



Aino

LIVING

LAKE HAVEN COURT

Aino Living Advocate

October 2024



Lifestyle Message

Hello and welcome to October!

September was a busy and fun month with our fabulous Flower Power Party. It was a treat to get all dressed up.

This month we have Oktoberfest and Halloween special events planned, check your calendar.

Even though Halloween is really an American thing, more and more Australians are adopting it as an excuse to dress up and have some fun.

We are fortunate to have Michael Montgomery entertain us at our Halloween party; he is a popular cabaret singer.

The lunch outing on the 22nd will be enjoying fish & chips at The Entrance foreshore, overlooking the beautiful water views.

The garden beds are looking wonderful with all the colourful flowers starting to bloom.

Spring has truly sprung, that's for sure!

We hope you have a very enjoyable month.

There's always something to keep you busy and make your days enjoyable, check your activities calendar.

Until next month, keep smiling!

Your activities team

**Bianca, Dianne, Rhonda,
Selina and Tracy**





CONTACT DETAILS

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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

BBQ Lunch, cooked on premises, every Thursday.

Wednesdays and Fridays

Bingo at 1:30pm.

10th October

Resident Meeting at 1:30pm

22nd October

Monthly lunch outing

25th October

Anglican Church Service at 10:30am

Special Events – October

3rd Summer Menu Selection 10:30am

3rd Armchair travel to Germany for Oktoberfest at 1:30pm

17th Group Tai Chi, in the library at 9:30am

18th The Lakes Singers Concert at 10:30am

21st The Melody Men concert at 2pm

22nd Fish & Chips at The Entrance Foreshore

31st Halloween Dress Up Day.

31st Michael Montgomery Cabaret Show at 1:30pm

There is always fun to be had each and every day!

Make sure to check your activities calendar for more information.

Residents Birthdays October

2nd

Dawn P

4th

Anne S

14th

Russell H

18th

Miriam

22nd

Ellen A

25th

Ignac (Joe)

We wish you a most wonderful birthday.

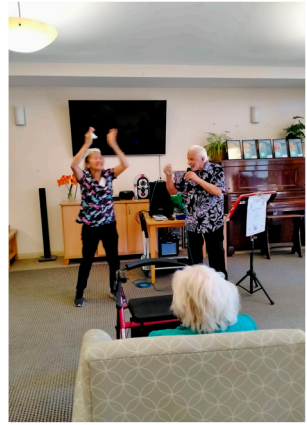


Our September

FLOWER CRAFT

Creating beautiful headbands for our flower power party





CHARLIE SALIBA CONCERT

Happy hour fun and dancing whilst listening to Charlie Saliba entertain. The staff always get involved in the dancing.





MUFFIN BAKING

Look at us baking muffins, they were absolutely delicious and there was not a crumb left over.





FLOWER POWER PARTY

We had a wonderful afternoon listening to old songs, along with much merriment, at our Flower Power Party.





Getting to know *you*



Name?

Nairn Rose

What is your role and what do you do on a daily basis?

Registered Nurse / Care Manager

How long have you worked at Alino Living?

2 and a half years.

What is the most memorable moment or experience from your time at Alino Living?

The wonderful Christmas parties and dress up days.

What do you love about working at Alino Living?

I love interacting with the residents and staff each day.

What do you enjoy doing outside of work? (Hobbies, passions, etc)

Spending time with my family and friends.

Walking my dog.

I love the beach and also love to shop!

What's an interest fact about you?

I come from a small town in New Zealand

What is your lifetime dream?

To travel the world.

Daylight savings begins on.

Sunday, 6th October, 2:00:00 AM clocks are turned **forward 1 hour**



Labour Day Monday 7th October 2024

The history of Labour Day in Australia spans over a century. It is an important annual event that remembers those who struggled and succeeded to ensure decent and fair working conditions in Australia. During the mid to late 1800s, the working day was long and arduous, where some employees would work up to 12 hours a day, six days a week.

Many Australians saw the need for better working conditions and in the 1850s there was a strong push for this. On the 21st of April 1856, stonemasons at the University of Melbourne marched to Parliament House to push for an eight-hour working day. An agreement with employers for a 38-hour week was eventually reached and Australian workers welcomed the new eight-hour day. A victory march was held on May 12 that year and each year after that. In 1856 the new work regulations were recognised in New South Wales, followed by Queensland in 1858 and South Australia in 1873.

The Slogan for Labour Day:

8 Hours Labour

8 Hours Recreation

8 Hours Rest



Superstitions, Omens & Myths

According to Webster's dictionary, superstition is any belief that is inconsistent with the known laws of science or with what is considered true and rational; esp., such a belief in omens, the supernatural, etc. Superstition origins go back thousands of years. Beliefs include good luck charms, amulets, bad luck, fortunes, cures, portents, omens and predictions, fortunes and spells.

Superstitions and Bad Luck Omens

Black Cats

The 1960s saw the television take on Black cats have long been believed to be a supernatural omen since the witch hunts of the Middle Ages when cats were thought to be connected to evil. Since then, it is considered bad luck if a black cat crosses your path.

Broken Mirrors

An ancient myth our ancestors believed was that the image in a mirror is our actual soul. A broken mirror represented the soul being astray from your body. To break the spell of misfortune, you must wait seven hours (one for each year of bad luck) before picking up the broken pieces and bury them outside in the moonlight.



Ladders

In the days before the gallows, criminals were hung from the top rung of a ladder and their spirits were believed to linger underneath. Common folklore has it to be bad luck to walk beneath an open ladder and pass through the triangle of evil ghosts and spirits.



Owls

If an owl looks in your window, or if you see one in the daylight, bad luck and death will bestow you.

Salt

At one time salt was a rare commodity and thought to have magical powers. It was unfortunate to spill salt and said to foretell family disarray and death. To ward off bad luck, throw a pinch over your shoulder and all will be well.

Sparrows

Sparrows are thought to carry the souls of the dead and it is believed to bring bad luck if you kill one.



Unlucky Number 13

The fear of the number 13 is still common today and avoided in many different ways. Some buildings still do not have an official 13th floor and many people avoid driving or going anywhere on Friday the 13th.

Good Luck Superstitions

Horseshoes

To bring good luck, the horseshoe must be lost by a horse and be found by you, with the open end facing your way. You must hang it over the door with the open end up, so the good fortune doesn't spill out.



Another origin of the 'lucky horseshoe' is the belief that they ward off witches. Witches, it was once believed, were opposed to horses, which is why they rode brooms and pitchforks instead. By placing a horseshoe over a door, the witch would be reluctant to enter. (Hat tip: Iris)

Four Leaf Clover

Clover is believed to protect humans and animals from evil spells and is thought to be good luck to find a four leaf clover, particularly for the Irish.



Rabbit's Foot

These lucky charms are thought to ward off bad luck and bring good luck. You must carry the rabbit's foot on a chain around your neck, or in your left back pocket. The older it gets, the more good luck it brings.



Wishbone

Two people are to pull apart a dried breastbone of a turkey or chicken and the one who is left with the longer end will have their wish come true.

Common Myths & Folklore

1. If the flame of a candle flickers and then turns blue, there's a spirit in the room.
2. If a bird flies through your house, it indicates important news. If it can't get out, the news will be death.
3. If you feel a chill up your spine, someone is walking on your future grave.
4. A person born on Halloween will have the gift of communicating with the dead.
5. A bat in the house is a sign of death.
6. If a bird flies towards you, bad fortune is imminent.
7. If your palm itches, you will soon receive money. If you scratch it, your money will never come.
8. Crows are viewed as a bad omen, often foretelling death. If they caw, death is very near.
9. Many Romans wore lucky charms and amulets to avert the "evil eye".
10. If a person experiences great horror, their hair turns white.
11. A hat on a bed will bring bad luck.
12. Eat an apple on Christmas Eve for good health the next year.
13. The superstition of knocking on wood for good luck originates from pagan beliefs in regards to trees.

October Jokes

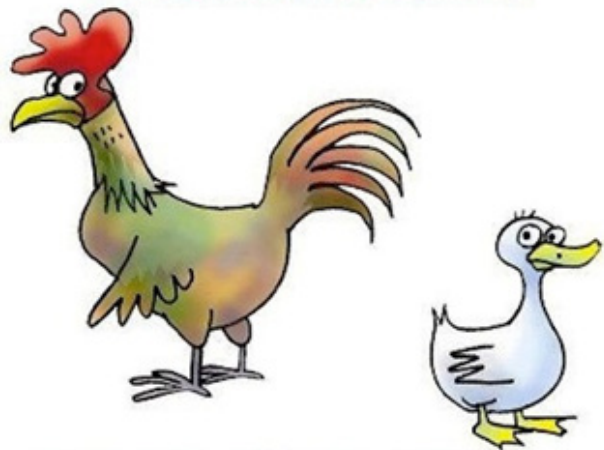


We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!



A duck was about to cross the road when a chicken looked at him and said....



"DONT DO IT MAN.... YOU WILL NEVER HEAR THE END OF IT!"



"Your doctor can only do so much. The rest is up to you. Stop getting older."



Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.

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

ANCHOR
BEAM
BILGE
BOAT
BOW
CANOE
CANVAS

CREW
CRUISE
DOCK
FISH
KEEL
LAKE
LINES

MAST
NETS
OARS
PADDLE
POND
RIDE
RIVER

ROPE
RUDDER
SAIL
SEAT
SHORE
SIGHTS
STEER

STERN
TIDE
WATER
WHEEL
WIND

Word Pairs

Altering one letter at each stage to form a new word every time, change the word on the top line to the word on the bottom.

POSY

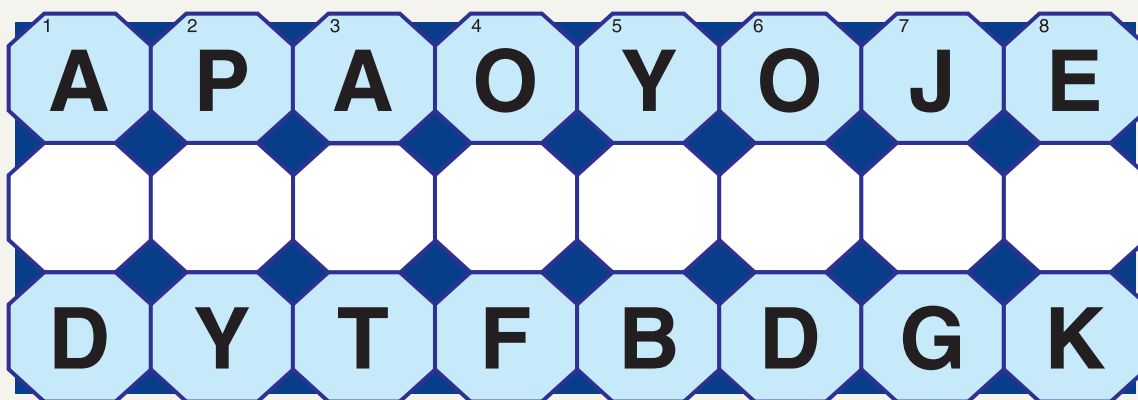
NINE

PUTT

© Lovatts Puzzles

Whats What

Complete the 3-letter words and the middle row across will reveal the solution.



© Lovatts Puzzles

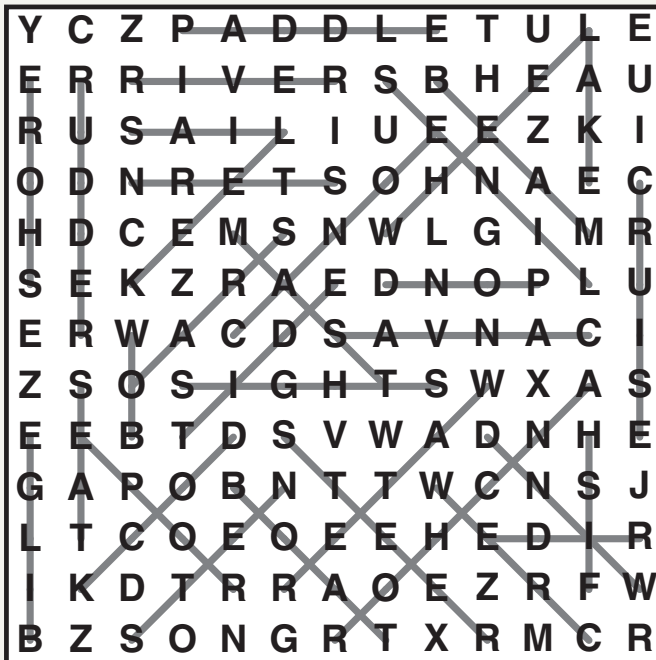
- 1. Tot up
- 2. Wages
- 3. Astern

- 4. Not on
- 5. Uncouth boy
- 6. Peculiar

- 7. Irish dance
- 8. Large deer

Wordsearch

Steps



Posy,
nosy,
nose,
none,
nine,
pine,
pint,
punt,
putt.



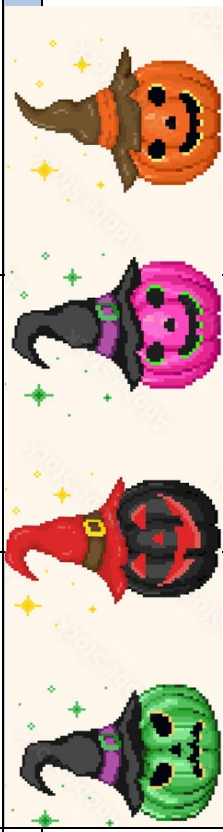
Whats What

Add,
pay,
aft,
off,
yob,
odd,
jig,
elk;

DAFFODIL.



LAKEHAVEN COURT ACTIVITIES CALENDAR October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
 <p>9:30 Exercise Group And Ball Games 10:30 Word Games 1:30 Blancas Bingo</p>	<p>1</p> <p>9:30 Scenic Drive 1:30 Shopping Bus</p>	<p>2</p> <p>9:30 Group Exercises 10:30 Word games 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p>	<p>3</p> <p>10:30 Menu Selection BBQ LUNCH 1:30 OKTOBERFEST Visiting Germany </p>	<p>4</p> <p>9:30 Exercise Group 10:30 Concentration 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p>	<p>5</p> <p>9:30 Saturday With Tracy 1:30 Movie Afternoon</p>	<p>6</p> <p>Activities, Games, Puzzles, Colouring etc Available</p>	
<p>7</p> <p>9:30 Exercise Group And Ball Games 10:30 Word Games 1:30 Blancas Bingo</p>	<p>8</p> <p>9:30 Scenic Drive 1:30 Scenic Drive</p>	<p>9</p> <p>9:30 Group Exercises 10:30 Name That Tune 1:30 Halloween Craft 3:30 Walking Group 4:00 Individual Activity</p>	<p>10</p> <p>9:30 Exercise Group 10:30 Hand Therapy BBQ LUNCH 1:30 Resident Meeting ICE CREAMS AFTER!</p>	<p>11</p> <p>9:30 Exercise Group 10:30 Video Quiz 1:30 Bingo 3:30 Walking Group 4:00 Individual Activities</p>	<p>12</p> <p>9:30 Group Exercises 10:45 Nail Care 1:30 Movie Afternoon</p>	<p>13</p> <p>Activities, Games, Puzzles, Colouring etc Available</p>	
<p>14</p> <p>9:30 Exercise Group 10:30 Easy Quiz 1:30 Ping Pong Game 3:30 Individual Visits</p>	<p>15</p> <p>9:30 Scenic Drive 1:30 Shopping Bus</p>	<p>16</p> <p>9:30 Group Exercises 10:30 Hangman 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p>	<p>17</p> <p>9:30 Group Tai Chi 10:30 Hand Therapy BBQ LUNCH 1:30 Ten Pin Bowling 3:45 Nail Care</p>	<p>18</p> <p>9:30 Exercise Group 10:30 Lakes Singers 1:30 Bingo 3:30 Walking Group 4:00 Individual Activities</p>	<p>19</p> <p>9:30 Saturday With Tracy 1:30 Movie Afternoon</p>	<p>20</p> <p>Activities, Games, Puzzles, Colouring etc Available</p>	
<p>21</p> <p>9:30 Exercises & Ball games 10:30 Reminiscence 2:00 Melody Men Concert</p>	<p>22</p> <p>Fish & Chips At The Entrance Foreshore</p>	<p>23</p> <p>9:30 Group Exercises 10:30 Give Me 5 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p>	<p>24</p> <p>9:30 Exercise Group 10:30 Hand Therapy BBQ LUNCH 1:30pm Putt Putt Golf 3:45 Nail Care</p>	<p>25</p> <p>9:30 Exercise Group 10:30 Anglican Church 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p>	<p>26</p> <p>9:30 Group Exercises 10:45 Nail Care 1:30 Movie Afternoon</p>	<p>27</p> <p>Activities, Games, Puzzles, Colouring etc Available</p>	
<p>28</p> <p>9:30 Group Exercise 10:30 Hey it's Hoy! 1:30 Halloween Craft 3:30 Individual Visits</p>	<p>29</p> <p>9:30 Scenic Drive 1:30 Shopping Bus</p>	<p>30</p> <p>9:30 Group Exercises 10:30 Word games 1:30 Bingo 3:30 Walking Group 4:00 Individual Activity</p>	<p>31</p> <p>Halloween Dress Up 10:30 Hand Therapy BBQ LUNCH 1:30 Michael Montgomery 3:30 Nail Care</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. Residents Informed of Date and Time of Podiatry/Doctor Clinic
Type of activity depends upon individual resident preferences
Calendar subject to change without notice due to current circumstances
Hairdresser Kylie Onsite Weekly.