

THE WEEK THAT WAS



Lunch at Noreuil Park

The weather was perfect for a picnic lunch by the beautiful Murray River on Tuesday. We enjoyed the scenic drive, choosing to follow the weir into Albury then we meandered along the Murray River around the beautiful surrounds of Doctor's Point then a quick stop off in South Albury to pick up some fish 'n' chips then on to Noreuil Park for a delicious lunch by the water.





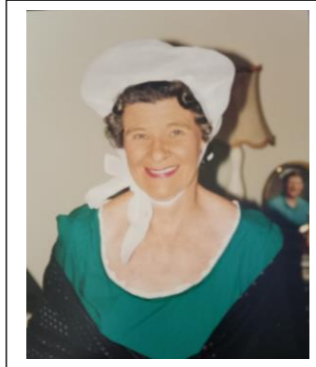
Footy Tipping

The AFL season kicks off on Thursday 18th March. Yack Health will again be holding a Footy Tipping competition. The cost of entry is \$15. Lifestyle staff will assist you with entering your tips if required. The overall prize pool will be split between the top 3 places and pay for a grand final party for tipsters to enjoy. Please see Tracey or the lifestyle team if you are interested in joining.



Judy Brindley has compiled some interesting information about St Patrick's Day

Here is a photo of Judy when she won a "best dressed competition" for St Patrick's



St Patrick's Day has been celebrated in many countries for thousands of years, and his legacy lives on to this very day. He was born in 385AD in Roman Britain.

At age 14 he was captured by Irish raiders and taken to Ireland as a slave to tend and herd sheep. He learnt the language and customs, and his faith in God grew enormously during this time. He studied for the priesthood, became a Bishop, and used the shamrock as a symbolic way of explaining the Trinity.

Hail, glorious St. Patrick, dear saint of our isle,
On us thy poor children bestow a sweet smile;
And now thou art high in the mansions above,
On Erin's green valleys look down in thy love.
Your people now exiles on many a shore
Shall love and revere thee till time be no more,
Our hearts will be glad where-so-ever we roam
For God and St Patrick and our native home.
He has been to us life when our life was all spent

For the glories of faith they can never decay,
And the best of our glories are bright with us yet

In our faith on the feast of Saint Patrick's Day.

Easter Raffle

This week's laugh!

St Pat's Day Jokes

1. Why can't you borrow money from a leprechaun?

Because they're always a little short.

2. Why don't you iron a 4-leaf clover?

Because you don't want to press your luck.

3. Did you hear about the Irish pilot that crashed his helicopter?

He got cold so he turned off the fan.

4. What do you get when you cross poison ivy with a four-leaf clover?

A rash of good luck.

5. Why is a best friend like a 4-leaf clover?

Because they are hard to find and lucky to have.



Q: Why is Ireland the fastest growing country in Europe?

A: Because it's always Dublin.

WHATS ON THIS WEEK

Monday 15th

Today is Elizabeth Gray's 107th Birthday - Absolutely Amazing!!

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
10:30 One on One Footy Tipping
2:00 Bingo
3:00 Book Exchange

Tuesday 16th

9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
10:00 Men's Shed
11:00 10 Pin Bowling
2:00 Combined Ladies High Tea & Knit, Natter & Craft

Wednesday 17th St Patrick's Day

9:30 Cook our own Morning Tea (Big Ben Kitchen) **with an Irish Theme**
11:15 Men's Choir in Poppy Place
2:00 Chair Exercises and Walk
3:00 Catholic Mass on the big TV

Thursday 18th

Today is Beth Tomkin's Birthday
9:15 Gentle Chair Exercises & Walk
10:00 Newspaper Reading
11:00 Hand & Nail Care
2:00 Tai Chi
3:00 Life Stories

Friday 19th

9:00 Musical Memories
10:00 - 11:30 Café & Shop Open
2:00 Carpet Bowls
3:00 Individual Visits

Saturday 20th

10:00 Scenic Bus Tour to Myrtleford
1:30 One on One walks in the garden
3:00 Movie Afternoon

Sunday 21st

11.30 Songs of Praise