



## EDGARLEY ASSISTED LIVING

Specialising in complete quality aged care and independent living.

# NEWSLETTER

## March 2025



73 Jackson Street , Casterton Vic 3311

Phone: 03 55 811211, Fax: 03 55 812050

# From the CEO



Hi Everyone,

We are well and truly into the year with Easter soon approaching. I hope everyone had a lovely valentine's day and you were all spoilt by your loved one. Our Residents also received valentine's gifts to make their day extra special.

Edgarley has a busy year ahead with a Accreditation occurring in the second part of the year. Management and Staff are working together to ensure the process goes smoothly and exceptionally well. Edgarley is also applying for a new Grant to further redevelop our facility. Repairs from the hail storm are moving along, yet we still have a long way to go, again I would like to thank everyone for their patience and support while repairs are underway.

Our new Gazebo is now painted and functional for all our Residents to enjoy. The Gazebo has been purchased from money raised from our past market days, thank you to all those who made this possible.

Lastly I would like to thank all the families who continue to support our home. I would also like to thank the wonderful staff here at Edgarley, they continue to work hard and make our residents the centre of their day.

Sue Wray





# March Birthdays

In March, we celebrate birthdays with:

Patrick B	Beth K
Karen D	Dennis H
Darrell P	Sylvia C
Ron J	Anne P



Catherine O'Hara, Actress, 4th March 1954

Shaquille O'Neal, Basketball Player, 6th March 1972

Liza Minelli, Actress & Singer, 12th March 1946

Albert Einstein, Physicist, 14th March 1879

Michael Caine, Actor, 14th March 1933

Bruce Willis, Actor, 19th March 1955

Steven McQueen, Actor, 24th March 1930

Elton John, Singer, 25th March 1947

Vincent van Gogh, Painter, 30th March 1853

## **Pisces (Feb 19 – Mar 20)**

Pisces are friendly and selfless. They are always willing to help others

## **Aries (Mar 21 – Apr 20)**

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.



**WOW!**

## **Product Birthday Spotlight: The Rubber Band**

On March 17, 1845, Stephen Perry (a British inventor and businessman) receive a patent for the first rubber band. Rubber band has been holding things together for the past 170 years. Cheap, reliable, and strong, the rubber band is one of the world's most ubiquitous products.

## **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 Lois Lowe for a membership form on 0439 812 468.

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**

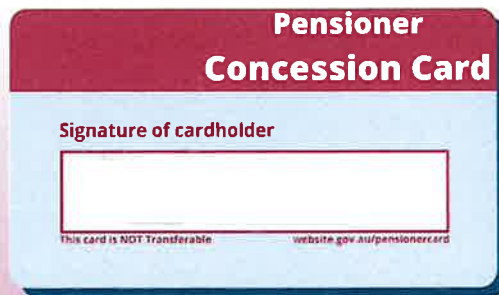
**Alma Vickery Room - Wednesday 5th March 1.30.**

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

## **Judy Smith 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 0429 192 841 and she will bring those question/issues to the meeting.





A reminder to all NOK.  
If a resident receives an  
updated Medicare or  
Pension card, we will need  
a copy for our records.

Thank you

*"Volunteers are not paid  
-- not because they are  
worthless, but because  
they are priceless."*

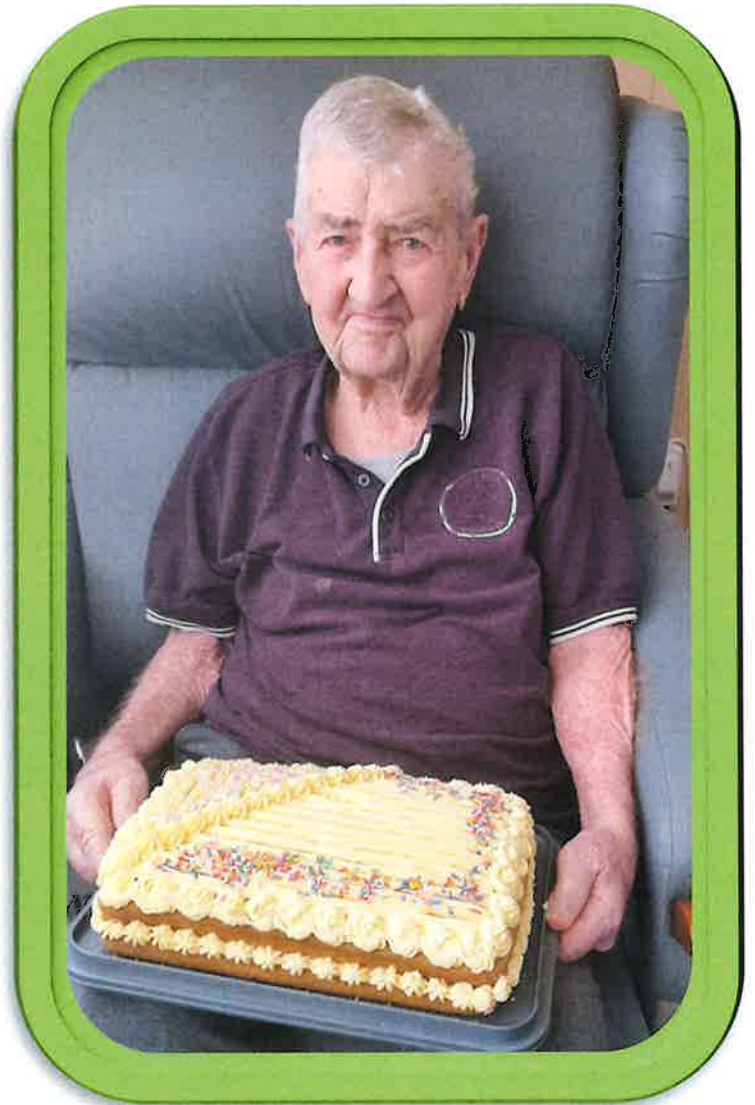
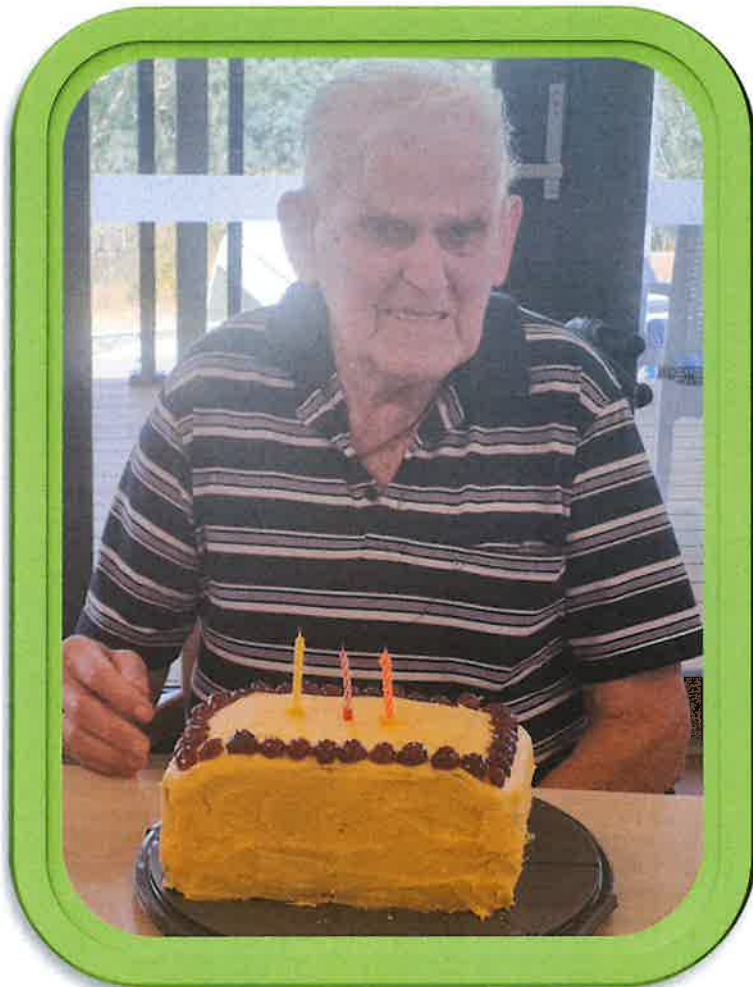
## LEISURE AND LIFESTYLE VOLUNTEERS WANTED

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.

## Residents appointments

If a resident schedules an appointment on their own, they are responsible for arranging their own transportation. However, if they would like staff to provide transportation, the facility will handle the arrangements.





Thank you to Thelma's family for the donation of beautiful hand knitted blankets. These will keep the Residents nice and warm during the cold weather ahead.

# Resident Shopping Day

The bus will be available each Monday from  
1pm—4pm

Any residents who require to do any sort of errands in town, please let the Leisure and Lifestyles team know if you would like to be involved.



Merle is so over joyed and proud of her new hair colour that Lez did for her.

Staff cant stop commenting to her how great it looks.



# Darrell Parham

## Legend Woolclasser

The Sheep & Wool Industry has played a huge role in shaping the Western District of Victoria as the Wool Capital of the world.

Wool Classers are an important cog at the shearing teams that travel around the District and class the wool on behalf of the farmers to get the best price for the elite wool that the Western District has been know for. Darrell Parham is a Legend in the Wool Industry in South Australia and Western Victoria receiving a 50 years Award from the Australian Wool Exchange. Darrell a Master Classer, classed wool for 60 years and retired in 2023, he won an Elders Supreme Clip of the month in January 2017 for the EJM/S at Strathkellar near Hamilton.

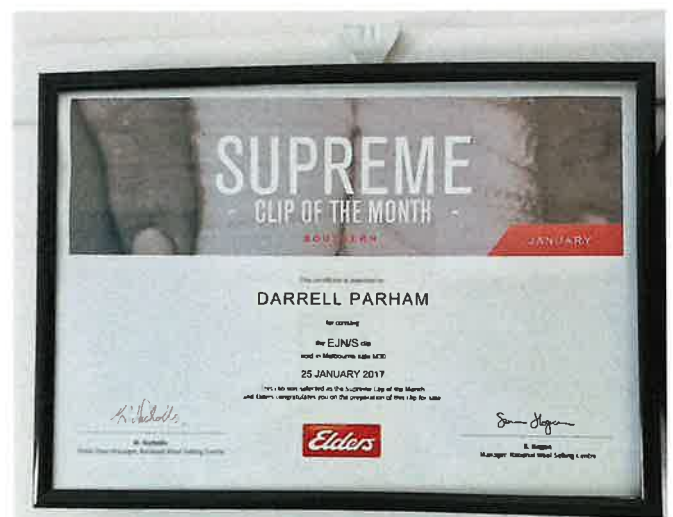
The largest clip Darrell has classes was in 2009 at Northwell at the top of South Australia on a station called Kingoonya. Darrell also classed at Nareen Station when former Prime Minister Malcolm Fraser owned it and originally the breed of sheet were Corriedales and then they swapped to Merino's.

Among other large sheds in the district that Darrell has classed are Yulong at Cavendish, The Towers in Glentompson and Barrama at Harrow but the highlight of this Wool Classing career was classing at Nareen Station.

Darrell's Father classed at Kalabity at Wando Vale so Woolclassing was in this blood. Darrell lived in Hamilton for 40 years and only stopped classing in 2023.











Not quite a strike



Ten Pin Bowling







AGE IS  
JUST A  
NUMBER

Marline is  
staying active and  
smiling at 80+



### **Enhancing Strength, Balance, and Independence: The Role of Gym Ball Exercises in Elderly Women's Physiotherapy**

Aging is associated with a decline in muscle strength, flexibility, balance, and coordination, leading to an increased risk of falls and reduced independence. Gym ball exercises, also known as stability ball or Swiss ball exercises, have gained popularity in geriatric physiotherapy due to their ability to improve core strength, stability, and overall functional mobility in elderly women.

#### **1. Benefits of Gym Ball Exercises for Elderly Women**

##### **1.1 Balance and Fall Prevention**

Aging negatively affects proprioception and balance control, increasing the risk of falls. Gym ball

exercises enhance postural stability by engaging core muscles and improving coordination. Controlled movements on an unstable surface train the body to develop adaptive reflexes, reducing fall risk<sup>1</sup>.

##### **1.2 Core and Muscle Strengthening**

Sitting, rolling, and controlled movements on a gym ball engage deep core muscles, hip stabilizers, and back muscles, promoting better posture and reducing lower back pain. Strengthening these muscles improves daily activities such as standing up, walking, and bending<sup>2</sup>.

##### **1.3 Joint Flexibility and Mobility**

Gentle movements using the gym ball enhance joint range of motion, particularly beneficial for individuals with arthritis. It also improves flexibility in the spine, shoulders, and lower limbs, making everyday movement smoother<sup>3</sup>.

##### **1.4 Posture Correction and Spinal Health**

Many elderly women experience kyphotic posture (hunched back), leading to chronic pain and decreased mobility. Gym ball exercises encourage spinal alignment, strengthening the back extensors and improving sitting posture<sup>4</sup>.

##### **1.5 Cardiovascular and Respiratory Health**

Low-impact gym ball activities can stimulate circulation, improving cardiovascular endurance without excessive strain. It also encourages diaphragmatic breathing and lung expansion, beneficial for individuals with respiratory issues<sup>5</sup>.



## 2. Physiotherapy Recommendations for Gym Ball Exercises

A physiotherapist should tailor exercises based on the individual's mobility level, strength, and medical conditions.

- **Seated Balance Training:** Sitting on the gym ball while maintaining an upright posture strengthens the core and lower back.
- **Pelvic Tilts and Hip Mobility:** Improves hip flexibility and reduces stiffness.
- **Upper Limb Movements with Ball Support:** Strengthens shoulder muscles and improves coordination.
- **Leg Lifts and Marching on the Ball:** Engages hip and thigh muscles, enhancing stability.

**Wall Support Exercises:** Assists those with limited confidence in balance training.

## 3. Healthcare Counselling Approach

- Encourage elderly women to overcome fear of instability through guided physiotherapy sessions.
- Highlight the importance of consistency in exercise for long-term benefits.
- *Recommend safety precautions:* Ensure exercises are performed on non-slip flooring, with supervision, and using proper footwear.

*Educate about the psychological benefits:* Gym ball exercises boost self-confidence, reduce anxiety, and improve mental well-being<sup>6</sup>.

## 4. Conclusion

Gym ball exercises serve as an effective, low-impact, and enjoyable physiotherapy tool for elderly women. By enhancing strength, balance, and flexibility, they promote functional independence, prevent falls, and improve overall quality of life. Healthcare professionals should integrate gym ball training into rehabilitation programs, ensuring a safe and personalized approach to elderly fitness.

## References

1. Granacher U, Gollhofer A, Hortobágyi T, Kressig RW, Muehlbauer T. The importance of trunk muscle strength for balance, functional performance, and fall prevention in seniors: A systematic review. *Sports Med.* 2013;43(7):627–41.
2. Kang JI, Kim JH, Song JC, Hong J. The effects of lumbar stabilization exercises using a gym ball on chronic low back pain patients. *J Phys Ther Sci.* 2015;27(10):3455–8.
3. Kim SG, Kim EK. The effects of trunk stabilization exercise using a gym ball in the elderly. *J Phys Ther Sci.* 2016;28(4):1002–5.
4. Choi SJ. The effect of ball exercise on physical functions in elderly women. *J Exerc Rehabil.* 2017;13(2):250–4.
5. Park S, Lee Y, Kim Y, Kim M. Effect of 12-week Swiss ball exercise program on physical fitness and balance ability of elderly women. *J Gerontol Geriatr Res.* 2018;7(4):498–505.
- Lee SY, Park JH, Lee KS. Psychological benefits of stability ball exercises in older adults: A systematic review. *Geriatr Phys Ther.* 2020;43(3):135–42.







## cupcakes

They show us just how sweet and simple life can be, these wee bits of deliciousness and delight.





**Thanks to the money raised from our past market days, we were able to buy a new gazebo for the residents to enjoy. Once it is finished and looking a bit more flash, we will post another photo.**





# One potato, two potatoes, three potatoes, four.....

Photos of residents visiting Buckley's Potato Farm. Terry Buckley (Jeff & Fays son) gave the residents a talk and tour of the farm that was as interesting as it was informative, and was kind enough to let us run off with our own fat sack of tasty potatoes!









# SMOKED SALMON QUICHE WITH POTATO PASTRY

*THE INGREDIENTS IN THIS LIGHT BUT RICHLY-FLAVOURED QUICHE PERFECTLY COMPLEMENT THE MELT-IN-THE-MOUTH PASTRY MADE WITH POTATOES.*

SERVES SIX

## INGREDIENTS

### For the pastry

- 115g/4oz floury maincrop potatoes, diced
- 225g/8oz/2 cups plain flour, sifted
- 115g/4oz/8 tbsp butter, diced
- ½ egg, beaten
- 10ml/2 tsp chilled water

### For the filling

- 275g/10oz smoked salmon
- 6 eggs, beaten
- 150ml/¼ pint/¾ cup full cream milk
- 300ml/½ pint/1¼ cups double cream
- 30–45ml/2–3 tbsp chopped fresh dill
- 30ml/2 tbsp capers, chopped
- salt and ground black pepper
- salad leaves and chopped fresh dill, to serve



**1** Boil the potatoes in a large saucepan of lightly salted water for 15 minutes or until tender. Drain well through a colander and return to the pan. Mash the potatoes until smooth and set aside to cool completely.

## VARIATIONS

These quantities can also be used to make six individual quiches, which are an ideal size to serve as a starter or a light lunch. Prepare them as above, but reduce the cooking time by about 15 minutes. For extra piquancy, sprinkle some finely grated fresh Parmesan cheese over the top of each quiche before baking in the oven.



**2** Place the flour in a bowl and rub in the butter to form fine crumbs. Beat in the potatoes and egg. Bring the mixture together, adding chilled water if needed.



**3** Roll the pastry out on a floured surface and use to line a deep 23cm/9in round, loose-based, fluted flan tin. Chill for 1 hour.



**4** Preheat the oven to 200°C/400°F/Gas 6. Place a baking sheet in the oven to preheat it. Chop the salmon into bite-size pieces and set aside.



**5** For the filling, beat the eggs, milk and cream together. Then stir in the dill and capers and season with pepper. Add in the salmon and stir to combine.



**6** Remove the pastry case from the fridge, prick the base well and pour the mixture into it. Bake on a baking sheet for 35–45 minutes. Serve warm with mixed salad leaves and some more dill.

## COOK'S TIPS

To ensure the base cooks through it is vital to preheat a baking sheet in the oven first. Make the most of smoked salmon offcuts for this quiche, as they are much cheaper.





## HERBY POTATO BAKE

WONDERFULLY CREAMY POTATOES WELL FLAVOURED WITH LOTS OF FRESH HERBS AND SPRINKLED WITH CHEESE TO MAKE A GOLDEN, CRUNCHY TOPPING.

SERVES FOUR

### INGREDIENTS

butter, for greasing  
675g/1½lb waxy potatoes  
25g/1oz/2 tbsp butter  
1 onion, finely chopped  
1 garlic clove, crushed  
2 eggs  
300ml/½ pint/1¼ cups crème fraîche  
or double cream  
115g/4oz/1 cup Gruyère, grated  
60ml/4 tbsp chopped mixed fresh  
herbs, such as chervil, thyme,  
chives and parsley  
freshly grated nutmeg  
salt and ground black pepper

**1** Place a baking sheet in the oven and preheat to 190°C/375°F/Gas 5. Butter an ovenproof dish.



**2** Peel the potatoes and cut them into matchsticks. Set aside while you make up the sauce mixture. Start by melting the butter in a pan and fry the onion and garlic until softened. Remove from the heat to cool slightly. In a large bowl, whisk together the eggs, crème fraîche or cream and about half of the grated Gruyère cheese.



**3** Stir in the onion mixture, herbs, potatoes, salt, pepper and nutmeg. Spoon the mixture into the prepared dish and sprinkle over the remaining cheese. Bake on the hot baking sheet for 50 minutes to 1 hour until the top is golden brown. Serve immediately, straight from the dish, as this will ensure that the potatoes stay really hot.

## OVEN CHIP ROASTIES

THIS EASY ALTERNATIVE TO FRIED CHIPS TASTES JUST AS GOOD AND IS MUCH EASIER TO COOK.

SERVES FOUR TO SIX

### INGREDIENTS

150ml/¼ pint/½ cup olive oil  
4 medium to large baking potatoes  
5ml/1 tsp mixed dried herbs  
(optional)  
sea salt flakes  
mayonnaise, to serve

### VARIATION

Sweet potatoes also make fine oven chips. Prepare and roast in the same way as above, although you may find they do not take as long to cook.

### COOK'S TIP

Oven chip roasties make great mid-week suppers served with fried eggs, mushrooms and tomatoes.

**1** Preheat the oven to the highest temperature, generally 240°C/475°F/Gas 9. Lightly oil a large shallow roasting tin and place it in the oven to get really hot while you prepare the potatoes.



**2** Cut the potatoes in half lengthwise, then into long thin wedges, or thicker ones if you prefer. Brush each side lightly with oil.



**3** When the oven is really hot, remove the pan carefully and scatter the potato wedges over it, spreading them out in a single layer over the hot oil.

**4** Sprinkle the potato wedges with the herbs and salt and roast for about 20 minutes, or longer if they are thicker, until they are golden brown, crisp and lightly puffy. Remove from the oven and serve with a dollop of mayonnaise.









# Bean Bag Toss





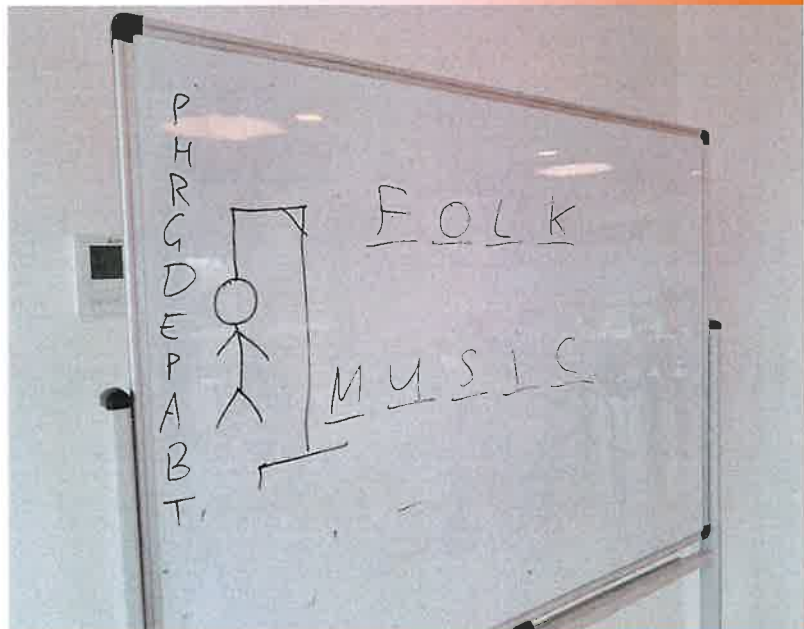


A

R



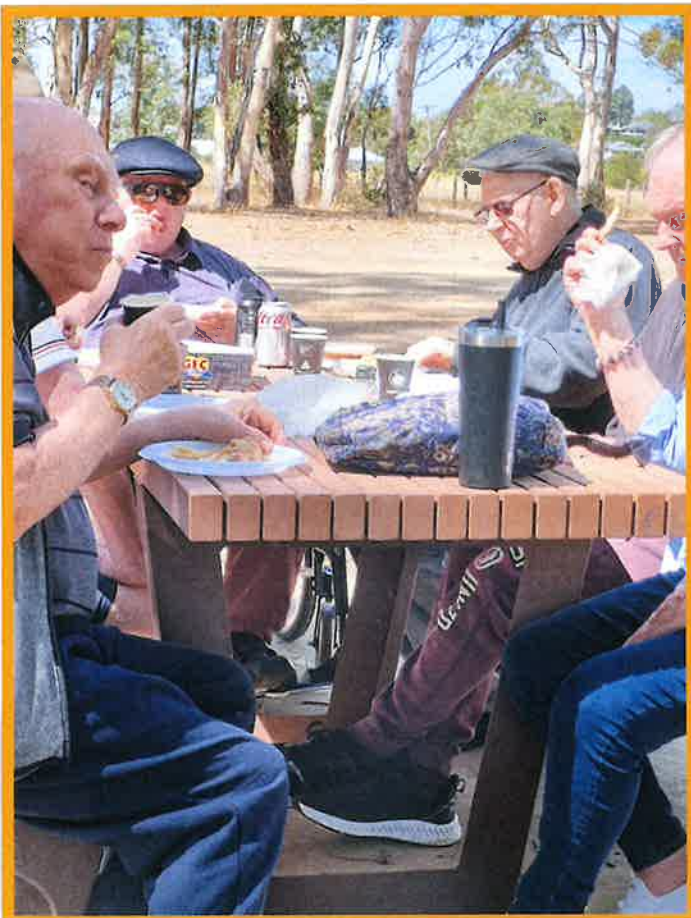
????



N



# Picnic at the Ess Lagoon











## If you could have lunch with one person from history, who would it be?

**Tom said :**

**Napoleon Bonaparte**

He is one of the most famous men in history.

**Jess said:**

My Pa sadly passed away when I was young.







**If you could have lunch with one person  
from history, who would it be?**

**Peter said :**

**Albert Einstein**

He was a very smart  
bloke.

**Sudip said :**

My Grandfather who  
sadly passed away in  
his 50's





## Get to know your Neighbour

**Pat**



**In what town did you live in?** Casterton, Victoria.

**What was your main occupation?** I was a hard worker and loved my job working in the kitchen at the Casterton Hospital.

**What are or have been your favourite past times?** I loved playing Tennis, netball and swimming.

**What is the most exciting thing that happened in your life?** That's a hard one. There are too many to choose from.

**What is or has been your greatest achievement?** There are a lot of things. Getting married to Andy and having wonderful and smart children.

**What do you think is the most important thing in life?** Being happy. Having a happy family and life.

**What words of wisdom can you share with other readers?** Life changes. Just be yourself.



## Get to know Edgarley Staff

### Sankar



#### In what town were you born in?

I was born in **Alappuzha, Kerala, India**, a beautiful place known for its backwaters and friendly people.

#### What did you do when you left school?

After school, I followed my passion for healthcare and studied **Physiotherapy**. I always wanted to help people regain their movement and live pain-free.

#### In which place did you live most of your life?

I spent most of my life in **Kerala, India**, but I also worked in **England** before moving to Australia. Living and working in different countries has helped me grow personally and professionally.

#### What is your job role at Edgarley?

I work as a **Senior Physiotherapist**, helping residents improve their mobility, reduce pain, and stay as active as possible.

#### What do you like best about your job?

The best part of my job is seeing residents **smile** when they feel stronger and more independent. It's a great feeling to know that I can make a difference in their lives, even in small ways.

#### What are or have been your favourite past times?

I enjoy **reading, traveling, and spending time with family and friends**. Staying active and learning new things keep me motivated.

#### What is the most exciting thing that happened in your life?



Moving to different countries for work—first to **England**, then to **Australia**—has been an exciting journey. Experiencing different cultures and meeting amazing people has shaped who I am today.

**Who is your hero or the person you most admire?**

I admire my **beloved family, friends, and teachers** who have guided and supported me throughout my life. Their kindness and encouragement have helped me become the person I am today.

**What is or has been your greatest achievement?**

Helping people **walk again** after injuries or illness is my greatest achievement. Seeing someone take their first steps with confidence after struggling with mobility is truly rewarding.

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

**Kindness and respect.** No matter where we are or what we do, treating others with care and understanding makes the world a better place

**What words of wisdom can you share with other readers?**

"Take time to listen, be patient, and always show kindness. In aged care, a small act of warmth—a smile, a kind word, or simply holding a hand—can mean the world to someone."

**Alappuzha, Kerala, India**





EDGARLEY HOME INC.  
**RESIDENT'S MEETING**  
**February 5<sup>th</sup> 2025**

**Present:** J. Humphries, R. Jordan, A. Bull, G. Brook, D. Fletcher, R. Hamilton, J. McDonough, A. Peden, N. Robertson, E. Inglis.

**Staff:** L. Power, A. Lee, L. Hornibrook, T. Crick, Mandy's Dog

**Apologies:** J. Zippel, D. Parham

**Meeting begins at 1:33 PM**

**Previous meeting read and passed, seconded by D. Fletcher**

**Business arising from previous meeting:**

- Going on from last month's comments about food, a lack of salt was revealed to be the main culprit of the tastelessness. Kitchen staff member Leanne Hornibrook explained that they used to use salt in all their meals, but received complaints about this and so largely stopped using salt, and instead encouraged residents to salt their own meals as they please – though it was then brought up that a meal salted during cooking and a meal salted after will still taste very different. In the end an agreement was made that the kitchen will put just a little salt with their meals, and see how things go from there.
- Regarding food presentation, sometimes considered lacklustre, Maggie Beer was once again mentioned, DON Amanda Lee and kitchen staff to look into this and will report on their findings next meeting.
- Bus has been repaired and has returned from Melbourne, so outings will again be a consistent pleasure for residents to enjoy.
- Issues with inconsistent moisturisation routine looked into by Raelene McIntosh, hopefully fixed.
- Meeting was held in Alma Vickery Room, considered a success as far as noise and privacy are concerned.

**General Business:**

**01: Recipe Book/Digital Meal Display:** Leanne reveals she has been working on a recipe book for the kitchen, which will include pictures of all the meals made at Edgarley. The idea is for all kitchen staff are to follow the book to the letter, so that the end result matches the picture in the book. Leanne also discloses her ideas for digital screens to be installed in the dining rooms of both wings, displaying the meals of the day, giving the residents a better idea of what to expect from their meals. This development, however, is still in its earliest planning stages, and not expected to happen in the near future.

**02: Staff Duress Call:** Residents report that they are often finding their peace disturbed by the constant ringing of the staff duress call. DON Amanda Lee explains to residents that duress call is activated by pressing a button worn on a pendant, and that this button is all too easily pressed by accident, thus resulting in staff being unaware that they have requested assistance, therefore never thinking to deactivate their call. This leads to constant false calls that ring out for unnecessarily long lengths of time. Mandy says that this issue is being looked into, however, and is hopeful that the frequency of these false calls will nosedive.

**03: Gazebo:** Leisure & Lifestyle coordinator Lez Power very pleased to announce that construction on gazebo has finally been completed, resulting in a spacious, shaded, and comfortable outside resting area for all Residents to enjoy as they please.

Meeting closed 2.25 PM

Next meeting March 5th 2025



# Are you caring for someone with memory loss?

Join our monthly Memory Loss  
Carer Support Group

Tuesday March 4, 2025

2.00pm - 3.00pm

Frances Hewett Community Centre  
Afternoon tea available

For further information call:

Bronwyn Roberts

**03 5553 2001**

National Dementia Helpline  
1800 100 500





MELBOURNE  
**CELTIC**  
FESTIVAL  
**ON TOUR**



**CHLOE MATHARU & BHAN TRE**



**7:00PM, THURSDAY 27 MARCH**  
**CASTERTON TOWN HALL**

**PAC** *to go*  
Casterton

BOOK WITH THE PORTLAND ARTS CENTRE  
Online: [www.portlandartscentre.com.au](http://www.portlandartscentre.com.au)  
Phone: 03 5522 2263  
In Person: Portland Arts Centre box office or  
Glenelg Shire Council customer service centre



**BOOK NOW!**



# March 2025

Date	Day	Activity
1.	Saturday	NDIS Morning Upper Floor: Anagrams 2.00 PM
2.	Sunday	Movie Day
3.	Monday	Lower Floor: Dominoes 10.30 AM Upper Floor: Shooting Hoops 1.30 PM (lounge) All Areas: Shopping Run 1.00 PM
4.	Tuesday	Lower Floor: L.C.R 10.30 AM Upper Floor: Cooking 2.00 PM
5.	Wednesday	Upper Floor: Golf 10.30 AM (lounge) Alma Vickery Room: Resident's Meeting 1.30 PM followed by Hoy
6.	Thursday	Lower Floor: Dice 10.30 AM Upper Floor: Bowls Alma Vickery Room 2.00 PM
7.	Friday	Lower Floor: R.C.L 10.30 AM All Areas bus run lunch in Hamilton 12.00 PM leave.
8.	Saturday	NDIS Morning ARVO: Table Games 1.30/Bus Run 3.00 PM
9.	Sunday	Movie Day
10.	Monday	Public Holiday Upper Floor: Table games 10.30 AM Lower Floor: Bus Run 1.30 PM
11.	Tuesday	Lower Floor: Cards 10.30 AM Upper Floor: St Patrick's Day Art 2.00 PM All Areas: Shopping Bus 1.00 PM
12.	Wednesday	Lower Floor: Find 10 10.30 AM Upper Floor: Country Bus Run/Penola Bakery 1.00 PM
13.	Thursday	Lower Floor: Bingo 10.30 AM Upper Floor: Battle ships 2.00 PM
14.	Friday	Lower Floor: Morning Tea, Country Bus Run 10.30 AM Upper Floor: Hangman 2.00 PM
15.	Saturday	NDIS Morning Upper Floor: Liar's Dice 2.00 PM
16.	Sunday	Movie Day
17.	Monday	Lower Floor: Cover the Numbers 10.30 AM Upper Floor: Golf (Lounge) 1.30 PM All Areas: Shopping Run 1.00 PM
18.	Tuesday	Lower Floor: Chit & Chat 10.30 AM Upper Floor: Two Up 2.00 pm
19.	Wednesday	Lower Floor: Dice 10.30 AM Upper Floor: Bean Bag Toss (Lounge) 1.30 PM
20.	Thursday	Lower Floor: R.C.L. 10.30 AM Alma Vickery Room: Bowls 2.00 PM
21.	Friday	Lower Floor: Hoy 10.30 AM Upper Floor: Golf (lounge) 1.30 PM
22.	Saturday	NDIS Morning Upper Floor: Table Games 1.30 PM All Areas: Bus Run 3.00 PM
23.	Sunday	All Areas: Pizza Picnic at Bailys Rocks 12.00 PM



# March 2025

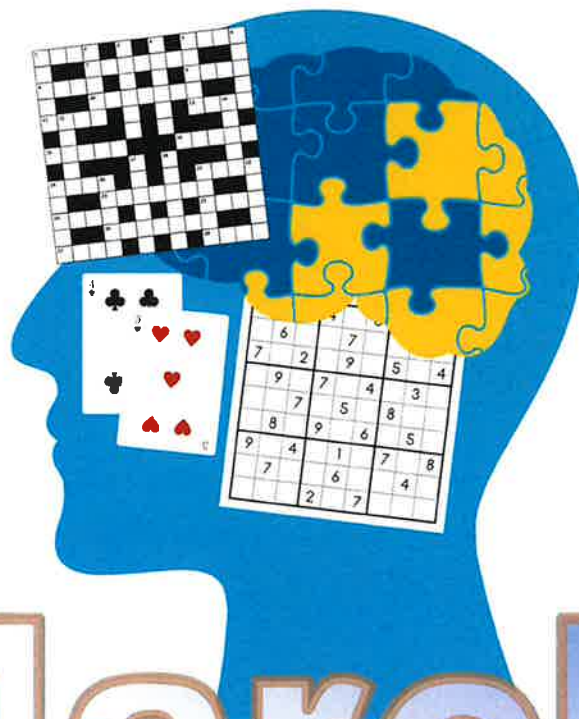
24.	Monday	Lower Floor: Hoy 10.30 am Upper Floor: Quoits (Lounge) 1.30 PM <i>All Areas: Shopping Run 1.00 PM</i>
25.	Tuesday	Lower Floor: Ping Pong 10.30 AM Upper Floor: Choir 2.00 PM
26.	Wednesday	Lower Floor: Around The Clock 10.30 AM Upper Floor: Battleships 2.00 PM
27.	Thursday	Lower Floor: Bingo 10.30 AM Upper Floor: Anagrams 2.00 PM
28.	Friday	Lower Floor: Dominoes 10.30 AM <i>All Areas: Bus Run Afternoon Tea &amp; Drive 1.30 PM</i>
29.	Saturday	<i>NDIS Morning</i> Lower Floor: Hangman 2.00 PM
30.	Sunday	<i>Movie Day</i>
31.	Monday	Lower Floor: Dominoes 10.30 AM <i>Upper Floor: History Group 2.00PM</i> <i>All Areas: Shopping Run 1.00 PM</i>

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

*Kerri from Hairwize will be here 9:15 AM 18<sup>th</sup> March*  
*Nikki from Mane on Henty will be here at 10.00 am 6<sup>th</sup> March*







March

Puzzles





# March Puzzle Pages

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



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

1sudoku.com

n° 215172 - Level Medium

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

1sudoku.com

n° 210615 - Level Medium

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

1sudoku.com

n° 226530 - Level Medium

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

1sudoku.com

n° 21624 - Level Medium



## Solutions :

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

1sudoku.com

n° 215172 - Level Medium

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

1sudoku.com

n° 210615 - Level Medium

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

1sudoku.com

n° 226530 - Level Medium

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

1sudoku.com

n° 21624 - Level Medium











# 100 WORD

## Word Searches

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

ZAP	TOP	WET	YET	YES	YOUR	HER
WERE	WAS	WITH	WENT	WE	THAT	DID
THE	TO	SAID	SHE	SEE	ROB	RUN
RAN	RAM	RAT	PUG	PEN	PET	PIN
PIT	PAN	PAT	PLAY	ON	OF	HIM
NUT	NAP	NET	NO	NOT	MUST	KIT
MET	MAP	MAT	MAN	MOM	MY	OR
LOT	LAP	LAST	LOOK	LIKE	KIN	ALL
JOB	JUST	JAB	JET	JUMP	IF	AN
IN	HIT	HAS	HAM	HIS	HAD	LET
HAVE	HERE	GET	GO	FROM	FOR	IS
DO	COME	CAN	BUT	BE	AS	MAD
ARE	AT	AND	A	POT	THIS	DAD
JOT	WHAT	MOP	YOU	OUT	ROT	ME
IT	THEIR					



# WORD SEARCH

## PET CATS' NAMES

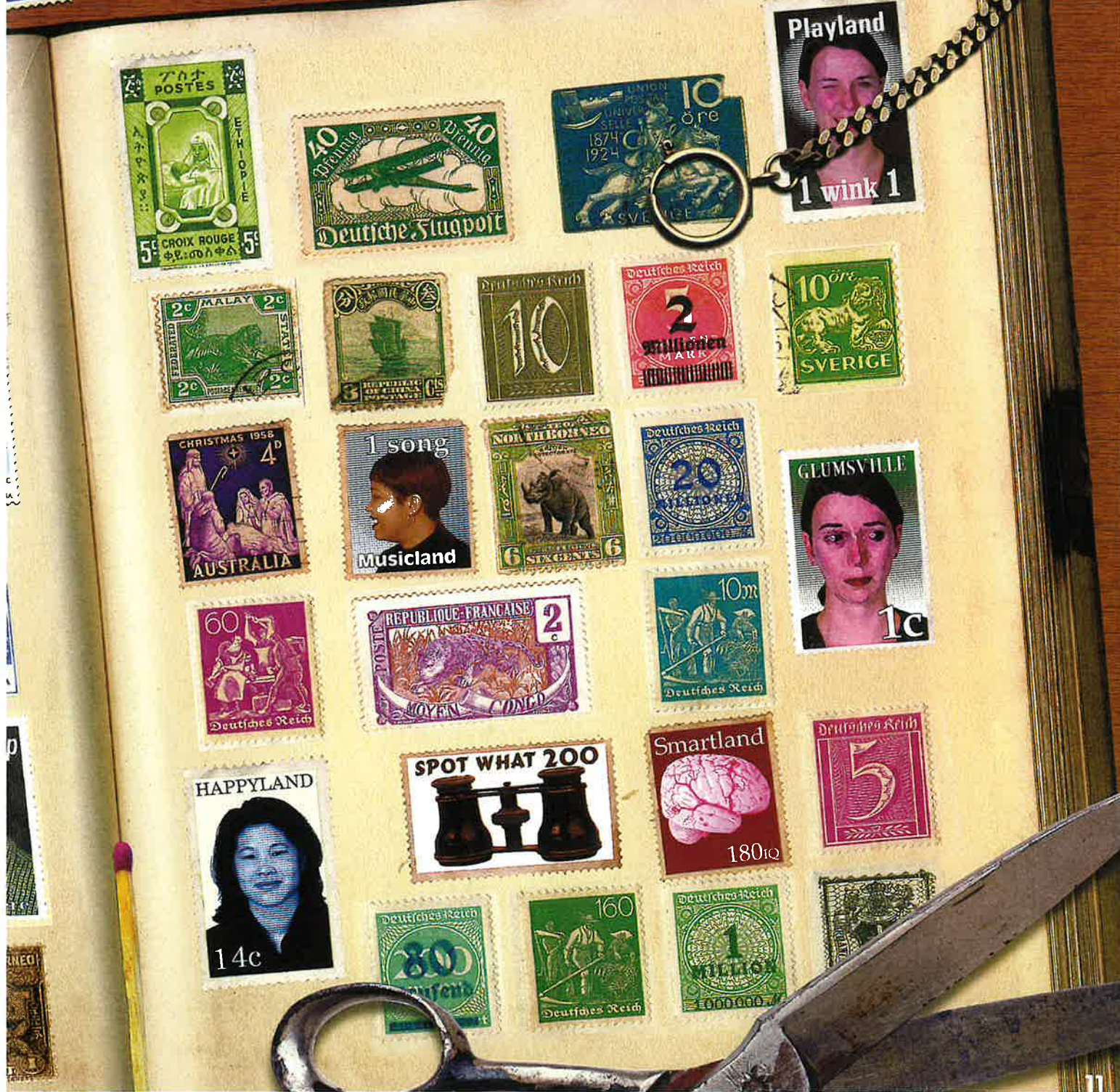
X	C	W	O	D	A	H	S	K	R	S	X	S	M	M
N	Y	K	R	A	P	S	K	E	F	Y	L	K	I	W
E	I	K	C	A	L	B	G	E	F	M	P	C	N	H
X	B	O	O	T	S	I	L	F	Z	O	Q	O	N	I
E	Y	A	M	E	T	I	U	I	R	U	K	S	I	S
A	Q	W	N	N	X	L	D	D	T	S	L	S	E	K
M	N	S	O	D	F	H	A	C	Y	E	V	E	M	E
S	I	Q	R	N	I	I	C	B	H	R	I	I	R	R
E	I	S	G	E	S	T	B	R	A	N	D	Y	E	S
P	E	M	T	Y	T	A	S	J	E	N	A	R	G	F
B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

BANDIT  
BLACKIE  
BOOTS  
BRANDY  
BUSTER  
CHOCOLATE  
COFFEE  
DAISY  
FELIX

FLUFFY  
GINGER  
MIDNIGHT  
MINNIE  
MISTY  
MOUSER  
PATCH  
PEPPER  
QUEENIE

SHADOW  
SIMBA  
SMOKEY  
SNOWY  
SOCKS  
SPARKY  
TABBY  
TIGER  
WHISKERS







Five paper clips  
 One brain  
 One Chinese boat  
 One rhinoceros  
 One elephant  
 One Musicland stamp  
 One stamp worth four peanuts  
 Two stamps from Nowhere  
 One camel  
 One croissant  
 Three different planes  
 One goat  
 Two leopards  
 Three kings  
 One tiger  
 One lion

CAN YOU SPOT







# ST. PATRICK'S DAY CROSSWORD PUZZLE



## Across

- 4. capital of Ireland
- 5. a type of Irish dance
- 7. if you do not wear green on March 17 this will happen
- 9. the day St. Patrick's Day falls on
- 11. the national emblem of Ireland
- 12. yellow and blue make \_\_\_\_\_
- 13. from Ireland

## Down

- 1. the 3rd month of the year
- 2. good fortune
- 3. nonsense or misleading talk
- 6. called the Emerald Isle
- 7. a starchy vegetable
- 8. a sprite
- 10. 4 leaf \_\_\_\_\_







## Australia Word Search

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

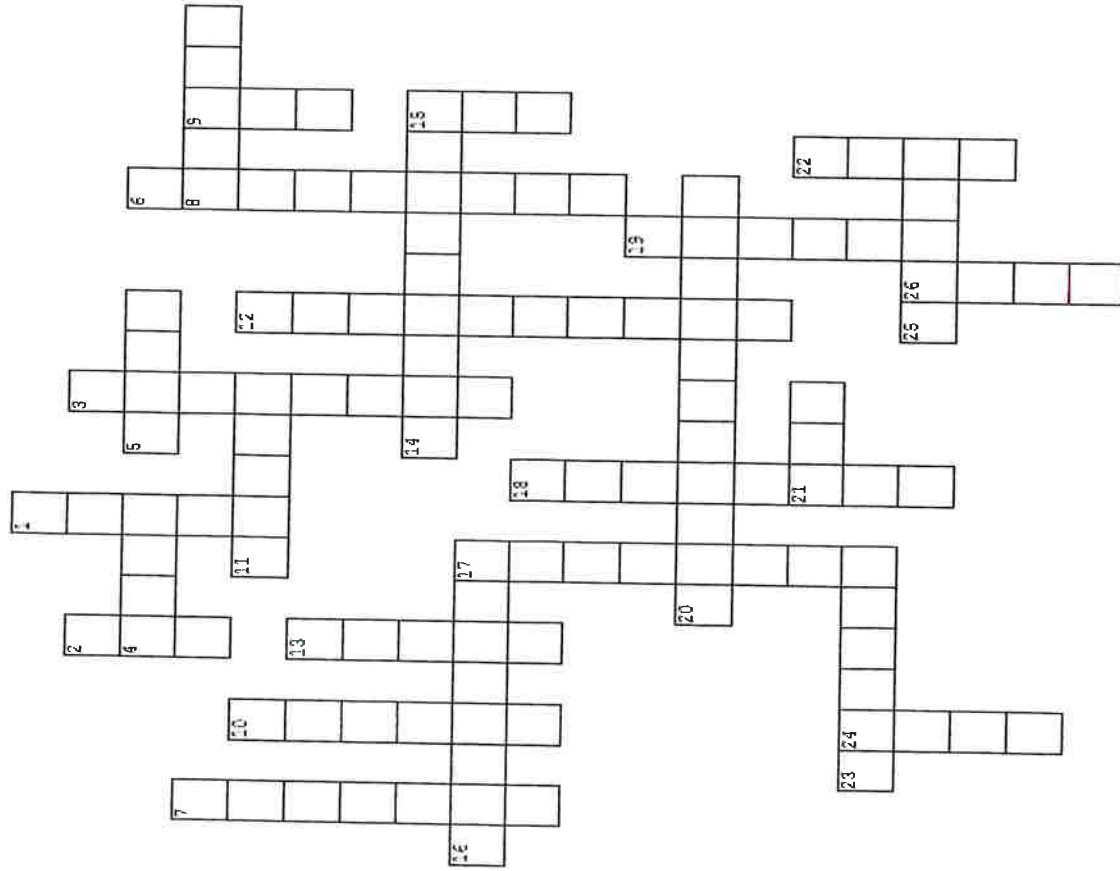
X	N	O	Q	O	N	A	E	S	L	A	R	O	C	W	O	N	J	R	R	D	C	S	M	V	K
I	E	E	I	C	O	O	E	O	E	T	O	R	Q	E	Y	U	O	E	C	L	L	E	U	G	E
H	O	B	A	R	T	I	O	X	G	C	T	I	Y	D	M	B	M	V	L	A	E	Y	L	R	W
S	N	U	U	Z	C	R	W	W	D	D	P	M	C	U	S	M	E	I	M	C	N	R	I	A	L
G	V	S	A	U	E	H	E	A	I	O	C	E	P	O	D	Y	P	R	E	H	R	E	G	F	A
N	M	G	D	X	X	F	O	T	T	H	P	D	G	H	D	G	S	N	I	L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

Gulf of Carpentaria   Lake Torrens   Lachlan River   Ashburton River   Indian Ocean   Sydney  
Darwin   Newcastle   Indonesia   Coral Sea   Melbourne   Canberra   East Timor   Lake Erye  
Bass Strait   Arafura Sea   Darling River   Fitzroy River   Perth   Murray River   Port Augusta  
Great Dividing Range   Murrumbidgee River   Great Australian Bight   Papua New Guinea  
Brisbane   Adelaide   Hobart



# Quizzes / Word Games

## Australia Day Crossword



# Quizzes / Word Games

## Australia Day Crossword

### Questions

#### Across

4. What colour is the wide centre stripe on the Torres Strait Islander flag?
5. How many stars on the New South Wales state flag?
8. What does the red section of the Aboriginal flag represent?
11. The floral emblem of South Australia was named after explorer Charles who?
14. This exciting, night-time event is common on Australia Day, except in northern Australia, whose wet season makes this event difficult.
16. On Australia Day, many new Australians take an oath and become what?
20. What special year was 1988 for Australia?
21. A kangaroo and what other animal feature on Australia's coat of arms?
23. According to the words of Australia's National Anthem, in what sort of strains should we sing?
25. .... and gold were proclaimed as Australia's national colours by the Governor-General on 19 April, 1984