

# Aino

LIVING

RUMBALARA HOUSE

## *Aino Living Advocate*

February 2024



# Lifestyle Message

*Happy New Year to everyone!!!*

We started this year off celebrating the new year with some amazing entertainment by Evan Haswell. We all played musical instruments and boogied away whilst Evan took us down memory lane with well known and loved songs from our past!!!

Our learning Sign Language with George is a fantastic way of learning a new skill, and his teaching has us all testing ourselves out on each other. The highlight was George teaching us how to say Happy Australia Day. We all practiced and practiced and on Australia Day all the Residents together signed Happy Australia Day to George. A very heartwarming moment and credit to George for inspiring us all and for being such a fabulous teacher whose class always has us in stitches of laughter.

The Gardening Gang was introduced this month and what a hit it has been! Thanks to Fiona and Louise our awesome green thumbbed volunteers, who came armed with pots, paints, soil, and plants! Residents selected the pot of their choice, painted them with their favourite colours, then planted

their favourite plants. The results were magical! This will now be a fortnightly activity as it was so well received and most of all everyone had fun!!!

The Hub Club membership continues to grow. Thanks to our volunteers Curly, Graham and Ken for making this possible. Our Residents not only get to mingle out in the community, but they also get to solve the world's problems, all over a cuppa of course.

Our Bus Trips as always are a mind, body and soul treat and January's were no different. With the school holidays upon us – we took the roads less travelled and WOW were we rewarded. Our journeys led us to hidden locations, that saw us enjoying nature at its best...secluded waterfalls, and our very own boat ramp which gave us 360-degree water views. We all relished in the silence and beauty of nature.

Australia Day was celebrated with 6-year-old Bella Mary Ahearn, my granddaughter. She visited every Resident wishing each one a Happy Australia Day and together with all the

Residents attending the activities we all wished George a Happy Australia Day in sign. Bella Mary, our youngest volunteer assisted in all activities, such as Boomer-Bang with your Boomerang and Toilet Roll Toss. It was a great celebration of Australia Day and was so much fun that I thought Bella was going to sign up as a Resident. She didn't want to leave!!!

The 100 Club is now a monthly fund-raising event, where all monies raised go to equipment for our Residents. You purchase a number from 1-100 for \$2 each, as many numbers as you like. When all the numbers are gone, we draw out the winning number and the lucky winner gets \$100 cash. January saw our first winner drawn out of the hat by Resident Pat Howell-Smith and the lucky number belonged to our much-loved staff member, Swapna. We were all so happy for her! If you haven't purchased your numbers for the next draw...hurry as numbers are running out fast.

Our February activities calendar is jam packed – with something for everyone! We welcome the new year

to our growing base of volunteers, who with their help make running activities fun! Thank you so much to the following volunteers who give us a hand, and all with a smile! They are Louise, Fiona, Gloria – Mrs. Music, Bernard, Father Peter, Hillary, Kaye, Judy, Jill, Louise F, Curly, Graham, Ken, and Jean.

We welcome all volunteers with open arms. If you could spend an hour or so, any day of the week helping it would be greatly appreciated. You will also learn new skills, make new friends but above all fun and satisfaction is guaranteed. Check out our Activity Calendar for any activity that grabs you and contact Mary or Loretta on 02 43 253 693. We would love for you to join us. Like they say...its always better to give than to receive.

We hope the new year brings you nothing but good health and happiness.

Bring on fabulous February.

*The lifestyle team*

# Regular Events

## **Mondays and Saturdays**

Bingo Mondays and Saturdays at 1.00pm

## **Mondays and Thursdays**

UNO every Monday at 10.30 and Thursday at 1.30pm

## **Every 2nd Tuesday**

The Gardening Gang 9am  
The Wellness Centre 10am

## **Every Tuesday**

BUS Trips from 1pm  
Arts and Crafts 1.30pm

## **Tuesdays and Thursdays**

Exercises with Physio Team from 11:00  
Cater Care BBQ Lunch fortnightly

## **Sundays**

Catholic Service with Interpreter every  
from 9.30am  
Social High Tea from 10:30am

## **Wednesdays**

Hairdresser from 9:30am  
HUB Club from 10am

## **Every 1st Wednesday**

Food Forum Meeting from 1pm

## **Every 2nd Wednesday**

Church services held Catholic 10.30 and  
Anglican 1.30

## **Every 3rd Wednesday**

Resident Meeting from 1:30pm  
CC Council Mobile Library

## **Thursdays**

Learning Sign Language with George at  
10am

## **Fridays**

Hand Therapy from 10.30am  
Happy Hour with a sing a long with Mrs  
Music





**FUNDRAISER**

**WIN WIN WIN**

**100 CLUB**

**\$2 PER NUMBER**

**\$100 prize**

**To the lucky number drawn**

**See Leisure and Lifestyle or Reception  
to purchase a number**

**\*Please note all money raised will go  
towards Adelene Court Leisure and Lifestyle  
equipment. Your support is much  
appreciated! Thank you!!!**



# **THE GUM LEAF CAFÉ**

**IS NOW OPEN**

**COMPLIMENTARY FOR  
OUR RESIDENTS AND  
THEIR VISITORS!!!**

**OPEN EVERY DAY**

**Ground Floor – Rumbalara House**



**WINNER OF THIS MONTHS 100 CLUB OUR  
VERY OWN SWAPNA**





# Our January

## AUSLAN





# AUSTRALIA DAY





# BUS TRIPS





# GARDENING GANG





# HIGH TEA





# NEW YEAR'S EVE





# Random Acts of Kindness Day

FEBRUARY 17



On February 17 let yourself be inspired by Random Acts of Kindness Day to bring joy to the people you come across. The day encourages people to do good deeds and celebrate the pay-it-forward mentality. It also reminds us that doing something kind for someone else can have a big impact not only on their day, but also on ours - being kind to others makes us happier and makes us realize we need to be kinder to ourselves too. An act of kindness doesn't have to be a big gesture either, sometimes the smallest

act can have the biggest impact. Being kind to others can increase your levels of dopamine and serotonin. When your brain releases serotonin, this can help improve and stabilise your mood by reducing anxiety, and decreasing feelings of depression.

So, on Random Acts of Kindness Day, do kind things for others. It is easy, free, and will put a smile on everyone's face.



# LOVE IS...

Several children aged from 4 to 8 years were asked to define LOVE, look at their adorable answers....

*"Love is when you tell a guy you like his shirt, then he wears it every day"*  
(Tina - age 7)

*"My mummy loves me more than anybody. You don't see anyone else kissing me to sleep at night."*  
(Clare - Age 5)

*"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth."*  
(Billy - age 4)

*"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."*  
(Rebecca - age 8)

*"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."*  
(Chrissy - age 6)

*"Love is what makes you smile when you're tired."*  
(Terri - age 4)

*"Love is when my mummy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."*  
(Danny - age 7)

*"Love is like a little old woman and a little old man who are still friends even after they know each other so well."*  
(Tommy - age 6)

*"During my piano recital, I was on a stage and scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore. That's love"*  
(Cindy -age 8)

*"Love is when mummy gives daddy the best piece of chicken."*  
(Elaine - age 5)



# ALL ABOUT CHINESE NEW YEAR

Chinese New Year is a holiday that celebrates the beginning of a new year according to the lunar calendar. It is considered to be one of the most important holidays for Chinese families.

## 12 Ways to Get Lucky this Lunar New Year

We could all use more luck in our lives. And with the Lunar New Year right around the corner, now's the perfect time to up the good fortune ante. Here are 12 dos and don'ts to get you started.

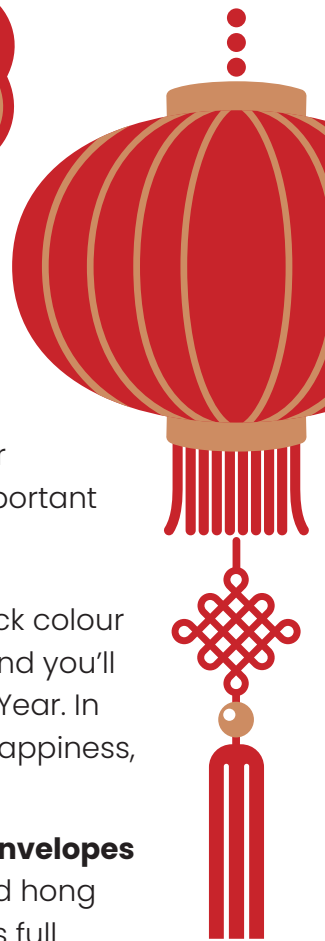
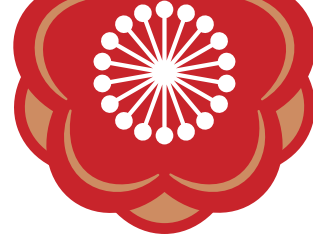
**DO: Clean the house** But before New Year's Day. Any cleaning done on New Year's Day washes away good luck.

**DO: Deck the halls** After you're done ridding your pad of dirt and demons, spruce it up with some good luck decor. Flowers are also a must have around the house. Orchids stand for fertility and abundance, peach blossoms for prosperity and growth, plum blossoms for endurance and courage, and peonies for richness and peace.

**DO: Wear red** Red is a good luck colour in general in Chinese culture, and you'll see it a lot of it during the New Year. In addition to luck, it symbolizes happiness, vitality, and long life.

**DO: Give out (or receive) red envelopes** Called lai see in Cantonese and hong bao in Mandarin, red envelopes full of crisp bills are a big part of Chinese New Year.

**DO: Eat lucky food** What better way to up your luck than to ingest it? Lots of tasty eats are considered lucky, whether because of their names, appearance, or nature. "Long noodles symbolise a long life while dumplings are made to resemble gold or silver ingots, a unit of currency in ancient China. Seeds represent fertility. Sweets signify a sweet year.







**DON'T: Eat unlucky food** Namely porridge for breakfast as it symbolises poverty. Be safe and opt for some toast.

**DON'T: Bathe** And especially don't wash your hair. "Hair" in Chinese, fa, is the same word in the phrase fa cai, meaning "to become wealthy." Shampoo on New Year's Day and you'll be washing that luck right out of your hair.

**DON'T: Sweep** Sweep the floor and you'll be sweeping away possible wealth. Don't take the garbage out either. You'll only be dumping good luck.

**DON'T: Run with scissors** Of course you should never do so, but an accident involving a sharp object on New Year's Day is said to bring bad luck for the year.

**DON'T: Use unlucky words** Such as death, dying, ghost, or the deadly number four.

**DON'T: Cry** There's no crying on New Year's Day. Tears on the first day of the spring festival mean tears for the whole year.

**DON'T: Give unlucky gifts** Invited to a New Year dinner? Great! But be sure not to bring:

**Sharp objects.** Forget about that set of Ginsu knives. Sharp items imply the cutting of ties.

**Handkerchiefs.** Another symbol of "goodbye forever" since they're typically given out at funerals.

**Anything to do with the number four.** Have we mentioned that four sounds like "death"?

**Shoes.** The word for shoes (xie) is a homonym for "evil." Besides, what a weird gift.

**Clocks.** The phrase "give a clock" sounds a lot like "attend a funeral rite." Clocks are also a reminder that we're all running out of time, and no one needs that.

# 2024 IS A LEAP YEAR

## History

Leap Year has been the traditional time that women can propose marriage. In many of today's cultures, it is okay for a woman to propose marriage to a man. Society doesn't look down on such women. However, that hasn't always been the case. When the rules of courtship were stricter, women were only allowed to pop the question on one day every four years. That day was February 29th. It is believed this tradition was started in 5th century Ireland when St. Bridget complained to St. Patrick about women having to wait for so long for a man to propose. According to legend, St.

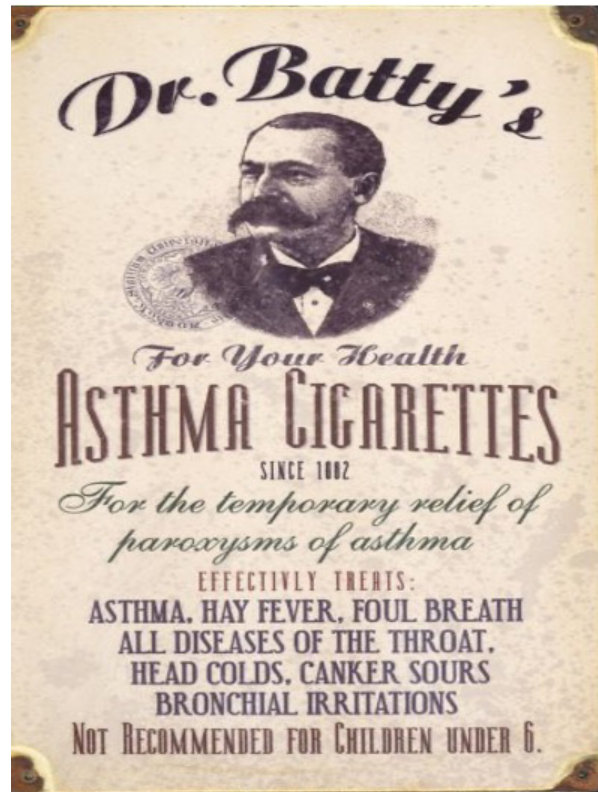
Patrick said the yearning females could propose on this one day in February during the leap year. There is a Greek superstition that claims couples have bad luck if they marry during a leap year.

Apparently one in five engaged couples in Greece will avoid planning their wedding during a leap year.



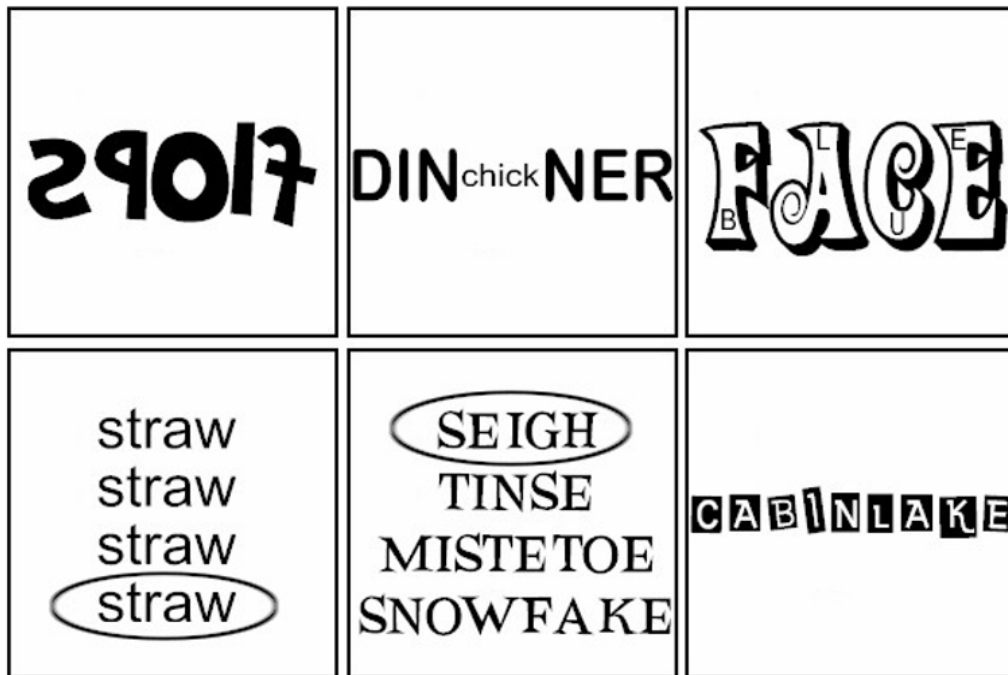
# VINTAGE ADVERTISEMENTS

Would we allow this today?



How times have changed!

# BAMBOOZABLE



# COMMONYM

1. May - Bean - Flag
2. Lamb - Pork - Karate
3. Road - Weather- Treasure
4. Penguin - Kiwi - Ostrich
5. Bad T.V. Shows - Stamps - Checks
6. Sheets - Books - Rolls
7. Chips - Sweet - Spears
8. Right - Love - Bermuda
9. Buck - Baby - Wisdom
10. Crab - Caramel - Candy



# Wordsearch

## VALENTINES DAY



OWK FOWPEBDBVIUMEF L HDA AZTVINRTO  
JSDACGZIOOVXDADORATIONXMQYYWLU  
SKFTBMHYLLELMMLRLOHCHYDQICZFXKA  
CARDQLNAWVCIU DKPBCCLGUOQXBJPQJ  
PHFJEK PZJHAFZWT SXPTRYMIHXDZNY  
CMZZDBEPZMWOUADMIRERYEDZZPCGKW  
XXATWCGGQJYPWQWNEJVSXABSWGBXUI  
XUSGBFITKJYNKWUBJHKFPASSIONCWX  
LCANDYHCZQGLTFMEXNLFNWZEEKRTDT  
DQJFXUYUCBSNB J LKT KZIWZEAHTE TVFA  
QFUNZKYPHRMAOPBWWXEWANAQARHYCX  
DOEPFRDCR L P G Y Z W Z M I G R O L Z A Z J A E W L  
TPXNGPBLHLNAEBLCIYFQJEYJPRQUWL  
FFLOWERBDEKFB SLQVRXVAFFECTIONM  
JSCPZDYGE P X K S C F L I R T H H T A S S T O O U G  
ZXFGCJLFI PKGPWBOOMMGELOVEVTMFQ  
UAQETYVEUPYRZXJCLGBGASHNUETVZX  
WVSEVBQUFLYVQIZMYWRBRSEOWFZAIG  
WKECUARDKFPXLBOWSSZKTYJNISELLE  
TPYRWAXEYXUWC F Q F Y E K O F B R Q Q V S E Q J  
LVYWNPLNYS DADWMMITIEEBTAWIZNUN  
FKLP IVBSBTWCRUCMIXUCLEYG G I V T M N  
FSBUTYCMFGJDSYHLBTHJTLD SX X B I P N  
GAEYHKQMSOULMATEFEVF KOONDDYNXT  
SZJWKMIHRAOCWZQC NF K L T V G V R K X E D D  
EOQS O J O N H J C J E K T M I Q E D S E A Y G U U Z C Y  
ZVXTWBDXLDAYNJ I H B C U P I D M F Q G H G M O  
XUAAQLNWHCHOCOLATEYGNJRDTPAJWB  
NLOXYWVESXQIFCSUWGP N Q F G U I U I N D M  
BUYDFYUTUNWCPR T D B T F H O V B M L E K B Z S

HEARTFELT

AFFECTION

ADMIRER

CUPID

LOVE

ADORATION

VALENTINE

PASSION

FLOWER

CHOCOLATE

SOULMATE

BELOVED

CANDY

FLIRT

CARD

# SUDOKU

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

## Wordsearch

OWK FOWPEBDBVIUMEF LHDAAZTVINRTO  
 JSDACGZIOOVXD **ADORATION** XMQYYWLU  
 SKFTBMHYLLELMMRLOHCHYDQICZFXKA  
**CARD** QLNAWVCIUDKPBCCLGUOQXBJPQJ  
 PHFJEKpzJHAFZWTsXPTRYMIHXDZNY  
 CMZZDBEPZMWO **ADMIRER** YEDZZPCGKW  
 XXATWCGGQJYPWQWNEJVSXABSWGBXUI  
 XUSGBFITKJYNKWUBJHKF **PASSION** CWX  
**CANDY** HCZQGLTFMEXNLFNWZEEKRTDT  
 DQJFXUCBSNB JLKTKZIWZEAHTE TVFA  
 QFUNZKYPHRMAOPBWWXEWANAQARHYCX  
 DOEPFRDCRLPGYZWZMIGROLZAZJAEWL  
 TPXNGPBLHLNAEBLCIYFQJEYJPRQUWL  
**FLOWER** BDEKFB SLQVRXV **AFFECTION** M  
 JSCPZDYGEPXKSC **FLIRTH** HTASSTOUG  
 ZXFGCJLFI PKGPWBOOMME **LOVE** VTMFQ  
 UAQETYVEUPYRZXJCLGBGASHNUETVZX  
 WVSEVBQUFLYVQIZMYWRBRSEOWFZAI  
 WKECUARDKFPXLBOWSSZKTYJNISELLE  
 TPYRWAXEYXUWCFQFYEKOFBRQQVSEQJ  
 LVYWNPLNYS DADWMMITIEEBTAWIZNUN  
 FKLPIVBSBTWCRUCMIXUCL EYGGIVTMN  
 FSBUYCMFGJDSYHLBTHJTLDSXXBIPN  
 GA EYHKQM **SOULMATE** FEVFKOONDDYNXT  
 SZJWKMIHRAOCWZQCNFKLT VGVKXEDD  
 EOQSOJONHJCJEKTMIQEDSEAYGUUZCY  
 ZVXTWBDXLDAYNJ IHB **CUPID** MFQGHGMO  
 XUAAQLNWH **CHOCOLATE** YGNJRDTPAJWB  
 NLOXYWVESXQIFCSUWGP NQFGUIUINDM  
 BUYDFYUTUNWCPR TDBTFHOVBMLEKBZS

## Sudoku

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

## Commonym

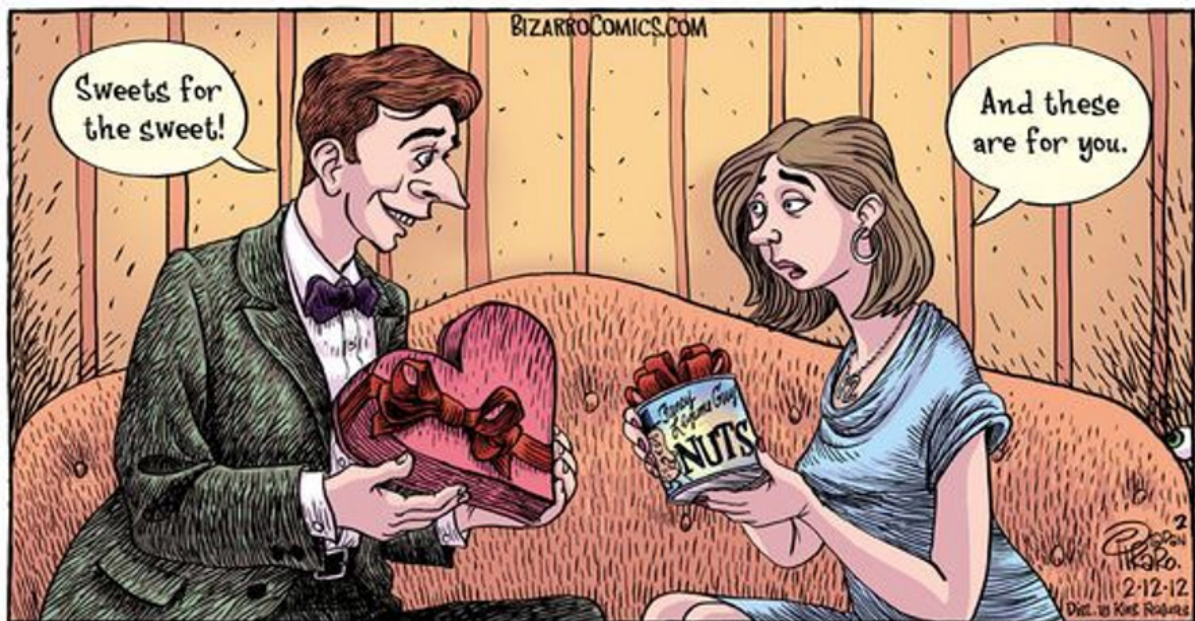
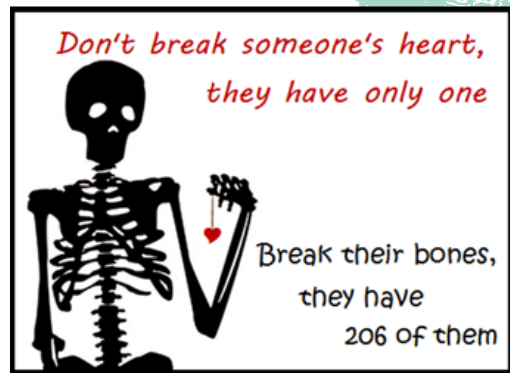
1. Poles
2. Types of chops
3. Maps
4. Birds that don't fly
5. They all get canceled
6. Ways stamps are sold
7. Pickles
8. Triangles
9. Teeth
10. Apples

## Bamboozable

1. Flip Flops
2. Chicken Dinner
3. Blue in the face
4. The last straw
5. The first noel
6. Cabin Lake



# Just Joking



# February Calendar

## February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Happy birthday to our following Residents:                      Anne Nolan – 2<sup>nd</sup>                      Janet Jobson – 23<sup>rd</sup>                      Peggy de Seriere – 25<sup>th</sup></p>	<p>9:00 Room Visits</p> <p>10:30 UNO Challenge</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>9:30 <b>The Gardening Gang</b></p> <p>11:00 Exercises in South Lounge</p> <p>1:00 <b>BUS Trip</b></p> <p>1:30 <b>Arts &amp; Crafts</b></p>	<p>9:30 Room Visits</p> <p>9:30 Hairdresser</p> <p>10:00 <b>The Hub Club</b></p> <p>10:30 <b>Jolly Trolley</b></p> <p>1:00 Food Forum</p> <p>1:30 <b>The Sherlock Holmes Club- Reviewing the Beaumont Children Case</b></p>	<p>9:30 Room Visits</p> <p>10:30 Hand Spa</p> <p>1:30 <b>HAPPY HOUR</b> with <b>Mrs Music's Sing A Long</b></p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>9:30 Catholic Mass</p> <p>10:30 Sunday Social High Tea</p> <p>1:00 Movie Matinee</p>
<p>9:00 Room Visits</p> <p>10:30 UNO Challenge</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>10:00 <b>The Wellness Centre- be pampered</b></p> <p>11:00 Exercises in South Lounge</p> <p>1:00 <b>BUS Trip</b></p> <p>1:30 <b>Arts &amp; Crafts</b></p>	<p>9:30 Room Visits</p> <p>9:30 Hairdresser</p> <p>10:00 <b>The Hub Club</b></p> <p>10:30 Catholic Service</p> <p>1:30 Anglican Service</p> <p>2.30pm Feb 8day Celebrations</p> <p><i>Valentines Play</i></p> <p><b>PODIATRIST IN TODAY</b></p>	<p>9:30 Room Visits</p> <p>10:00 <b>Learning Sign Language with George</b></p> <p>11:00 Physio Exercises in South Lounge</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:30 Hand Spa</p> <p>1:30 <b>HAPPY HOUR</b> with <b>Mrs Music's Sing A Long</b></p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>9:30 Catholic Mass</p> <p>10:30 Sunday Social High Tea</p> <p>1:00 Movie Matinee</p>
<p>9:00 Room Visits</p> <p>10:30 UNO Challenge</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>10:00 <b>The Wellness Centre- be pampered</b></p> <p>11:00 Exercises in South Lounge</p> <p>1:00 <b>BUS Trip</b></p> <p>1:30 <b>Arts &amp; Crafts</b></p>	<p>9:30 Room Visits</p> <p>9:30 Hairdresser</p> <p>10:00 <b>The Hub Club</b></p> <p>10:30 Jolly Trolley</p> <p>1:30 Resident's Meeting</p> <p>2:00 Scrabble</p>	<p>9:30 Room Visits</p> <p>10:00 <b>Learning Sign Language with George</b></p> <p>11:00 Physio Exercises in South Lounge</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:30 Hand Spa</p> <p>1:30 <b>HAPPY HOUR</b> with <b>Mrs Music's Sing A Long</b></p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>9:30 Catholic Mass</p> <p>10:30 Sunday Social High Tea</p> <p>1:00 Movie Matinee</p>
<p>9:30 Room Visits</p> <p>10:00 <b>Learning Sign Language with George</b></p> <p>11:00 Physio Exercises in South Lounge</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>10:00 <b>Learning Sign Language with George</b></p> <p>11:00 Physio Exercises in South Lounge</p> <p>1:30 UNO Challenge</p>	<p>9:30 Room Visits</p> <p>9:30 Hairdresser</p> <p>10:00 <b>The Hub Club</b></p> <p>10:30 Jolly Trolley</p> <p>1:30 <b>Table Top Tournament</b></p>	<p>9:30 Room Visits</p> <p>10:00 <b>Learning Sign Language with George</b></p> <p>11:00 Physio Exercises in South Lounge</p> <p>1:30 UNO Challenge</p> <p><b>OPTOMETRIST IN TODAY</b></p>	<p>9:30 Room Visits</p> <p>10:30 Hand Spa</p> <p>1:30 <b>HAPPY HOUR</b> with <b>Mrs Music's Sing A Long</b></p>	<p>9:30 Room Visits</p> <p>10:30 Nail Salon</p> <p>1:00 BINGO</p>	<p>9:30 Room Visits</p> <p>9:30 Catholic Mass</p> <p>10:30 Sunday Social High Tea</p> <p>1:00 Movie Matinee</p>

HAPPY VALENTINES DAY TO ALL