

MELBOURNE CUP 2023 – cont'd



Melbourne Cup 2023 in Lockdown Fun
 Top left – right - Pepita, Louise, Eril
 Middle – Olive, Norma and Robert
 Left – Eileen
 All enjoying fashions/fascinators on the fields.
 Residents enjoyed a Chicken and champagne luncheon in their rooms

THE WEEK THAT WAS 5th – 10th November 2023

MELBOURNE CUP 2023



Residents from Top left - right – Dorothy, June, and Diann
 Residents below left – right – Sydney Heather and Flo
 Took time out in the afternoon for a Champagne and pastry afternoon tea.



WINNERS ARE GRINNERS



WORDS OF WISDOM

I'm at that awkward stage between birth and death.

I'm pretty sure I only need one more bad decision and then I'll own the whole set. I have too many "I probably shouldn't have done that" and not enough "let me think about this first". Sometimes, I lie awake at night and ask, "Where did I go wrong?" Then a voice says to me, "This is going to take longer than one night." I've made mistakes.... And my mistakes have made me. I used to hate mistakes, a but then I realized they've taught me almost everything I know.

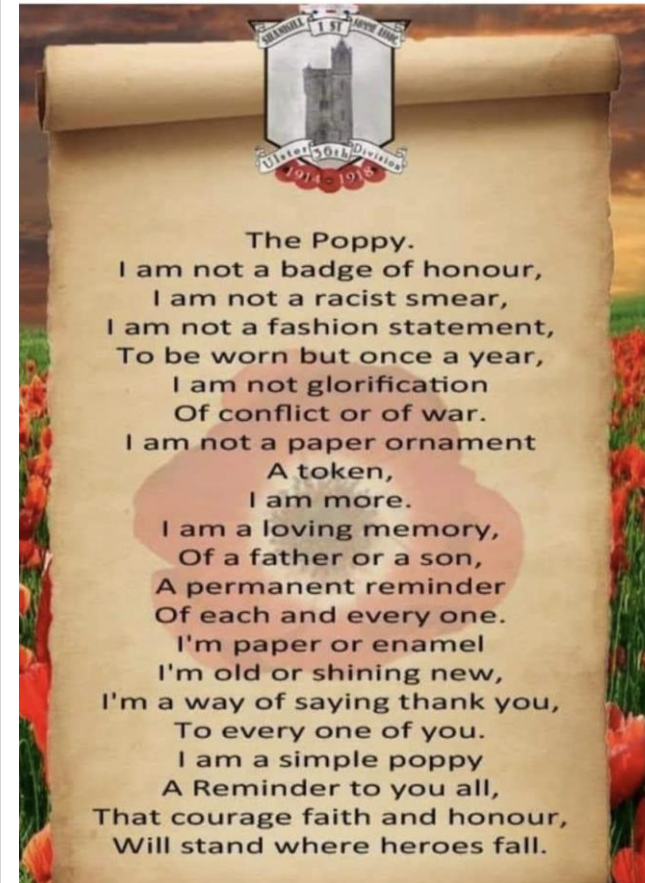
We all have a past. We've all made choices that maybe weren't the best ones. None of use are completely innocent but, we all get a fresh start every day to be better people than we were yesterday.

We all know what happens to the squirrel that sits on the corner of

"Maybe next time" and "shoulda been faster."

You can't go back and change the beginning, but you can start where you are and change the ending

REMEMBRANCE DAY 2023 11/11/2023 WE WILL REMEMBER THEM



EASY Beginner Sudoku

5		4	6	7	3	9		
9	3	8	1		4	2	7	
1	7	4	2	3				
2	3	1	9	7	6	8	5	4
8	5	7	1	2	4		9	
4	9	6	3		8	1	7	2
				8	9	2	6	
7	8	2	6	4	1			5
1						7	8	



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Monday 13th November

Tuesday 14th November

Wednesday 15th November
COOKED BREAKFAST

Thursday 16th November

Friday 17th November

Saturday 18th November

Wattle – Jennifer
Poppy – Shannon

Sunday 12th November

Wattle – Jennifer
Poppy – Shannon

During the current Covid outbreak all group activity programs have been suspended. Lifestyle staff attempt to visit rooms daily and escort those that can and want to outside for fresh air and exercise. You will be supplied an activity booklet daily which comprises of short stories, word searches, mazes, colouring, join the dots. Jigsaw puzzle making, quizzes and reminiscing quizzes. If there are other activities that you wish to participate in, and if we are able to access for you, please speak to the staff when then come around with your meals or at your visits and we will do everything in our power to get your requests to you.

Due to Covid lockdown we are unable to hold a in person service this year. We will be holding a service over the loud speaker system at 11.00am on Saturday 11/11/23.

We would like to take the opportunity to thank the Baranduda Medical Army Battalion who were offering their services to conduct a memorial service on Saturday, hopefully next year will be able to utilize their services.

