



Above: Eiril and Chris painting sunflowers for the Ukraine display board
Below: Balloon Tennis is always a barrel of laughs



Above: Flo creates a beautiful sunflower. We are off to the Ukraine for armchair travel next week



Above: Leanne whips up some pancakes for an awaiting crowd



Above: Bev enjoys the sunshine in the garden



The Week That Was
Cooked Lunch with Anne

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Cooked lunch with Anne was held in the Activity Room on Wednesday. Beef stew and vegetables was the chosen dish, which did not disappoint. There is something about a hearty beef stew on a cold day that warms you up from the inside, making it the ultimate winter comfort food. Yummo!



RESIDENT PROFILE



Ken Stephens
A life well lived

Ken became a volunteer firefighter with the Nhill brigade at aged sixteen.

After a long career in the CFA Ken retired in 2002.

Ken is pictured here receiving the Australia Day Fire Service Medal from the Governor General John Landy in 2002

Ken worked in seven CFA areas before becoming area manager for northeast regions 23 and 24, in 1995, where he made an impressive impact on fire safety.

Ken has led a full and varied life in the service of others.

His faith led him to become the administrator of the Wodonga and District Baptist Church.

On six occasions he went to Russia where he volunteered with the "Love for Kids" foundation.

He joined with others to give children camping holidays while their parents worked.

Among Ken's interests were camping, shooting, and dancing.

Ken and Fay have been married for 54 years.

They have four children and four grandchildren.

Written by E Collins

This Weeks Laugh

THE IRISH ANGLER

The rain was pouring down. And there standing in front of a big puddle outside the pub, was an old Irishman, drenched, holding a stick, with a piece of string dangling in the water.

A passer-by stopped and asked, "What are you doing?"

"Fishing" replied the old man.

Feeling sorry for him, the gent says, "Come in out of the rain and have a drink with me."

In the warmth of the pub, as they sip their whiskies, the gentleman cannot resist asking, "So how many have you caught today?"

"You're the eighth" says the old man.



Many years ago, a well-known farmer in Victoria died. The undertaker was making arrangements with his wife who was very frugal and trying to get everything as cheap as possible, casket, flowers, cars etc. When it came time to put an obituary

in the Herald Sun, the undertaker explained there was a minimum of four words at a cost of \$30. She explained that he was well known in the area and said just put "Billy's dead from Ballarat" everyone will know it's him. So, the undertaker goes back to his office, phones the paper to place the advert and explains why it's so short. The girl informs

him the minimum words are actually 7 words at the same cost. The undertaker realises he had better tell her, so he calls her to explain and she said let me think for a minute, I know put "Billy's dead from Ballarat Volvo for sale".

What's On This Week

POPPY PLACE ACTIVITIES

MONDAY 2ND

Facetime Calls
Musical Bingo
Book Exchange
Footy Tipping

TUESDAY 3RD

Art & Craft
Walks in the Garden
Armchair Travel Ukraine
Tovertafel

WEDNESDAY 4TH

Walks in the Garden
Facetime calls
Movie Afternoon
Connect 4
Catholic Mass

THURSDAY 5TH

Hairdresser in today
Paddle Pop Stick Project
Hand and Nail Care
2:00 Tai Chi
Smoothie Bar

FRIDAY 6TH

10-11:30 Café & Shop
Balloon play
Musical Memories
Hot towels & Pamper
Lawn Bowls

SATURDAY 7TH

9:45 Newspaper Reading
10:30 Pamper Morning
1:30 Cooking (in Activity Room)
2:45 Movie Afternoon

SUNDAY 8TH

10:00 Special Mother's Day Morning Tea
11:30 Songs of Praise (ABC)
1:30 Bingo
2:30 Individual Visits

MONDAY 2ND

9:15 Gentle Chair Exercises
10:15 Book Exchange
11:00 Book Club with Judy
Footy Tipping throughout the Morning
2:00 Bingo

TUESDAY 3RD

9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:00 Men's Shed
11:00 Armchair Travel to the Ukraine
2:00 Knit, Natter & Craft

WEDNESDAY 4TH

9:30 Cooking in the Activity Room
2:00 Gentle Chair Exercises & Walk
2:30 Newspaper Reading
3:00 Catholic Mass

THURSDAY 5TH

Hairdresser in today
9:15 Gentle Chair Exercises
10:00 Newspaper Reading
10:30 Hand & Nail Care
2:00 Tai Chi in the Library

FRIDAY 6TH

9:30 Musical Memories
10-11:30 Café & Shop
2:00 Lawn Bowls
3:00 Resident Choice Individual Visits

SATURDAY 7TH

9:45 Newspaper Reading
10:30 Pamper Morning
1:30 Cooking (in Activity Room)
3:00 Movie Afternoon

SUNDAY 8TH

10:00 Special Mother's Day Morning Tea
11:30 Songs of Praise (ABC)
1:30 Bingo
2:30 Individual Visits