



EDGARLEY ASSISTED LIVING

Specialising in complete quality aged care and independent living.

# NEWSLETTER

## January 2024



73—85 Jackson Street , Casterton Vic 3311

Phone: 03 55 811211, Fax: 03 55 812050



## Quote of the Day

*Life is what happens  
to us while we are  
making other plans.*

### Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined  
and have good managers

### Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep  
thinkers who love helping others.

### HAPPY BIRTHDAY TO -

Elvis Presley, Singer, 8<sup>th</sup> January 1935

David Bowie, Singer, 8<sup>th</sup> January 1947

Martin Luther King Jr., Activist, 15<sup>th</sup> January 1929

Muhammad Ali, Boxer, 17<sup>th</sup> January 1942

Michelle Obama, First Lady, 17<sup>th</sup> January 1964

Kevin Costner, Actor, 18<sup>th</sup> January 1955

Janis Joplin, Singer, 19<sup>th</sup> January 1943

Neil Diamond, Rock Singer, 24<sup>th</sup> January 1941

Virginia Woolf, Novelist, 25<sup>th</sup> January 1882

## January Trivia

January was named after the  
Roman God Janus; the god of  
beginnings & transitions.

Zodiac signs: **Capricorn &  
Aquarius**

Birthstone: **Garnet**  
Flower: **Carnations**

In January, we  
celebrate birthdays  
for: Robert H



WOW!

### Product Birthday Spotlight: **Waterproof Material**

Charles Macintosh, the Scottish inventor, patented the first waterproof material in 1823.  
The Mackintosh raincoat was named after him.

# DECEMBER birthdays



Happy Birthday  
Garry & Kath



HIP HIP  
HOORAY!



### **LADIES AUXILIARY**

We are a very small band of volunteers that work towards supplying equipment to Edgarley or help with assistance to the residents in many forms. We would really like to get some new members to help us in this endeavour.

**We hold monthly meetings on the first Monday of the month** in the Alma Vickery function room Edgarley at 2 pm. If you feel you cant commit to this maybe you could help us out on an adhoc basis with some of our fundraisers. You don't have to have a connection to Edgarley to join our group. We look forward to any enquiries you may have. Please contact our Secretary Leanne Richardson for a membership form on 0418 813 870 or [toot21@iinet.net.au](mailto:toot21@iinet.net.au). Membership is \$5 for the 12 months.

### **FOOD REGISTER BOOK**

Any fresh food brought into our facility for the residents will need to be entered into the register accordingly. The books can be found to the right of the Glenelg door

Thank you for your co-operation

### **Residents meeting**

**GLENELG Thursday 4th January 1.30.**

We wish to invite family members to these meetings which will be held on the first Thursday of each month.

**Judy Jones is the resident/family  
representative on the  
Medication Advisory Committee.**

If any resident or family member has any questions or issues regarding their medication management at Edgarley (this does not include pharmacy accounts, they are to be taken up directly with the Pharmacy) Please contact Judy on 55811211 and she will bring those question/ issues to the meeting.



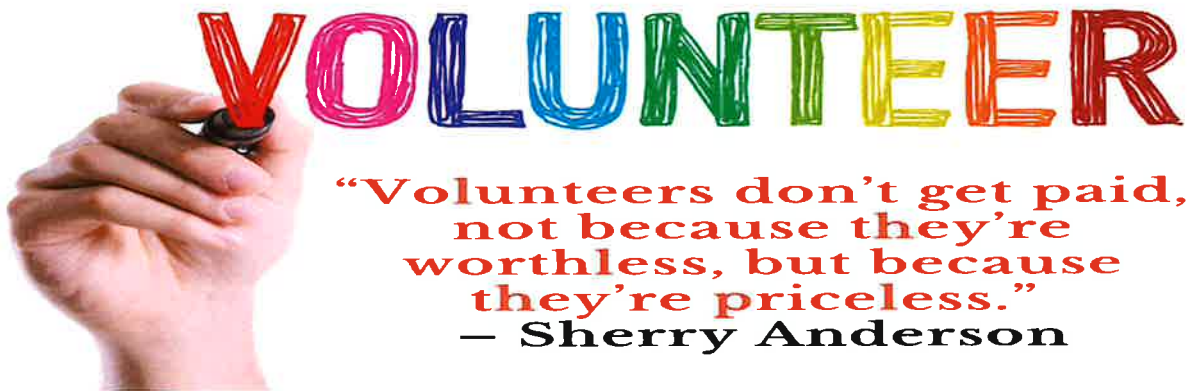
## CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, or jokes are most welcome.

Please email your contribution to [office@edgarley.com.au](mailto:office@edgarley.com.au)

Thank you!



## LEISURE AND LIFESTYLE VOLUNTEERS WANTED

Being a volunteer in Edgarley can offer companionship, and help with recreational activities. Volunteers can also provide emotional support, social engagement, and help to enhance the overall quality of life for residents. By offering their time and skills, volunteers can make a significant difference in the lives of the elderly and contribute to a positive community.

For further information, please phone Edgarley on 55811211, to speak to our Leisure and Lifestyle team.

EDGARLEY HOME INC.  
**RESIDENT'S MEETING**  
**December 5<sup>th</sup> 2023**

**Present:** R. Jordan, V. Madex, E. May, A. Bull, M. Gunther, J. Rhook, A. Peden, B. Wilkinson, J. Humphries, T. Baugh, B. Knight, R. Hamilton.

**Staff:** L. Power, L. Kirkland and S. McCurry.

**Apologies:** DON Amanda Lee and Tim Crick.

**Meeting begins at 1.20 PM**

**Previous meeting read and passed, seconded by A. Peden.**

**Business arising from previous meeting:**

- Residents mentioned that beans and peas were being served without sufficient drainage. Kitchen implemented the use of slatted spoons to drain vegetables before plating, and though these changes have occurred, there is still room for improvement. Feedback has been passed on to the kitchen.
- Residents requested take-away pizza or hamburgers for dinner on occasions, this has not yet occurred.
- It was well-received that Lifestyle member Tim nominated himself as the dedicated staff member to assist with any technological issues with ipads/phones and laptops.

**General Business:**

**01: Casterton show:** The trip to the Casterton show was a success, residents enjoyed the day out, running into many familiar faces and eating too much fairy-floss. Edgarley's rose show entries resulted in both first and second place winnings.

**02: Noise levels:** A resident mentioned that he has been disturbed at times when other resident's doors are being flung shut. This concern has been passed on to Continuous Improvements Officer Trish Mckenzie.

**03: Compliments:** A resident passed on a compliment for Lifestyle staff member Tim mentioning that he always goes above and beyond to help them.

**04: Christmas lights:** Lez informs residents that in the last week of December he will be offering bus outings for those interested to look at the Christmas lights in the local towns. Dates and times to be confirmed.

Meeting closed 1.45 PM

Next meeting January 4th 2024





*Congratulations to Lyn & Maurice on their  
60th Wedding Anniversary*

*Lyn & Maurice were married at the Sacred Heart  
Parish Church on the 28th December 1963*

*Congratulations!*



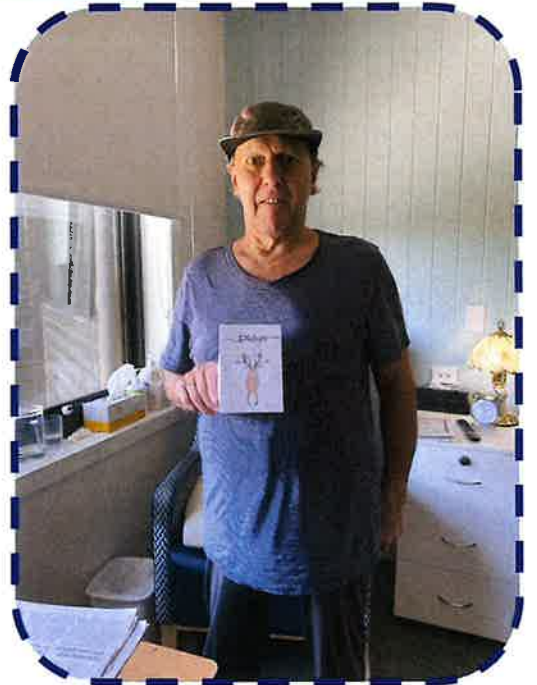




We would like to especially thank the children from Sacred Heart Primary School for all their beautiful & thoughtful Christmas cards, made and given to our Residents









# ITS BEGINNING TO LOOK ALOT LIKE CHRISTMAS











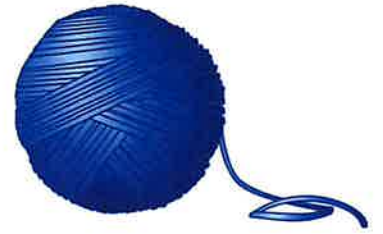




Congratulations to Peter for winning our Christmas  
Colouring-in Competition this year!  
Peter out-coloured everyone!



# Knitting Group



Cast Away







# Knit and Chat



## Get to know your Neighbour

### Garry Smith



**In what town did you live in?** I was born in Casterton, and I have lived there my whole life.

**What did you do when you left school?** My first job after I left school was working on my uncle's farm.

**What was your main occupation?** I worked for the government, in the Forestry department, for 28 years.

**What are or have been your favourite past times?** I have always been interested in cars and trucks. I often enjoyed taking the car out on the weekends and driving.

**What is the most exciting thing that happened in your life?** Becoming a father.

**Who is your hero or the person you most admire?** My wife Judy, she has done so much for the family over the years and still hasn't stopped.

**What is or has been your greatest achievement?** Getting married. It was one of the happiest days in my life.

**What do you think is the most important thing in life?** My wife, children, and my grandchildren.

**What words of wisdom can you share with other readers?** You have to work hard to get what you want in life.



## Get to know Edgarley Staff



**In what town were you born in?** I was born in Casterton.

**What did you do when you left school?** I worked as a stable hand as well as track work.

**In which place did you live most of your life?** Sandford.

**What is your job role at Edgarley?** Personal Carer.

**What do you like best about your job?** Caring for the Residents.

**What are or have been your favourite past times?** Show jumping.

**What is the most exciting thing that happened in your life?** There has been so many but the birth of my grandchildren was a big highlight.

**Who is your hero or the person you most admire?** My Sons Jamie and Jackson.

**What is or has been your greatest achievement?** Winning Casterton Lions Club Sports Person of the year in 1995 as well as 4<sup>th</sup> in the Australia show jumping championships.

**What do you think is the most important thing in life?** Family.

**What words of wisdom can you share with other readers?** Keep knocking on the door because it will eventually open.



# Christmas Bus Trip



## To The Central Cafe



Elf on Board







# Elf Jokes



Where do  
snowmen keep  
their money?  
In a snow bank.

Why is Santa so  
good at karate?  
Because he has a  
black belt!

What do elves  
learn in  
school?  
The elf-abet.

Which elf was  
the best  
singer?  
ELFis Presley.

What do  
snowman eat  
for breakfast?  
Ice Krispies!

What do you get  
when you cross a  
snowman and a  
vampire?  
Frostbite

What did the  
Gingerbread  
Man put on his  
bed?  
A cookie sheet!

Why is it so cold  
at Christmas?  
This Year  
Because its in  
Decembrrrrr!



# Sing Along With Judy







**Our Residents loved our special night  
bus outing ~ checking out all the  
wonderful Christmas light  
displays in Casterton, Merino &  
Coleraine**



**Spectacular!**



# Ladies Auxiliary Christmas Party

Thank you to the Ladies Auxiliary Group for organising a wonderful Christmas Party for our Residents. Everyone had a great time.





# Christmas BBQ



**Eat, Drink & be Merry...**



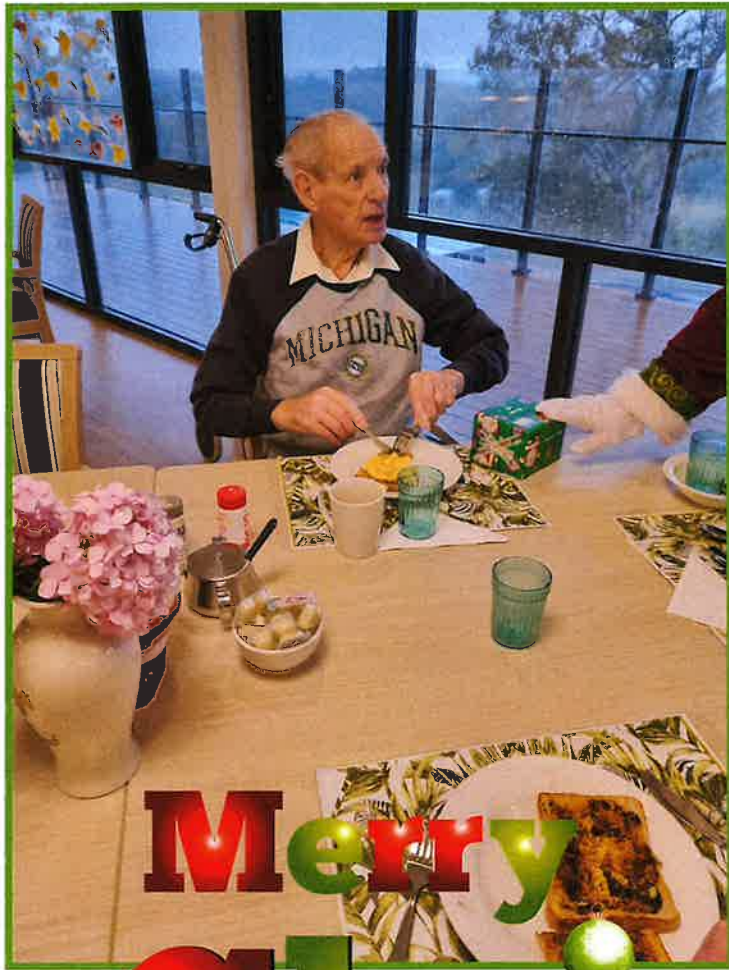


A Special Visit from  
Santa Clause  
Christmas Morning



**HO HO HO!**





# Merry Christmas















**Our Beautiful Christmas Table  
Designed & Decorated by Lez**







*Merry Christmas*







# Bon Bon Jokes



WHAT DO GHOSTS  
EAT?

*spookgetti*

WHAT DO YOU CALL A  
HORSE THAT ENJOYS  
THE DARK?

*a Nightmare*

WHAT IS BLACK AND  
WHITE AND NOISY?

*Zebra with a drumkit*

WHY CAN'T A BIKE  
STAND UP BY ITSELF?

*BECAUSE IT'S TWO-TYRED*

WHAT SCHOOL  
SUBJECT ARE SNAKES  
BEST AT?

*Hisstory*

A STEAK PUN IS A

*RARE MEDIUM WELL DONE*



# Thank you



Thank you to those who gave their best wishes, cards and gifts to the Staff & Residents here at Edgarley Assisted Living during the festive season.

Thank you to the Leisure & Lifestyle staff for decorating the Facility with all the beautiful Christmas decorations inside and out.

Thank you to the kitchen staff for the delicious Christmas food we so happily consumed.

Thank you to our Volunteers for their time and all they do.

Thank you especially to all the staff that worked on the Christmas holidays.



THANK  
YOU!





# SUMMER TIME TRIVIA



## Some summer fun facts and trivia

The word summer comes from the Old English word “sumor”

The first day of summer is the summer solstice, which means “stilled” or “stopped” sun.

The summer solstice has the most daylight and the shortest night time.

When it is summer in the northern hemisphere, it is winter in the southern hemisphere.

The first modern Olympic Games took place in the summer of 1896 in Athens, Greece.

The first swimming school in the United States opened in 1827 in Boston.

The term SPF on sunscreen bottles stands for Sun Protection Factor.

The first barbecue at the White House was hosted by Lyndon B. Johnson in 1963.

Some Christians observe St. John’s Eve on June 23, the eve of the summer solstice.

The Eiffel Tower grows by 6 inches in the summer due to thermal expansion.





# SUMMER FRIENDLY FEUD



**Instructions** - Guess the 3 most popular answers  
for each question. The most correct answers wins!

1. Name a color associated with summer.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

2. Name a popular summer sport.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

3. Name a holiday celebrated in summer.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

4. Name your favorite summer footwear.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

5. Name a theme for a summer party.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

6. Name a popular pool toy.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

7. Name a popular summer fruit.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

8. Name something you cook at a barbecue.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

9. Name a negative thing about summer.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3

10. Name a refreshing summer beverage.

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

\_\_\_\_\_  
/3



# January 2024

	Date	Activity
1.	Monday	Lower Floor: Country Bus Run 10.30 am Upper Floor: Country Bus Run 1.30 pm
2.	Tuesday	Upper Floor: Anything Goes 10:30 am Lower Floor: Painting 1:30pm
3.	Wednesday	Lower Floor: Magneto 10.30 am Upper Floor: Golf 1.30 pm
4.	Thursday	Lower Floor: Liar's Dice 10.30 am Upper Floor: : Residents meeting 1.30 followed by Hoy
5.	Friday	Upper Floor: UNO Lower Floor: Battleships 2.00 pm
6.	Saturday	Lower Floor: Table Games 2.00 pm Upper Floor: Anagrams 3.00 pm
7.	Sunday	Lower Floor: Dominoes 2.00 pm Upper Floor: Snakes & Ladders 3.00 pm
8.	Monday	Lower Floor: Bean-Bag Toss 10.30 am Upper Floor: Jacks 1.30 pm L+L Meeting 10.00 am
9.	Tuesday	Lower Floor: What is it Game 10:30 am Upper Floor: Knitting Group 1:30 pm
10.	Wednesday	Lower Floor: Morning Tea Bus Run 10.30 am Upper Floor: RCL 1.30 pm
11.	Thursday	Lower Floor: Pairs 10.30 am Upper Floor: Morning Tea Bus Run 10.30 am Upper Floor: Find-10s 1.30 am
12.	Friday	Lower Floor: Cover the Numbers 10.30 am All Areas: Happy Hour 2 pm
13.	Saturday	Lower Floor: Find-10s 2.00 pm Upper Floor: Magneto 3.00 pm
14.	Sunday	Lower Floor: Dice 2.00 pm Upper Floor: UNO Shuffle 3.00 pm
15.	Monday	Lower Floor: Table Hockey 10.30 am Upper Floor: Jacks 3.30 PM
16.	Tuesday	Lower Floor: R.C.L Upper Floor: Scrapbooking 1:30 pm
17.	Wednesday	Lower Floor: Jenga 10.30 am Alma Vickery Room: Cinema Day 1.30 pm
18.	Thursday	Lower Floor: Mathematical Dominoes 10.30 am Alma Vickery Room: Armchair Travel 1.30 pm



# January 2024

19.	Friday	Lower Floor: Cognitive Puzzles 10.30 am Upper Floor: UNO
20.	Saturday	Lower Floor: Jangle 2.00 pm Upper Floor: RCL 3.00 pm
21.	Sunday	Lower Floor: Hangman 2.00 pm Upper Floor: Dominoes 3.00 pm
22.	Monday	Lower Floor: Table Games 10.30 am Upper Floor: Snakes & Ladders 1.30 pm
23.	Tuesday	Lower Floor: Word Bingo 10:30 am Upper Floor: Flower Arranging 1:30 pm
24.	Wednesday	Lower Floor: Australia Day Colouring-In 10.30 am Upper Floor: Find-10s 1.30 pm
25.	Thursday	Lower Floor: Dice 10.30 am <b>Alma Vickery Room: Jonathan Choir 1:30 pm</b>
26.	Friday	Lower Floor: Cover the Numbers 10.30 am <b>Alma Vickery Room: BBQ Day 12:00</b> <b>Australia Day</b>
27.	Saturday	Lower Floor: Pairs 2.00 pm Upper Floor: UNO Flip 3.00 pm
28.	Sunday	Lower Floor: Shooting Hoops 2.00 pm Upper Floor: Cards 3.00 pm
29.	Monday	Lower Floor: Dominoes 10.30 am <b>Upper Floor: History Group 1.30 pm</b>
30.	Tuesday	Lower Floor: Bingo 10:30 am Upper Floor: Craft 1:30 pm
31	Wednesday	Lower Floor: Table Hockey 10.30 am Upper Floor: Whiteboard Puzzles 1.30 pm





# January 2024

## Movies

This month is Summer Movie month.

On your TV, tune in to channel 100 at 1.30 every Friday, to watch the movie of the week.

If you require assistance, please ask staff.

## EXERCISE WITH THE PHYSIO

Mitchell - Wednesday 11.15 am

Glenelg - Monday and Wednesday 9.30 am

Wannon - Tuesday and Thursday 9.30 am



**GOOD HAIR  
ISN'T BY  
ACCIDENT,  
IT'S BY  
APPOINTMENT**

*Kerri from Hairwize*

*will be here at 9.15am Monday  
23<sup>rd</sup> January*

*Nicki from Hair on Mane will  
be here at 1pm Thurs 25th  
January*

*Keep an eye out for the  
shopping trolley in your  
area every Friday*



Tuesday's



Jade will be doing beauty appointments nails/hand and head massage. Please let us know if you are interested.

Father George will be holding a Church Service in the Glenelg lounge in January (Date to be advised later)

All welcome



# Summer fun

## January Puzzle Pages







# Summer Ice Cream Word Search!



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



Banana

Chocolate

Peach

Brownie

Coconut

Peppermint

Bubblegum

Coffee

Pistachio

Butterscotch

Mango

Pumpkin

Caramel

Maple

Strawberry

Cherry

Neapolitan

Vanilla







# Summer Word Search

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

RELAXATION  
TRAVELING  
HOT  
SUNSHINE  
POPSICLE

BARBECUE  
OCEAN  
BEACH  
SUNBATHE  
GRILLING

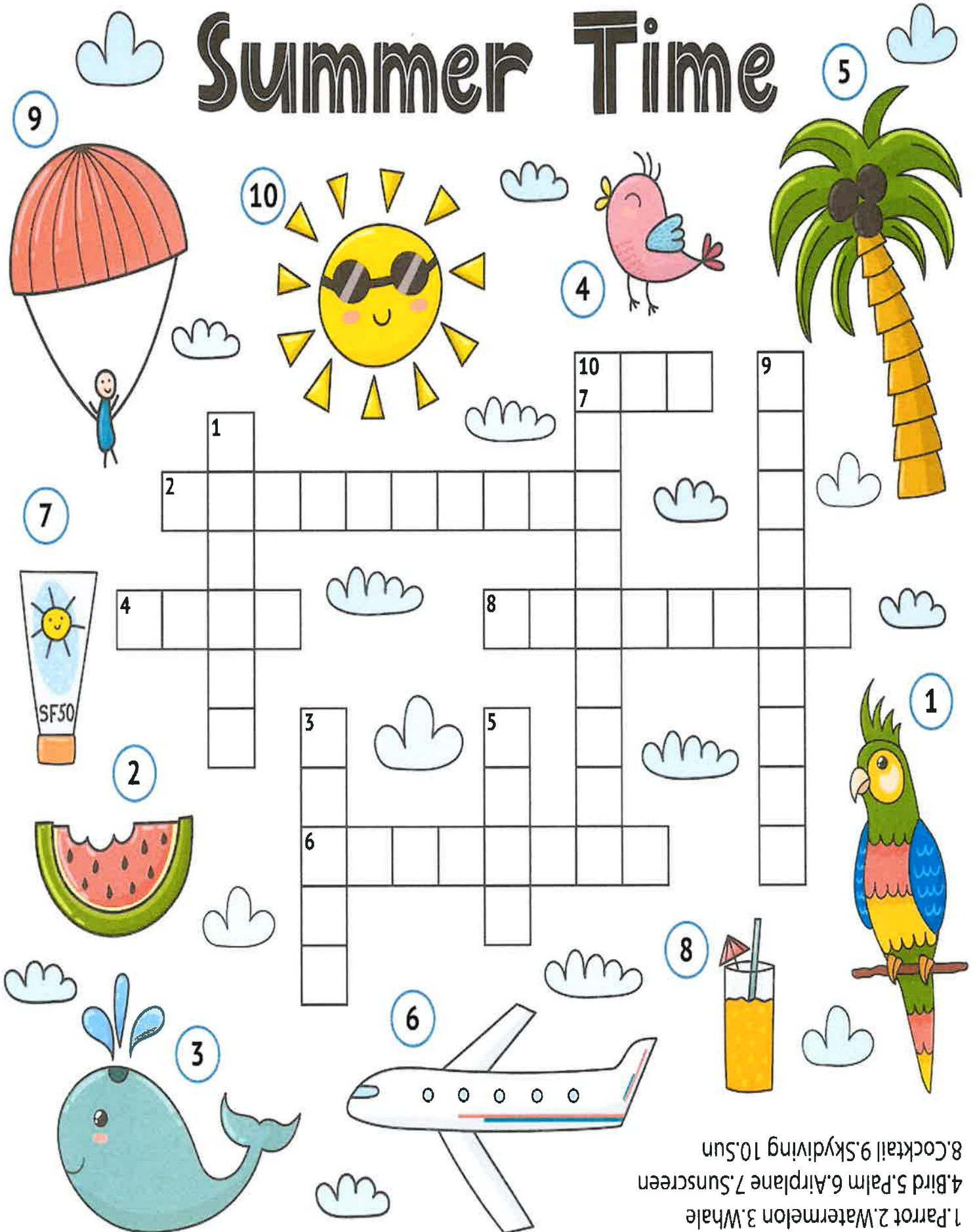
VACATION  
SWIMSUIT  
AIR CONDITIONING  
SWIMMING  
ICE CREAM

WATER PARK  
LAKE  
POOL  
CAMPING  
SPEEDBOAT





# Summer Time



1. Parrot 2. Watermelon 3. Whale  
4. Bird 5. Palm 6. Airplane 7. Sunscreen  
8. Cocktail 9. Skydiving 10. Sun



# Summer Gardening

## A Tasty Word Search

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



GARDEN  
HOE  
RAKE  
PLANT  
SOIL  
WEEDS  
PLOT  
VEGETABLES  
FRUIT  
LEAVES  
ROOTS  
FERTILIZER  
SEEDS  
SEEDLINGS  
BUSHES

VINES  
BUSHEL  
HARVEST  
PLANTING  
BASKETS  
GROWING  
FOOD  
SUMMER  
CORN  
BEANS  
SQUASH  
CUCUMBERS  
MELONS  
TOMATOES  
POTATOES





# SUMMER WORD SEARCH

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

<b>WORD BANK:</b>	HOT	PLAY	SUN
BBQ	ICE CREAM	POOL	SUNGLASSES
BEACH	JUMP	POPSICLE	SWIM
CAMPING	KITE	SAND	SWING
FUN	PICNIC	SUMMER	VACATION



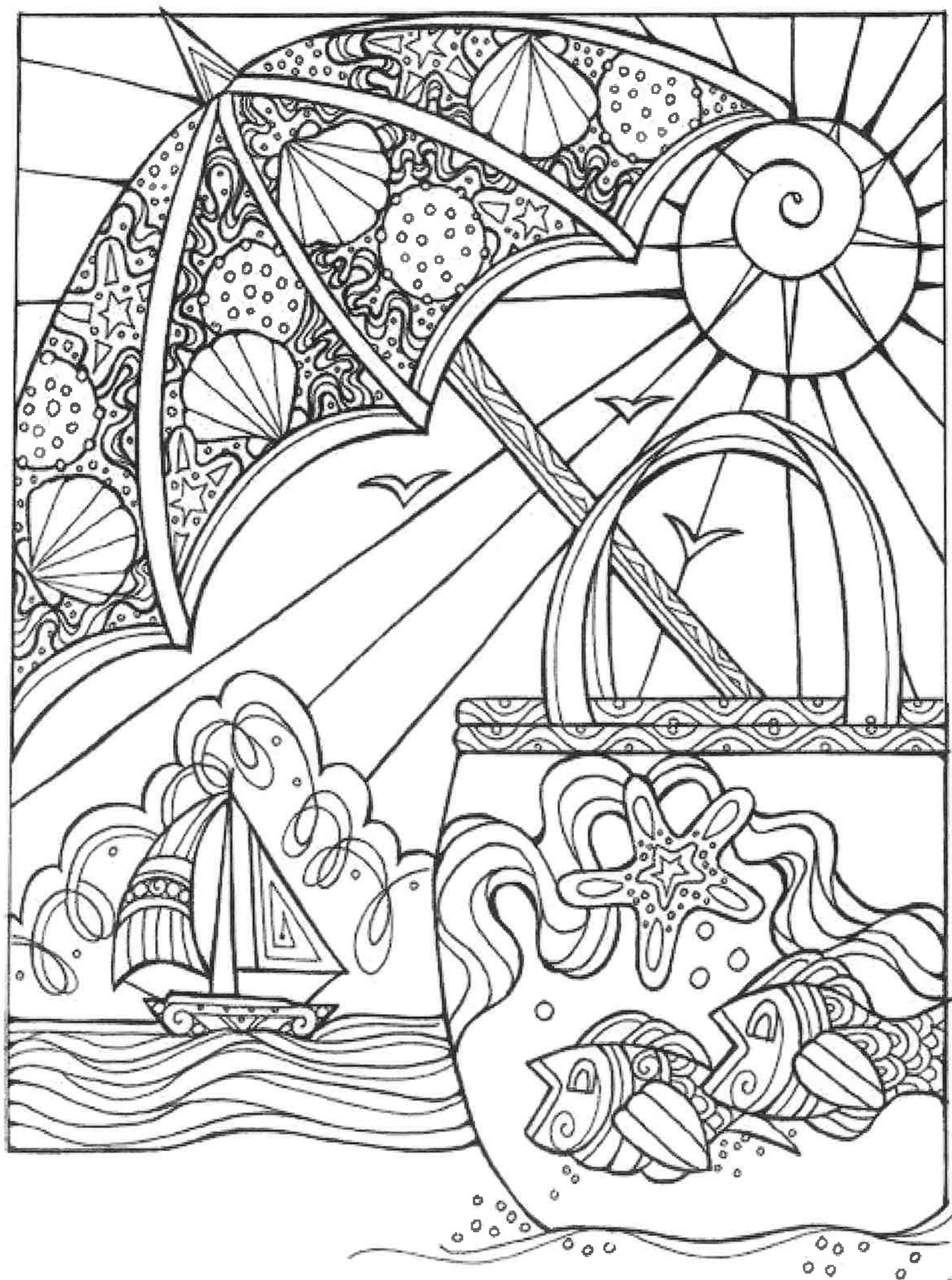














# Summer Spot the Difference

