



Aino

LIVING

LAKE HAVEN COURT

Aino Living Advocate

March 2024



Lifestyle Message

Hello and welcome to March!

Hello and welcome to March!

March is upon us and with it comes Autumn. The days will be starting to cool down and give us all a bit of welcomed relief from the heat and humidity.

The Chinese New Year lunch was certainly a highlight of last month, we hope everyone had a wonderful time and enjoyed the food and fortune cookies. Another highlight of last month was our lovely Valentine's Café afternoon which involved a group sing along and some sweet treats. As of writing this, our Kindy Kids visit is still yet to happen but will be happening soon. Look out for the photos in next months newsletter.

There is a lot to look forward to this month, including St Patrick's Day which is fast approaching. Did you know that everyone is Irish on St Patrick's Day? Easter Sunday will also be on the last day of this month. We wish our residents a very Happy Easter. If you have too much chocolate, and don't want to put on

weight, you can always bring it to the Activities Office and we'll eat it for you!

We'd like to encourage those of you who may not usually attend activities to give it a try and join in this month! It's good for the soul. Don't hesitate to speak with our activities team if there are any suggestions or comments you'd like to share regarding the activities. We are always here for you.

Until next month,

Stay well, and most importantly, keep smiling!

Your activities team

Dianne, Rhonda, Selina and Mary



CONTACT DETAILS

Dianne Buettner

Lifestyle Coordinator

Lake Haven Court

LakeHavenAO@alinoliving.com.au

02 4394 2604

Sally Linnen

Admissions and Marketing Manager

Alino Living

slinnen@alinoliving.com.au



Regular Events

Tuesdays

Every Tuesday, we will enjoy going for scenic drives in the bus, both morning and afternoon.

Shopping bus is running each fortnight.

Wednesdays

Bingo at 1:30pm.

Thursdays

Hand Therapy at 10:30am.

BBQ Lunch, cooked on premises, every Thursday.

Nail Care Thursday afternoons at 3:45pm and Saturday morning.

Fridays

Bingo at 1:30pm.

Thursday 14th

Resident Meeting at 1:30pm with ice cream cones afterwards.

Friday 22nd

Anglican Church Service.

Once a Month

Lunch outings.

Special Events - March

Here are some highlights for March.

Thursday 7th

Toukley Seniors Choir at 10:30am.

Monday 18th

Melody Men at 2pm.

Tuesday 19th

Lunch outing.

Thursday 28th

Steve Richards at 1:30pm.

Friday 29th

Good Friday

Saturday 30th

Easter Saturday

Sunday 31st

Easter Sunday



4

Residents Birthdays March

2nd

Nola Gavenlock

11th

Gillian Newman

21st

Dot Hammond

23rd

Katie Sammut

We wish you all a most wonderful birthday.

Our January/ February



AUSTRALIA DAY

We had a blast celebrating Australia Day and even had a visit from a crocodile friend.





CHINESE NEW YEAR

We celebrated Chinese New Year with fun traditions, delicious food, and of course, fortune cookies!





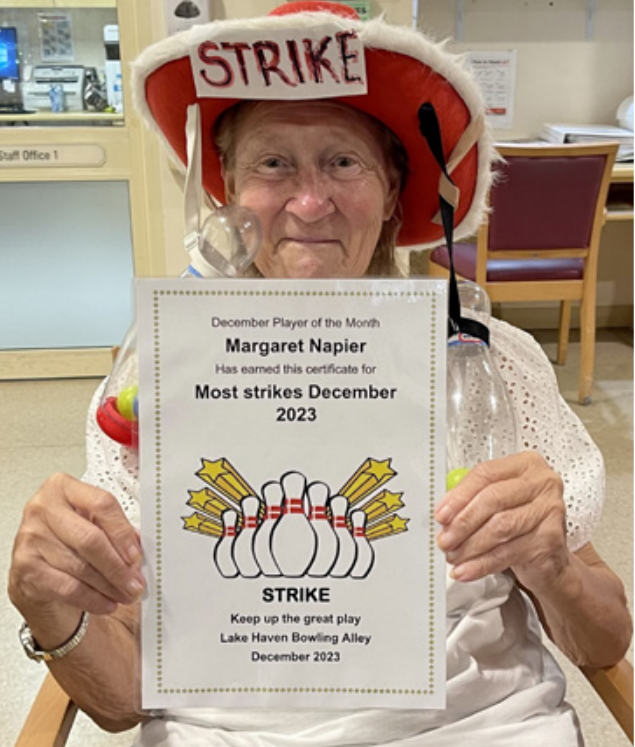
HAPPY HOUR WITH BARRY HARPER

We had lots of fun singing along and enjoying each other's company at Happy Hour with Barry Harper.



HEART CRAFT FOR VALENTINES DAY

Love was certainly in the air at our heart craft activity for Valentines Day.



STRIKE CHAMPIONSHIPS

Some pictures from the exciting Strike Championships! Congratulations to Margaret for winning most strikes in December 2023.

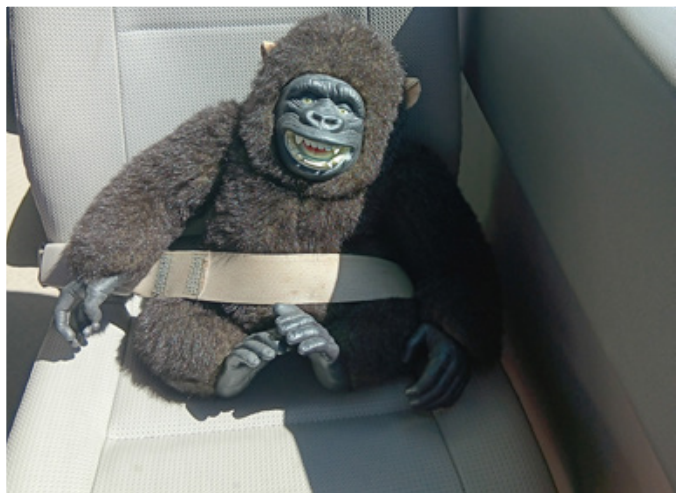
GLIDER PLANES

Ron and Norm had a great time flying their glider planes outside.



BUS OUTING

Another beautiful day filled with blue skies and sunshine on our bus outing to Canton Beach!





Just Joking

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck.

'O'Halloran,' asked the pharmacist, 'did that mudpack I gave you improve your wife's appearance?' 'It did surely,' replied O'Halloran, 'but it keeps fallin' off.'

'Hello, Mary, how's your new false teeth?' asked Bridget. 'I'm leaving them out till I get used to them!' said Mary.

O'Callaghan was getting irate and shouted upstairs to his wife, 'Hurry up or we'll be late.'

'Oh, be quiet,' replied his wife. 'Haven't I been telling you for the last hour that I'll be ready in a minute?'

Michael O'Leary was waiting at the bus stop with his friend, Paddy Maguire, when a truck went by loaded up with rolls of turf.

O'Leary said, 'I'm gonna do that when I win de lottery, Maguire.'

'What's that, Michael?'

responds his mate. 'Send me lawn away to be cut,' concludes O'Leary.



The Irishman and The Ventriloquist

A ventriloquist is telling Irish jokes in Davy Byrne's pub in Grafton Street, Dublin, when, O'Leary, an irate Irishman stands up shouting, 'You're making out we're all dumb and stupid. I oughtta punch you in the nose.' The Ventriloquist answered, 'I'm sorry sir, I.....'

'Not you,' says O'Leary, 'I'm talking to that little fella on your knee.'

Just Joking



WORDS OF WISDOM

- You never really appreciate what you have until it is gone. Toilet paper is a good example.
- Never take a sleeping pill and a laxative on the same night.
- Forget health food. I'm at the age where I need all the preservatives I can get!

*I actually saw a leprechaun once.
After enough green beer, you see
all kinds of stuff.*



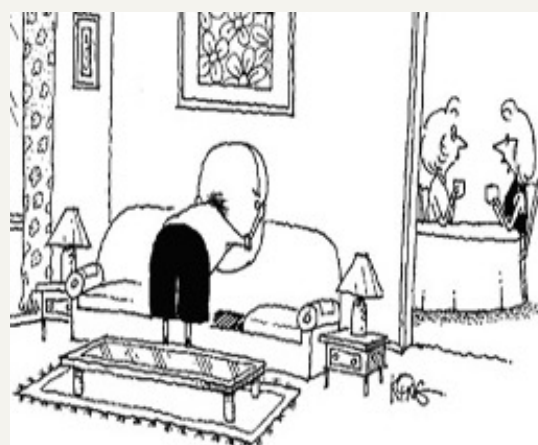
Just Joking



... and that is WHY the chicken crossed the road.



"My bones are getting softer, but my arteries are getting harder, so it balances out!"



The doctor said he needed more activity. So I hide his T.V. remote three times a week.



A man asked a fairy to make him desirable & irresistible to all women. She turned him into a credit card! :)

WORDSEARCH

ST PATRICK'S DAY

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

IRISH

GREEN

LEPRECHAUN

PARADE

SHAMROCK

GOLD

CELTIC

DUBLIN

PATRICK

LUCK

MARCH

CATHEDRAL

RAINBOW

CHARM

CLOVER

JIG

SAINT

CROSS

SHILLELAGH

HARP

THE WORLDS EASIEST QUIZ

(Passing this quiz requires only 3 correct answers out of 10)

1. How long did the Hundred Years War last? _____
2. Which country makes Panama hats? _____
3. From which animal do we get cat gut? _____
4. In which month do Russians celebrate the October Revolution? _____
5. What is a camelhair brush made of? _____
6. The Canary Islands in the pacific are named after which animal? _____
7. What was King George VI first name? _____
8. What colour is a purple finch? _____
9. Where are Chinese gooseberries from? _____
10. What is the colour of the black box in a commercial aeroplane? _____



Just Joking

BBQ RULES;

We are now in the BBQ season. Therefore, it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity.

When a man volunteers to do the BBQ the following chain of events are put into motion;

Routine...

1. The woman buys the food
2. The woman makes the salad, prepares the vegetables, and makes dessert.
3. The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.
4. The woman remains outside the compulsory three metre exclusion zone where the exuberance of testosterone and other manly activities can take place without the interference of the woman.

Here comes the important part;

5. The Man places the meat on the BBQ
6. The woman goes inside to organise the plates and cutlery.
7. The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat.
8. The man takes the meat off the BBQ & hands it to the woman.
9. The woman prepares the plates, salad, bread, utensils, napkins, sauces and brings them to the table.
10. After eating, the woman clears the table and does the dishes.
11. Everyone praises the man and thanks him for his cooking efforts.
12. The man asks the woman how she enjoyed "her night off" - and upon seeing her annoyed reaction, concludes that there's just no pleasing some women!

March in *History*



- March 1 1975:** Colour television was introduced into Australia.
- March 2 1959:** Construction began of the Sydney Opera House.
- March 3 1837:** The city of Melbourne was named.
- March 5 1803:** The Sydney Gazette newspaper was published.
- March 7 1976:** Alexander Graham Bell granted patent for the telephone.
- March 8 1973:** "Whiskey Au Go Go" fire bombed, killing 15.
- March 9 1822:** Charles Graham patented false teeth.
- March 10 1988:** Singer Andy Gibb, brother of the group 'The Bee Gees died aged 30.
- March 11 1997:** Paul McCartney was knighted by Queen Elizabeth II
- March 12 1994** The church of England ordained 32 women priests
- March 14 1878:** Albert Einstein was born in Ulm, Germany (died 1955)
- March 15 1906:** Rolls Royce the exclusive English car company was founded
- March 16 1940:** Jockey Y-fronts went on sale in New Zealand for the first time
- March 17 1945:** Self-raising flour and the rubber band were patented.
- March 20 1969:** Beatle John Lennon married Yoko Ono.
- March 21 1963:** Alcatraz prison in San Fransico was closed.
- March 22 1958:** Elvis Presley joined the United States Army (left March 5 1960).
- March 25 1660:** The 1st Official Horse Race in the USA
- March 27 1790:** The first shoelaces were invented in England
- March 28 1930:** Constantinople in Turkey was renamed Istanbul
- March 29 1886:** Coca Cola was invented
- March 30 1981:** Ronald Reagan, newly elected President of the United States, was shot in the street in Washington.

Earth Hour – 23rd of March

On Saturday March 23rd hundreds of millions of global citizens, from one hundred different countries, will unite in the action of 'lights out'. Will you be one of them?

Earth Hour is a call to action to every individual, every business, and every community. It starts with a simple flick of a switch at 8.30pm for one hour, in a collective display of commitment to protect the one thing that unites us all.....the planet.



Wordsearch



The worlds easiest quiz

Answers: Remember, you only need 3 correct answers to pass.

- How long did the Hundred Years War last?.....116 years.
- Which country makes Panama hats?.....Ecuador.
- From which animal do we get cat gut?.....Sheep and Horses.
- In which month do Russians celebrate the October Revolution?.....November
- What is a camel hair brush made of?.....Squirrel fur.
- The Canary Islands in the pacific are named after which animal?....Dogs
- What was King George VI first name?.....Albert
- What colour is a purple finch?.....Crimson
- Where are Chinese gooseberries from?.....New Zealand
- What is the colour of the black box in a commercial aeroplane?.....Orange.

So, how did you score?

March Calendar

LAKEHAVEN COURT ACTIVITIES CALENDAR March 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|---|---|
|  <p>4</p> <p>9:30 Group Exercises 10:30 Hey It's Hoy! 1:30 Shamrock Craft 3:30 Individual Visits</p> |  <p>5</p> <p>9:30 Scenic Drive 1:30 Afternoon Tea Bus Outing</p> |  <p>6</p> <p>9:30 Group Exercises 10:30 Remember When 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p> |  <p>7</p> <p>9:30 Group Exercises 10:30 Toukley Seniors Choir BBQ LUNCH 1:30 Ten Pin Bowling 4:30 Individual Activity</p> | <p>1</p> <p>9:30 Outdoor Exercises (weather permitting) 11:15 Video Quiz 1:30 Bingo 3:30 Walking Group</p> | <p>2</p> <p>9:30 Group Exercises 10:45 Nail Care 1:30 Movie Afternoon</p> | <p>3</p> <p>Activities, Games, Puzzles, Colouring etc Available</p> |
| <p>11</p> <p>9:30 Group Exercises 10:30 Word Games 1:30 Gratitude Tree Craft Continued 3:30 Individual Visits</p> | <p>12</p> <p>9:30 Scenic Drive 1:30 Shopping Bus</p> | <p>13</p> <p>9:30 Group Exercises 10:30 Scattergories 1:30 Bingo 3:30 Walking Group 4:00 Individual Visits</p> | <p>14</p> <p>9:30 Group Exercises 10:30 Hand Therapy BBQ LUNCH 1:30 Resident Meeting Ice Creams After</p> | <p>15</p> <p>10:00 Outdoor Morn/Tea 10:45 Irish Jokes 1:30 Bingo 3:30 Walking Group 4:00 Individual Activities</p> | <p>16</p> <p>9:30 Group Exercises 10:45 Nail Care 1:30 Movie Afternoon</p> | <p>17</p> <p>Activities, Games, Puzzles, Colouring etc Available</p> |
| <p>18</p> <p>9:30 Group Exercises 10:30 Hey it's Hoy! 2:00 Melody Men 3:30 Individual Visits</p> | <p>19</p> <p>10:30 Lunch Outing</p> | <p>20</p> <p>9:30 Group Exercises 10:30 Finish The Saying 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p> | <p>21</p> <p>9:30 Group Exercises 10:30 Hand Therapy BBQ LUNCH 1:30 Carpet bowls 3:45 Nail care</p> | <p>22</p> <p>10:30 Anglican Church Service 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p> | <p>23</p> <p>9:30 Saturday Fun With Mary 1:30 Movie Afternoon</p> | <p>24</p> <p>Activities, Games, Puzzles, Colouring etc Available</p> |
| <p>25</p> <p>9:30 Group Exercises 10:30 Word Games 1:30 Easter Craft 3:30 Individual Visits</p> | <p>26</p> <p>9:30 Scenic Drive 1:30 Shopping Bus</p> | <p>27</p> <p>9:30 Group Exercises 10:30 Pick an Egg Game 1:30 Bingo 3:30 Walking Group</p> | <p>28</p> <p>9:30 Group Exercises 10:30 Hand Therapy BBQ LUNCH 1:30 Steve Richards 3:45 Nail care</p> | <p>29</p> <p>Good Friday</p> | <p>30</p> <p>Happy Easter Saturday</p> | <p>31</p> <p>Happy Easter</p> |

Individual Activities Could Include:

1 to 1 room visit, Looking at Photographs, Folding Clothes, Flower Arrangement. * **Anglican Service 4th Friday of month:** See program for details
Doing Puzzles, Sorting Items, Gardening, Sing A long, Hand Massage, Walking Etc.

Type of activity depends upon individual resident preferences

Hairdresser Kylie Onsite Each Monday.

Residents Informed of Date and Time of Podiatry/Doctor Clinic
Calendar subject to change without notice due to current circumstances