

**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
- Repair Cafe



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



Consumer unwell

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

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

Home Garden Maintenance

Due to the warmer weather currently 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

Boronia Club moves to Monday and Thursdays in 2025

So that we can streamline operations at the Wellness Centre, the Boronia Club will run on Monday and Thursdays in 2025, effective **Monday 3rd February & Thursday 6th February.**

We have consulted the clients and carers who patronize the Club and we have unanimous support for the change.

Thursday will see Boronia and Crowea Club combined for meals and bingo.

Please talk to Sharmane or Jan if you have any questions.

Bath bomb recipe

Enjoy a fun and relaxing activity making your own soothing bath bombs— perfect for a calming bath or a thoughtful gift!

Ingredients

- 4 tbsp baking soda
- 2 tbsp citric acid
- 1 tbsp Epsom salts
- 1/2 tbsp cornstarch
- 2 tbsp almond or coconut oil
- 6-8 drops essential oil
- 6-10 drops soap colour



Equipment

- Mixing tubs
- Wooden or metal spoon
- Bath bomb molds

Instructions

1. Combine all dry ingredients in a tub.
2. In a glass, mix oils and colour.
3. Gradually add the wet mixture to the dry ingredients, stirring until it clumps. Add more oil if needed.
4. Pack into molds and let set for 24 hours before using.

See if you find this picture in the Program



G	L	N
E	T	A
M	E	N

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

A Message from Gail Ipsen Cutts—Director of Community Services

The Shire of Manjimup is proud to support our community through the Manjimup Home and Community Care service (MHCC), a trusted and professional aged care provider. As part of our commitment to ensuring the highest standard of care for our growing and evolving community, the Shire is exploring opportunities to expand and enhance local aged care services.

To this end, the Shire is considering **‘testing the market’** to identify reputable providers of residential aged care and home and community care. This process aims to uncover the best options for facilitating growth, improving local services, and enhancing the assets available to our community.

Here’s what you need to know:

- **Continuity of Care:** Our intent is to ensure no disruption to the high-quality services currently provided by MHCC.
- **Community Focus:** Any potential provider would need to demonstrate their ability to expand and grow aged care services locally for the benefit of the Manjimup community.
- **Due Diligence:** The Shire is in an early *due diligence* phase. This involves careful research and preparation to make informed decisions in the best interest of residents.
- **A Thoughtful Process:** Significant preparatory work is required before any decisions are made. It could take 12-18 months before there is clarity on the next steps.

This initiative reflects our commitment to long-term planning, ensuring aged care services in Manjimup continue to thrive and meet the needs of our community into the future.

We’ll keep you informed every step of the way and welcome your feedback as we progress through this careful and considered process.

If you have any questions please phone the Shire Office direct.

The Great Boston Molasses Flood

On a chilly January afternoon in 1919, an ordinary day in Boston's North End turned into a surreal and tragic, disaster.

At 12.30pm, a massive storage tank holding over 2.3 million gallons of molasses burst without warning. What followed was a catastrophe that seemed almost too bizarre to believe: a 25-foot wave of thick, sticky molasses surged through the streets at 35 miles per hour, obliterating everything in its path.



The molasses wave leveled buildings, swept railcars off their tracks, and knocked people and horses off their feet, trapping them in the viscous liquid. Entire city blocks were flooded under several feet of the syrupy substance. Rescue efforts were chaotic as first responders struggled to wade through the heavy molasses, and many people succumbed to suffocation or the crushing force of debris carried by the wave.

In total, 21 people lost their lives, and over 150 were injured. The aftermath was equally grim, as cleanup efforts took weeks. Workers used salt water from the harbor and sand to scrub the molasses off streets, buildings, and equipment, but the sticky residue lingered for months. Even years later, residents claimed they could smell molasses on warm days.

Investigations into the disaster revealed that the storage tank, owned by the United States Industrial Alcohol Company, had been poorly constructed. Leaks had been ignored and safety warnings dismissed. The company blamed anarchists for sabotage, but evidence showed the tank had been structurally unsound from the beginning.

Lawsuits from victims and their families resulted in a landmark settlement, forcing the company to pay over \$600,000 in damages (equivalent to about \$10 million today).

The Great Boston Molasses Flood remains a unique and haunting chapter in American history. While it's often recounted with a sense of dark curiosity, the disaster serves as a sobering reminder of the consequences of negligence and the importance of safety regulation.

Today, a small plaque in Boston's North End commemorates the lives lost and the community forever changed by an unimaginable wave of molasses.

Jokes

The Great Australian Dunny

This ole Aussie icon was one of the best;
You had your own privacy when you sat down to rest.
It stood crooked and unsteady, in the yard down the
back
Not even a footpath, just only a worn track.



The door would swing open and there was the throne
And you'd fight off the blowies who called it their home
At night in the Dunny, good heavens it was black
But you had your ole torch, to get back up that worn track.

No toilet paper, tissues or sprays galore
Just newspaper instead, spread all over the floor.
You could read all the gossip in your local town
And know whose leaving who! From playing around.

I reckon this outside "Aussie Dunny" deserves a thought on Australia
Day.
At least you had your privacy, not like today...

.....
Q. What did one toilet say to the other?

A. You look a bit flushed.

Q. What do you call a bathroom Superhero?

A. Flush Gordon

Q. What do you call a dog in your toilet?

A. A poodle.

Q. What do you do if you find a black mamba in your toilet?

A. Wait until he's finished.

Q. Who saves the world by hanging out in the toilet?

A. Flush Gordon

Q. Why did the superhero flush the toilet?

A. Because it was hid doody.

Q. Why do people take naps in the toilet?

A. Because it's a restroom!



Match the Song Lyrics

Question	Answer (Scrambled)
1 Fly Me to the	Cookin'
2 Hey good lookin', Whatcha got	Happy again
3 I fell into a burning	Bugle boy of company B
4 Don't sit under the	Apple tree
5 Let me call you sweetheart, I'm	Ring of fire
6 You'll look sweet upon the seat of	Moon
7 Que Sera, Sera	Tulips with me
8 Tiptoe through the	Yellow basket
9 Love me tender	A bicycle built for two
10 Somewhere over the	Grass of home
11 A-tisket a-tasket I lost my	Love me true
12 He's the boogie woogie	I long to see you
13 Have I told you lately that	Rainbow
14 He's got the whole world	In his hands
15 What a glorious feeling, I'm	In love with you
16 Oh Shenandoah	I love you
17 When the moon hits your eye like a	Big pizza pie
18 I remember the night and the	King of the Road
19 I'm a man of means by no means	Tennessee waltz
20 It's good to touch the green, green	Whatever will be, will be

MEN'S OUTING

- WHEN:** Wednesday 5 February
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 30 January; please contact the office on 9771 6900



MEN'S OUTING

- WHEN:** Wednesday 19 February
WHERE: Eaton Fair
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 12 February; please contact the office on 9771 6900

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 14 February
WHERE: Rosa Brook (Margaret River)
TIME: Pick up CWA Pemberton 9.00am
Pick up Northcliffe 9.30am
COST: \$20.00 transport



We are heading to the Margaret River region!
Come along and enjoy a nice day out.

Lunch at your expense.

Bookings are essential prior to 7 February; please contact the office on 9771 6900



SOCIAL OUTING

WHEN: Wednesday 28 February
WHERE: Nannup
TIME: Pick up starts 9.00am
COST: \$20.00 transport



Come along and enjoy an outing to Nannup.
We will be taking the scenic drive that runs along the Blackwood River from Balingup to Nannup.

Lunch at the Nannup Hotel at own expense.

Bookings are essential prior to 21 February; please contact the office on 9771 6900

BORONIA CLUB

10am - 2pm every Monday and Thursday

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 Thursday's 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**



Christine watering the raised vegetable garden.

The Lunch Bunch

Let's hit the restaurants/cafes on the 1st Friday of every month.

Where: Cilantro

When: Friday 7 February

Time: Pick up starts 11.00am

Venue: 11.30am



Come along and enjoy a day off preparing lunch, sit back and enjoy the company of others.

Bookings are essential: please phone office on 97716 900.

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.

BINGO

Come along and have a nice hot meal at the Wellness & Community Respite Centre before playing bingo.

Cost : \$12.50 meal
\$ 3.50 per bingo card
\$ 1.00 raffle ticket (optional)



Bingo prizes consist of food & cleaning items.

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

3 February— Apricot chicken & rice
Dessert: Fruit salad & ice cream

10 February—Meat loaf served with mash & greens.
Dessert: Self saucing pudding & cream.

17 February —Bangers, chips & salad.
Dessert: Cheesecake.

24 February—Zucchini slice, chips & salad.
Dessert: Apple crumble & cream.



THURSDAY MENU

6 February—Bangers & mash served with greens.
Dessert: Cheesecake.

13 February— Quiche, chips & salad.
Dessert: Peaches & rice cream.

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

27 February— Chicken casserole.
Dessert: Ice cream on a stick.



Zucchini Slice Recipe

Ingredients

- 5 eggs
- 150g (1 cup) self raising flour, sifted
- 375g zucchini, grated
- 1 large onion, finely chopped
- 200g rindless bacon, chopped
- 1 cup grated cheese
- 600ml (1 1/4 cup) vegetable oil



Method

1. Preheat oven to 170°C.
2. Beat the eggs in a large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.
3. Grease and line a 30 x 20cm lamington pan. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.

CROWEA & BORONIA CLUB M

Mon 3	Tues 4	Wed 5
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 10	Tues 11	Wed 12
Boronia Club (refer to page 10) Repair Café (refer to page 4)	Over 50's Exercise Group (refer to page 11) Movie Afternoon 2.00pm—4.00pm	TAI CHI (refer to page 11)
Mon 17	Tues 18	Wed 19
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 24	Tue 25	Wed 26
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)

MONTHLY ACTIVITIES PROGRAMME

		Sat 1
		Walpole Day Out Pick up starts 8.00am Drop home approx 4.00pm
Thurs 6	Fri 7	Sat 8
Over 50's Exercise Group (refer to page 11) Boronia Club (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)		
Thurs 13	Fri 14	Sat 15
Over 50's Exercise Group (refer to page 11) Boronia Club (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)	Pembi/ N'Cliffe Social Outing (refer to page 9)	
Thurs 20	Fri 21	Sat 22
Over 50's Exercise Group (refer to page 11) Boronia Club (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)		
Thurs 27	Friday 28	
Over 50's Exercise Group (refer to page 11) Boronia Club (refer to page 10) Bingo 1.00—3.00pm (refer to page 11)	Social Outing (refer to page 9)	Please phone the office on 9771 6900 to book the Activities

Word Search

GROUNDHOG DAY



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

Ground Hog
Spring
Mascot
Herbivore
Weather

February
Sunny
German
Burrow
Festival

Legend
Shadow
Candlemas
Whistle
Town Cryer

Winter
Precipitation
Hibernate
Predict
Handler

FUN RIDDLE

What comes down but never goes up?

To answer this riddle, follow the steps below.
Once complete, the unmarked words will reveal the answer.

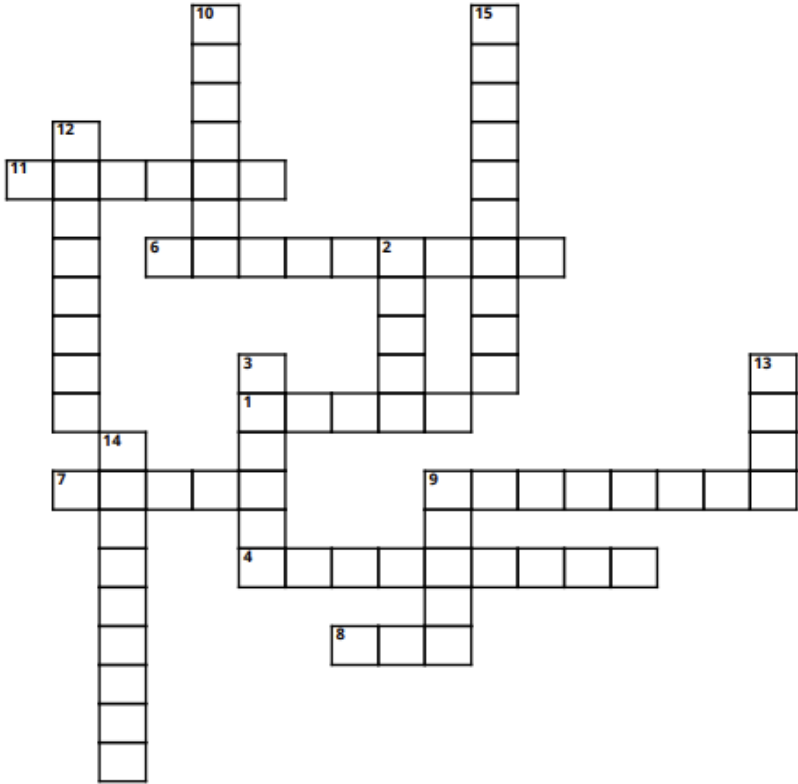
- Cross-out 6 things associated with Mexico
- Tick 7 things that rhyme with *beach*
- Circle 7 board games
- Underline 7 winter vegetables
- Scribble through 7 ways to serve eggs
- Shade 7 dance styles



Boiled	Sombreros	Scrabble	Endives	Speech	Jazz
Reach	Squash	Scrambled	Piñatas	Tap	Chess
Mariachi	Poached	Beseech	Monopoly	Rain	Leeks
Ballet	Checkers	Burritos	Potatoes	Fried	Impeach
Mastermind	Turnips	Deville	Each	Salsa	Tequila
Disco	Empanadas	Leech	Kale	Battleship	Omelette
Fritata	Ballroom	Ludo	Hip-Hop	Bleach	Parsnips

Refer to page 27 for answers

CHEERFUL CROSSWORD



Across

1. If you're and you know it song 5
4. The number of muscles use to smile 9
6. The happiest season 9
7. To have of a time 5
8. Jump for 3
9. Spike Poet and comic 8
11. Sharing is 6

Down

2. National flower of Holland 5
3. Three Hip Hip Hurrah 6
9. What can't buy happiness 5
10. To be in heaven = ecstatic 5
12. Song These are a few of my things 8
13. To be over the 4
14. From the cocoa bean 9
15. No two of these cold beauties are ever alike 10

Answers to Match the Song Lyrics

Question	Answer
1 Fly Me to the	Moon
2 Hey good lookin', Whatcha got	Cookin'
3 I fell into a burning	Ring of fire
4 Don't sit under the	Apple tree
5 Let me call you sweetheart, I'm	In love with you
6 You'll look sweet upon the seat of	A bicycle built for two
7 Que Sera, Sera	Whatever will be, will be
8 Tiptoe through the	Tulips with me
9 Love me tender	Love me true
10 Somewhere over the	Rainbow
11 A-ticket a-tasket I lost my	Yellow basket
12 He's the boogie woogie	Bugle boy of company B
13 Have I told you lately that	I love you
14 He's got the whole world	In his hands
15 What a glorious feeling, I'm	Happy again
16 Oh Shenandoah	I long to see you
17 When the moon hits your eye like a	Big pizza pie
18 I remember the night and the	Tennessee waltz
19 I'm a man of means by no means	King of the Road
20 It's good to touch the green, green	Grass of home

Spot the Difference 10 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.

All-in-one-pan beef stroganoff

Prep 15m Cook 25min Serves 4



Ingredients

- 2 tbsp extra virgin olive oil
- 600g beef rump steak, trimmed, thinly sliced
- 1 large brown onion, halved, cut into thick wedges
- 200g cup mushrooms, halved
- 2 garlic cloves, crushed
- 1 tbsp smoked paprika, plus extra to serve
- 1 tbsp Worcestershire sauce
- 2 tbsp tomato paste
- 3 cups beef stock
- 300g dried angel hair pasta
- 2 zucchini, cut into ribbons
- 2/3 cup sour cream
- 1/4 cup chopped fresh flatleaf parsley, to serve

Step 1

Heat 1/2 the oil in a large saucepan over medium-high heat. Cook beef, in 2 batches, for 4 minutes or until just browned. Transfer to a heatproof bowl.

Step 2

Heat remaining oil in same pan over medium-high heat. Add onion and mushroom. Cook, stirring, for 3 minutes or until onion starts to brown. Add garlic and paprika. Cook, stirring, for 30 seconds or until fragrant. Add Worcestershire sauce and tomato paste. Stir to coat. Add stock and 2 cups of water. Bring to the boil. Add pasta. Cook, stirring occasionally, for 5 minutes or until pasta is tender.

Step 3

Return beef to pan with zucchini. Stir. Cook for a further 2 minutes or until heated through. Stir in 1/2 the sour cream. Serve stroganoff topped with remaining sour cream, and sprinkled with parsley and extra paprika.

Valentine's Day Quiz

Questions

1. When is Valentine's Day?
2. If you openly show your feelings where do you wear your heart?
3. Which city is the city of Love?
4. Which Roman God is always presented with a bow and arrow?
5. Where is the "I love you wall"?
6. What is a "love apple"?
7. If you are born on Valentines Day which star sign are you?
8. In which country is Saint Dwynwen the Patron Saint of lovers?
9. Famous lovers: Cleopatra and _____?
10. "My love is like a red red rose..." What are the next 5 words?
11. "Tis better to have loved and lost..." What are the next 7 words?
12. What is the symbol of Valentines Day?
13. Do you know what the meaning of X and O is in 'XOXO'?
14. What countries celebrate Valentine's Day?
15. Who are Shakespear's star-crossed lovers?
16. What US city is known for it's wedding chapels and Elvis impersonating officials?
17. In what Disney movie does a Prince's kiss wake a woman?
18. According to the Disney movie, what animal do you kiss to turn it into a Prince?
19. According to the English nursery rhyme, who kissed the girls and made them cry?
20. What is the record-breaking kissing event called that happened in the Phillipines?



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!!!

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

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!



**An arrow can only be shot
by pulling it backward. So when life is
dragging you back with difficulties,
it means that it's going to launch you
into something great.**

- Paulo Coelho

Answers to Valentine's Day quiz from page 23

1. 14 February
2. On your sleeve
3. Paris
4. Cupid
5. Paris
6. A tomato
7. Aquarius
8. Wales
9. Mark Anthony
10. That's newly sprung in June Robert Burns
11. "Than never to have loved at all Lord Tennyson
12. Heart
13. X is for kisses and O is for hugs
14. Canada, Mexico, United Kingdom, France, Australia, Denmark & Italy
15. Romeo & Juliet
16. Las Vegas
17. Sleeping Beauty
18. A Frog
19. Georgie Porgie
20. Lovapalooza—The event was a bid to claim the Guinness World Record for the most number of simultaneously kissing couples. It occurred in 2014, with a total of 6,124 couples kissed simultaneously for at least 10 seconds in a parking lot outside a Manila shopping mall.

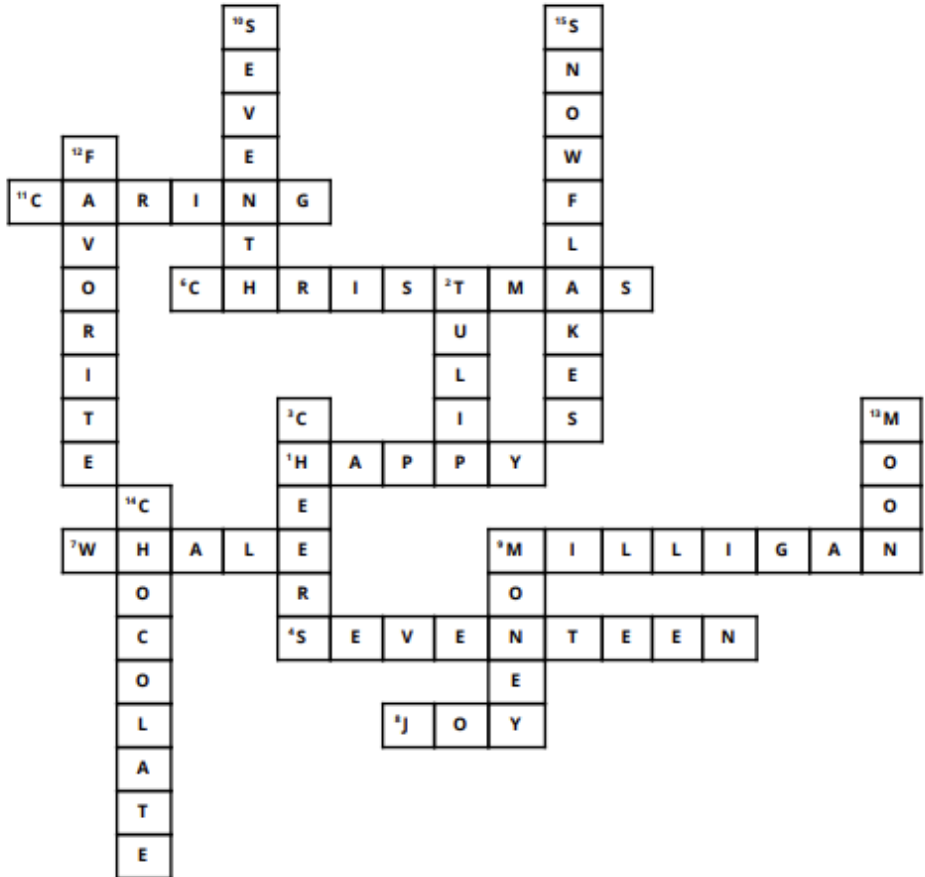
Answers to Anagram Quiz from page 24

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

Answers to Cheerful Crossword from page 18



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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