

NEWSLETTER

October 2021



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Editor's Desk

Hello Residents, Families and Friends!

Welcome to our newly designed Monthly newsletter. This newsletter will bring you upcoming October activities as well as sharing Septembers activities with you.

We understand that COVID lockdown has been hard on us all. Please rest assure that as soon as we receive any notification on changes you will be notified.

With three short months until Christmas..... Yes I said Christmas we are hoping that we can have a sense of normality for residents.



Keep Safe!

October Trivia

October derives its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

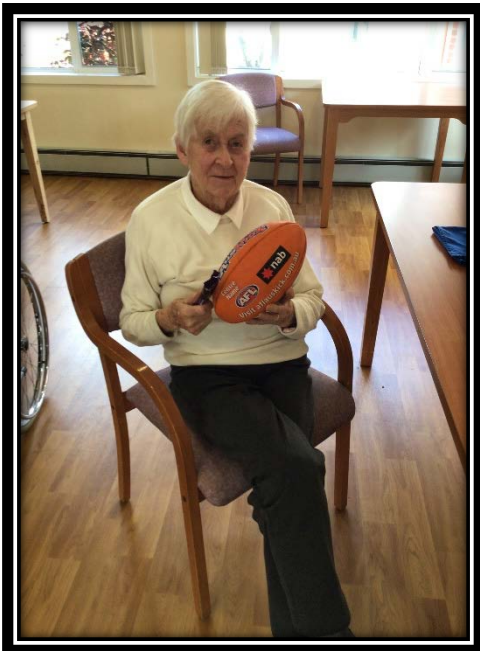
*Happiness is not
by chance, but
by choice.*

- Jim Rohn

Month in Review

Kitchn Opening:

This month we were excited to see the New Kitchen come to life. We are extremely lucky to have Olga King one of Aberleas Founders Open the kitchen before we enjoyed a first meal. Olga thanked all the kitchen staff for the hard work they had put in during the building period. Residents are loving the peek a boo window so they can watch staff cook. .



Talk like a Pirate Day



Matey Moneybags (Fay Barr)



Felix Puffypants & Seawolf Swashbuckler (Norma & Tara)



Fallflat McStubby (Cath Neal)



Landlegs Moneybuckets (Kevin)



Sharkbait Fancypays (Margaret)



Royal Stinkybreath (Gus)



Biglips Billygoat & Booty Moneybags (Laurice & Jess)



O'Greedy Grubby Swashbuckler



Booty McStubby (Joy), Royal Puffypants (Gaynor), Booty Freebooter (Janet) Booty Billygoat (jo jo) with O'greedy Freebooter (Pirate Raylene)

Upcoming Events

World Music Day

Friday 1st of October

Resident's Meeting

Tuesday 5th of October 10:45, in the Mill

World ODD Sock Day

Tuesday 12th of October

World Chocolate Cupcake day

Wednesday 18th of October

Animal/Teddy Adoption/ Bring your teddy to work day

Thursday 21st of October

Loud Shirt Day

Saturday 23rd of October

Elvis Presley Day

Thursday 28th of October

Grandparents Day

Sunday 31st of October



Special Days

- 1st Intl. Day of Older Persons
- 1st Intl. Music Day
- 1st Residents' Rights Month
- 1st World Ballet Day
- 4th World Animal Day
- 4th World Space Week
- 5th World Teachers Day
- 11th Columbus Day
- 11th Thanksgiving (Canada)
- 25th Pablo Picasso's Birthday
- 31st Halloween

Regular Events

Happy Hour every Tuesday, Thursday and Saturday

@ 3:30pm.

Men's Group every second Tuesday at 10:45am

October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
				 1 World Music Day	2	3	
4 World Animal Day 	5 10:45 Resident meeting 	6	7	8  Team Challenge day	9	10	
11	Odd Sock Day  Team Challenge day	12	13	14	15	16	17
Chocolate Cupcake day 	18	19	20	21  Team Challenge day	22	23 	24
25	26	27 	28  Team Challenge day	29	30	31	

October Birthdays

In October, we celebrate birthdays with:

- **Trish Lamb**
- **Maureen Giblin.**



Julie Andrews, Actor, 1st October 1935
Chevy Chase, Actor, 8th October 1943
John Lennon, Musician, 9th October 1940
Hugh Jackman, Actor, 12th October 1968
Margaret Thatcher, Prime Minister, 13th October 1925
Rita Hayworth, Actress, 17th October 1918
Joan Fontaine, Actress, 22nd October 1917
Pablo Picasso, Painter, 25th October 1881
Carrie Fisher, Actress, 21st October 1956
Bill Gates, Philanthropist, 28th October 1965

Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

WOW!

October Spotlight: Happy Birthday Song

In October 1893, the melody for "Happy Birthday To You" was copyright registered. "Happy Birthday" was originally published as "Good Morning To All" in a book called "Song Stories for the Kindergarten" written by Mildred and Patty Hill.

Poem to Share

I Wandered Lonely as a Cloud

BY WILLIAM WORDSWORTH

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Mrs Nancy Jubb**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

- **Laneice (kitchen)**
- **Coleman (Kitchen)**
- **Brendan (PCA)**
- **Colin (Kitchen)**

We hope that you enjoy your time here!

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

CONTINUOUS IMPROVEMENT

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available at reception and in individual rooms. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

Noticeboard



LIBRARY SERVICE

We have a mobile library service that delivers & picks up library books/Talking books to resident's rooms. If you would like this service, please talk to a member of the lifestyle team. Dates for Octobers are 13th and 27th.

THANK YOU

We would like to issue a heart felt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

HAIRDRESSER

Unfortunately due to COVID restrictions we are still unable to allow the Hairdresser to visit. As soon as we receive notification from the department that this is allowed we will notify you.

TROLLEY SHOP

Every Wednesday there will be a trolley shop. If there is something particular you would like stocked in the trolley please let lifestyle staff know. .

CULTURAL CELEBRATION

This month we celebrated Maltese Independence day. Residents enjoyed a meal of Maltese sausages and Lampuki (fish pie).

VISITORS

We are sorry to inform you that the last directives from the government still do not allow visitors. As soon as this changes we will notify you.

Laughing Matters



The Hunters

Two hunters are out in the woods when one of them collapses. He's not breathing and his eyes are glazed. The other guy whips out his cell phone and calls 911.

"I think my friend is dead!" he yells. "What can I do?"

The operator says, "Calm down. First, let's make sure he's dead."

There's a silence, then a shot. Back on the phone, the guy says, "OK, now what?"

Laugh

If your face wants to laugh, well let it
If a smile you can get, well get it
Never look down, don't wear a frown
Or everyone will hear all about it.



If you have got quite a lot of trouble
Don't forget someone else has double
So just laugh and grow fat and forget it
If your face wants to laugh, well let it.

The Inlaws

A couple were driving along a country road in silence. They had earlier had a discussion, which in turn led to an argument, and neither one wanted to concede their position.

As they passed a farmyard, they noticed several pigs, mules and goats.
"Relatives of Yours?" the husband asked sarcastically.
"Yes," said his wife "-IN - LAWS."

Spotlight

Staff:	Resident
<p>Name: Mel T</p>  <p>I was Born in: Terang</p> <p>My favourite people are: Sarah and Kids.</p> <p>The best sweet or Salty snack is: Kitkats and Redbull</p> <p>I am Inspired by: My sister Kristy</p> <p>If I could wear only one colour it would be: Purple and Navy</p> <p>What sporting team do you support: Melbourne Storm & Richmond</p> <p>Cats or Dogs: Both</p> <p>If I was stranded on a deserted island I'd take: Red Bull Because so I don't get a headache</p> <p>I collect: Richmond and Melbourne Storm Memorabilia</p> <p>What are you scared of? Huntsman</p> <p>In my free time I like to: Catch up with friends and family.</p> <p>A quote I like is: Live your Life To the Fullest.</p>	<p>Name: Jeanette</p>  <p>I was Born in: Melbourne</p> <p>My favourite people are: My son Scott his wife Bre and my grandkids.</p> <p>The best sweet or Salty snack is: Chocolate biscuits</p> <p>I am Inspired by: My Husband</p> <p>If I could wear only one colour it would be: Navy Blue</p> <p>What sporting team do you support: I don't follow anyone</p> <p>Cats or Dogs: I love dogs but always had a cat to eat the mice</p> <p>If I was stranded on a deserted island I'd take: Food so I could eat</p> <p>I collect: Animals when I live at home</p> <p>What are you scared of? Death</p> <p>In my free time I like to: Read and Watch the trees.</p> <p>A quote I like is: Look after your family first then everyone else your family are very important.</p>

Word Search

MUSIC



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

Treble
Sharp
Staccato
Cadenza
Baroque

Allegro
Piccolo
Tempo
Legato
Concerto

Musette
Percussion
Pitch
Soprano
Chorus

Maestro
Forte
Minor
Adagio
Duet

RUBIES - RED		Opal – Yellow	
Staff	Residents	Staff	Residents
Kim Tara Sue Bawden Arlene Terry Jill Katie M Megan Mc Narelle R Fairlie Colleen Mel M David Julie SM Laneice	Janet Mc Judi K Gaynor Joe Joe Margaret Joy Trish Brenton Mary Val Respite 4	Juli Rebecca A Sue Beasley Lyn C Duane Siri Heather Meggan Judi Amanda Jamie Jayne Chiquita Ashlee Colin	Archie Jeanette Bruce Allen Olga Nora Maureen Norma David Respite 1

House Teams

EMERALD – GREEN		SAPPHIRE – BLUE	
Staff	Residents	Staff	Residents
Deb Mc Jenni Jess Laurice Lyn G Deb L Annett Kylie Melinda Rose Amy Coleman Leonie Raylene Garry	Keith Sue Annette Pat Elsie Jack Room 4 Betty V Fay Respite 3	Mel W Annie B Lorraine Bec Guy Katie hope Trudy Helen Narelle U Ruth Anne C Mel T Brendan Linda T Deglan Jamie-Lee	Gordon Kevin Janet A Verna Cath Shirley Gladys Betty G Respite 2 Dawn