



Alino

LIVING

ALINO ADVOCATE

March 2024



LIFESTYLE BLURB

Summer has drawn to a close, perhaps a welcome relief from the recent heatwaves. Our residents certainly enjoyed a refreshing cooldown with our watermelon eating contest, where Rhondda emerged victorious, finishing her slice the fastest.

In the spirit of embracing traditions, we celebrated Chinese New Year with delicious local takeaway and a virtual journey to China through our interactive exercise program, 'Passport to Wellness'.

Last month we were delighted to welcome five talented entertainers who filled the air with toe-tapping tunes and nostalgic favourites.

Love filled the air during our Valentine's afternoon. Residents savoured sweet treats and champagne whilst enjoying a serenade of requested love songs.

Can you believe Easter is almost here?

We're excited to welcome the Easter Bunny himself, who will be hopping by to visit our friends at the Vietnam Veterans Association in late March.

Warm wishes to all our families and friends!

Carlie and Cathy

MONTHLY HIGHLIGHTS

Wednesday, 6th and 20th and Thursday, 28th March

Easter Craft Days (D wing - 1:30pm)

Tuesday, 12th and 19th March

Harmony Day project (D wing - 10:30am)

Monday, 11th March

iPad Fun (D wing - 3:30pm)

Tuesday, 26th March

Mounties Easter Bunny Run 10:30am

Concerts

All held in the top dining room.

Friday, 8th March

Tom Duckworth, 2pm

Friday, 15th March

Clair Hayse, 2pm

Tuesday, 19th March

Patrick Brady, 2pm
(Saint Patrick's Day Concert)

Thursday, 28th March

Paul Leventhal, 10:30am
(Classical guitarist)

REGULAR EVENTS

Mondays and Fridays Bingo at 1:30pm

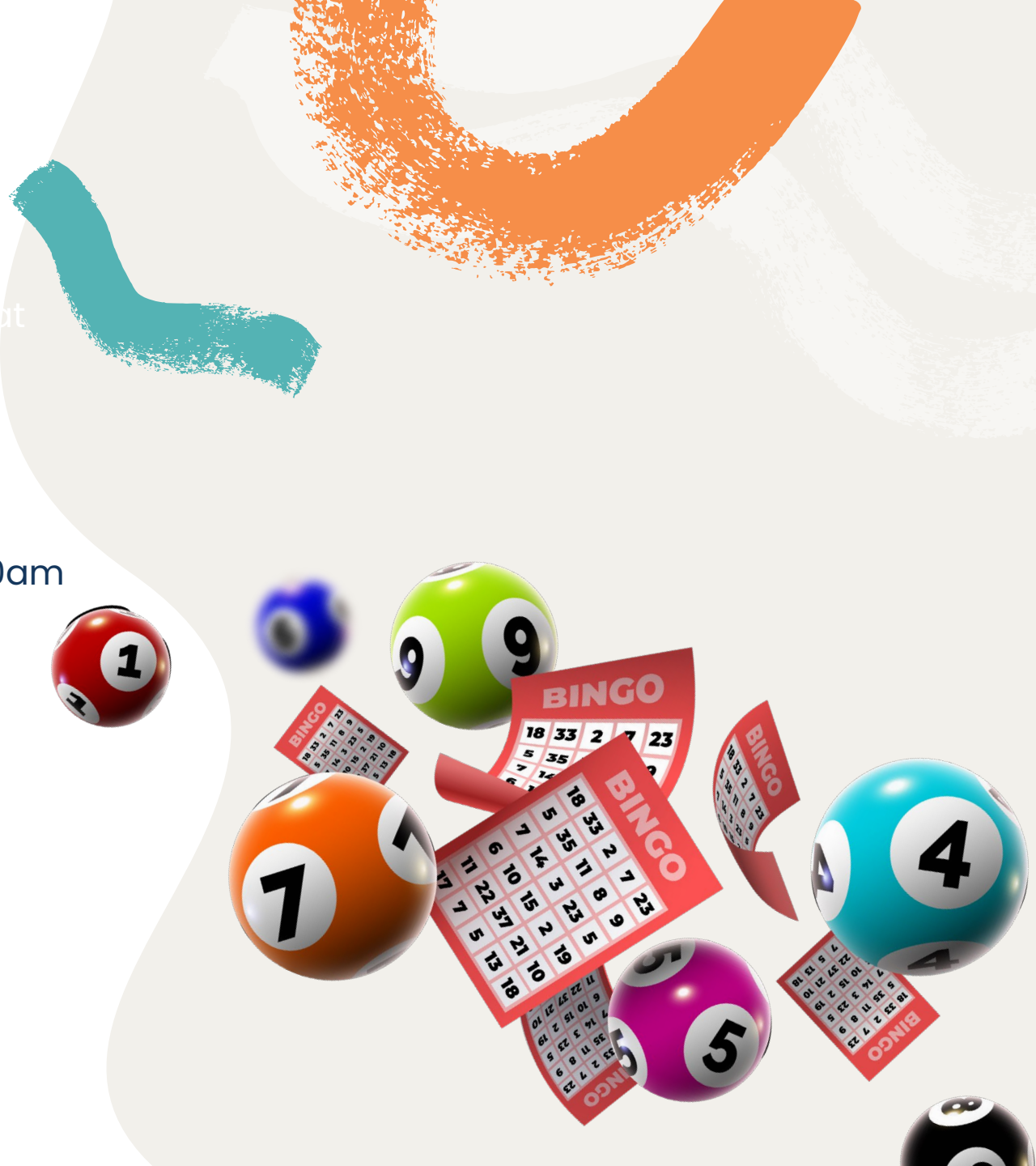
Wednesdays Tai Chi Class at 10.30am

Mondays and Thursdays Group Fitness at 10:30am

Fridays Fruity Friday (fortnightly)

Movie and popcorn on alternate afternoons

Movie and milkshake on alternate afternoons



OUR FEBRUARY

Dave Greville concert

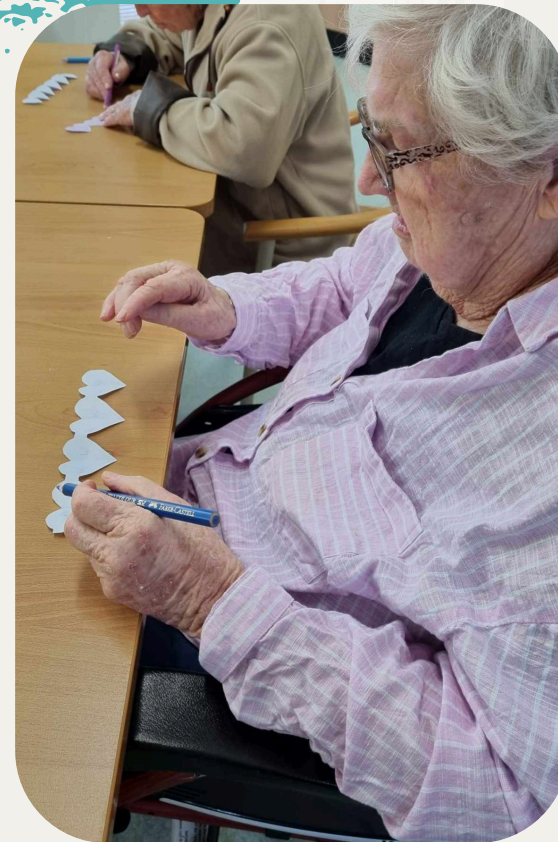


Marco feeds the lorikeets



OUR FEBRUARY

Paper heart chains



OUR FEBRUARY

Pat enjoying a rainy afternoon completing puzzles



OUR FEBRUARY

Valentine's Day



OUR FEBRUARY

Watermelon eating contest



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
NOTES:		<p>Morning tea-Top dining room 10am everyday Afternoon tea-Bottom dining room 3pm everyday Monthly birthday party held Tuesday 19th March 2pm - TDR Resident meeting TBA Catholic Church Mass - Monday 25th March 2024, 10.30am - B lounge ➢ Bus outing to Halekulani Bowling Club -Monique Montez "forever young show" Flyer and details on notice board *Table games, knitting and cards will be available for all residents to use at any time of the day in D wing. (Activities are subject to availability and can be changed or varied at short notice)</p>						St David's Day, World Day of Prayer 1 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Whiteboard Quiz – D wing 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Friday Night Movie - D wing		Sound of Music film first released 1965 2 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge		World Wildlife Day 3 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge	
Labour Day (WA) 4 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Group Fitness - E lounge 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Reminiscing Chat – D Wing		5 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Nailcare - D wing 1.30pm Fun with Words - D wing 3pm Afternoon Tea - LDR 3.30pm What's on in D? - D wing		6 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Tai Chi - D wing 1.30pm Easter Craft Time - D wing 3pm Afternoon Tea - LDR 3.30pm Colour By Numbers – D wing		7 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Group Fitness - E lounge 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Sing A Long – D wing		Int. Women's Day 8 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Famous Woman of Australia quiz - D Lounge 2pm Tom Duckworth concert - TDR 3pm Afternoon Tea - LDR		9 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge		Daylight Savings starts (US,CA), The Oscars, Ramadan begins, Mothering Sunday UK 10 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge	
Labour Day (VIC), Adelaide Cup (SA), Eight Hour Day (Tas), Canberra Day (ACT) 11 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Group Fitness - E lounge 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm iPad Fun – D Wing		12 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Harmony Day Project -D Wg 1.30pm Trivia Time – E wing 3pm Afternoon Tea-LDR 3.30pm What's on in D? – D wing		13 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Tai Chi - D wing 1.30pm Shuffleboard – D wing 3pm Afternoon Tea - LDR 3.30pm Let's play Cards – D wing		14 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Group Fitness - E lounge 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Documentary TV – D wing		15 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Craft-Hanging Shamrocks - D wing 2pm Clair Hayse Concert - TDR 3pm Afternoon Tea - LDR		16 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge		St Patrick's Day 17 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge	
18 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Group Fitness - E lounge 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Jigsaw Fun – D wing		19 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Harmony Day project-Dwing 2pm Patrick Brady Concert - TDR 3pm Afternoon Tea - LDR 3.30pm Garden walk & Chat		Int. Day of Happiness 20 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Tai Chi - D wing 1.30pm Easter Craft - D wing 3pm Afternoon Tea - LDR 3.30pm What's on in D? – D wing		Harmony Day, World Poetry Day, Int. Day of Forests 21 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Group Fitness - E lounge 1.30pm Armchair Travel – D wing 3pm Afternoon Tea - LDR 3.30pm Golden Oldies Tunes - Dwing		World Water Day 22 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Morning exercise +walk-D 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Friday Night Movie - D wing		World Meteorological Day, World Maths Day 23 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge		Palm Sunday, Purim 24 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge	
Greek Independence Day 25 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Mounties Easter Bunny run-TBA 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR		26 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Senior Rights Information talk - D wing 1.30pm Words within a Word - D wing 3pm Afternoon Tea - LDR		27 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Tai Chi - D wing 1.30pm Easter fun Quiz – D wing 3pm Afternoon Tea - LDR 3.30pm What's on in D? – D wing		28 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Paul Leventhal Classical Guitarist performance - D wing 1.30pm Easter Craft - D wing 3pm Afternoon Tea - LDR		National Vietnam War Veterans Day (USA), Good Friday 29 9.15am You and me 1:1 10am Morning Tea - TDR 10.30am Shuffleboard – D wing 1.30pm Bingo - D wing 3pm Afternoon Tea - LDR 3.30pm Friday Night Movie - D wing		Holy Saturday 30 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge		Easter, Daylight Savings starts (UK) 31 10am Morning Tea - TDR 10.30am Self-initiated cards games and colouring available in D wing 3pm Afternoon Tea - LDR 3.30pm Movie in B lounge	

MARCH 2024