

JMV Journal

Spring 2022



**JAMES
MILSON**



Village



Welcome to the Spring JMV Journal

We hope you have all enjoyed the warmer weather of late and are looking forward to the season ahead.

Further to the winter edition of the JMV Journal, we have continued to include, in this publication, an overview of updates and activities from both Independent Living (ILU) and Residential Aged Care (RAC) across both of our communities at North Sydney and Woolwich.

In addition, our teams continue to circulate a short North Sydney RAC lifestyle newsletter, with a monthly activity calendar and the seasonal menu for RAC on a monthly basis.

Regular updates are circulated on an as-needs basis in the format of CEO, care, COVID-19, maintenance and IT updates or special event posters.

The JMV Annual Review 2022 is currently printing and we are looking forward to releasing this in the coming weeks.

As always, we invite contributions, resident stories and feedback so we may continue to improve our communication to all.

Please email: feedback@jamesmilsonvillage.com.au



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Chairman's Note



Dear Friends,

Despite some rain, it's great to see some sunshine and beautiful Sydney spring weather on our doorstep as we bid farewell to winter.

Our staff have managed the winter COVID-19 intrusion into our Villages with professionalism and we thank them for their dedication.

We continue our progress towards re-accreditation and in mid-September conducted a 'mock audit' at North Sydney with an external party and this went well with some follow-up lessons / actions to be implemented.

We also farewelled Ben Van Lierop and welcomed our new CEO, Brad Williams. Brad and Ben spent time together to ensure a smooth transition of the CEO role.

Again, we thank Ben for his tireless enthusiasm over a tumultuous period. Ben weathered the storm admirably and worked tirelessly to keep our ship afloat

and in good shape to ensure we have a strong, viable and sustainable future, and, most importantly, to ready ourselves for our forthcoming accreditations.

Ben has built a strong new Senior Leadership Team around him who have worked closely with him and the Board, importantly producing an updated Strategic Plan for the FY 2023 – FY 2025 period.

We presented Ben with a Sydney memento to remind him of his time at JMV.





As we welcome Bradley (Brad) Williams to James Milson Village, we know he has big shoes to fill with Ben's leaving, however, your Board is confident that Brad is well equipped to fulfill these challenges.

As we move towards re-accreditation at both North Sydney and Woolwich, Brad's strong Clinical / Governance background and Residential Aged Care experience will prove invaluable.

Brad is also a Registered Nurse and has worked with Estia Health, Bupa Aged Care Australia, Uniting Care NSW / ACT and was CEO of his own start-up RAC business – Lucson – with several facilities in Victoria.

Welcome Brad!

We also welcome two new additions to the Senior Leadership Team. Karyn Warner joined us late September as our new Executive Officer and Kimberley Preedy will join us in late October as our new Quality and Compliance Manager.

Please join with me in welcoming Karyn and Kimberley to the JMV family.

As always, our overall focus and objective from the Board down is on the care, safety and wellbeing of our residents and staff.

Stay well!

Kind Regards,
Paul McPherson
Chairman



CEO's Welcome Note

Dear Residents, Relatives and Friends



Thank you for such a warm and lovely welcome into the JMV family. As you may be aware I am off for planned leave for a month but have to say I really enjoyed my first two weeks meeting residents, families, and staff. I still have more of you to meet and I look forward to that on my return. I really do welcome feedback, both positive and negative, so please do complete feedback forms to ensure we are celebrating our successes and learning about areas for improvement. During my leave Ian Ritchens, our Chief Financial Operating Officer, will be acting in the CEO role.

Joining me as new members to the JMV family during September and October, within our newly created Clinical Governance Team, is both Kimberley Preedy and Colette Robinson. Additionally, Karyn Warner our new Executive Officer joins us. Karyn is a highly skilled executive officer with experience across the corporate, higher education and not-for-profit sectors. We are extremely lucky to have three excellent and well experienced aged care leaders join us and build on our clinical governance, models of care and overall care standards and service delivery leadership. A full introduction of Kimberley, Colette and Karyn will be in our next newsletter.

It is with sad news that I advise our ILU Manager Steve Cliff is moving onto a new challenge a little closer to his home. What I have noticed in my first weeks at JMV is that Steve has brought strong governance principles to our ILU management focusing on sustainability for the Village today and into the future. On behalf of James Milson Village, I wish Steve every success and happiness in his future endeavors.

It was pleasing to be able to close out our recent COVID-19 outbreak in Elamang House level one and we are fully open for normal visitation. As you may be aware, the NSW Government lifted mask mandates on public transport as of September 21. Masks will continue to be mandatory in public hospitals, private health facilities and aged care in NSW. I would like to thank all the staff, residents, families, and friends for their patience, understanding and efforts in closing out this outbreak. As COVID-19 is still within the community, please ensure you follow all safety protocols when visiting JMV.

Having spent only a short time within the role and considering what to include in my note, I'd like to share where I see JMV in 12 months' time. I've broken the below down into four parts to give an idea on what we will be focusing on moving forward.

SUSTAINABLE

- Care Revenue (AN-ACC) – knowledgeable and maximising, staffing minutes – focus on OAR – Occupancy, AN-ACC, Rosters
- Revenue opportunities – User pay, partnerships (RNSH etc.)
- Expenses – material contracts, competitive pricing, excellent service

CLINICAL COMPLIANCE & EXCELLENCE

- Accreditation ready – know our strengths and weaknesses
- Embed Systems – eCase, Quality Management System
- Clinical Governance Framework

RESPONSIVE & QUALITY

- Increased satisfaction and word-of-mouth referrals
- Assisted living models – understanding, fit for purpose
- Consumers at the heart of what we do – partnering in care, complaints management, transparency

CULTURE

- New executive – presence and trusted
- Retention – engaged workforce, team culture, correct skills and attributes
- Mission, Vision & Values – embedded in what we do to ensure we are provider of choice

PRIORITIES

- Accreditation
- Risk Management Framework

- Aged care legislation
- Financial performance
- Culture – happy and engaged staff, home leadership retention
- KPIs – established goals and targets

I am a passionate leader and strong advocate for corporate and clinical governance in day-to-day operations. I hope to bring passionate energy to our teams, and I am driven by the positive impact on our communities and celebrating and empowering the wonderful staff, volunteers, and customers who we serve.

We have welcomed several new residents across our villages in both ILU and RAC. Please join me in welcoming our new family members and please ensure you introduce yourselves to each other and members of our teams.

Senior scientists are forecasting that Australia's east coast could be hit by a rare "triple La Niña" that could potentially bring flooding rains and cooler weather for the third summer in a row. Let's hope this year the weatherman is wrong and at the very least let's all get outside and enjoy the sun when it shines. Did you know, exposure to sunlight stimulates vitamin D in the skin and older people are more likely to have a vitamin D deficiency due to the natural ageing process and changes in lifestyle?

Please stay safe and, again, thank you for your warm welcome. It is truly a privilege to be able to join and lead the JMV family.

Kind Regards,
Brad Williams
 Chief Executive Officer



A message from Pastor Norma Lemon J.P

Here we are into October 2022! The month of September was memorable to many here at James Milson Village.

We saw great happiness and great sadness to some of us. I am also reflecting on the passing of Queen Elizabeth II. For 70 years, the Queen reigned as Australia's Head of State. During her reign, she visited Australia 16 times and saw more of this country than most Australians, visiting every state and territory. No matter what you may think of the Royal Family, this lady served the people of the Commonwealth with dignity. She was a grand lady who was our Queen and Head of State.

October is a wonderful time of the year; we are in the middle of spring, a season of growth. The flowers are blooming and new friendships are starting and it is a time that we share our love with families and friends.

1 Peter 4:8-10 NIV "Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

Be Blessed,
Pastor Norma Lemon JP
James Milson Village Chaplain

Spotlight

FINANCE TEAM



Ian Ritchens

After a brief stint as Interim Chief Financial Officer, Ian has now joined the team on a permanent basis as Chief Financial and Operating Officer.

Ian has over 25 years' experience at a leadership level, both locally and globally, including over 17 years at Toyota finance in roles as Director, COO and CFO.

With a passion for people and culture, based on extensive experience in finance and operations, Ian brings a strong and positive ability to manage the right consumer outcome in a complex and ever-changing aged care industry.



Suresh Aryal

Suresh has ten years' experience in the aged care industry. He completed a Masters in Commerce (Professional Accounting) in 2011 before joining James Milson Village in 2012. In his spare time, Suresh enjoys playing cricket and watching sports.



Paul Morgan

Paul joined us as Finance Manager in early August. CPA qualified, Paul has extensive accounting experience across a number of industries including automotive, IT and financial services. He has also lived and worked overseas, primarily in London.

In his spare time Paul enjoys keeping fit, playing golf and is a passionate Sydney Swans supporter. He is also an active volunteer with two charities.



JMV Model of Care

My Voice, My Choice

The Mission, Vision and Values of James Milson Village are reflected in My Voice, My Choice.

Community is the heart of home life at James Milson Village. Our community is a vibrant place of safety that promotes wellbeing, lifestyle and care that is chosen by the consumer, where enablement and purposeful engagement promote happiness and contentment.

My Voice, My Choice is a platform for compassionate and dignified care based on consumer choice and decision making at all times.

My Voice, My Choice supports the consumer to be the best they can be and live their best life possible, holding staff to the highest standards of care and service delivery.

Residential Aged Care (RAC) Update

As the year has unfolded, it is with great pleasure I inform you all that the residential aged care space has been filled with excitement and movements.

We have been preparing for the re-accreditation at North Sydney (with Woolwich following shortly thereafter) with massive clean-up and clean out days, and we thank the families for their wonderful support and assistance during this time.

We have some exciting news about the gardens in North Sydney. They are currently being uplifted and upgraded and will soon feature a Japanese-inspired garden. The main entrance atrium is being re-done and the Carabella House dining room water feature and koi pond has been transformed. Looking forward to sharing some photos in the near future of all the good work that is currently underway in RAC.



Dee Sookaloo
Residential Services Manager



Changed over to new Clinical Information System: E Case



Proposed memory support unit for Carabella House: work in progress



Introduced the monthly residential aged care newsletter



Introduced the fine dining experience



Fostered and engaged with community services and partnerships



Prepared for re-accreditation for both Villages



Transitioned to AN-ACC



New IPC leads in training



Prepared for star ratings



Introduced wellness and beauty therapy services to Woolwich



Undertook gardening and maintenance improvements



Successfully managed all COVID-19 outbreaks



Engaged with external consultants to align with industry standards



New model of care rolled out

Independent Living Update (ILU) Update

As our CEO mentioned, Steve Cliff is leaving us to take up the role of Village Manager at Harbord Diggers Club.

We wish Steve all the best in the future and thank him for his time at James Milson Village and putting in place strong foundations for the Village's future.

We have been conducting interviews for Steve's position and at the time of writing a preferred candidate has been put forward to the Board.



Dikshya

Our cleaning company has made some internal changes and a new team member has been appointed to ILU at North Sydney, she is of Nepalese descent and her name is Dikshya. She has now been with us for a number of weeks and many of you would have met her in the common areas of Carabella Tower and Camaraigal House.



Mariama

We have recruited a new team member to carry out cleans in independent living resident's units. The new team member is Mariama and she was born in Sierra Leone. Please join us in welcoming Mariama to the team.

Mabel Borgman

1930 - 2022



JMV recently received this wonderful testimonial from the family of a Woolwich resident, Mabel. Sadly, Mabel passed recently and while she was only with us at JMV for a short period of time, she left a special mark on the team at Woolwich.

My beautiful mother, Mabel Borgman, was extremely fortunate to live the last seven months of her life at James Milson Village, Woolwich. As her daughter, I will be forever grateful for the excellent care, love and warmth that was given to Mabel during her time there.

It's no secret Mabel lived for her family and friends – she was generous, fun, a wonderful mother, and a much-loved grandmother. An accomplished lady and astute businesswoman who when widowed at 40, continued to run a successful business until her retirement in her late 70s.

Mabel lived totally independently until an opportunity became available for her to inspect JMV as a future respite care facility. As we were shown around the facility it became apparent that this was a special place. We were greeted with big smiles and happy hellos.

Room 314 was available for inspection. As we walked in it was full of sunshine, with a balcony looking out onto a garden showcasing a beautiful jacaranda tree. Mabel was instantly impressed. When told the room was



I am the luckiest lady and so spoilt. I am cared for even better than the Queen of England

available for permanent residency, Mabel looked at me and whispered, “We should take it.”

I was surprised as Mabel had made me promise I would never place her in a care facility. I often wondered what made her make such a quick decision. Was it the beautiful tree that became known as her ‘lilac tree’? Maybe the compact kitchenette that she could utilise when visitors arrived? I do think the heated bathroom floor and wardrobe large enough to accommodate her clothes, shoes and bags all contributed to her deep sense of belonging at JMV.

Within days Mabel moved in. It did take her a little time to adjust, understandably, as it was busy, and Mabel was used to living alone. Everyone extended a very warm welcome and she slowly began to settle in. Everyone became a part of her extended family and she loved them.

Every day she would say to me, “I am the luckiest lady and so spoilt. I am cared for even better than the Queen of England”. And I totally agree - she certainly was!

Mabel was proud of her home. She would boast

about the level of care – always something to do should you wish to participate. She enjoyed the amazing meals, telling me with a cheeky laugh “I can even have a glass of wine – anything I like”.

Suddenly, Mabel became ill and was transported to Royal North Shore Hospital. All she requested was to be allowed to return home to JMV amongst her extended family under palliative care, in her room, her home.

July 13, surrounded with family, laughter and love, Mabel passed away. It was calm, peaceful, and beautiful. It was a privilege to have been by her side holding her hand. Mabel lived a wonderful, full and happy 92 years.

As her daughter and from Mabel’s family, I wish to express our deepest gratitude to everyone at James Milson Village, Woolwich. Mabel loved with all her heart, and she was loved right back.

Thank you so very much for providing Mabel such an amazing level of personal care, delivered with happiness and love.

With all my love and thanks,
Janise Sammons
 Daughter of Mabel Borgman



Darrel Conybeare

Resident Story

Darrel Conybeare currently resides at James Milson Village North Sydney, where he has been for three years. Before he was roaming the halls of Carabella House with his cheeky smile, Darrel lived a highly accomplished life. We recently got to speak to his wife, Leith Conybeare, about Darrel.

“Darrel has always been an extremely dynamic man – he was really something when we first met. It was 1960 and I was 19. I still remember his first words to me. I was over from Perth attending a student conference at Sydney University, so I always reflect on how lucky we were to have even met. We married a couple of years later. Despite graduating with first class Honours and a University Medal, he was a very modest man,”

explained Leith.

In 1967, Darrel was given the opportunity to work in California alongside the most important American designers of the 20th Century, Ray and Charles Eames. As a young architect, the Eames experience had an enduring influence on every aspect of Darrel’s professional life.

“We returned to Australia with our three children in 1970 and Darrel’s first project was taking part in the preparation of the Strategic Plan for Sydney. He then started the planning and urban design firm, Planning Workshop. In 1980 Darrel co-founded Conybeare Morrison alongside Bill Morrison. The award-winning architecture firm was responsible for transforming many significant public spaces in Sydney, including Circular Quay in the leadup to the Australian Bicentenary as well as the 2000 Sydney Olympics, and reimagining Darling Harbour (1982), Luna Park (1987), Market Street (1997), Sydney University (1990-2000), plus an array of international projects,” continued Leith.

Last year the firm published a 40th anniversary book celebrating some of their most notable urban designs. Few designers have made such a mark on Sydney’s urban spaces as Darrel Conybeare and his legacy will be lasting.

North Sydney RAC

What we've been up to

Weekly

Stretching

Singing

Movietime

Art Therapy

Armchair Travel

Bingo

Happy Hour

July

During **NAIDOC** week we took a bus trip to La Perouse and discussed the historical significance of the location.

Residents shared their best jokes on **International Joke Day**.

JMV was transformed into a La Creperie with French café music, crepe making and quizzes for **Bastille Day**.

For **Christmas in July** we crafted Christmas decorations from recycled materials and enjoyed a Christmas lunch and concert by Lynne and Johnny.

Bus trips to La Perouse, Balmoral, Blackwattle Bay, Bondi, Watson's Bay and Newport.



August

For **Book Week**, residents shared their favourite novels, recited their favourite poetry in different languages and listened to audio books.

Bus trips were taken to Homebush, Riverview and Lane Cove, Balmain Ballast Point and Normanhurst.

Enjoyed a performance by a **classical pianist**.

Cupcake making and decorating.

September

Enjoyed a **Father's Day** lunch and high tea and opened gifts.

For **New York Day**, we ate an American lunch and listened to music from New York with our music therapist.

Fred's Ginger three-piece vintage-style band entertained us with their favourite songs from the past decades.

JMV was transformed into a Bavarian Beer Hall for **Oktoberfest** – there were pretzel necklaces, beer tastings, a German quiz, VIVA accordion band and beer pong.

Bus trips to Collaroy Plateau, Lave Cove National Park, Long Reef, Bay View, Watson's Bay, Paddington and Centennial Park.



Woolwich RAC

What we've been up to

Weekly

Movie Day with Happy Hour

Bingo

Art classes

Music with our Music Therapist, Johanna.



July

During **NAIDOC WEEK** we had discussions on First Nations and Islanders with cultural performances and demonstrations.

Residents dressed the part on **BASTILLE DAY** with red, white and blue scarves. We discussed all things French and enjoyed fresh croissants.

For **Community Connection** residents enjoyed the company of the ladies from Marist Sister's College for morning tea.

Luncheon outing to North Ryde Golf Club.

Resident Guest Speaker Mr Ray Kirby joined us to talk about his adventures participating in the Sydney to Hobart yacht race. Residents then made their own ham hock and vegetable winter soup for dinner, with crunchy fresh sourdough bread.

Bus outings to Dolls Point, Clifton Gardens and Brighton Le Sans.





August

Armchair **yoga**

Special **New York** themed lunch.

Playing **FINSKA**

Bus Outings twice to Balmoral Beach.

Residents made a daffodil display to celebrate **Daffodil Day**.

September

Father's Day gifts were given.

Classical Music Month.

Classical music wafted through the residents' homes during **Classical Music Month**. There was trivia on classical composers and films.

Resident Guest Speaker Mr Ray Kirby returned to talk about the steps needed to receive an OAM Medal.

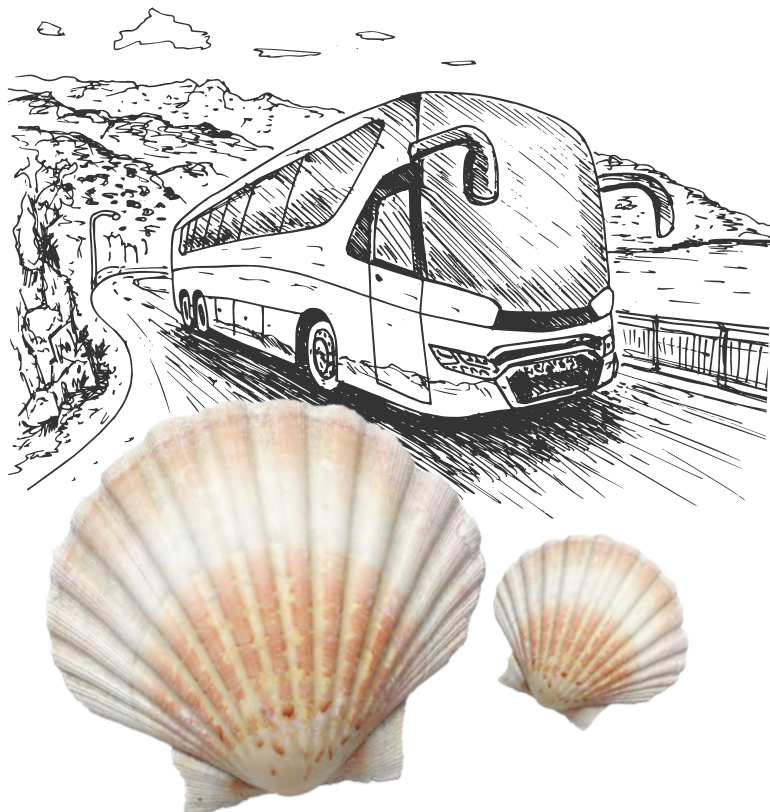
We celebrated **Hispanic Month**

Resident chef Susan made Lebanese **Namoura Cake** for residents and staff for afternoon tea.

BBQ lunch at the Gazebo.

Cruise ship **extraordinaire** Michael Montgomery joined us for some entertainment.

The Works of **Shakespeare** performed by our hospitality member, Dillon.



Carabella House

What's On - October

15 Saturday	10:00 Fab, fit and fun 11:00 Radio and crosswords 2:30 Movie time – your choice from the Library	23 Sunday	10:00 Stretching 11:00 Word games 11:30 Songs of praise 2:30 Documentary – <i>History of Parramatta in Colonial days</i>
16 Sunday	10:00 Wordladder 11:00 Stretching 11:30 Songs of praise 2:30 David Attenborough's <i>The Life of Birds</i>	24 Monday	9:30 Bus trip to Parramatta 1:30 Anglican service 2:00 Fab, fit and fun
17 Monday	Australian National Bird Day 9:30 Newspaper reading 10:00 Guess the Australian birds quiz 11:00 Colouring birds with numbers 1:30 Encouraging words with Pastor Norma 2:00 Fab, fit and fun	25 Tuesday	10:00 Riddles / Pastor Norma Church service on level 3 11:00 Bingo 2:50 Happy Hour
18 Tuesday	10:00 Catchphrase quiz / Pastor Norma Church service on level 3 11:00 Bird Bingo 2:50 Happy hour – Fred's Ginger	26 Wednesday	9:30 Bus trip – Apple Tree Bay 1:30 Mass on demand 2:00 Catch ball stop the music
19 Wednesday	10:00 Music Therapy L3 / Riddles 11:00 Music Therapy L2 1:30 Anointing Mass with Father Daven – The Chapel	27 Thursday	10:00 Crosswords 11:00 Trivia 2:00 Happy hour
20 Thursday	10:00 Crosswords TBA - Memorial service with Pastor Norma in the Chapel	28 Friday	10:00 Fab, fit and fun 11:00 Wordgames 1:00 Art Therapy L2 2:00 Art Therapy L3 2:50 Happy hour celebrating birthdays of the month
21 Friday	10:00 Fab, fit and fun 1:00 Art Therapy L2 2:00 Art Therapy L3 2:50 Happy Hour	29 Saturday	10:00 Crosswords and music 11:00 Stretching 2:30 Movie time – your choice from the Library
22 Saturday	10:00 Wordsearch 11:00 Stretching 2:30 Movie time – your choice from the Library	30 Sunday	9:30 Crossword and radio 11:00 Fab, fit and fun 11:30 Songs of praise 2:30 Movie or TV - your choice
		31 Monday	9:30 News on Screen 10:00 Balloon badminton 1:30 Encouraging words from Pastor Norma 2:00 Fab, fit and fun

Elamang House

October - What's On

15

Saturday

9:00 News & current affairs
10:00 Sensory – music
11:00 Ball games
2:00 Exercise movements
3:00 Movie

16

Sunday

9:00 News time/sitting in sun
10:00 Sensory music
11:30 Songs of praise
1:30 Word games
2:00 Balloon badminton
3:00 Musical movie

17

Monday

Australian National Bird Day

8:30 Relaxing music L1&2
9:30 1:1 meaningful activity
11:00 Birds Bingo
1:30 Anglican service
2:00 Exercise physio
3:00 Bird documentary

18

Tuesday

8:30 Dining experience
9:30 Poem reading
11:00 Balloon badminton
1:30 Potluck game
2:00 Simple movement
3:00 Happy hour with music

19

Wednesday

9:30 1:1 walking
11:00 Exercise physio
1:30 Anointing Mass L3
2:00 Sensory music
3:00 Armchair Travel to Spain

20

Thursday

8:30 Greeting & newspaper
9:30 Sensory – music by Pastor
12:00 BBQ Lunch L3
2:00 Documentary
3:00 Movie

21

Friday

8:30 Relaxing music
10:00 Art Therapy with Natalie
1:30 Jigsaw puzzle
2:00 Simple movement
3:00 Documentary

22

Saturday

9:00 News time/sitting in sun
11:00 1:1 Intervention
1:30 Sensory – colouring
2:00 Word search
3:00 Movie

23

Sunday

9:00 News & current affairs
10:00 Sensory - music
11:30 Songs of praise
1:30 Quiz & crosswords
3:00 Movie

24

Monday

8:30 Greeting & newspaper
9:30 Sensory music
11:00 Exercise physio
1:30 Bus trip to Georges Heights
2:00 Pastor Norma in L2
3:00 Armchair Travel

25

Tuesday

8:30 Relaxing music L1&2
9:30 Sensory craft
11:00 Word search
2:00 Simple movement
3:00 Happy hour country music

26

Wednesday

8:30 Greeting, 1:1 visit
9:30 Exercise physio
10:00 Music Therapy with Matt
1:30 Bus trip to Mona Vale
3:00 Relaxing music

27

Thursday

8:30 Dining experience
9:30 Sensory music
11:00 Sensory - cooking
1:30 Balloon badminton
2:00 Simple movements
3:00 Armchair Travel

28

Friday

8:30 Greeting & newspaper
10:00 Art Therapy with Natalie
1:30 Basketball
2:00 Monthly birthdays
2:30 Entertainment

29

Saturday

9:00 News & current affairs
11:00 Balloon badminton
1:30 Exercise movements
2:00 Word games
3:00 Musical movie

30

Sunday

9:00 News time
9:30 Oldie songs 1970s
11:30 Songs of praise
1:30 Exercise movements
2:00 Word search
3:00 Movie

31

Monday

8:30 Greeting & newspaper
9:30 Sensory relaxing music
11:00 Numbers Bingo
1:30 Anglican service
2:00 Sensory - colouring
3:00 Sensory – 70s music

Woolwich House

What's On - October

15

Saturday

10:00 Morning TV shows /
L2 visits
2:00 Bingo L2 / David
Attenborough DVD

16

Sunday

10:00 Catholic Church Service
2:00 Movie *Under the
Tuscan Sun* L2

17

Monday

10:00 Scenic bus outing to
Blues Point / Art class L4
2:00 1:1 purposeful room visits

18

Tuesday

10:00 Spring quiz & trivia L2
2:00 Afternoon at the ballet L2

19

Wednesday

10:00 Scenic bus outing to
Putney Park
2:00 Bingo L4

20

Thursday

10:00 Music Therapy with
Johanna L4
12:00 BBQ lunch
2:00 *Seven Wonders of the
Industrial World* L4

21

Friday

9:45 Catholic 21 Communion
10:15 Exercises/physio L4
11:00 Armchair yoga L4
2:00 Movie - *The English
Patient* L4 / *As It Is in Heaven* L2

22

Saturday

10:00 1:1 room visits
2:00 Bingo L4

23

Sunday

10:00 Catholic church
service L2
2:00 Residents' choice
of movie L2

24

Monday

10:00 Art class L4
2:00 1:1 purposeful room visits

25

Tuesday

10:00 Exercises/physio L4
10:30 Pet therapy with Benji
2:00 Finska L4

26

Wednesday

10:00 Eureka meeting L4
11:00 Whiteboard 10 letter
word game L4
2:00 Bingo L4

27

Thursday

10:00 Music therapy
with Johanna L4
2:00 Residents' birthday
celebrations

28

Friday

9:45 Catholic Communion L4
10:15 Exercises/physio L4
11:00 Armchair yoga L4
2:00 Residents' choice of
movie L2

29

Saturday

10:00 1:1 purposeful
room visits
2:00 Bingo L4

30

Sunday

Grandparent's Day
10:00 Catholic church
service L2
2:00 Residents' choice of
movie L2

31

Monday

10:00 Scenic bus outing to
Clifton Gardens / Art Class L4



Fun and Games

Riddle Me This

1. In which sport do winners move backward and losers move forward?
2. What is seen in the middle of March and April, but is never seen at the beginning or end of either month?
3. I'm the rare case when today comes before yesterday? What am I?
4. What goes all the way around the world but stays in a corner?
5. What gets bigger the more you take away?
6. What has four fingers and a thumb, but isn't alive?

1. Answers: Tug-of-war | 2.The letter 'R' | 3. Dictionary
4. A postal stamp | 5. A hole | 6. A glove



Fun and Games

October Quiz

1. In common years, October begins on the same day of the week as which month?
2. If you were born on 30th October, what is your star sign?
3. After which Latin number is October named?
4. In October 1926 this book was published and written by A.A.Milne. What was the book?
5. In October 1453, a war between France and England ended. What was this historical war known as?
6. How many days are in October?
7. Bill Gates was born on October 28, 1955. Which company did he co-found with Paul Allen?
8. What Nobel Prize did Martin Luther King Jr. receive in October 1964?
9. Which famous battle took place on 14 October 1066?
10. What country does Halloween originate from?

1. January | 2. Scorpio | 3. 8 | 4. Winnie-the-Pooh | 5. Hundred Years War
6. 31 | 7. Microsoft Corporation | 8. The Nobel Peace Prize
9. Battle of Hastings | 10. Ireland

