

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
- Tai Chi
- Men's Outings



July 2024
Consumer, Staff &
Volunteers Monthly
Newsletter



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

Unscramble the word.
Refer to page 16 for answers.

UNJUMBLE THE WORDS

9 LETTERS

N A D O M N I B T

CLUE: Indoor Sport



E	N	T
I	D	N
E	T	S

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

2024 Fee increases

Council has approved the increase of fees and charges for 2024-2025 Financial Year.

The increase is approximately 3% which is below the annual CPI increase of 3.75%

The schedule of fees and charges can be found on the Shire website, viewed at the Shire office, libraries, or at the Wellness and Respite Community Centre.

If you have a Home Care Package (HCP) we are waiting for the new Schedule of Subsidies and Supplements for Aged Care figures being released by the Department of Health and Aged Care.

Your coordinator will contact you to discuss your service agreement as soon as possible.



COVID—19 REMINDER

Remember if you are having flu like or COVID symptoms please stay at home!

Let the office know if you have a service scheduled.

If you have a worker attend your home please let them know you aren't well on arrival.

Please use hand sanitizer or wash your hands regularly.

Possible symptoms include:

- Sore throat.
- Fever or chills.
- Cough.
- Shortness of breath or difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.

MORNING PHONE CALLS

As we have an influx of phone calls from 8.30am, we are asking if you are calling in regard to service times the following day, could please phone after 9.30am.

If you are phoning about service times for the following day, could you please hold off until mid morning.

We appreciate your cooperation!



In-Person Peer Support



What is In-Person Peer Support?

The In-Person Peer Support (IPPS) program provides an opportunity for carers to share their experience of being an unpaid carer, learn from others, develop self-care skills and create a supportive network in a safe environment.

IPPS groups can provide a sense of empowerment, understanding and reduce feelings of social isolation.



Manjimup

Venue: Manjimup Home & Community Care
1A Edwards Street

Time: 10.00am - 12.00pm | Mondays
(Fortnightly)

Boyup Brook

Venue: Boyup Brook Community Resource Centre
55 Abel Street

Time: 10.00am - 12.00pm | Wednesdays
(Fortnightly)

Cost: Free | Tea & coffee provided

Eligibility: Must have completed a Carer Gateway planning session



For more information please contact
IPPS@carerswa.asn.au or 1300 227 377

www.carerswa.asn.au

Word Search

ROLLING STONES



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

Mick Jagger

Keith Richards

Brian Jones

Bill Wyman

Charlie Watts

Rolling Stones

Ruby Tuesday

Miss You

Sticky Fingers

Brown Sugar

Chicago Blues

Decca Records

Jerry Hall

Paint It Black

Angie

Honky Tonk

The Sweet Grandmother

A sweet grandmother telephoned St. Josephs Hospital.

GRANDMOTHER— Is it possible to speak to someone who can tell me how a patient is doing?

OPERATOR— I'll be glad to help, dear. What's the name and room number of the patient?

GRANDMOTHER— Norma Findlay Room 302

OPERATOR— Let me put you n hold while I check with the nurse's station for that room.

After a few minutes the operator returned to the phone

OPERATOR—I have good news—Her nurse just told me that Norma is doing well. Her blood pressure is fine, her blood test just came back normal and her Physician Dr Cohen has scheduled her to be discharged tomorrow.

GRANDMOTHER—Thank you, That's wonderful. I was so worried. God bless you for the good news.

OPERATOR— You're more than welcome is Norma your daughter?

GRANDMOTHER—No, I'm Norma Finlay in room 302 and no one tell me anything. Thanks again.

Getting Old

When you get old, everything hurts. What doesn't hurt, doesn't work.
The gleam in your eye is the sun shining in your bi-focals
You feel ike the morning after but you haven't been anywhere
Your children begin to look middle aged
You join a health club but don't go
You have all the answers but no one asks you the questions
You look forward to a dull evening
You need glasses to find your glasses
You turn out the light for economy instead of romance
You sit in the rocking chair and can't make it go
You knees buckle, but your belt won't
Your back goes out more than you do
Your house is too big and your medicine cupboard is not big enough
You sink your teeth into steak and they stay there
Your birthday collapses from the weight of the candles

MEN'S OUTING

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



Come along and enjoy a day out with mates and enjoy your day out in Metricup region.

Lunch at own expense.

Bookings are essential prior to 26 June; please contact the office on 9771 6900



MEN'S OUTING

- WHEN:** Wednesday 17 July
WHERE: Mystery Trip
TIME: Pick up Manjimup starts at 8.00am
COST: \$20.00 transport



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

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

AUTUMN CLUB & GOLDEN OLDIES OUTING

WHEN: Friday 12 July

WHERE: Walpole

TIME: Pick up CWA Pemberton 8.30am
Pick up Northcliffe 9.00am

COST: \$20.00 transport

We are heading to Walpole for the day!

Come along and enjoy a nice day out, lunch at own expense.



Bookings are essential prior to 5 July; please contact the office on 9771 6900



SOCIAL OUTING

WHEN: Friday 26 July

WHERE: Mumballup Tavern

TIME: Pick up starts 8.30am

COST: \$20.00 transport

Come along and enjoy a day out in the Mumballup region.

Lunch at the at own expense at the Mumballup Tavern.

Bookings are essential prior to 19 July; 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**

The Lunch Bunch/Christmas in July

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



Where: Pemberton Hotel

When: Friday 5 July

Time: Pick up starts 10.30am

Transport: \$15.00

Lunch at the Pemberton Hotel, order off the menu at own expense.

Roast dinner is an option for Christmas in July meal.

Bookings are essential: please phone office on 97716 900.

TAI CHI

WHEN: Every Wednesday 10.30am - 11.30am

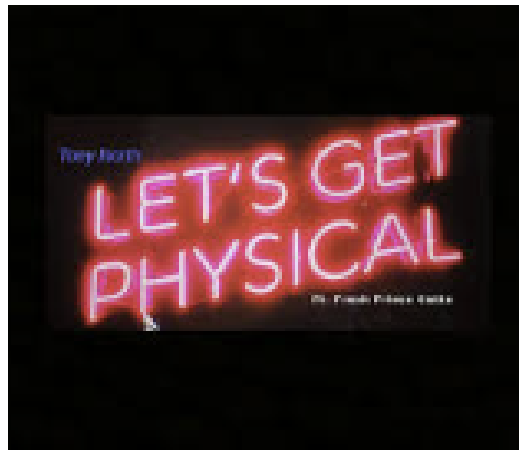
COST: \$10.00

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.



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

GOOD FOOD

GOOD MOOD

MONDAY MENU

1 July— Chicken Kiev served with mash, beans & vegetables.
Dessert: Fruit salad & ice cream

8 July— Pumpkin soup served with crusty bread.
Dessert: Stewed apple & custard.

15 July— Rissoles with garlic mash & vegetables.
Dessert: Custard Danish & ice cream.

22 July— Creamy chicken, bacon & mushroom carbonara.
Dessert: berries & ice cream.

29 July— Roast pork, served with roasted vegetables, cauli/broccoli cheese.
Dessert: Apricots & ice cream.



THURSDAY MENU

4 July— Meatloaf served with mash & greens.

Dessert: Ice cream on a stick.

11 July — Chicken cacciatore served with mash & greens.

Dessert: Cheesecake .

18 July— Roast Pork, served with roasted vegetables & greens.

Dessert: Fruit salad & custard.

25 July— Beef stew served with crusty bread.

Dessert: Peaches & ice cream.



FRIDAY MENU

5 July— Chicken curry served with steamed rice.

Dessert: Fruit salad & ice cream.

12 July—Corned silverside served with mash & vegetables.

Dessert: Rice cream & apricots.

19 July— Chicken parmigiana, wedges, carrots & beans .

Dessert: Peaches & ice cream.

26 July— Sausages with fried onion & tomato served with mash & greens

Dessert: Self saucing pudding & custard.



CROWEA & BORONIA CLUB M

Mon 1	Tues 2	Wed 3
Boronia Club (refer to page 10)	Over 50's Exercise Group (refer to page 11) Christmas in July (Refer to page 6)	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) Carers WA (refer to page 4) Repair Café (refer to page 5)	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)	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) Carers WA (refer to page 4)	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) Movie, Dinner & Afternoon 2.30pm—6.00pm \$12.00 for meal	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>The Lunch Bunch (refer to page 10)</p>	<p>Northcliffe/Windy Harbour Day Out</p> <p>Pick up starts 8.00am</p> <p>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>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</p> <p>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>Boronia Club (refer to page 10)</p> <p>Social Outing (refer to page 9)</p>	
		<p>Please phone the office on 9771 6900 to book the Activities.</p>

Word Search

COWBOYS



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

Bandana

Bedroll

Branding

Bronco

Cattle

Cowboys

Horse

Filly

Gelding

Jerky

Lasso

Mustang

Outlaw

Poke

Range

Rawhide

Rodeo

Roundup

Stampede

Vaquero

Wrangler

World History Quiz

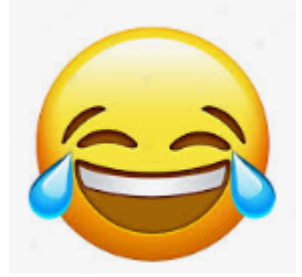
Questions

1. When did the construction of the Great Wall of China begin?
2. Who sent Christopher Columbus to explore the New World?
3. what is considered the largest empire in history?
4. What year did the French Revolution start?
5. What event is commonly believed to have sparked World War I?
6. Who was the last Tsar of Russia?
7. How many Celtic languages are still spoken today?
8. In what year did Libya gain independence from Italy?
9. Where did Albert Einstein live before moving to the United States?
10. Who is commonly referred to as the person who created the first printed press?
11. During which war was a Christmas Truce called?
12. How old was Queen Elizabeth II when she was crowned the Queen of England?
13. What was the code name for the German Invasion of the Soviet Union during World War II?
14. When did the Mexican Revolution start?
15. Who was the first ruler of the Mongol Empire?
16. What year did India gain independence from Britain?
17. In what year is the Bubonic Plague believed to have started in Europe and Asia?
18. What was the capital city of the Inca Empire?
19. What was the name of the Ukrainian nuclear power plant that was the site of a nuclear disaster in April 1986?
20. What was the name of the international group formed to maintain world peace after World War I?

The Roommate

A mother visits her son for dinner. He lives with a female friend.

During the meal, she can't help but notice how pretty his roommate is. She has long been suspicious of a relationship between the two and this has only made her more curious.



Over the course of the evening she watches the two interact and wonders if there is more between them. Reading his mother's thought, her son volunteers,
"I know what you must be thinking, but I assure you, we are just roommates."

A week later, his roommate comes to him saying.

"Ever since your mother came to dinner, I've been unable to find the silver plate. You don't suppose your mother took it, do you?"

He replies:

"Well, I doubt it, but I'll email her just to be sure!"

He sits down and writes to his mother.

Dear mother,

Since your visit last week, the silver plate has been missing. I am not saying that you took the silver plate from my house, and I'm not saying that you didn't take it, but the fact remains that it has been missing ever since you were here for dinner."

You loving son.

Several days later, he receives an email response from his mother.

Dear son,

I'm not saying that you do sleep with your roommate, and I'm not saying that you don't sleep with her but the fact remains that if she was sleeping in her OWN bed, she would have found the silver plate by now, under her pillow.

Your loving mother.

Fun Riddle

*I spit like bacon, and I come from an egg
I have plenty of backbone but lack good legs
I peel like an onion but still remain whole,
I'm long like a flagpole, yet I fit in a hole*

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

- Cross-out 6 things that come in pairs
- Tick 6 flower names for girls
- Circle the names of 5 Oceans
- Underline the names of 7 continents
- Scribble through 7 words that rhyme with 'first'
- Shade 10 words that are palindromes



Shorts	Asia	Rose	Atlantic	Europe	Dad
Worst	Civic	Shoes	Africa	Thirst	Ivy
Radar	Pacific	Violet	Eyes	Bratwurst	Australia
Daisy	Cursed	Madam	Sagas	Indian	Pliers
N. America	Level	Nursed	Iris	Sunglasses	Refer
Arctic	Snake	S. America	Coerced	Rotator	Solos
Antarctica	Reversed	Reviver	Earrings	Southern	Lily

Refer to page 30 for answers

Themed Words Brain Teaser

Change one letter in each word to create a new one; every row follows a theme!

1.	WIMPLE _____	SPIT _____	ACHE _____	WASH _____	BAIL _____
2.	SLAIN _____	PARK _____	SAIL _____	DITTY _____	BLOG _____
3.	SWEAT _____	LUTE _____	HAIR _____	LONELY _____	BUNNY _____
4.	SHADE _____	HOT _____	LOSE _____	FORM _____	NARROW _____
5.	BRAIN _____	TRICK _____	STEAL _____	ROIL _____	WICKET _____
6.	WOOL _____	LATE _____	LOCO _____	BASIC _____	PONG _____
7.	VEAL _____	COWER _____	MUSK _____	TIDE _____	CROAK _____
8.	WAIL _____	HIND _____	GRIST _____	PALS _____	FAST _____
9.	LINT _____	BASIN _____	THEME _____	DELL _____	SATE _____
10.	FEW _____	THREAT _____	SWITCH _____	PIG _____	UNIT _____
11.	HOLE _____	YARN _____	BUNK _____	ION _____	SHOW _____
12.	EAR _____	RUE _____	WALL _____	HEAD _____	CORK _____
13.	FUN _____	RAIL _____	SNOB _____	STIR _____	FIND _____
14.	BLUR _____	HEAL _____	PINE _____	BLANK _____	GREET _____

Chocolate Quiz

Here is a fun cryptic quiz where all the answers are types of chocolate!

1 Definitely not before 20.00 hrs _____

2 Apparently mainly for Lorry Drivers _____

3 Half a flying machine? Could well be _____

4 This pub only sells cow juice _____

5 Two storey vehicle with Passengers _____

6 Mediterranean islanders _____

7 Clever little people, these _____

8 Gentle wave action _____

9 Beautiful lady from Istanbul _____

10 Up for discussion? _____

11 Mother's Public House, perhaps _____

12 Mother's Public House, perhaps _____

13 Cow juice container _____

14 Song from Fiddler on the Roof? _____

15 Floral items, could be climbing or tea _____

16 Single snowy deposit _____

17 This becomes you, the song says _____

18 The 'E' is missing from this pet food _____

19 Could be Park Lane, or Mayfair _____

20 A star cluster _____

21 Another star cluster _____

22 Christmases and birthdays e.g. _____

23 "Give us a ?, Anthea!" as Bruce said _____

24 Are you a ? case? _____

25 Sssh! Talk quietly! _____

Creamy chicken pesto pasta recipe for two

Prep 05 min Cook 25 min Serves 2

Ingredients

- 2 tbsp pine nuts
- 2 tsp extra virgin olive oil
- 250g chicken tenderloins
- 1 garlic clove, chopped
- 60 ml (1/4 cup) white wine
- 125g dried fettuccine
- 500 ml (2 cups) salt reduced chicken stock liquid
- 80 ml (1/3 cup) thickened cream
- 1 1/2 tbsp store-bought pesto, plus extra, to serve
- Finely grated parmesan, to serve
- Fresh basil leaves, to serve (optional)



Method

Step 1

Place the pine nuts in a large frying pan. Cook, shaking the pan occasionally, over high heat for 3 minutes or until toasted. Transfer to a bowl.

Step 2

Heat the oil in the pan. Cook the chicken for 3 minutes each side or until golden and cooked through. Transfer to a plate. Add the garlic to the pan and cook, stirring, for 30 seconds or until aromatic. Add the wine and simmer, scraping the base of the pan with a wooden spoon to dislodge any cooked-on bits, for 2 minutes or until reduced.

Step 3

Add the pasta and stock to the pan. Cover and simmer, tossing with tongs occasionally, for 8 minutes or until the pasta is almost cooked. Add the cream and pesto. Cook, tossing with tongs to combine, for 2 minutes or until the liquid is reduced.

Step 4

Chop the chicken into large pieces. Add to the pan with half the pine nuts. Toss to combine. Sprinkle with parmesan and the remaining nuts and basil, if using. Top with extra pesto.

International Joke Day 1st July 2024

Husbands & Wives

A couple were driving along a country road in silence. They had earlier had a discussion, which in turn led to an argument, and neither one wanted to concede their position. As they passed a farmyard, they noticed several pigs, mules and goats.

“relatives of Yours?” the husband asked sarcastically.

“Yes,” said his wife “-IN—LAWS.”

.....

Ultimate Revenge

“Cash or Credit Card?” asked the sales lady to a woman shopper. As the woman struggled with her purse, the remote control for a TV set came tumbling out onto the counter.

“Do you always carry your TV remote around with you?” she asked the woman.

“No,” she replied, “but I asked my husband to come shopping with me and he refused, so this is the most severe punishment I can give him that’s still legal.”

.....

Words, Words, Words

A husband is reading a newspaper article to his wife.

“Women use about 30,000 words to a man’s 15,000 he reads.

“That’s because we have to repeat everything we say to men,” she replies.

Her husband puts the paper and says “WHAT?”

.....

The Speeding Car

A state policeman pulls over a speeding car.

“I was only going 40!” the driver protests.

“Not according to my radar.” says the policeman.

“Yes I was! The man shouts back.

“No you weren’t,” the policeman says.

With that the man’s wife leans towards the window and says:

“Officer, I should warn you not to argue with my husband when he’s been drinking”.

Split Words - Friendship

Train your semantic memory, stay sharp, and stimulate your visual skills!

With a pencil, form words from the syllable fragments in each grid. Cross out each grid as you use it!

All words are related to **friendship**.

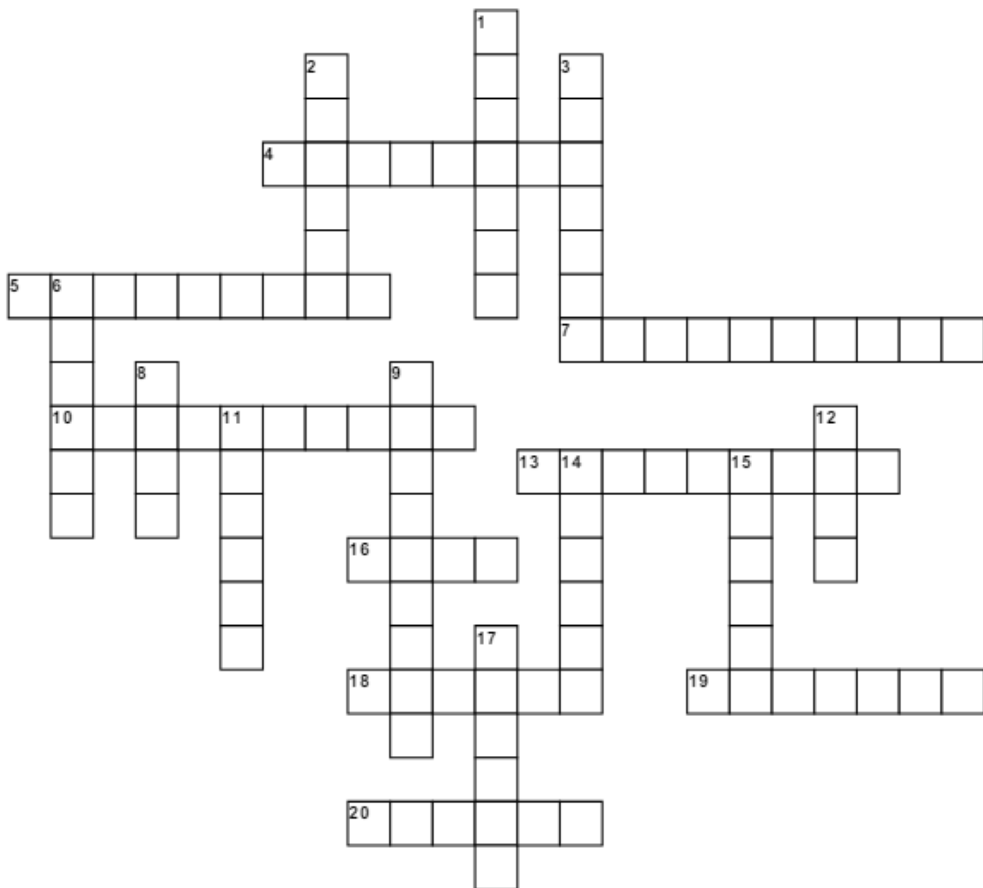
Friendship Split Words

memo	ten	for	rous
ether	res	pect	gene
ever	lis	tog	ine
life	cere	faith	last
ful	ing	sin	long
sup	genu	port	ries

Words

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Olympics Crossword



Across

- 4 - Long distance running (8)
- 5 - Team sport played in water (5,4)
- 7 - Includes exercises on bars, beam and vaulting horse (10)
- 10 - Relating to horse riding (10)
- 13 - Involves three different events
- 16 - Number of interlocking rings on the Olympic flag (4)
- 18 - An event where athletes fight with gloves (6)
- 19 - Velodrome race (7)
- 20 - Third place at the Olympics (6)

Down

- 1 - Shooting arrows (7)
- 2 - Country of 2016 Olympics (6)
- 3 - Sport with swords (7)
- 6 - City of first modern Olympic Games (6)
- 8 - Japanese martial art (4)
- 9 - Game played with a shuttlecock (9)
- 11 - City of 2000 Olympics (6)
- 12 - Game played with clubs (4)
- 14 - Using oars (6)
- 15 - Stick and ball game (6)
- 17 - Involves jumping into water (6)

Answers to Split words—Friendship

Genuine, Forever, Together, Respect, Generous, Listen, Sincere, Faithful, Lasting, Lifelong, Support, Memories

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!!!

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

Earth Angels

By Stephen Brown



The Wellness centre support workers are the best of the best!

You can deny this if you like at your own behest.

Don't winge or complain if you do you'll always be unhappy and your life will never be the same.

So open your heart and let these people in.
Open up your heart and let your heart sing fore these are our Earth Angels, Angels without wings.

They can change a mundane chore like shopping to a Social and happy outing and if you have time for a coffee, each will buy their own so no one will do the shouting.

When they come to my home with bright smiles upon their faces, they light all the nooks and crannies in all the dark places.

When they finish their chores, they always ask can I do anything else, can I do a little more and when they leave I realise with a frown, my place seems a little darker like the sun has just gone down.

So I say to all the elderly and disabled out there open up your heart and let these people in, open up your heart and let your heart sing, fore these are our Earth Angels, Angels without wings.

FOOT NOTE!

The Manjimup Home & Community Care support workers **REALLY are BEST OF THE BEST!**

Answers to Olympics Crossword



*Dogs are
not our
whole life
– but they
make our
lives whole*



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, buttons or flowers
- Cut top of sachet with zigzag scissors
- Half fill with lavender seeds, using a funnel if necessary
- Tie the 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.

Answers to World History Quiz from page 17

1. 7th century BC 2. King Ferdinand of Spain 3. The Mongol Empire 4. 1789 5. The assassination of Archduke Franz Ferdinand of Austria 6. Nicholas II 7. Six 8. 1951 9. Germany 10. Johannes Gutenberg 11. World War I 12. 27 13. Operation Barbarossa 14. November 20, 1910 15. Genghis Khan 16. 1947 17. 1346 18. Cusco 19. Chernobyl 20. The League of Nations

Answers to Chocolate Quiz from page 21

1. After eight 2. Yorkie 3. Aero (plane) 4. Milky bar 5. Double decker 6. Maltesers 7. Smarties 8. Ripple 9. Turkish delight 10. Topic 11. Mars bar 12. Black magic 13. Milk tray 14. Matchmaker 15. Roses 16. Flake 17. Moonlight 18. KitKat 19. Quality street 20. Milky way 21. galaxy 22. Celebrations 23. Twirl 24. Cadbury's fruit & nut 25. Wispa 26. Picnic 27. Crunchie 28. Walnut whip 29. Terry's choc orange

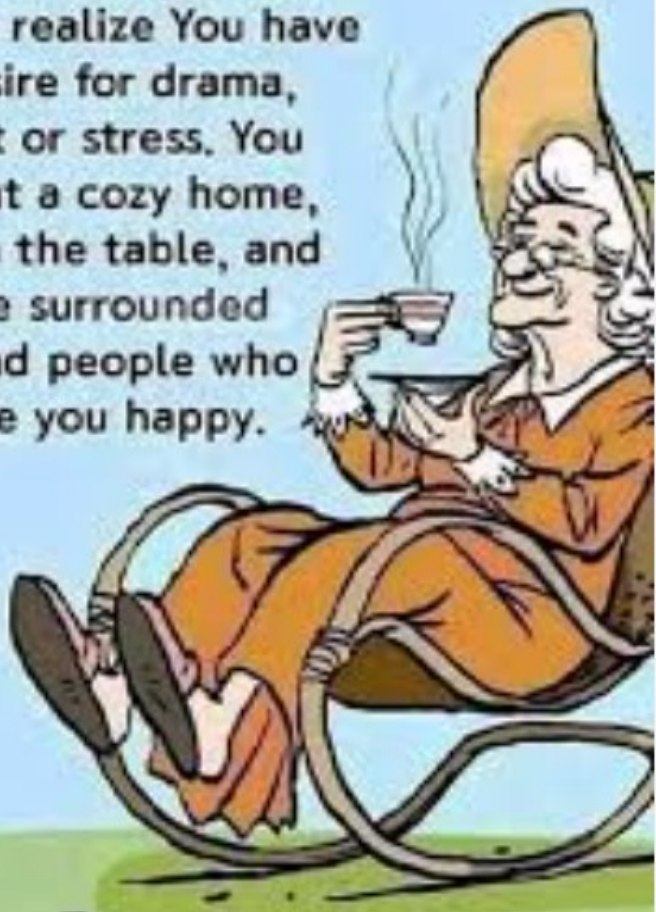
Answers to Sudoku from page 26

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

Answers to Themed Words Brain Teaser from page 20

1. Pimple, Spot, Acne, Rash, Boil (Skin conditions) 2. Stain, Mark, Soil, Dirty, Blot (Blemishes) 3. Sweet, Cute, Fair, Lovely, Bonny (compliments) 4. Spade, Hoe, Hose, Fork, Barrow (Gardening tools) 5. Train, Track, Steam, Rail, Ticket (Railways) 6. Pool, Lake, Loch, Basin, Pond (Bodies of water) 7. Veil, Cover, Mask, Hide, Cloak (Concealing something) 8. Nail, Hand, Wrist, Palm, Fist (Related to hands) 9. Mint, Basil, Thyme, Dill, Sage (Types of herbs) 10. Sew, Thread, Stitch, Pin, Knit (Related to sewing) 11. Home, Barn, Bank, Inn, Shop (Buildings) 12. Eat, Run, Walk, Read, Cook (Daily Actions) 13. Sun, Rain, Snow, Star, Wind (Nature) 14. Blue, Teal, Pink, Black, Green (Colours)

The older you get the more you realize You have no desire for drama, conflict or stress. You just want a cozy home, food on the table, and to be surrounded by kind people who make you happy.



It's a new day, fresh start, fresh energy, new opportunities. Get your mind right, be thankful, be positive and start your day right.

And the winner of the \$5.00 scratchie is

Yvonne Winfield

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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