

THE WEEK THAT WAS

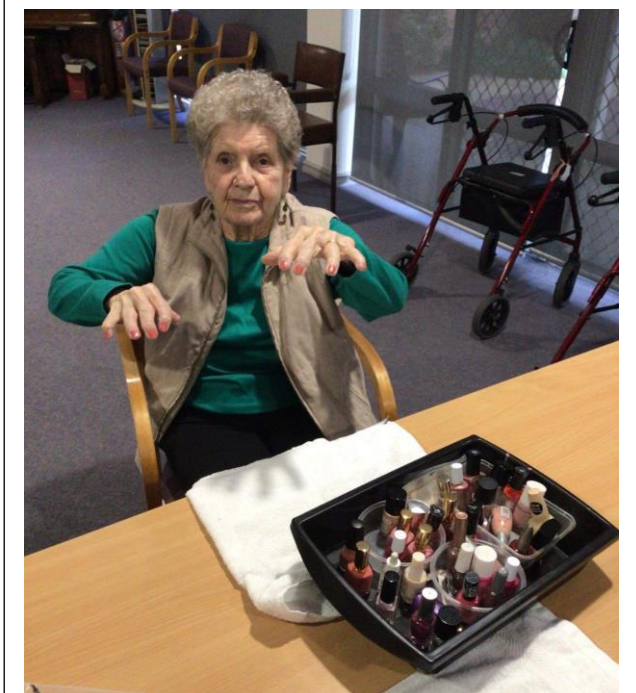


Lockdown Update

As per department notification - we will remain in lock down for another week. Unfortunately that means visitors are not able to visit just yet. In the meantime, if you would like to stay connected, we can organise a window visit or video calling. We have several options available, please contact the friendly lifestyle team to make arrangements.



Hazel enjoys spending time on the computer every afternoon. Computers are available for all residents to enjoy. If you would like some help to use the computers, let staff know and we can organise some lessons 😊

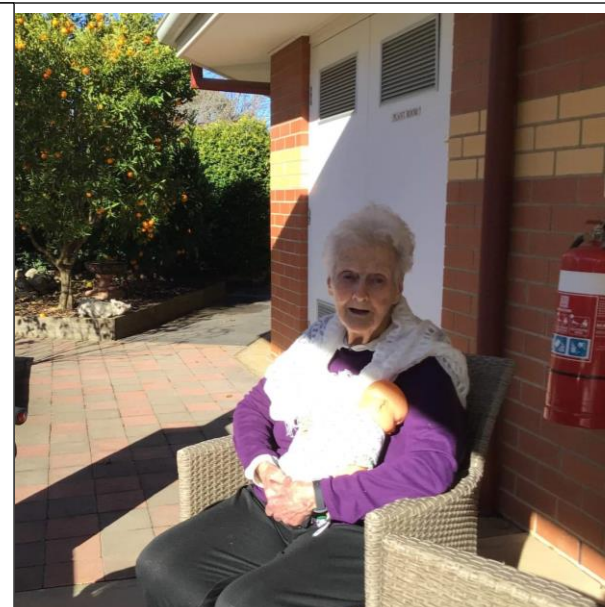


Betty shows off her freshly painted nails. Don't they look amazing?

Hand & Nail Care takes place on Thursday mornings at 11am in the Activities Room.



Take a look at the beautiful "Queen's" at The Queen's Birthday High Tea. Aren't they beautiful?





Deep Fried Spring Rolls

(Serves 2) This recipe will be used for the cooked lunch with Wendy on Wednesday.

Ingredients:

- 100g Turnips and carrot, cut into thin strips
- Defrost frozen spring roll skins ready for use
- 40g cabbage, cut into thin strips
- 1 bunch coriander (finely chopped)
- 1 tsp Oyster sauce
- 1-2 Cloves of Garlic
- 1 tsp Light Soy Sauce
- 1 tsp Sesame oil
- A pinch of sugar
- Oil for stir frying and deep frying
- Corn flour mixed with water

Method:

- 1) Heat 1tbs of oil in pan/wok over a moderate heat. Add garlic and fry until aromatic.
- 2) Adjust heat to high and stir in carrots and turnips and fry for 2 minutes, add in cabbage. Add in seasoning and fry for another 3-4 minutes. Stir in coriander before turning off the heat.
- 3) Scoop the filling into a colander and allow to drain.
- 4) Separate spring roll skin and put a small amount of filling onto the spring roll pastry. Roll up and tuck the sides of the skin inwards. Seal off the spring roll with corn-starch solution.
- 5) Once the rolls are wrapped heat oil in a wok/deep fryer. Fry the rolls until golden brown and serve immediately.

This week's laugh!



In surgery after a heart attack, a middle-aged woman has a vision of God by her bedside. "Will I die?" she asks.

God says, "No. You have 30 more years to live."

With 30 years to look forward to, she decides to make the best of it. Since she is in the hospital, she gets breast implants, liposuction, a tummy tuck, hair transplants, and collagen injections in her lips. She looks great! The day she is discharged, she exits the hospital with a swagger, crosses the street, and is immediately hit by an ambulance and killed. Up in heaven, she sees God. "You said I had 30 more years to live," she complains.

"That's true," says God.

"So, what happened?" she asks.

God shrugs. "I didn't recognise you."

A recent study has found that women who carry a little extra weight live longer than men who mention it.

I accidentally handed my girlfriend a glue stick instead of a chapstick. She still isn't talking to me!

If money doesn't grow on trees, how come banks have branches?

WHATS ON THIS WEEK Poppy Place Activities

Monday 21st

- Facetime Calls
- Footy Tipping
- Hand Massages
- Walks in the Garden
- Balloon Play

Tuesday 22nd

- Hand & Nail Care
- Reading in the Garden
- Cooking
- Tovertafel Fun
- Seated Soccer

Wednesday 23rd

- Facetime Calls
- Men's Choir cancelled
- Exercises
- Musical Memories
- Garden Walks

Thursday 24th

- 9:30 Anglican Service
- Balloon Play

Musical Quiz (Name that tune)

2:00 Tai Chi

Friday 25th

- 10:00-12:00 Café & Shop open
- 12:00 Men's Chinwag & Fish 'n' Chip Lunch
- Group Puzzles

Saturday 26th

- 10:00 Scenic Bus Tour (Pending Restrictions easing)
- 1:30 Singalong with Pepita on the Pianola
- 2:45 Movie Afternoon

Sunday 27th

- 11:30 Songs of Praise (ABC)

WHATS ON THIS WEEK

Monday 21st

- 9:15 Gentle Chair Exercises & Walk
- 10:00 Newspaper Reading
- One on One Footy Tipping throughout the morning
- 11:00 Men's Magazine Drop

2:00 Bingo

Tuesday 22nd

- 9:15 Gentle Chair Exercises & Walk
- 10:00 Newspaper Reading
- 11:00 Balloon Tennis
- 11:30 Quick Quiz
- 2:00 Knit, Natter & Craft

Wednesday 23rd

- 9:30 Cooked lunch with Wendy
- Deep fried spring rolls with Steamed Lime Pandang Pudding for dessert**

Men's Choir cancelled

- 2:00 Gentle Chair Exercises & Walk

Thursday 24th

- 9:30 Anglican Service
- 10:30 Hand & Nail Care
- 2:00 Tai Chi

3:00 Walks in the Garden

Friday 25th

- 9:30 Musical Memories
- 10:00-11:30 Café & Shop open
- 12:00 Men's Chinwag with Fish 'n' Chip Luncheon
- 2:00 Carpet Bowls
- 3:00 Individual Visits

Saturday 26th

- 10:00 Scenic Bus Tour (Pending Restrictions easing)
- 1:30 Singalong with Pepita on the Pianola
- 3:00 Movie Afternoon

Sunday 27th

- 11.30 Songs of Praise