



Our residents enjoyed a concert by Pete Danahey



A sing-along with Dave on his Ukulele

Peter, Denys and June completing Jigsaw Puzzles

Cosmo enjoying a game of Dominoes



Some residents and families enjoying the beautiful autumn sunshine over coffee and scones at our Friday morning coffee shop. Don't forget we are open every Friday including Good Friday for you to come and enjoy.

Even if you end up between a rock and a hard place, you can still make yourself into something beautiful



3rd March – 10th March 2023

THE WEEK THAT WAS

And another huge week done and dusted. We have had the privilege of welcoming six new residents this week.

A huge welcome to:
Betty, Les, Paul, George, Louise, Cosmo and Beryl.

We welcome you to our home and we hope you enjoy your stay with us.

This week we had a fabulous morning preparing lunch with "the Chef". We had Mexican Tacos with fresh made salsa and guacamole, followed by stewed apple and rhubarb with homemade custard.

We had a visit from Pete Danahey who performed in the courtyard on Thursday afternoon and was enjoyed by many.

Friday and we are again serving lovely coffee with Tracey's specialty fresh made scones with jam and cream. I hope you are taking the opportunity to come in and socialize with your loved ones and with other families.

This week we welcome back Geoff McCracken to entertain us. After a long break due to that dreaded COVID he is returning for a concert in the courtyard on Wednesday.

Of course, David on the Ukulele is still coming in for a sing-along every second Thursday afternoon.



Happy Happy birthday to BEV COOKE.



Happy Happy Birthday to Lucy Caygill

JOKE OF THE WEEK

Walter took his wife Ethel to the state fair every year, and every time he would say to her, "Ethel, you know that I'd love to go for a ride in that helicopter." But Ethel would always reply, "I know that Walter, but that helicopter ride is 50 dollars and 50 dollars is 50 dollars."

Finally, they went to the fair, and Walter said to Ethel, "Ethel, you know I'm 87 years old now. If I don't ride that helicopter this year, I may never get another chance." Once again Ethel replied, "Walter, you know that helicopter is 50 dollars and 50 dollars is 50 dollars."

This time the helicopter pilot overheard the couple's conversation and said, "Listen folks, I'll make a deal with you. I'll take both of you for a ride, if you can both stay quiet for the entire ride and not say a word I won't charge you! But if you say just one word, it's 50 dollars."

Walter and Ethel agreed and up they went in the helicopter. The pilot performed all kinds of fancy moves and tricks, but not a word was said by either Walter or Ethel. The pilot did his death-defying tricks over and over again, but still there wasn't so much as one word said.

When they finally landed, the pilot turned to Walter and said, "Wow! I've got to hand it to you. I did everything I could to get you to scream or shout out, but you didn't. I'm really impressed!" Walter replied, "Well to be honest I almost said something when Ethel fell out but, you know, 50 dollars is 50 dollars!"

MOMS NOW vs. MOMS THEN: By I Might Be Funny	
"That word is inappropriate."	"Say that again and I'll wash your mouth out with soap."
"Good job trying one bite of the dinner I made. Now you can have Mac & Cheese."	"You'll eat what I make, whether you like it or not. There are starving children in the world."
"I can see you're upset. Take a deep breath and use your words."	"You better stop crying or I'll REALLY give you something to cry about."
"You can't walk around the block by yourself. I'll drive you. Text me when you need a ride back."	"You want to go out? Take your bike. Be home before dark."
"I packed your bento box with almond butter on whole grain, kale chips, and an organic smoothie."	"Take a brown bag with a bologna sandwich on Wonder Bread. Grab a Twinkie and a Hawaiian Punch too." © I Might Be Funny

Types of Food

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	H	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

ONION
PORK
BURGERS
FAST FOOD
RADISH
MACARONI
LETTUCE
VEGETABLES
NOODLES
BREAD
CEREAL
HAM
FRUIT
TUNA
SALAD
SPAGHETTI
BUTTER
ROLLS
TV DINNER
HOTDOGS
STEAK
GRAVY

Play this puzzle online at : <https://theondusearch.com/puzzle/289/>

ADVANCED CARE DIRECTIVES

Just a reminder that on the 23rd March in the activities room we will be having an information morning with special guest speakers Dr David Oliver and Eileen O'Toole to inform us of the importance of us all having an Advanced Care Directive for yourselves and your loved ones. Please RSVP via return email or through reception on 02 60280100



ST PATRICK'S DAY

Let's go GREEN.
St Patrick's day is next Friday 17th March, and we will be serving green scones in our coffee shop, so pop on in and see our staff decked out in green and enjoy a scone with jam and cream and a lovely cappuccino with your loved ones, it will be a fun day. And please wear you nicest green.

Geoff McCracken joins us again after a two-year hiatus. He will be performing in the activities room on Wednesday 15th March from 2.00pm.

If anyone has any jigsaw puzzles, they would like to donate we are particularly after larger pieces with 100-piece puzzles for our sight impaired residents. They are quite the fad at the moment, and we have used ours many times over. Donations can be dropped at reception.

WEEKLY ACTIVITY PROGRAM

MONDAY 13th March

9.30 – Exercises
10.00 – News and Discussion
10.30 – Footy Tipping
2.00 – BINGO

TUESDAY 14th March

9.15am – Wheelchair Flora & Fauna Walks
10.00am – News and Discussion
10.30 – Reminiscing
2.00pm – Art & Craft with Kirsten

WEDNESDAY 15th March

9.15am – Move in 2023 Exercise group
9.15am – Cooking – with Tracey
2.00pm – Geoff McCracken Concert

THURSDAY 16th March

HAIRDRESSER TODAY
10.00am – Prayer Service –
Fth Matthew Healy
11.00 - Quiz
2.00pm – TAI-CHI

FRIDAY 17th March

9.30am – Musical Memories
9.30am – Café & Coffee Shop Open
1.30pm – Carpet Bowls

SATURDAY 18th March

Activities in Poppy place
3.00pm – MOVIE in activities room

SUNDAY 19th March

Activities in Poppy place
3.00pm – MOVIE in activities room

Your Lifestyle Team Becky, Tracey, Belinda, Bee and Shannon

