2:00 Tai Chi in the Library  
Quick Quiz following Tai Chi

#### FRIDAY 18<sup>TH</sup>

9:30 Musical Memories  
10 12 Café & Shop Open  
2:00 Carpet Bowls  
3:00 Individual Visits

#### SATURDAY 19<sup>TH</sup>

10:00 Tai Chi  
1:30 Musical Bingo  
3:00 Movie Afternoon

#### SUNDAY 20<sup>TH</sup>

10:00 The Price is Right  
11:15 One on One Walks in the Garden with Tracey  
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