

**Manjimup Home and Community Care
Wellness and Respite
Community Centre**



**Crowea, Boronia, Autumn and Golden Oldies
Club Activities**

HAVE A LOOK INSIDE

- Social Club Outings and Activities
- Boronia Club Activities
- Over 50's Fitness Group
- Men's Outings
- Tai Chi
- Lunch Bunch



**January 2025
Consumer, Staff &
Volunteers Monthly
Newsletter**



Happy New Year to all our valuable staff, volunteers & consumers!

Hope you all had a lovely Christmas & New Year.

Lets hope 2025 is a good year!



Home Garden Maintenance

Due to the warmer weather upon us our home garden maintenance team could be instructed to stop work if its too hot. If this happens we will do our best to reschedule your service but it may not be possible.

Thank you for your understanding, any enquiries please phone the office on 97716 900

We require volunteers for a variety of roles such as transporting clients for appointments to Bunbury & Busselton, local appointments, and meals on wheels delivery. Other volunteering roles are also available such as helping out at our clubs, cooking & other club activities.



Please note: You will be provided with a work vehicle and a paid lunch for transports to Bunbury or Busselton.

For further information please contact the office on 9771 6900

DURING THE SUMMER MONTHS

On very hot days, support workers would be appreciative if you could close curtains or blinds **or** have air conditioners running to keep your house cool. Our support workers will be more comfortable and able to work more efficiently.



It is important to drink as much water and other fluids each day to keep yourself hydrated.

THANK A VOLUNTEER

We celebrated Thank A Volunteer Day on Tuesday 3th December.

Debbie was the only volunteer that could attend the day.

We value all our volunteers, our organization wouldn't function the way it does without your contribution.



Consumer unwell

It is important to notify the office promptly if you're feeling unwell. This helps protect staff and other consumers of spreading illness.

If you require shopping please notify the office as we have a procedure in place.

See if you find this picture in the Program



T	U	A
D	R	T
E	A	S

How many words can you make?
Each word must contain the middle letter.



Manjimup Home & Community Care team held our staff planning day on 13 November, the day is always an essential opportunity for our staff to reflect, strategize, and improve how we serve you, ensuring we continue to meet your needs in the best possible way.

As part of the day's agenda, we were honoured to have Steph from Alzheimer's WA, who shared invaluable insights on dementia awareness and care. The session helped our team better understand the challenges faced by individuals and families in our community, fostering empathy and support in all that we do.

This day is used to strengthen our commitment to excellent service.



Cross Country with Bud



In the year 1903, the newly invented automobile was seen as a passing fad; a toy for the rich, and most people had never seen one. People in those days rode bikes or horses, walked, and travelled by boat, trains or buggies.



However, a 31 year old physician named Dr. Horatio Nelson Jackson from Vermont, USA, did not think that the automobile was just a recreational pastime.

On a bet worth \$50 he agreed to prove that a “horse-less carriage” could cross the country.

Jackson didn't own a car and in those days there were no developed road systems, only dirty gravel trails. There were no service stations, no maps, and vast distances with no places to stay.

Anyhow, Dr. Jackson bought a second hand Winton, a two cylinder, 20hp vehicle and promptly named it Vermont.

Dr. Jackson embarked on a trip from San Francisco to New York City, on May 23 1903 taking with him a mechanic as a driving partner, Mr. Sewall K. Crocker. And so the adventure began. They crossed rivers, daringly using rail bridges, got lost, and waited weeks for spare parts.

Reaching Idaho, they came across an abandoned Pit Bull dog that insistently followed the car and so they took pity on him and added him as a mascot to the entourage, calling him Bud. The car had neither windshield nor roof so Jackson fitted Bud with dust goggles. But became a celebrity appearing in all newspapers along with his master.

They continued the journey, getting lost in Wyoming and going without food for a couple of days because Dr. Jackson lost his coat with his wallet in it. He wired his wife to send him money and while they waited a kind shepherd fed them roast lamb and corn. They continued on their journey often re-tracing their steps for lack of maps.

Bud and Dr. Jackson were thrown out of the car near Buffalo but were not seriously injured. The car broke down several times and had to be towed on horseback to the nearest ranch to be fixed each time.

They finally arrived in NYC, having spent 800 gallons of gasoline and taken 63 days to complete their journey.

Bud became part of the family and could be seen riding around with his master until his death from old age.

If you ever go to Washington, you can see Bud's goggles at the Smithsonian Museum.

Poems of Gratitude

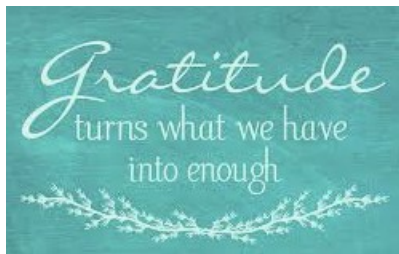
Explore and reflect on the themes of gratitude and happiness through poetry.

Reflections of Gratitude

On this day, let us pause and reflect,
On the blessings we often neglect.
From the morning sun's gentle rays,
To the love that brightens our days.

Gratitude flows from a humble heart,
For the simple joys life imparts.
A warm meal, a friend's kind word,
The beauty in nature's song, often unheard.

So, let's share our thanks far and wide,
In every gesture, let gratitude reside.
For in giving thanks, we find our way,
To peace and joy, on this special day.



The Light Within

Happiness is the quiet moments,
A sunrise, a warm cup of tea,
The sound of laughter shared with friends,
And the peace of knowing you are enough.

It's the feeling of contentment
That comes from within,
A light that glows despite the storms,
And the joy in simply being.

Happiness is not a destination,
But a way of seeing the world,
Finding beauty in the ordinary,
And gratitude in each breath we take.

Jokes

Q. How do vampires like their coffee?

A. De-coffin-ated.

Q. Where do famous koalas live?

A. In Hollywood Koalifornia.

Q. Why don't leopards play hid and seek?

A. They're always spotted.

Q. What has more lives than a cat?

A. A frog—it croaks every day.

Q. Knock knock! Who's there? Olive, Olive who? Olive you so much!

Q. What do you call a train that's running late?

A. A slowcomotive.

Q. Why did the elephants get banned from the swimming pool?

A. Because they couldn't keep their trunks up.

Thanks Margaret O'Breza

One— Liners

A recent study has found that women who carry a little extra weight live longer than men who mention it.

My boss told me to have a good day. So I went home.

How many times can you subtract 10 from 100? Once, the next time you would be subtracting 10 from 90.

Why does someone believe you when you say there are 4 billion stars but check when you say the paint is wet?

The problem is not that obesity runs into your family. The problem is that no one runs in your family.

Isn't it ironic that the colors red, white and blue stand for freedom as long as they are not flashing behind you?

Don't spell 'part' backwards. It's a trap!

MEN'S OUTING

- WHEN:** Wednesday 8 January
WHERE: Mystery trip
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport
\$ 8.00 BBQ lunch



Come along and enjoy a day out with mates for a mystery trip.
Enjoy a BBQ lunch at the mystery location.

Bookings are essential prior to 1 January; please contact the office on 9771 6900



MEN'S OUTING

- WHEN:** Wednesday 22 January
WHERE: Augusta
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport



Come along with mates and enjoy a nice day out.
Lunch at your own expense at your choice of cafe.

Bookings are essential prior to 15 January; please contact the office on 9771 6900

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 10 January

WHERE: Walpole

TIME: Pick up CWA Pemberton 9.00am
Pick up Northcliffe 9.30am

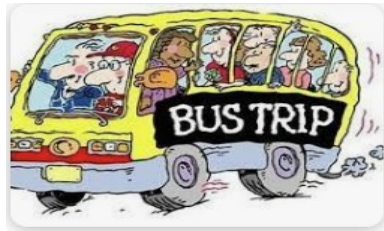
COST: \$20.00 transport
\$ 8.00 BBQ lunch



We are heading to Walpole!
Come along and enjoy a nice day out.

Enjoy a BBQ lunch at the Pioneer Park.

Bookings are essential prior to 3 January; please contact the office on 9771 6900



SOCIAL OUTING

WHEN: Wednesday 24 January

WHERE: Windy Harbour

TIME: Pick up starts 9.00am

COST: \$20.00 transport
\$ 8.00 BBQ lunch



Come along and enjoy an outing down to Windy Harbour and enjoy the sights before sitting down to a delicious BBQ lunch at the camp ground.

Bookings are essential prior to 17 January; please contact the office on 9771 6900

BORONIA CLUB

10am - 2pm every Monday and Friday

The Boronia Club provides a warm, homely environment.

Family carers can enjoy a short break from their caring role, confident in the knowledge that their loved one is enjoying a wonderful time with caring staff and friends.

If you are feeling lonely or socially isolated come along and have some fun.

The day consists of morning tea and a nutritious hot meal cooked at the Centre.

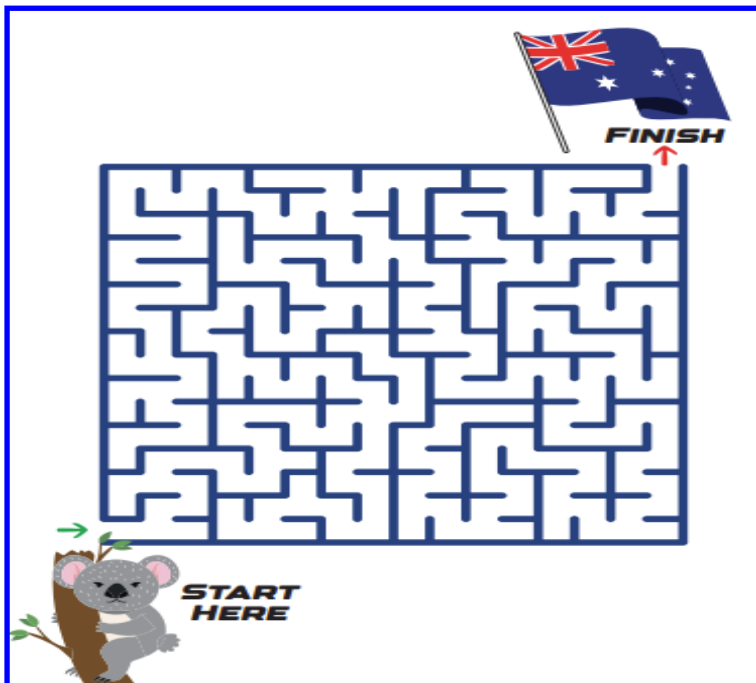
We provide a range of meaningful activities or just a space to enjoy company and interaction with others.

Boronia Club runs on Mondays and Fridays with a pick up service beginning at 9.15am.

If you would like more information, please contact the Wellness & Respite Community Centre during office hours on **9771 6900**



Kim & Terry
concentrating hard
playing frog in hole.



TAI CHI

WHEN: Every Wednesday 10.30am - 11.30am

COST: \$10.00

WHERE: Wellness and Respite Community Centre



The benefits of Tai Chi for seniors are incredible. A low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement.

If you require more information please the phone office on 9771 6900.



Over 50's Exercise Group

Combine fun, dancing and fitness at the over 50's Exercise Group

WHEN: Every Tuesday and Thursday

WHERE: Wellness and Respite Community Centre

TIME: 9.00am - 10.00am: Followed by morning tea

COST: \$4.00



For anyone over the age of 50, all fitness levels are welcome to join in. The exercise program is a private group of seniors that get together to keep their body and mind active & moving.

Join us for a delicious, home made hot lunch at 12.00pm at the Manjimup Wellness & Respite Community Centre.

All meals will be served at 12.00pm.

Cost for CHSP clients \$12.00

Cost for NON –CHSP CLIENTS \$16.50

If you would like to be approved for meals as a CHSP client you will need a referral, followed by a phone call or possibly a face to face assessment from the My Aged Care team.

Please let us know if you have any food allergies. That way we can make sure we don't include the allergen in our meals.

Bookings are essential, please phone reception on 9771 6900



MONDAY MENU

1 January— PUBLIC HOLIDAY

8 January—Crumbed chicken with salad.

Dessert: Apple pie and custard.

15 January —Rissoles served with mash & vegetables.

Dessert: Cheesecake.

22 January—Roast chicken served with cauliflower/broccoli cheese & greens.

Dessert: Fruit & ice cream.

29 January—Quiche, chips & salad.

Dessert: Peaches & creamed rice.



THIS MONTH

THURSDAY MENU

4 January—Bangers & mash served with greens.
Dessert: Cheesecake.

11 January— Quiche, chips & salad.
Dessert: Peaches & rice cream.

18 January— Roast Pork, served served with roasted vegetables & greens.
Dessert: Fruit salad & ice cream.

25 January— Chicken casserole.
Dessert: Ice cream on a stick



FRIDAY MENU

5 January—Spaghetti bolognese.
Dessert: Apple crumble & cream.

12 January—Chicken casserole & mash.
Dessert: Apricots & ice cream.

19 January— Fish, chips & salad.
Dessert: Sticky date pudding & cream.

26 January— **PUBLIC HOLIDAY**



CROWEA & BORONIA CLUB M

		Wed 1
		
Mon 6	Tues 7	Wed 8
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11) Men's Outing (Refer to page 8)
Mon 13	Tues 14	Wed 15
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11) Movie Afternoon 2.00pm—4.00pm	TAI CHI (refer to page 11)
Mon 20	Tues 21	Wed 22
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11) Men's Outing (Refer to page 8)
Mon 27	Tue 28	Wed 29
	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)

MONTHLY ACTIVITIES PROGRAMME

Thurs 2	Fri 3	Sat 4 Collie Day Out Pick up starts 8.00am Drop home approx 4.00pm
Thurs 9 Over 50's Exercise Group (refer to page 11) Lunch 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Fri 10 Boronia Club (refer to page 10) Pembi/ N'Cliffe Social Outing (refer to page 9)	Sat 11
Thurs 16 Over 50's Exercise Group (refer to page 11) Lunch 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Fri 17 Boronia Club (refer to page 10)	Sat 18 Bunbury Timezone Day Out Pick up starts 8.00am Drop home approx 4.00pm
Thurs 23 Over 50's Exercise Group (refer to page 11) Lunch 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Fri 24 Boronia Club (refer to page 10) Manjimup Social Outing (refer to page 9)	Sat 25
Thurs 30 Over 50's Exercise Group (refer to page 11) Lunch 12pm—1pm If you require lunch remember to order Bingo 1.00—3.00pm	Friday 31 Boronia Club (refer to page 10)	Please phone the office on 9771 6900 to book the Activities

Elvis Presley Quiz



Questions

1. What is Elvis Presley's middle name?
Paul, Aaron or Dan
2. When was Elvis born?
29th December 1947, 8th June 1947 or 8 January 1935
3. Where was Elvis born?
Tupelo Mississippi, Memphis Tennessee or Liverpool England
4. What was the name of his wife?
Pattie, Priscilla or Cynthis
5. In what year were they married and later divorced?
6. Elvis is often referred to as the King of _____?
Rock and roll, Rhythm and Blues or Pop
7. At what age did Elvis make his first record?
18, 21 or 25
8. Besides the USA what was the only other country Elvis performed in?
France, England or Canada
9. What is the name of Elvis's mansion?
Graceland, EMI or Neverland
10. Around how many songs did he record?
84, 211 or 710
11. How many songs did he write?
0, 12 or 280
12. What is Elvis's first No. 1 single?
Can't help falling in love, Heartbreak Hotel or Loving you
13. How many years was he active as a musician?
8, 19 or 24
14. What was the first film he starred in?
Love me tender, Blue Hawaii or Jailhouse Rock
15. What did Elvis die of?

FUN RIDDLE

What loses its head in the morning and gets it back at night?

To answer this riddle, follow the steps below.

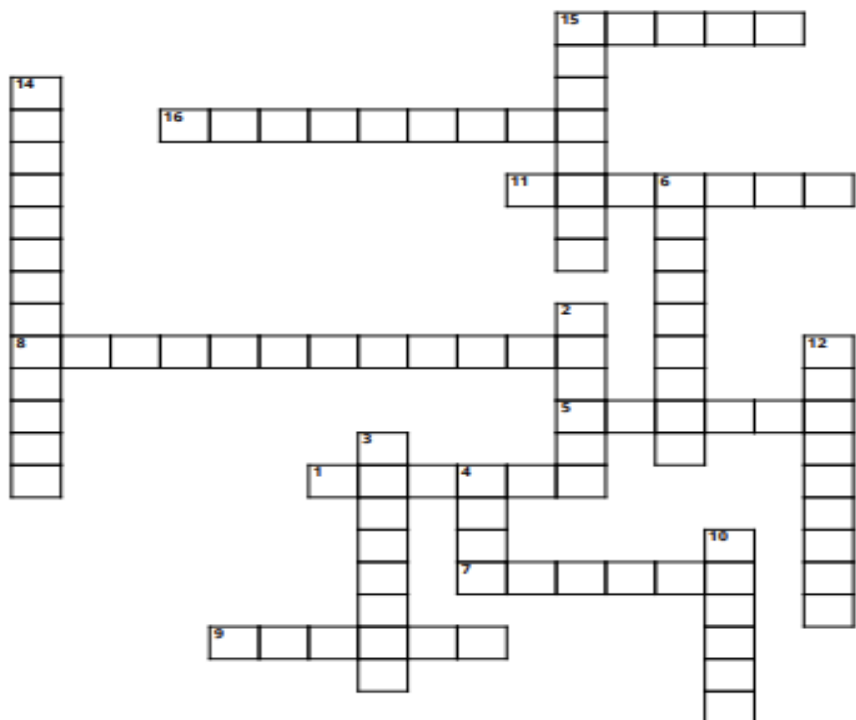
Once complete, the unmarked words will reveal the answer.

- Cross-out 7 American fast food chains
- Tick 7 words related to romance
- Circle 6 card games
- Underline 6 names for girls starting with 'A'
- Scribble through 7 animals from the Chinese Zodiac
- Shade 7 types of insects



A	KFC	Dragon	Flirtation	Uno	Beetle
Solitaire	Cricket	Subway	Amanda	Pig	Courtship
Nando's	Affair	Pillow	Snake	Poker	Abigail
Andrea	Blackjack	Grasshopper	Passion	Rabbit	Wendy's
Tiger	Taco Bell	Go Fish	Alice	Love	Mosquito
Starry-eyed	Termite	Ox	Aphid	McDonald's	Amy
Cicada	Amber	Starbucks	Canasta	Monkey	Fairy-tale

OUT OF FASHION CROSSWORD



Across

1. No going to town without hat - 6
5. Slimming garment - 6
7. Mans formal evening suit - 6
8. Hat with a flat top - 12
9. Bell-bottom style - 6
11. Classic underdress - 7
15. Ankle-high 50s favorite socks - 5
16. Sheer legwear for women - 9

Down

2. For keeping trousers up - 6
3. Womens old fashioned knickers - 8
4. Sleeveless upper garment - 4
6. Jean Shrimpton first wore this - 9
10. Dapper neck accessory - 6
12. Undergarment for a skirt - 9
13. Mens pointed footwear - 13
15. Short trousers - 8

Coconut satay chicken noodle bowl

Ingredients

- 450g fresh hokkien noodles
- 1 lemongrass stalk (white part only), finely chopped
- 2cm piece fresh ginger, peeled, finely chopped
- 1 1/2 tbsp peanut oil
- 600g chicken breast fillets
- 2 eschalots, finely chopped
- 2 garlic gloves, finely chopped
- 1 long red chilli, seeded, finely chopped, plus extra sliced chilli to serve
- 270g far Yeo's Satay Sauce
- 165ml can coconut milk
- 1/2 tsp sesame oil
- 1 Lebanese cucumber, peeled into ribbons
- 2 tbsp chopped unsalted peanuts, to serve
- Fresh coriander sprigs, to serve



Method

Step 1

Prepare noodles following packet directions. Drain.

Step 2

Meanwhile, combine lemongrass, ginger and 2 teaspoons peanut oil in a glass or ceramic bowl. Add chicken. Rub to coat.

Step 3

Heat large frying pan over medium heat. Cook chicken for 3 to 4 minutes each side or until cooked through. Transfer to a plate. Cover to keep warm.

Step 4

Heat remaining peanut oil in pan over medium-high heat. Add eschalot, garlic and chilli. Cook for 4 minutes or until onion has softened. Add satay sauce and coconut milk. Bring to the boil. Reduce heat to low. Simmer for 5 minutes or until slightly thickened. Remove from heat. Stir in sesame oil.

Step 5

Slice chicken. Divide noodles and cucumber among 4 bowl. Top with chicken. Spoon over satay sauce. Sprinkle with peanuts, extra chilli and coriander. Serve.

Spot the Difference 12 to find!



No Sew Lavender Scented Sachets

Lavender is a popular herb because of its beauty, scent, and versatility. It is used in cooking, cosmetics, and has incredible health properties. Dried lavender can be purchased at florists or online.

Materials

- Dried lavender. The amount you need depends on the size of sachets (200 grams goes a long way)
- Fabric pieces or calico, denim, linen
- PVA glue or hot glue
- Scissors and zigzag scissors
- Plastic funnel
- Pieces of lace, buttons, flowers or other embellishments
- Essential oil of Lavender
- Ribbons

Preparation

- Pick lavender flowers from branches if necessary and place into a large container
- Add two drops of essential oil of Lavender and mix well

Make the sachets

- Cut fabric in rectangles of 8 X 6 inches or 20 X 15 centimeters
- Position the fabric vertically in front of you, the right side facing you
- Place a thin layer of glue all along the vertical edges of the fabric
- Fold in the middle and press glue gently with fingers forming a sachet
- Wait until dry and turn inside out
- Decorate the outside of sachet by gluing lace or buttons or flowers
- Cut top of sachet with zigzag scissors
- Half fill with lavender seeds, using a funnel if necessary
- Tie sachet with a string and attach ribbon to hang
- Sachets can be hung in wardrobes or placed in drawers or given as gifts to friends.

Australia Day Damper Recipe

Damper is so easy to make—all you need is a hot oven and some very basic ingredients! Here is a recipe well worth trying!



Ingredients:

- 500g self-raising flour
- 1 teaspoon of yeast
- 1 teaspoon of sugar
- 1 cup of warm water
- 1 teaspoon salt
- 1/3 cup of olive oil or canola oil
- Extra olive oil or cooking spray

Instructions:

1. Preheat oven to 200°C.
2. Line a baking tray with non stick baking paper.
3. Mix yeast, sugar and 1/4 cup water and set aside for 10 minutes.
4. Meanwhile, mix together flour, salt and oil.
5. Place flour mix with yeast mix in electric mixer and pour in remaining 3/4 cup of warm water. Beat until mixture is well combined—do not over mix.
6. Take dough out of mixer and if it is a little sticky take a handful of flour to roll it in.
7. Shape the dough into a ball and place on baking tray. Make a cross with a sharp knife on top of the dough.
8. Let it stand in a warm place for half an hour.
9. Spray olive oil or melted butter on the dough and then bake for 30 minutes.
10. Serve warm with butter and maple syrup.

Numbers Quiz



#	Question
1.	Freezing temperature of water (F)
2.	Feet in a mile
3.	Heinz variety
4.	Degrees in a circle
5.	Water boiling temperature (F)
6.	Normal body temperature (F)
7.	Days in a year
8.	Weeks in a year
9.	Centrigade body temperature
10.	Letters of the alphabet
11.	Wonders of the ancient world
12.	Signs of the zodiac
13.	Cards in a deck
14.	Planets in the solar system
15.	Piano keys
16.	Holes on a golf course
17.	Blind Mice
18.	Hours in a day

Refer to page 30 for answers

Anagrams Quiz

Question

- 1 DEERNUTS (Keep them in your mouth) (D)
- 2 GAVEHORN (Feeling bad after a night out) (H)
- 3 LICKSIMER (Give me a tune) (L)
- 4 TRACTBUS (Please take it away) (S)
- 5 ACESPANK (You give them a toss) (P)
- 6 GIANTLOG (I'm just showing off) (G)
- 7 FINENUTS (What a comedian) (F)
- 8 FREEDUMP (Smells pretty good) (P)
- 9 GIANTNIPS (Hang them on the wall) (P)
- 10 GIMPTENT (Hard to resist) (T)
- 11 NEATPOLE (Watch out for the horn) (A)
- 12 TASTENIPS (There's probably a waiting list) (P)
- 13 NTIEU (Join together as one) (U)
- 14 RHTOC (Light source to see in the dark) (T)
- 15 GAERNO (Color of a fruit) (O)
- 16 DDEALR (Used for climbing) (L)
- 17 TNPEAL (Celestial body) (P)
- 18 LNUTNE (Passage dug underground) (T)
- 19 IODLEADNN (Flower in field) (D)
- 20 TFRYUBETL (Insect that flutters by) (B)

Australian Quiz



Question

- 1 Where would you find The Big Banana?
- 2 Where would you find The Big Hammer?
- 3 Where would you find The Big Prawn?
- 4 What does Anzac Day commemorate ?
- 5 Which Australian Prime Minister disappeared at sea?
- 6 Who wrote Waltzing Matilda?
- 7 World War One digger John Simpson Kirkpatrick enlisted the help of what animal at Gallipoli?
- 8 How many States make up Australia, 6 or 8?
- 9 Which Australian city is called the "City of Lights"?
- 10 How many stars are on the Australian Flag - 6, 7 or 8
- 11 What is the flora emblem for Australia?
- 12 Which Australian state is known as the "Sunshine State"?
- 13 Who is known as the "Flying Doctor of the Outback" for his work in providing medical care to remote areas of Australia?
- 14 What is the largest reef system in the world, located off the coast of Queensland, Australia?
- 15 Who was the first European explorer to map the eastern coastline of Australia in 1770?
- 16 What is the largest desert in Australia, known for its red sand dunes and vast arid landscapes?
- 17 Which famous Australian landmark is a large sandstone rock formation in the Blue Mountains of New South Wales?
- 18 What is the traditional Aboriginal instrument that produces sound by blowing air through a hollow wooden tube and is often used in ceremonies?
- 19 Which Australian state or territory is home to the city of Darwin?
- 20 Which famous Australian actor played the character of Wolverine in the X-Men film series?

How to Play Sudoku

Sudoku is a puzzle involving logic - no arithmetic or guessing is required! The basic idea of completing puzzles is to find cells (the small squares) where you are sure that only one value is a valid placement.

The Basics

The rules of Sudoku are that you should fill a number in to every cell in the grid, using the numbers 1 to 9. The restriction is that you can only use each number once in each row, each column, and in each of the 3 x 3 boxes.

HAVE A GO AT SUDUKO!!!

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

See Answers on page 30

Summer Safety Tips for Seniors

Summer is quickly approaching and it brings unique challenges and dangers to seniors. From extreme heat to sun overexposure and dehydration, it's important to be aware of summer dangers so you can make the most of the season!

1. TALK TO YOUR DOCTOR

Talk to your doctor about the approaching heat and how your medications may be affected. Some medications are affected by higher temperatures and need to be stored in cool places. If these medications become affected they can become less effective and a preventable medical condition can become aggravated.

2. BE AWARE OF THE TEMPERATURE

Studies have shown that even a small increase in temperature can impact seniors with a chronic medical condition.

3. STAY CONNECTED

If you are planning on spending the day outdoors gardening, let a family member or friend know so they stop by and check on you in case of an emergency. The heat can isolate seniors and regular contact can help ensure their safety.

4. DRESS APPROPRIATELY

Wear light coloured and loose-fitting clothing to help you stay cool and be comfortable. Consider sun protection if you are going to spend time outdoors. Don't forget sunscreen, sunglasses and hat.

5. KNOW THE SIGNS OF HEAT STROKE

Abnormally high body temperatures are common in the summer and result in a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be fatal. Get medical attention immediately if you experience these symptoms: **Fainting, not sweating, heavy breathing, rapid pulse, headache, nausea and vomiting, dry, flushed skin, confusion and agitation.**

6. STAY HYDRATED

Senior are more likely to become dehydrated because as we age, we lose our ability to conserve water. Some medications also increase the risk of dehydration.

Drink extra water to stay hydrated.

CHRISTMAS LUNCHEON



Singing Australia choir

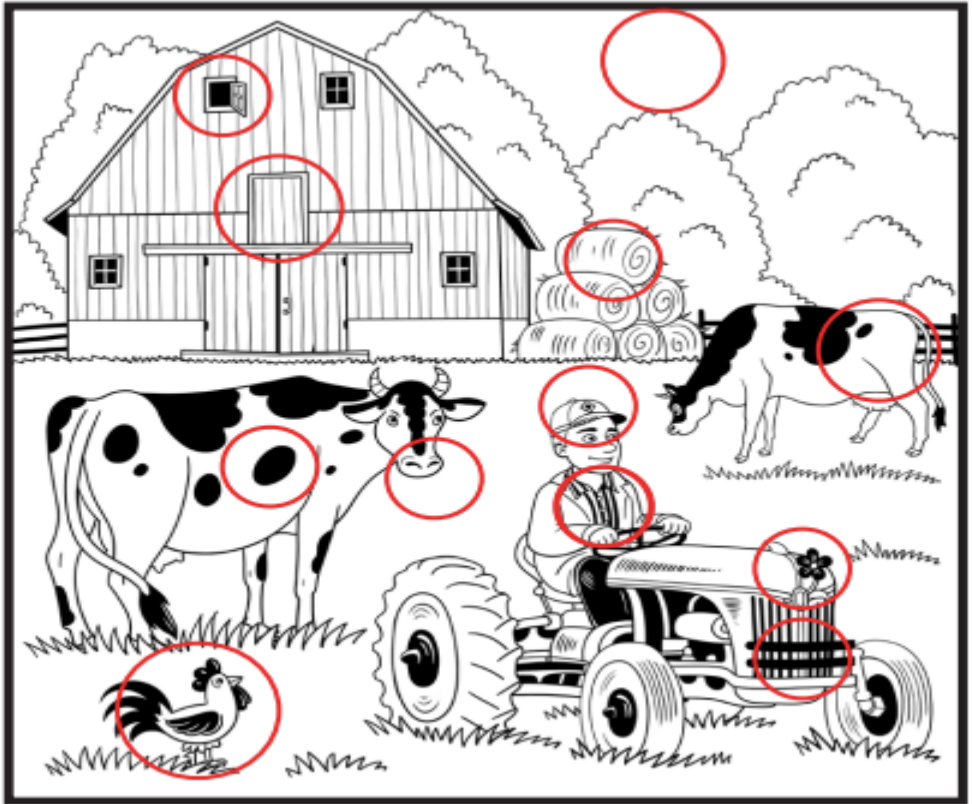


Ruby Speck, Stephen Brown, Peg Johnstone & Deb Stapleton

Manjimup Home & Community Care held our consumer Christmas lunch on Tuesday 3rd December at the Wellness & Respite Community Centre.

We were joined by 38 of our consumers that thoroughly enjoyed the day with a lovely 3 course meal, prepared by our wonderful staff.

Singing Australia came along for our entertainment, WOW they were amazing. THANKYOU!



Whatever
makes your soul
happy.

do that.



Answers to Elvis Presley quiz from page 16

1. Aaron
2. 8th January, 1935
3. Tupelo, Mississippi
4. Priscilla
5. Priscilla Wagner married Elvis in 1967 and they later divorced in 1973.
6. Rock and roll
7. 18— Elvis made his first record as a gift for his mother
8. Canada
9. Graceland
10. 710
11. 0
12. Heartbreak Hotel
13. 24—from 1953—1977
14. Love me tender
15. A heart attack

Answers to Numbers Quiz from page 23

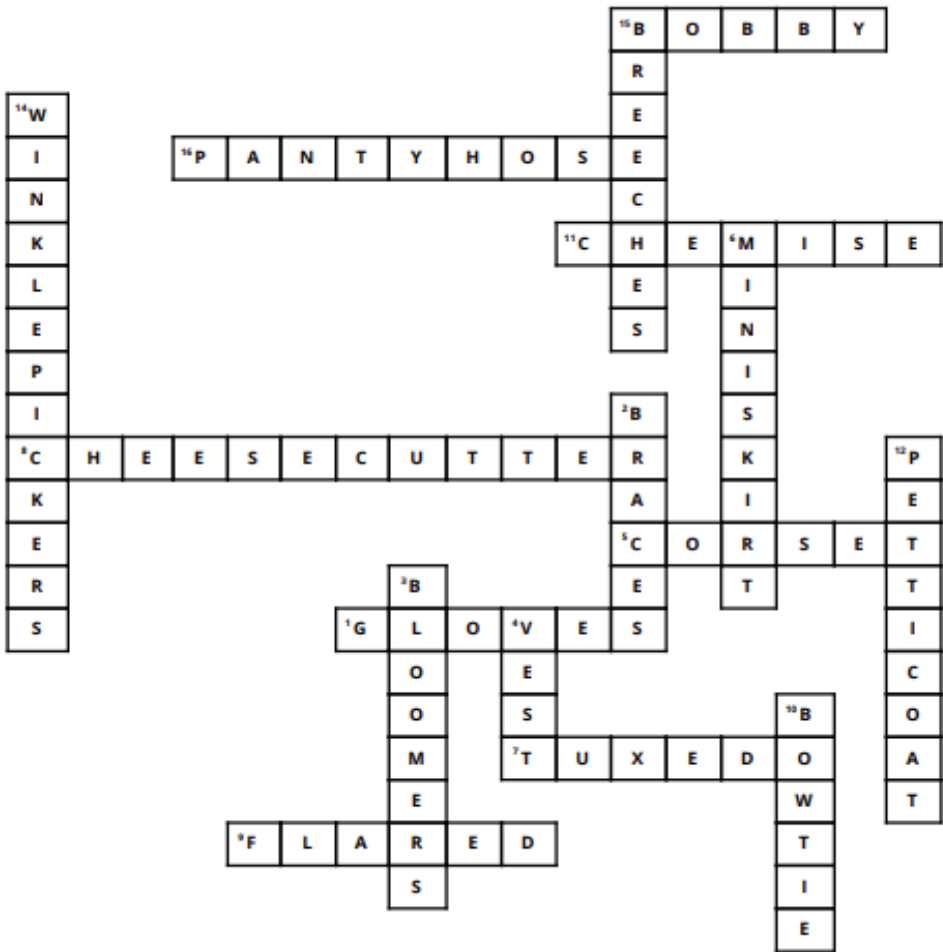
1. 32
2. 5280
3. 57
4. 360
5. 212
6. 98.6
7. 365
8. 52
9. 37
10. 26
11. 7
12. 12
13. 54
14. 9
15. 88
16. 18
17. 3
18. 24

Answers to Anagram Quiz from page 24

1. Dentures
2. Hangover
3. Limericks
4. Subtract
5. Pancakes
6. Gloating
7. Funniest
8. Perfumed
9. Paintings
10. Tempting
11. Antelope
12. Patients
13. Unite
14. Torch
15. Orange
16. Ladder
17. Planet
18. Tunnel
19. Dandelion
20. Butterfly

Answers to Sudoku from page 26

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



Answers to Australia Quiz from page 25

1. Coffs Harbour NSW
2. Mudgee NSW
3. Ballina NSW
4. The first engagement of Australian and New Zealand troops in the first world war
5. Harold Holt
6. Banjo Paterson
7. Donkey
8. 6 states—2 territories
9. Perth
10. 6
11. Golden Wattle
12. Queensland
13. John Flynn
14. Great Barrier Reef
15. Captain James Cook
16. Simpson Desert
17. Three sisters
18. Didgeridoo
19. Northern Territory
20. Hugh Jackman

January, the first month of the year. A perfect time to start all over again, changing energies and deserting old moods, new beginnings, new attitudes.

~ Charmaine J. Forde

And the winner of the \$5.00
scratchie is
Marlene Prunster
CONGRATULATIONS!



YOUR COMMENTS & FEEDBACK
ARE ALWAYS WELCOME.

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