

**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
- Carers Support Group



**January 2024
Consumer, Staff &
Volunteer Monthly
Newsletter**



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

Hope you all had a lovely Christmas & New Year.

Lets hope 2024 is a good year!



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 5th December.

John Neal, Omah & Colin Waller were the volunteers that could attend the day.

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

Omah & Colin Waller have retired.

Omah has been driving our consumers to Bunbury/Busselton & delivering Meals & Wheels for over 10 years. We cannot thank you enough. Don't be a stranger, you are welcome to drop into the office at any time for a cuppa.

Jon Brown has also retired from driving, but you may still see Jon on the outings. **NO STOPPING JON.**



R	W	A
E	T	I
L	M	E

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



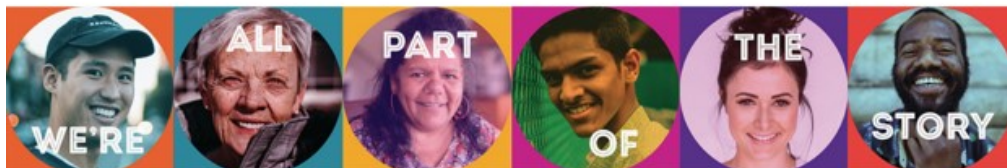
COMMUNITY CHAMPIONS EXHIBITION

23-30 JANUARY, 2024

MANJIMUP ART GALLERY

Cnr Rose and Mount Street, Manjimup

Celebrating our 2024 Citizen Of The Year Award Nominees.
Learn about the 21 local nominees and their stories.



Presented by:



Principal Partner:



Government of Western Australia
Department of Communities

Media Partners:



WAtoday
INDEPENDENT. ALWAYS.

Scouting history

Scouting was founded by *Lord Robert Baden-Powell*. While he formulated his ideas over many years, Scouting acknowledges the 1st of August 1907 as the date when the Movement was founded.

Scouting soon spread throughout the world, with Scout Groups starting in Australia in 1908.

The founder of Scouting, Lord Robert Baden-Powell (B-P) was born in 1857 in England. He lived a busy and adventurous life, and as a boy spent much of his spare time in open-air pursuits, hunting in the woods, and joining his brothers in expeditions by land and in their boats. Thus he developed his powers of observation and resourcefulness and acquired many useful skills.

He won a scholarship which gave him entry into the British Army, where he was sent to India and served for many years. He tried out his ideas of training soldiers in "Scouting", teaching them how to develop experience in stalking and fending for themselves and to be observant of all signs that would give them an advantage as soldiers. He set down his ideas in the book *Aids to Scouting*, which was used as a textbook for many years.

As a soldier, Baden-Powell rose to public prominence during the war against the Boers in Africa at the end of the 1800s. Most noteworthy was his leadership of the defending force in the siege of the South African town of Mafeking. Baden-Powell returned to England as a national hero in 1899 having successfully defended the town against the Boers.

The first Scout Camp

Baden-Powell was encouraged to set down his views on how he would apply Scouting to the training of boys. He first conducted an experimental camp in 1907 on Brownsea Island off the Dorset coast of the UK. With some 20 boys from all walks of life and suitable adult leaders, Baden-Powell taught the boys what he meant by Scouting. They lived in tents, cooked their own food and learnt many valuable skills through games.

1 August 1907 is regarded as the beginning of the Scout Movement worldwide.

Remembering Pearl Harbor

The attack on Pearl Harbor was defining event of the generation and people will certainly remember it and appreciate a moment to honor it on the day.



Pearl Harbor Facts

- Japan attacked Pearl Harbor on December 7, 1941. This event assured America would enter World War II.
- Pearl Harbor's attack was a surprise, with Japan choosing the Hawaiian base to destroy fleet that could be used against non-American forces in the war.
- Before Pearl Harbor's attack, America had tried to stay out of the war as much as possible.
- Japanese forces trained for about a year prior to the attack.
- The first and second waves of the Pearl Harbor attack included more than 180 Japanese aircraft per wave.
- The attack started right before 8am and lasted almost two hours.
- The U.S.S. Arizona sank due to the attack, with more than 1,100 service members on board, including 23 sets of brothers.
- In all, the attack killed 2,403 service members and wounded 1,178 more. Six ships were either sunk or destroyed. 169 airplanes were destroyed.
- Pearl Harbor is now home to the U.S.S. Arizona memorial site. The national memorial was officially created in 1958. Funds came in from public and private donors, including Elvis Presley. The King performed a benefit concert to raise money for the memorial that ended up raising \$50,000 for the cause, which was more than 10% of the memorial's cost.
- Each year, more than one million people visit the memorial.

Poems By Robert Burns

Robert Burns, the famous poet and lyricist from Scotland is known and celebrated worldwide.

My Love is Like a Red, Red Rose

O my Luve's like a red, red, rose
That's newly sprung in June;
O my Luve's like the melodie
That's sweetly played in tune.

As fair art thou, my bonnie lass,
So deep in luve am I;
And I will luve thee still, my dear,
Till a' the seas gang dry. Meaning (Until all the seas go dry)

Auld Lang Syne

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne?

Chorus:

For auld lang syne, my dear,
For auld lang syne.
We'll take a cup o' kindness yet,
For auld lang syne.

And surely ye'll be your pint-stowp!
And surely I'll be mine!
And we'll take a cup o' kindness yet,
for auld lang syne.

Dear E.

Once fondly loved and still remember'd dear;
Sweet early object of my youthful vows!
Accept this mark of friendship, warm, sincere,
Friendship! Its all-cold duty allows

And when you read the simple artless thymes,
One friendly sigh for him – he asks no more,
Who distant burns in flaming torrid climes,
Or happily lies beneath the Atlantic roar

COVID—19 REMINDER

Remember if you are having flu like symptoms please stay at home! Let the office know if you have a service.

Please use hand sanitizer or wash your hands regularly.

MEN'S OUTING

- WHEN:** Wednesday 3 January
WHERE: Mount Barker
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport



Come along and enjoy a day out with mates to Mount Barker.

Lunch at your own expense.

Bookings are essential prior to 29 December; please contact the office on 9771 6900

MEN'S OUTING

- WHEN:** Wednesday 17 January
WHERE: Mystery trip
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport
\$ 5.00 sausages
\$ 8.00 kebabs



Come along and enjoy a day out with mates for a mystery trip.

Enjoy a nice BBQ lunch, please notify on booking if you would like sausages or kebabs.

Bookings are essential prior to 10 January; please contact the office on 9771 6900

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 12 January

WHERE: Walpole

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

COST: \$20.00 transport
\$ 5.00 sausages
\$ 8.00 kebabs



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

Enjoy a BBQ lunch at the Pioneer Park.

Please notify on booking if you would like sausages or kebabs.

Bookings are essential prior to 5 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
\$ 5.00 sausages
\$ 8.00 kebabs



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.

Please notify on booking if you would like sausages or kebabs.

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.

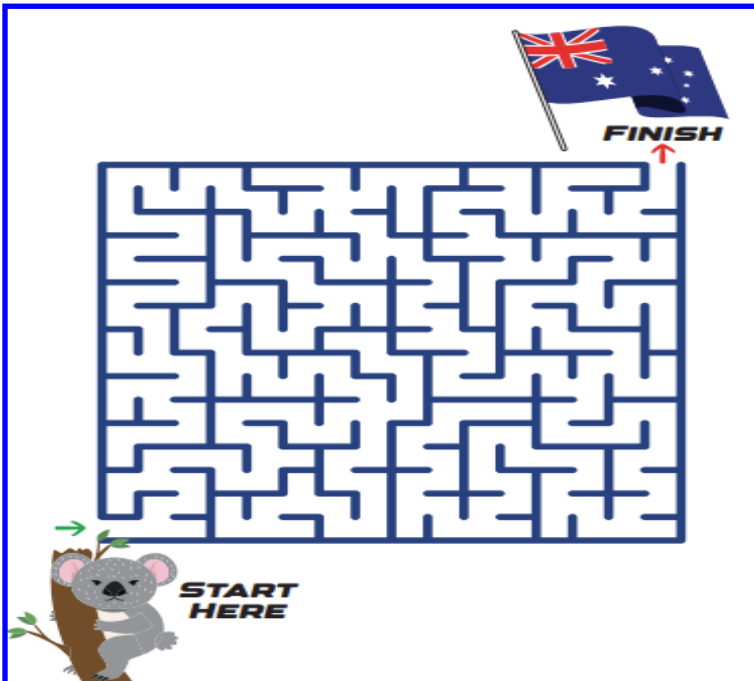
We provide a range of meaningful activities or just a space to enjoy company and interaction with others.

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.



CARERS SUPPORT GROUP

- WHEN:** Thursday 18 January
WHERE: Wellness and Respite Community Centre
TIME: 10.00AM -12.00PM
COST: \$12.00



Welcome back!

We hope you all had a lovely break with your loved ones.

If you are caring for a loved one and are in need of support or you just want to chat because you have been a carer, please come along and experience our nurturing carers group. All discussions are confidential.

Please phone the office to book on 9771 6900.

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 12pm 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.



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

Mon 1	Tues 2	Wed 3
	Over 50's Exercise Group (refer to page 11)	Men's Outing (Refer to page 8) TAI CHI (refer to page 11)
Mon 8	Tues 9	Wed 10
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)
Mon 15	Tues 16	Wed 17
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11) Movie Afternoon 2.00pm—4.00pm	Men's Outing (Refer to page 8) TAI CHI (refer to page 11)
Mon 22	Tues 23	Wed 24
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)
Mon 29	Tue 30	Wed 31
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11)	TAI CHI (refer to page 11)

MONTHLY ACTIVITIES PROGRAMME

Thurs 4	Fri 5	Sat 6
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p>	<p>Bunbury Day Out</p> <p>Pick up starts 8.00am Drop home approx 4.00pm</p>
Thurs 11	Fri 12	Sat 13
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p> <p>Pembi/ N'Cliffe Social Outing (refer to page 9)</p>	
Thurs 18	Fri 19	Sat 20
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Carers Support Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>	<p>Boronia Club (refer to page 10)</p> <p>Manjimup Social Outing (refer to page 9)</p>	<p>Walpole Day Out</p> <p>Pick up starts 8.00am Drop home approx 4.00pm</p>
Thurs 25	Fri 26	Sat 27
<p>Over 50's Exercise Group (refer to page 11)</p> <p>Lunch 12pm—1pm If you require lunch remember to order</p> <p>Bingo 1.00—3.00pm</p>		
		<p>Please phone the office on 9771 6900 to book the Activities</p>

Wimbledon Tennis Quiz

Question

- 1 When the score is 40-40, what is it otherwise called?
- 2 What is an ace?
- 3 In which year did the Wimbledon Championships start?
- 4 The Wimbledon Championships are played on which surface?
- 5 Who won the 2019 Men's Singles at Wimbledon?
- 6 What is delicious treat is traditionally served tat Wimbledon ?
- 7 What is the Postcode for Wimbledon Tennis Club?
- 8 How many times has Andy Murray won Wimbledon?
- 9 What shape trophy do the Ladies' Singles winner receive at Wimbledon?
- 10 How many points does 'love' mean in tennis?
- 11 What does the tennis judge shout if a player hits the ball outside the line?
- 12 In a game of doubles, how many players are on the court at the same time?
- 13 What is the name given to the four biggest tournaments around the world?
- 14 Who was nicknamed the Siberian Siren for grunting when they hit the ball?
- 15 As a child, Spanish tennis star Rafael Nadal was also gifted at which other sport?
- 16 Which nationality is tennis legend Roger Federer?
- 17 How many Grand Slam titles has Roger Federer won?
- 18 Which of these tennis players is Left Handed?
John McEnroe Jimmy Connors Rafael Nadal Martina Navratilova
- 19 How many British players have won Wimbledon?
- 20 Who has won the most Wimbledon titles?

FUN RIDDLE

*Poor people have it.
Rich people need it.
If you eat it you die.*

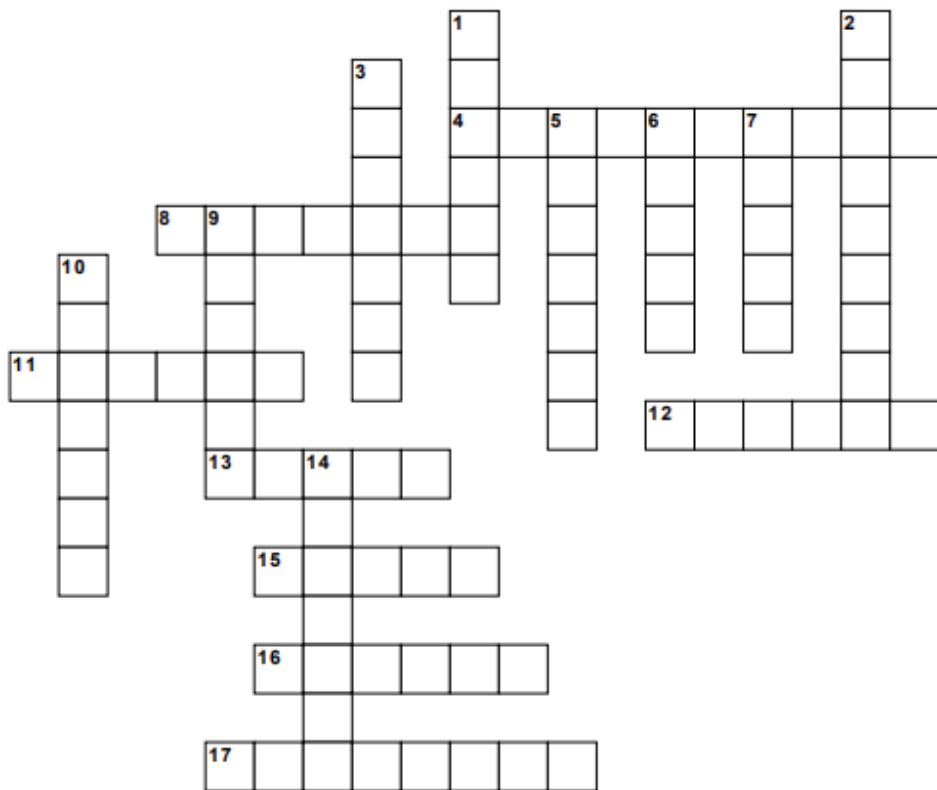
To answer this riddle, follow the steps below.
Once complete, the unmarked words will reveal the answer.

- Cross-out 7 things associated with France
- Tick 7 words that rhyme with *king*
- Circle 7 types of rooms in a house
- Underline 7 animals with horns
- Scribble through 7 types of make up
- Shade 6 climate regions



Buffalo	Wring	Concealer	Kitchen	Tundra	Paris
Tropical	Foundation	Berets	Fling	Goat	Bedroom
Nothing	Bathroom	Rhino	Frog Legs	Blush	Bring
Eyeliners	Desert	Thing	Antelope	Living	Bread
Sting	Croissants	Mascara	Dining	Ram	Highland
Subarctic	Study	Spring	Gazelle	Renault	Powder
Moose	Bronzer	Wine	Nursery	Subtropical	Swing

CROSSWORD



Across

- 4 - A rank of officer in the army (10)
- 8 - Opposite of loosen (7)
- 11 - Opposite of wide (7)
- 12 - A head support in bed (6)
- 13 - An artist's painting stand (5)
- 15 - Evidence (5)
- 16 - Parts of flowers (6)
- 17 - A hole in a tyre (8)

Down

- 1 - Collective of ants (6)
- 2 - Policy document (9)
- 3 - Another word for gloves (7)
- 5 - Spiny anteater (7)
- 6 - Capital of Japan (5)
- 7 - With no clothes on (5)
- 9 - Take no notice of (6)
- 10 - Divide by four (7)
- 14 - Theatre doctor (7)

Refer to page 31 for answers

The Colour Red Reminiscing

Humans have had strong sentiments about the colour red for thousands of years. Over time, red has come to symbolise love, power, courage, vigor and religious fervor.

Here are some interesting facts and historical trivia about the colour red:

Caves around the world dating back from the Paleolithic era have paintings of red ochre on the walls depicting animals, plants and vessels.

.....

Queen Elizabeth I and Louis XIV wore red on their coronations to represent power and strength.

.....

There are at least 40 different words to describe different shades of red. Red Ochre, for instance is widely used by Indigenous Australia.

.....

In the 17th century, British foot soldiers, known as the 'Redcoats', wore red Venetian uniforms to display, presumably, British military power.

.....

Red is the first colour that newborns can discern.

.....

When the First Fleet set sail to Australia from Portsmouth in the Spring of 1787, it was hoped that in the new colony they would be able to manufacture a supreme red dye—one that could compete with the long-held Spanish monopoly of "The Perfect Red".

The Perfect Red has become the second most profitable export in Spain after silver. For more than three centuries the Spanish insisted that the colour was extracted from the paint. Yet, the truth was that it was derived from the crushed bodies of cochineal insects. The Conquistadores had stolen the cochineal secret from the Indigenous Aztecs of Mexico.

In modern times the popularity of the colour red has been surpassed by green and blue.

Never Too Late For Your Dreams: The Jim Morris Story

As a kid growing up in Texas, Jim Morris loved to play baseball. He practiced any chance he could and soon he was the starting pitcher on his high school baseball team. Morris was an outstanding pitcher and was even drafted right out of high school by the New York Yankees. However, it would be decades before he would pitch in the major league.

Morris loved baseball and was thrilled to be drafted by the Yankees. However, he was also devoted to his family. Morris turned down the offer by the Yankees to stay in Texas to care for his ailing grandfather. It was a difficult decision in some aspects, but Morris knew it was the right thing to do.

After his grandfather died, Morris returned to his dreams of pitching in the majors. He was drafted by the Milwaukee Brewers, but retired at the age of 24 after battling injuries for years.

He returned to Texas and his passion for teaching. He became a high school science teacher and loved forming a relationship with his students. Outside of the classroom, Morris coached the high school baseball team. Despite his best efforts, the team wasn't exactly championship material. They lost most of their games.

To keep morale up, Morris proposed a deal. If his team won the district championships, he would go to the upcoming Tampa Bay Devil Ray tryouts. The team rallied around the bet and ended up winning the division.

Much to his surprise, Morris was soon on his way to try out for the Devil Rays. He was 35, overweight, and out of shape. He didn't have a proper baseball uniform, so he wore his softball pants from the recreation team he played on.

Morris astounded the scouts at the tryout. When he stepped up to the pitching mound, he threw at 98 miles per hour, faster than he ever had when playing for the Brewers. The scouts asked him to pitch again and again, each time they double-checked their radar guns because no one could believe Morris was pitching as fast as he was.

Morris made the team and was fast-tracked through training. Soon, he was pitching and leading his team to wins. He played for two seasons, relishing each game. Morris thanked the kids he coached for pushing him to try something he never would have otherwise.

He was the example that you are never too late to pursue your dreams. Even when you might think you are too old or too out of shape, you just might surprise yourself.

Word Search

INTERNATIONAL FLOWER DAY



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

Iris
Camelia
Peony
Jasmine

Rose
Violet
Lily
Geranium

Daffodil
Orchid
Pansy
Lotus

Tulip
Daisy
Lilac
Azalea

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

Anagrams Quiz

Question

- 1 A seat without a back or arms (TOOLS)
- 2 A group of players in a competition game (MEAT)
- 3 Not cheap (READ)
- 4 Drive too fast (DEEPS)
- 5 Card distributor (LEADER)
- 6 Small river (MASTER)
- 7 Paid helper (TAVERNS)
- 8 Non-stop flight (CREDIT)
- 9 Small insect (TAN)
- 10 Challenge someone to do something (READ)
- 11 Supply food (REACT)
- 12 A place where students sleep and live (DIRTY ROOM)
- 13 Boast or show off (GARB)
- 14 Reading material with speech balloons (COSMIC)
- 15 An animal you can ride (SHORE)
- 16 A member of the family (RESIST)
- 17 A dangerous ocean animal (HARKS)
- 18 Something you wear (THIRST)
- 19 An insect (PRIDES)
- 20 A farm animal (TOGA)

Word Search

CLASSIS TV SERIES WORD SEARCH



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

Bewitched

Happy Days

Alf

Golden Girls

Get Smart

Brady Bunch

Star Trek

Dallas

Macgyver

Lassie

Waltons

Matlock

Cheers

Seinfeld

Mister Ed

Mash

Simpsons

Full House

Roseanne

Jetsons

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

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



Tania, Robert, Trevor, Keith & Don



Killy, Tony, Connie, Santina,
Dianna & Remo



Betty, Ron, Rodney & Diane



Leone, Diane, Doris & Shirley



Anne, Edna & Anne



Trevor, Tina, John & Genevieve



Rose, Anne, Steve & Norma



Mary, Bob & Maurice



Velma, Colin, Omah & Ron



Manjimup Home & Community Care held our consumer Christmas lunch on Tuesday 5th 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.

The Southern Stage Performing Arts Studio came along for our entertainment, WOW they were amazing. So much hard work & not to mention the dance costumes are out of this world. THANKYOU!



Answers to Wimbledon Tennis quiz from page 16

1. Deuce 2. A ball which is not returned by the server's opponent 3. 1877 4. Grass 5. A Novak Djokovic 6. Strawberries and Cream 7. SW 19 5AE 8. 2 2013 and 2016 9. A large plate 10. Zero 11. OUT! 12. 4 13. Grand Slam 14. Maria Sharapova 15. Football 16. Swiss 17. 20 18. All of them! 19. 3 Virginia Wade in 1977 Ann Haydon Jones in 1969 Andy Murray in 2013 and 2016 20. Roger Federer—8 times

Answers to Numbers Quiz from page 23

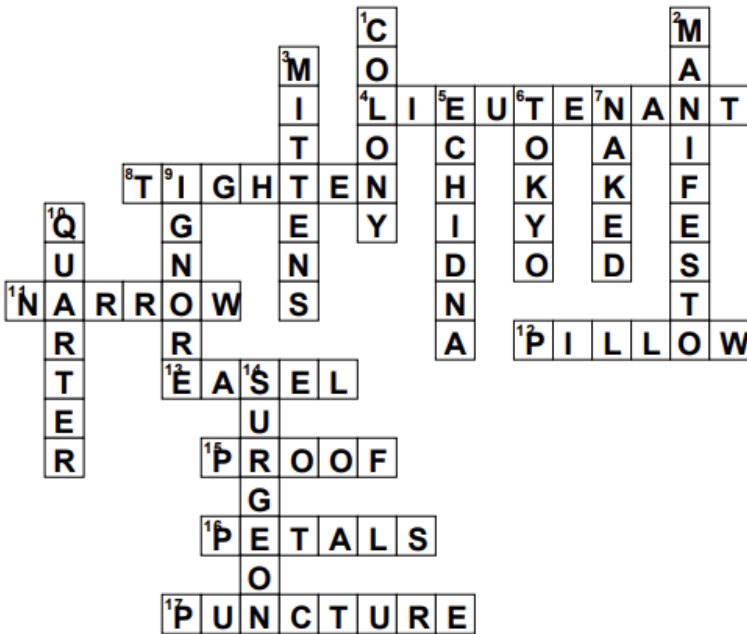
1. 32 2. 5280 3. 57 4. 360 5. 212 6. 98.6 7. 365 8. 52 9. 37 10. 26 11. 7 12. 12 13. 54 14. 9 15. 88 16. 18 17. 3 18. 24

Answers to Anagram Quiz from page 23

1. Stool 2. Team 3. Dear 4. Speed 5. Dealer 6. Stream 7. Servant 8. Direct 9. Ant 10. Dare 11. Cater 12. Dormitory 13. Brag 14. Comics 15. Horse 16. Sister 17. Shark 18. T-Shirt 19. Spider 20. Goat

Answers to Sudoku from page 26

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



Yesterday

I knew a place called YESTERDAY
 Where once I used to live
 Nobody there would turn away
 Their time they'd always give.

Everyone looked out for you
 As you did the same for them
 In that place called YESTERDAY
 I can still remember them.

People never had anything much
 What they did have it was shared
 They always waved and gave a smile
 That's how we knew they cared.

We used to call it mucking in
 That's what it was all about
 It was easier to help each other
 When all you had was now!.

Now I live here in the PRESENT
 In a street of those unknown
 Whose life is so much easier
 If they keep it close to home.

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.

MHCC Office Phone: 9771 6900
Visit us at: 1A Edwards Street, Manjimup
Mail to: PO Box 1, Manjimup, 6258
Email: info@manjimup.wa.gov.au

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