



Edith made 2nd page in the Border Mail on Monday with her Letter from t **KING CHARLES 3rd and his wife Camilla**
Edith received this letter last week in recognition of her 107th Birthday last October



Some of our Ladies Celebrating with High Tea
Norma, Edith, Flo, Dulcie, Judy, Heather, Helen, Betty Shannon, Bee, Bev, Gladys, Noreen, Olive, Nancy, Veronica, Eril, and June.



Horst picking the lemons straight from the lemon tree for Bev to make a beautiful lemon cake for afternoon tea



June attempting to teach Tracey how to knit. I think I see her frustration



Denys enjoying some sunshine and the beautiful flowers



Veronica showing off her makings from Knit & natter

Socialising at the Coffee Shop



9th January – 13th January 2023

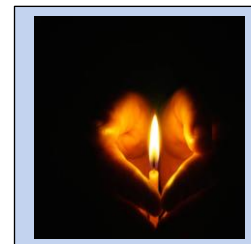
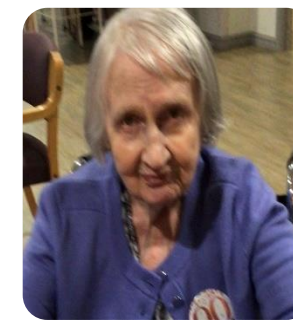
It is with great sadness that we lost three beautiful residents this week.



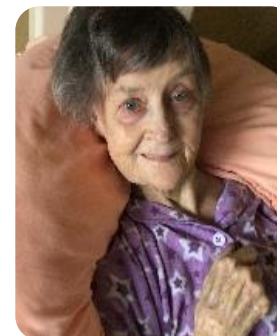
Peter Wiltshire
Saturday
7th January 2023



Thelma Steel
Wednesday
11th January 2023



Janice Martin
Wednesday
11th January 2023



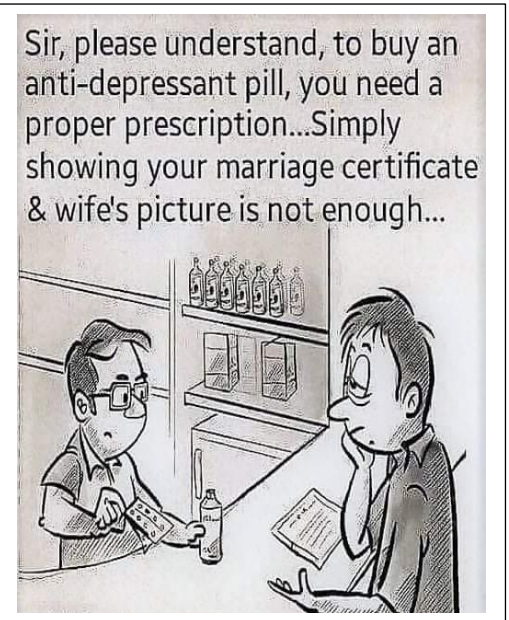
*FORGET ME NOT
When I am gone
In Hearts and prayers
I Will live on
Be strong, be brave
And dry your tears
Remember all
Our Happy Years*

*Drinking from My Saucer
by John Paul Moore*

*I've never made a fortune and it's probably too late now.
But I don't worry about that much, I'm happy anyhow.
And as I go along life's way, I'm reaping better than I sowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I don't have a lot of riches, and sometimes the going's tough.
But I've got loved ones around me, and that makes me rich enough.
I thank God for his blessings, and the mercies He's bestowed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
I remember times when things went wrong, my faith wore somewhat thin.
But all at once the dark clouds broke, and the sun peeped through again.
So God, help me not to gripe about the tough rows that I've hoed.
I'm drinking from my saucer, 'Cause my cup has overflowed.
If God gives me strength and courage, when the way grows steep and rough.
I'll not ask for other blessings, I'm already blessed enough.
And may I never be too busy, to help others bear their loads.
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed.*



JOKE OF THE WEEK



Why are blonde jokes so short?

So men can remember them.

RD

Disney Animated Movies

T	O	N	A	A	M	R	R	C	E	L	L	A	O
O	I	A	I	E	B	N	D	N	R	O	S	P	C
I	H	L	K	O	B	A	N	I	S	R	R	E	I
A	C	A	O	D	R	L	E	S	E	O	A	T	N
N	C	D	O	I	O	U	I	R	L	B	C	E	D
S	O	D	B	N	T	M	B	E	U	I	A	R	E
D	N	I	E	O	H	T	M	T	C	N	C	P	R
E	I	N	L	S	E	A	A	S	R	H	F	A	E
L	P	T	G	A	R	R	B	N	E	O	O	N	L
G	M	L	N	U	B	Z	I	O	H	O	A	E	L
N	O	O	U	R	E	A	T	M	E	D	A	S	A
A	A	B	J	U	A	N	O	B	M	U	D	M	A
T	A	D	C	L	R	A	I	S	A	T	N	A	F
L	U	B	T	S	W	A	L	L	E	R	B	L	E

- WALL-E
- PETER PAN
- TARZAN
- BAMBI
- BROTHER BEAR
- ROBIN HOOD
- CARS
- JUNGLE BOOK
- PINOCCHIO
- TANGLED
- BOLT
- MULAN
- MONSTERS INC
- CINDERELLA
- ALADDIN
- HERCULES
- DUMBO
- FANTASIA
- DINOSAUR

"I alone hold the truth of who I am."

"I breath in healing, I exhale the painful things that burden my heart."



Play this puzzle online at : <https://thewordsearch.com/puzzle/26/>

WEEKLY ACTIVITY PROGRAM

MONDAY 16th January

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.15 – Exercises – in Wattle
- 10.00 – Shopping in Yack
- 10.30 – Book Club with Tracey
- 1.30 – BINGO

TUESDAY 17th January

- 9.15am – Wheelchair Flora & Fauna Walks
- 10.00am – News and Discussion
- 10.30 – Balloon tennis
- 2.00pm – Knit & Natter

WEDNESDAY 18th January

- 9.15am – Move in 2023 Exercise group **Big Ben**
- 9.15am – Cooking – with Tracey
- 1.30pm – Movement to music
- News reading and discussion

THURSDAY 19th January

- HAIRDRESSER TODAY
- 9.30am – Prayer Service
- 10.30 – Hand and Nail care
- 10.30 - Reminiscing
- 2.00 – TAI-CHI & Quiz

FRIDAY 20th January

- 9.15 – Move in 2023 Exercise group in Big Ben
- 9.30am – Musical Memories
- 10.00am – Café & Coffee Shop Open
- 1.30 - Carpet bowls

SATURDAY 21st January

- Activities in Poppy place
- 3.00pm – MOVIE in activities room

SUNDAY 22nd January 2023

- Activities in Poppy place
- 3.00pm – MOVIE in activities room

Your Lifestyle Team Becky, Tracey, Belinda, Bee and Shannon – please feel free to contact us at any time to discuss your ideas.



AUSTRALIA DAY
26TH JANUARY 2023

This year as we approach Australia Day, I have spent time contemplating the various opinions of what it means to different cultures. I have spoken with a First Nations person who has assisted us in taking an inclusive approach to the celebration.

Below is the message I received from Johnny First Nations Liaison Officer from Albury Wodonga Health and it resonated with how we will move forward here on Australia Day. *For First Nations people of this country, it means the invasion, unsettlement and disruption of culture, dispossession of land and cultural practices that make us who we are, yet despite this we are still here, and we are still thriving despite what history has thrown at us and this must be celebrated.*

Some of the day will be spent making some good old-fashioned Lamingtons [made by our residents] and I am told that Tracey and Belinda are busy organizing some Yabbies, Yabby races or lunch??????????

