

# Grapevine Newsletter

## WINTER DUSK

Dark frost was in the air without,  
The dusk was still with cold and gloom,  
When less than even a shadow came  
And stood within the room.

But the three around the fire,  
None turned a questioning head to look,  
Still read a clear voice, on and on,  
Still stooped they o'er their book.

The children watched their mother's eyes  
Moving on softly line to line;  
It seemed to listen too -- that shade,  
Yet made no outward sign.

The fire-flames crooned a tiny song,  
No cold wind moved the wintry tree;  
The children both in Faerie dreamed  
Beside their mother's knee.

And nearer yet that spirit drew  
Above that heedless one, intent  
Only on what the simple words  
Of her small story meant.

No voiceless sorrow grieved her mind,  
No memory her bosom stirred,  
Nor dreamed she, as she read to two,  
'Twas surely three who heard.

Yet when, the story done, she smiled  
From face to face, serene and clear,  
A love, half dead, sprang up, as she  
Leaned close and drew them near.

by Walter de la Mare



## Management

Welcome to June and the beginning of winter in our community. The days thus far have remained warmer than anticipated, but you can feel the chill coming into the night air. A reminder once again that if you require extra blankets or a jacket during the day time, please ask the obliging care staff.

As we move into June, we welcome the appointment of Mrs Carla Northam as the Executive General Manager Residential and Community Services. Mrs Northam was the Chief Executive Officer of Vision 2020 and prior to that was the Chief Executive Officer of Family Day Care Australia. For a short period of time Mrs Northam will receive a handover from Leighton Moffatt, our outgoing General Manager of Operations. Please welcome Mrs Northam to NCCCA and we convey to Mr Moffatt our sincere appreciation for his efforts, and wish him the best in his future endeavours.

An assessment team from the Australian Aged Care Quality Agency will visit us to conduct a Reaccreditation audit at Abernethy Home and Mountain View Lodge commencing on the 30<sup>th</sup> July at 1pm. The audit will start with an Entry meeting, to be attended by Senior Management, the Home Manager and Supervisor, the Quality Department and the Assessment team. The assessment team consists of Kathryn Mulligan, Team Leader and Donna Falzon, Team Member. The Reaccreditation process will conclude on the 4<sup>th</sup> August with an Exit Meeting attended by those present at the Entry Meeting.

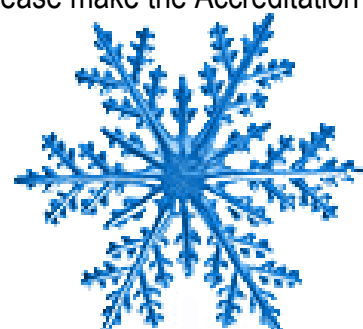
Each care recipient or their representative will be given written information about the Reaccreditation in the weeks leading up to the 30<sup>th</sup> of July. Posters will also be displayed prominently throughout the Homes advising care recipients, visitors and staff that the Reaccreditation review is underway.

The Accreditation assessment team will talk to management, staff, visitors and care recipients. They will also examine our records and observe the physical surroundings of the Home, the interactions between staff, visitors and care recipients, and what happens during a normal day at Northern Coalfields Community Care Association. The team will also conduct a consumer experience quality of care and services audit. This is a new type of audit, where care recipients are interviewed about their experience in the Home. This information is then published on the Australian Aged Care Quality Agency website.

All of this information is reviewed and considered by the Assessment Team in assessing our quality of care and service delivery. A copy of the audit schedule for the Australian Aged Care Quality Agency will be forwarded to each Home once received.

After the visit to the two Homes, the Assessment Team will prepare a report detailing their findings and recommendations and submit this to the Australian Aged Care Quality Agency who will then make a decision about whether we have demonstrated that we have met the 44 Standards and our Accreditation outcome, including the period of Accreditation and future visits.

Throughout Northern Coalfields the care, compassion and dedication to the care recipients displayed by our staff and volunteers is inspiring. Although the Reaccreditation process can be daunting as our day to day routines are reviewed, rest assured that Agency simply wants to ensure that all care recipients are receiving quality care and to also identify any areas in which our systems could be reviewed or improved. Please make the Accreditation team welcome and be proud to be part of the NCCCA team.







## **BIRTHDAYS**

2<sup>nd</sup> Fela Wetini

2<sup>nd</sup> Bob Jackson

8<sup>th</sup> Ray Webb

13<sup>th</sup> Loris Jurd

15<sup>th</sup> Marlene Powell

2<sup>nd</sup> Maureen Crawley

2<sup>nd</sup> Keith Phillips

6<sup>th</sup> Janice Sherett

11<sup>th</sup> Sylvia Downs

15<sup>th</sup> Doreen Webb

24<sup>th</sup> Doris Fletcher



**hAPPY BIRTHDAY!**  
may your birthday bring  
you as much happiness  
as you give to everyone  
who knows you

©GoodLightscrap.com

## Birth Month: Flowers and Gemstones

<u><b>Month</b></u>	<u><b>Birthstone</b></u>	<u><b>Flower</b></u>	<u><b>Colour</b></u>	<u><b>Meaning</b></u>
<p>© Can Stock Photo - csp14791824</p>	<p>STADHEIM JEWELLERS.COM</p>	<p>June Birth Flower <b>ROSE</b> The Rose symbolizes friendship, passionate love and appreciation. If your birth flower is Rose: You are a romantic person by nature. You are outgoing and make friends easily. You are not very stubborn and can adjust to new situations very easily. Your best comes out in times of difficulty.</p>	<p>yellow</p>	<p>Pure spirit</p>

Mothers Day Moring Tea

**ABERNETHY NEWS**





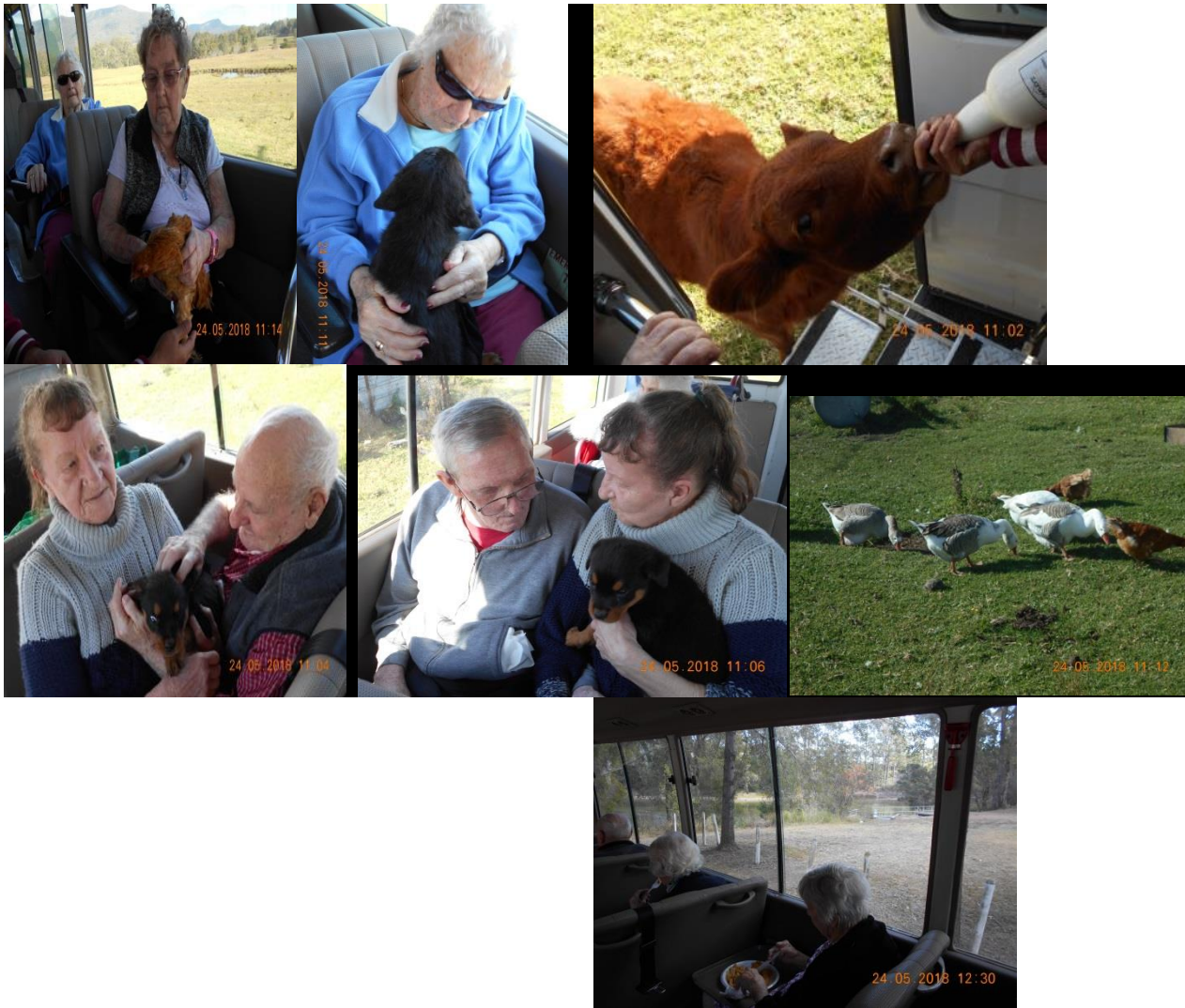
Abernethy Home held our Special Mothers Day Morning tea and it was lovely to see family members come to join in with their loved one.



Our recent Bus outing was out to Laurelle, Lyn (Volunteers) Hobby Farm at Brunkerville to see the baby animals. We enjoyed the poddy calf “Eleanor” being given a bottle who is being hand raised from a baby, nursing 6week old puppies, bantam chooks, looking at the ducks ,geese, May was disapointed there was no kittens, the mother cat is heavily pregnant and we hope to see kittens shortly. After our visit we all enjoyed fish and chips at Kitchener Poppet Head park over looking the Kitchener dam watching all the wild ducks and water birds. A very big Thank you to Laurelle and Lyn.







NCCCA held **Australia's Biggest Morning Tea** last month it was a great success a big **Thank You** to residents, relatives, friends, and staff who kindly contributed towards this successful morning.



**Total money raised \$160**



Funds raised help the Cancer Council to control cancer, through research, health education, patient and family support.

**The Crown Jewels**

The **Crown Jewels of the United Kingdom**, originally the **Crown Jewels of England**, are 140 royal ceremonial objects kept in the Tower of London, which include the regalia and vestments worn by British kings and queens at their coronations.<sup>[c]</sup>

A symbol of 800 years of monarchy,<sup>[5]</sup> the sovereign's coronation regalia is the only working set in Europe – other present-day monarchies have abandoned coronations in favour of inauguration or enthronement ceremonies – and the collection is the most historically complete in the world.<sup>[6]</sup> Objects used to invest and crown the monarch variously denote his or her roles as Head of State, Supreme Governor of the Church of England, and Head of the British Armed Forces. In 1953, a new pair of armills or bracelets were made for the coronation of Queen Elizabeth II to represent her role as Head of the Commonwealth.

Use of regalia by monarchs in England can be traced back to its early history. A permanent set of coronation regalia, once belonging to Edward the Confessor, was established after he was made a saint in the 12th century. By the Tudor period it was usual for a monarch to inherit state regalia from his or her predecessor. Most of the present collection as a whole dates from around 350 years ago when King Charles II ascended the throne. The medieval and Tudor regalia had been either sold or melted down after the monarchy was abolished in 1649, during the English Civil War. Only four original items pre-date the Restoration: a late 12th-century anointing spoon, which is the oldest object in the collection, and three early 17th-century swords. Upon the Acts of Union 1707, the English Crown Jewels were adopted by British monarchs; the Scottish regalia are known today as the Honours of Scotland.

Notable among the 23,578 precious and semi-precious stones are Cullinan I, the largest clear cut diamond in the world at 530 carats (106 g), set in the Sovereign's Sceptre with Cross. It was cut from the largest gem-quality rough diamond ever found, the Cullinan Diamond, discovered in South Africa in 1905 and presented to Edward VII. On the Imperial State Crown are Cullinan II (second-largest of the Cullinan diamonds), the Stuart Sapphire, St Edward's Sapphire, and the Black Prince's Ruby – a large spinel given to Edward the Black Prince by a Spanish king in 1367. The Koh-i-Noor diamond, originally from present-day India, has featured on three consort crowns. A small number of historical objects at the Tower are either empty or set with paste or crystals.

At a coronation, the monarch is anointed using holy oil poured from an ampulla into the spoon, followed by investiture with robes and ornaments, and finally he or she is crowned with St Edward's Crown. Afterwards, it is exchanged for the lighter Imperial State Crown, which is also usually worn at State Openings of Parliament. Wives of kings are crowned as queen consort with a plainer set of regalia,<sup>[d]</sup> and since 1831 a new crown has been made specially for each queen consort. Also regarded as Crown Jewels are state swords, trumpets, ceremonial maces, church plate, historical regalia, banqueting plate, and royal christening fonts. When not in use, the Jewels are on public display, mainly in the Jewel House, where they are seen by approximately 2.5 million visitors every year.







For all the Royalist out there Abernethy Home are holding a Royalty Day on Wednesday 20<sup>th</sup> June with a special Birthday morning tea 10am in Activity room, we are asking everyone residents, family, staff to dress as you favourite Royal make it a fun morning. If anyone has Royalty memrobilia at home we could borrow for the day to display, would be greatly appreciated please see Faye or Katrina.



### Service of Remembrance:

**On Wednesday 11<sup>th</sup> July at 10am Abernethy Home Jacaranda Grove** will be holding our annual **Service of Remembrance** to honour the members and friends of our community who have died over the last 12 months.

The service it will be held in the Activity Room A2. Invitations have been sent to families. Morning tea will be served after the service.

The service will provide the opportunity to pray for people whose lives you have touched and to light a candle, in memory of those who have passed away.

Invitations have been sent to families. If resident's staff wish to attend please RSVP by 2<sup>nd</sup> July 2018 to reception 49933100 for catering and seating.

### JACARANDA NEWS OF THE MONTH



Come Join Me For Morning Tea





Friday 11<sup>th</sup> May was a day to remember. We Celebrated Mothers Day all day, and a BIG Thankyou given to our Nurses and Care Staff for International Nurses Day. One of our Respite Residents surprised us and sung a lovely Mothers Day song with the Happy Strummers Entertainment accompanying him on their Ukulele's. Wine and Cheese tastings were delightful with the Moscato Wine being the favourite, and our residents chose a lucky staff member to be pampered which was our Super Star Graeme from the Quality Department. Graeme let us pamper him with a mini facial, and fingernails polished ready for his weekend.



Dorothy is our keen enthusiast who is displaying her paintings in the A Block dining room for everyone's enjoyment. Please feel free to admire her Art Gallery which is sure not to be missed.





**AND THE  
WINNER is...**

**"Marlene Powell"**

**For once again winning the Mothers Day Raffle. Congratulations Marlene.**



**COST \$65 each**

**For Book orders please put money in an envelope with your name, number of books required & amount tendered to Faye or Katrina, or leave at reception at Jacaranda Grove (business hours Mon – Fri 9am - 5pm)**

**20% COMES BACK TO THE FACILITY FOR LEISURE & LIFESTYLE FOR RESIDENT ACTIVITIES.**

**BOOKS WILL BE AVAILABLE FROM APRIL FOR 2018– 2019**



## **NEWS OF THE MONTH MOUNTAIN VIEW LODGE**

Hostel resident enjoyed a lovely lunch at The Junction Inn Hotel, Raymond Terrace last month. This month's lunch bus trip will be on Friday the 15<sup>th</sup> of June at Belmont 16s, Lake Macquarie. Please see Eleanor (AO) to book your seat on the bus.



Well done to everyone involved in the Cancer Council Biggest Morning Tea. We will have a final amount of money raised in the next couple of days. I would like to thank Kaye & Peter Carver for the fantastic music and all the staff and volunteers that came and help with food preparation and service. A special 'thank you' too Yvonne for all her hard work, the food was beautiful.

Wednesday the 18<sup>th</sup> of July is MVLH Service of Remembrance commencing at 10am. Morning tea will be served after the service. All welcome.

You would have all noticed our beautiful chickens are growing very rapidly. They will soon be big enough to go out to the courtyard in the MSU and join the other chicken and become one big happy chicken family. Thank you Graeme for your help and guidance during the hatching and baby chicken process the chicks have brought lots of laughs, lots of cuddles and much happiness to all at MVLH. Now let's hope Graeme's ability to identify male and female is accurate!

The lovely Bunnings staff visited MVLH in May and residents, relatives, volunteers and staff had a wonderful morning of creative painting. I had no idea there was so many talents artists amongst us. This month we will be going to Bunnings on the third Monday of the Month.







### **Computers for Residents**

Computer access, including a touch screen computer is available for residents in the Activity Room at Abernethy Home. You may like to play games or send and receive emails to family and friends. Arrange with your Activity Officer or family member to help you get started and show you what to do. Don't be frightened to come along and have a go. Bookings are essential - tell staff so they can book a suitable day and time for you. All residents are welcome to use the computers.

**No food or drink to be consumed when using the computers.**





# Sunbeam MIXMASTER

## the **ONLY** food mixer that has **all** these advantages



Compare it with any other mixer and prove to yourself it is the finest food mixer made.

Sunbeam Mixmaster not only eliminates all the hard work from food mixing, but because its mixing is scientifically correct you'll have no more cooking failures. Its exclusive features ensure success.

**IT'S NOT A REAL MIXER IF THE BOWL DOES NOT AUTOMATICALLY REVOLVE.**



Recently got moved to a new office, this sign is glued to wall...



CALLY HAND.

ater-speed  
ll the mix-  
d through  
gh mixing.



Y. Take  
eapan on  
y, safely,

MOTOR  
HE KEY

ed to the  
master the

June 10, 1953

Don't play

"Do not consume



**Increase**  
*your Resistance*  
**to**  
*Winter Ills*



*...with regular cups of hot, delicious*

**MILO**

Give the kiddies a drink of Milo before they go to school, and again when they arrive home, and don't forget their bedtime cup of Milo too. Not only will Milo give them that comforting warmth, taken regularly it will also help to build up their resistance to colds and other winter ailments. Drink Milo regularly yourself too . . . it provides that extra warmth and energy everybody needs in winter. A delicious chocolate-flavoured blend of pure country milk and malted cereals, Milo\* helps to banish fatigue, soothe the nerves and induce sound, restful sleep. Sold by all Chemists and Stores, Milo costs only 2'3 per 1/2-lb. tin in Metropolitan Areas.

\* Milo is fortified with vitamins A, B and D and contains phosphates, calcium and important mineral salts.

The Australian Women's Weekly — July 27, 1946



*Prepared and Served  
in a few  
seconds*

A NESTLÉ'S  
PRODUCT

**MILO the fortified TONIC FOOD**

COPYRIGHT 1946  
Page 39

**Compliments, Concerns, Complaints, and Suggestions:** We encourage feedback that will assist us in improving our home and the care we provide. Our aim is to help resolve any concerns you have quickly and effectively to your satisfaction. If you have any concerns or suggestions please fill out a CCCS pink brochure or ask to speak to management. Our door is always opened and your confidentiality will be maintained. Thank you for helping us continually improve our services.

**My Aged Care:** was established by the Australian Government to help you navigate the aged care system and provide you with information on aged care. It is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services. The contact center can be phoned on 1800 200 422 between 8.00am and 8.00pm on weekdays and between 10.00am and 2.00pm on Saturdays. The My Aged Care website can be found at:

[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### **SERVICES AVAILABLE**

#### **Hairdresser**

Elizabeth visits Abernethy Home each Tuesday. Please make your hairdressing appointment at the reception desk prior to midday each Monday or ask staff to arrange a time that suits you.

Leanne visits Mountain View Lodge Hostel every Thursday. Please ask staff to make appointments or see Leanne when she visits.

Updated prices below:

Ladies Haircut \$20 - \$30

Men's Haircut \$20

Shampoo and Set \$30

Shampoo and Blowdry \$30

Perm \$80 - \$90

Tint/Colour \$80 - \$90



#### **Pamper Day**



Volunteers assist in Pamper day once a month; come along and be pampered with hand, nail care, knee, lower leg and foot massage.

- ❖ **A1 and A2:** 1<sup>st</sup> Wednesday of each month (if something has been scheduled on the calendar on the 1<sup>st</sup> Wednesday it will change to the 2<sup>nd</sup> Wednesday)
- ❖ **JGH:** last Tuesday of each month
- ❖ **Magnolia:** 2<sup>nd</sup> Monday of each month
- ❖ **MVLH:** 4<sup>th</sup> Monday of each month



## Home Library Service



The Cessnock Mobile Library Service visits the Nursing Home, Jacaranda Grove Hostel and Mountain View each month.

If you would like to borrow books (large print for poor eyesight) CDs, DVDs, Video's, Talking Books, from the local library please see your Activity Officer who would gladly organize this for you, the library visit the **fourth Tuesday of the month**.

**Songs of Praise** can be watched on Television each **Sunday at 11.30am – 12pm on ABC1** please request assistance from a staff member who would gladly put it on for you.

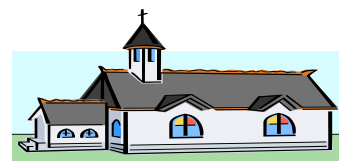


**Abernethy Home and Jacaranda Grove Hostel Church Services** Church Services are held each month. All denominations are welcome to attend these services. Staff are here to assist you.

### Anglican Church:

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of month 10am (AH)

2<sup>nd</sup> Tuesday of month 10am (Magnolia)



**Catholic Communion:** 4<sup>th</sup> Tuesday of month at 10am (Glass Area AH)

**Uniting Church:** 4<sup>th</sup> Wednesday of month 10am (AH)

**Anglican and Catholic Pastoral** visits each Tuesday



## Mountain View Church Services

**Anglican Pastoral Visits** every Tuesday from 2pm

**Anglican Church** fourth Tuesday of the month at 9.45am (RW) and 10.30am MSU



**Uniting Church Singers** fourth Wednesday of the month at 11am

**Pet Therapy:** Delta Dogs visit all homes, these special visits are welcomed by all of our residents.

Thank you to the wonderful staff who, during their own time visit with their pets. No dogs are permitted in dining room areas when food is being served.

**Family and Friends:**

We welcome everyone to join in the daily activity or share a meal with your loved ones. Alternatively there are many quiet and private areas, where you can take your loved ones for a more intimate visit. Whatever choice, be assured your visit is an important factor in the wellbeing of the person you are visiting.

**Visitor lunch orders:** any visitors wishing to order lunch from Abernethy's Main Kitchen must advise kitchen staff before 9am that day and have a pre-paid meal voucher which is available from Reception during business hours.

**KIOSK at ABERNETHY NURSING HOME OPENING HOURS:**

Monday 10am to 11:30am

Tuesday 10am to 11:30am

Wednesday 10am to 11.30am

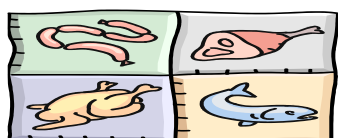
Thursday 10am to 11:30



**NCCCA** is a nominated charity to benefit from customers who use the IGA Chain of Supermarkets. If you or your family or friends would like



to support our work, all you need to do is ask for a **COMMUNITY BENEFITS CARD** in favor of NCCCA at any IGA store. Proceeds will be used for items to benefit our residents.



**Food Safety**



NCCCA values the contribution that families and friends make to improve their loved one's quality of life, however as part of NCCCA's Food Safety Program, we are required to ensure that all food brought into the home meet the standards of food safety.

- When Family and Friends bring food into the Home they are to inform staff so they may arrange appropriate storage/ refrigeration and document when the food is to be consumed by and what the food contains.
- Residents and their visitors assume all responsibility for the consumption of any external food product. Care should be taken in food preparation, ensuring good hygiene practices and sanitized working surfaces.
- Foods are not to be stored in resident bedrooms. Resident's personal refrigerators are only to contain soft drinks and lollies in containers.

**For further information please see NCCCA's yellow brochure.**

**Visitors:** Please wash your hands before and after leaving the Home. Use the alcohol gel supplied throughout each Home or alternately use soap and water at the hand basin. These precautions will protect residents, staff and you.



# Winter Word Search

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

chilly  
fireplace  
frost  
hibernate  
hot chocolate  
migrate

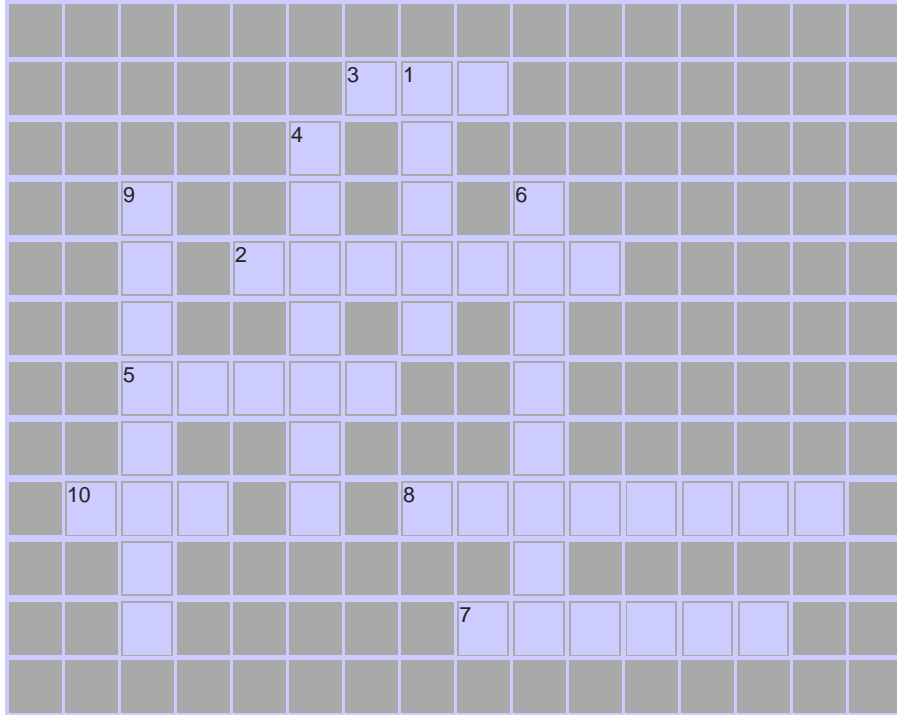


penguin  
polar bear  
snowflake  
snowman  
white  
winter



# Winter Crossword Puzzle

**Instructions:** Complete the crossword puzzle by filling in the Winter words that fit the clues.



































## Across

2. Examples are stormy, clear, or cloudy
3. Another word for slippery in the winter
5. Opposite of black
7. Turned into ice
8. Second month of the year
10. Worn on your head

## Down

































1. Outer garment with sleeves
4. Knitted garment worn when it is cold
6. Last month in the year
9. Snow pressed together for throwing

# Mountain View Lodge Hostel Activities Programme – JUNE 2018 - NB: All activities may be subject to change












































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Movies, TV, Music, Radio</p> 	<p> <b>Tuesday the 26th</b></p>	<p><i>Happy Birthday</i> </p> <p>2<sup>nd</sup> Bob Jackson 8<sup>th</sup> Ray Webb</p>		<p> </p> <p> Pearl &amp; Alexandrite</p>	<p><b>1</b>  <b>10am</b> Bus Trip Scenic Drive MSU <b>10.30am</b> Movie <b>2pm</b> Resident Choice Movie, Music or Craft</p> 	<p><b>2</b>  Movies, TV, Music, Radio</p> 
<p><b>3</b> Movies, TV, Music, Radio</p> 	<p><b>4</b> <b>9.45am</b> Bus Trip – Shopping Cessnock <b>11am</b> Colouring in/Craft MSU <b>2pm</b> Resident Choice Movie, Music or Craft</p> 	<p><b>5</b> <b>10am</b> Myra and Friends Entertain  <b>2pm</b> Anglican Pastoral Visits</p>	<p><b>6</b> <b>10.30am</b> Ron &amp; Geoff Entertain <b>1.30pm</b> Movie MSU <b>2pm</b> Wellness Clinic</p>	<p><b>7</b> <b>9.45am</b> Garden Walks <b>11am</b> Sing-a-long DVD MSU <b>11.15am</b> Bingo <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>8</b>  <b>10.30am</b> Carpet Bowls <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>9</b> Movies, TV, Music, Radio</p> 
<p><b>10</b> Movies, TV, Music, Radio</p> 	<p><b>11</b>  Queens Birthday Long Weekend Music, Video,Radio,Craft</p>	<p><b>12</b> <b>10am</b> Movie Morning MSU <b>11.15am</b> HOI <b>Special lunch KFC</b> <b>2pm</b> Resident Choice Movie, Music or Craft</p> 	<p><b>13</b> <b>9.45am</b> Garden Walks <b>11am</b> Sing-a-long DVD MSU <b>11.15am</b> Bingo  <b>2pm</b> Wellness Clinic</p>	<p><b>14</b>  <b>10am</b> Kaye &amp; Peter Carver Entertain <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>15</b> <b>10am</b> Bus Trip – Lunch Belmont 16s <b>11am</b> Singalong MSU <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>16</b>  Movies, TV, Music, Radio</p> 
<p><b>17</b>  Movies, TV, Music, Radio</p> 	<p><b>18</b> <b>9.45am</b> Bus Trip- Bunnings DIY Workshop <b>2pm</b> Resident Choice Movie, Music or Craft</p> 	<p><b>19</b>  <b>10.30am</b> Kenny &amp; Friends Entertain <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>20</b> <b>9.45am</b> Garden Walks <b>11am</b> Sing-a-long DVD MSU <b>11.15am</b> Bingo  <b>2pm</b> Wellness Clinic</p>	<p><b>21</b> <b>9.45am</b> Garden Walks <b>11am</b> Movie Morning MSU <b>11.15am</b> HOI <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>22</b> <b>10.30am</b> Ellis Aldridge Entertains <b>2pm</b> One to One Visits</p>	<p><b>23</b> Movies, TV, Music, Radio</p> 
<p><b>24</b> Movies, TV, Music, Radio</p>	<p><b>25</b> <b>9.45am</b> Nail Care MSU <b>10.45am</b> Nail Care Hostel <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>26</b> <b>10am</b> Anglican Church Hostel <b>11am</b> Anglican Church MSU <b>2pm</b> Resident Choice Movie, Music or Craft</p>	<p><b>27</b> <b>9.45am</b> Garden Walks MSU <b>11am</b> Uniting Church Singers <b>2pm</b> Wellness Clinic</p>	<p><b>28</b> <b>10am</b> Kaye &amp; Peter Carver Entertain  <b>2pm</b> One to One Visits</p>	<p><b>29</b>  <b>10am</b> Bus Trip Scenic Drive MSU <b>10.30am</b> Movie Morning Hostel <b>2pm</b> Happy Hour with Terry</p>	<p><b>30</b>  Movies, TV, Music, Radio</p>



# JACARANDA GROVE & MSU Activities Programme – JUNE 2018 - NB: All activities may be subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> 10am Movie 1pm TV, Music, Radio 	<b>4</b> 10am  12.30/2.30 MSU	<b>5</b>  10am Anglican Church A1 12.30/2.30 MSU	<b>6</b> 10am HOI  12.30/2.30 MSU	<b>7</b>  10am Peter & Kaye Carver 12.30/2.30 MSU	<b>8</b> 9.30 MSU 3pm Happy Hour A Block 12.30/2.30 MSU 	<b>9</b>  QUEENS BIRTHDAY LONG WEEKEND
<b>10</b>  QUEENS BIRTHDAY LONG WEEKEND	<b>11</b> PUBLIC HOLIDAY	<b>12</b> 10AM  10am Anglican Service MSU 12.30/2.30 MSU	<b>13</b> 10AM BALLOON TENNIS/TRIVIA 12.30/2.30 MSU	<b>14</b> 10am Hoi  10am 12.30/2.30 MSU 	<b>15</b> 10AM RON & JEFF MUSIC CONCERT 	<b>16</b> 10am Movie 1pm TV, Music, Radio 
<b>17</b>  10am Movie 1pm TV, Music, Radio	<b>18</b> JACARANDA BUS TRIP  9.30 HEXHAM BOWLING CLUB	<b>19</b> 10am  10am Anglican AI 12.30/2.30 MSU	<b>20</b> 10am Wellness Clinic Birthday Party  Morning Tea Activity Review 12.30/2.30 MSU	<b>21</b>  10am Peter & Kaye Carver 12.30/2.30 MSU	<b>22</b> 10am Hoi  3pm Happy Hour A Block 12.30/2.30 MSU 	<b>23</b> 10am Movie 1pm TV, Music, Radio 
<b>24</b> 10am Movie 1pm TV, Music, Radio 	<b>25</b> 10a  12.30/2.30 MSU	<b>26</b> 10am Pamper Laurelle/Ian 10am Catholic Church (A1) 12.30/2.30 MSU 	<b>27</b> 10am  10am Uniting Service A1 12.30/2.30 MSU	<b>28</b>  9.30 12.30/2.30 MSU	<b>29</b> 10am BALLOON TENNIS/TRIVIA 12.30/2.30 MSU 3pm Happy Hour A Block 	<b>30</b> 10am Movie 1pm TV, Music, Radio 
	<b>HAPPY BIRTHDAY</b> Fela Winitini 2 <sup>nd</sup> Loris Jurd 13 <sup>th</sup> Marlene Powell 15 <sup>th</sup>	<b>Happy Birthday!</b> 	<b>LONG WEEKEND</b> 9 <sup>TH</sup> – 11 <sup>TH</sup> June 2018 		<b>1</b> 10am Hoi  12.30/2.30 MSU	<b>2</b> 10am Movie 1pm TV, Music, Radio

# Abernethy Home Activities Programme – June 2018 - NB: All activities may be subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>QUEEN ELIZABETH 11</b> 	<b>Wednesday 20<sup>th</sup> Royalty Day Birthday Morning tea.</b>  <b>come dressed as your favourite Royal</b>	<b>State of origin Game One:</b> <b>Wednesday 6 June 2018, Melbourne</b> 		<b>1</b> <b>9.30am</b>  <b>pm 1-1 Residents Choice, Documentary</b>	<b>2</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 
<b>3</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 	<b>4</b>  <b>10am Karen Dryden</b>  <b>pm Documentary 1-1 Resident Choice</b>	<b>5</b>  <b>10am Anglican Church AO Meeting</b> <b>1.30pm Wellness Clinic</b>	<b>6</b> <b>10am LETS GET PAMPERED</b> <b>with Laurelle</b> <b>1pm Hoi</b> 	<b>7</b>  <b>10am Kenny &amp; Friends</b>  <b>pm craft activity, 1-1</b>	<b>8</b> <b>9.30am</b>  <b>pm 1-1 Residents Choice, Documentary</b>	<b>9</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 
<b>10</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 	<b>11</b> <b>PUBLIC HOLIDAY</b> <b>Queen's Birthday</b>  <b>Movie, TV, Radio, Music</b>	<b>12</b>  <b>10am Scott Stenson entertaining</b>  <b>1.30pm Wellness Clinic</b>	<b>13</b> <b>9.30am Bus lunch /drive</b>  <b>10am, 1pm Movie</b> <b>TV, Music, Radio</b> 	<b>14</b>  <b>10am Mrya &amp; The Gang</b>  <b>pm 1-1 Residents Choice Cooking</b>	<b>15</b> <b>9.30am</b>  <b>pm 1-1 Residents Choice, Documentary</b>	<b>16</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 
<b>17</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 	<b>18</b>  <b>10am Ellis Aldridge Entertains</b>  <b>pm craft activity, 1-1</b>	<b>19</b>  <b>10am Anglican Church AO Meeting</b> <b>1.30pm Wellness Clinic</b>	<b>Royalty Day 20</b> <b>10am Birthday Party Morning Tea</b> <b>AR meeting</b>  <b>Pamper afternoon</b>	<b>21</b> <b>10am Exercise</b> <b>Ball/balloon games</b>  <b>pm Documentary 1-1 Resident Choice</b>	<b>22</b> <b>9.30am</b>  <b>pm 1-1 Residents Choice, Documentary</b>	<b>23</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 
<b>24</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 	<b>25</b>  <b>10am Ron &amp; Geoff Entertain</b> <b>pm 1-1 Residents Choice, craft, Documentary</b>	<b>26</b>  <b>10am Catholic Church (A1 glass area)</b> <b>1.30pm Wellness Clinic</b> <b>Library visit</b>	<b>27</b>  <b>10am Uniting Church</b> <b>1pm Hoi</b> 	<b>28</b> <b>9.30am Bus lunch /drive</b>  <b>10am, 1pm Movie</b> <b>TV, Music, Radio</b> 	<b>29</b> <b>9.30am</b>  <b>pm 1-1 Residents Choice, Documentary</b>	<b>30</b> <b>10am Movie</b> <b>1pm TV, Music, Radio</b> 



**Cold Winter** The Indians asked their Chief in Autumn if the Winter was going to be cold or not. Not really knowing an answer, the chief replies that the Winter was going to be cold and that the members of the village were to collect wood to be prepared. Being a good leader, he then went to the next phone booth and called the National Weather Service and asked, "Is this winter to be cold?" The man on the phone responded, "This Winter is going to be quite cold indeed." So the Chief went back to speed up his people to collect even more wood to be prepared. A week later he called the National Weather Service again, "Is it going to be a very cold winter?" "Yes", the man replied, "it's going to be a very cold Winter." So the Chief goes back to his people and orders them to go and find every scrap of wood they can find. Two weeks later he calls the National Weather Service again: "Are you absolutely sure that the Winter is going to be very cold?" "Absolutely," the man replies, "the Indians are collecting wood like crazy!"



**New England Home** My husband and I purchased an old home in Thredbo from two elderly sisters. Winter was fast approaching and I was concerned about the house's lack of insulation. "If they could live here all those years, so can we!" my husband confidently declared. One August night the temperature plunged to - 10 below zero, and we woke up to find interior walls covered with frost. My husband called the sisters to ask how they had kept the house warm. After a rather brief conversation, he hung up. "For the past 30 years," he muttered, "they've gone to the Gold Coast for the winter."

**Ear Muffs** Winters are fierce on Mt Kosciusko where he lives, so the owner of a construction project felt he was doing a good deed when he bought earmuffs for his foreman. Noticing, however, that the foreman wasn't wearing the earmuffs even on the bitterest day, the project manager asked, "Didn't you like the muffs?" The Foreman said, "They're a thing of beauty." "Why don't you wear them?" The Project Manager said. The Foreman explained, "I was wearing them the first day, and somebody offered to buy me lunch, but I didn't hear him! Never again, never again!"

