

PIPELINE

Newsletter

December 2023 Edition



Dates AND EVENTS

DECEMBER



Friday, 1st of December

CHRISTMAS DECORATING

We would like to invite all our residents along to help decorate the Christmas Trees, meeting in the Main Hall of Pam Palmer House starting at 10:30am.

From 1:30pm, Don Leggett House will be decorating their Christmas Tree in The Main Hall.

From 1:30pm in Pozieres House join us in the Level 1 Activity Room to decorate the Christmas Tree.



Sunday, 3rd of December

MORNING TEA

Come along to morning tea in the Main Hall of Pam Palmer House and join in with the hanging of the green for the first day of Advent, beginning at 10:30am.



Monday, 4th of December

CHRISTMAS CARD MAKING

At 10:30am in the Main Hall of Pam Palmer House we will be making Christmas Cards that you can give to a friend or family member.



Tuesday, 5th of December

CHRISTMAS BAKING

Come and enjoy a cuppa and participate in some Christmas baking in Don Leggett's Main Hall from 2pm.

Wednesday, 6th of December

CHRISTMAS MUSIC

Enjoy Christmas music with Gary at 1:30pm in the Main Hall of Pam Palmer House.

SANTA PHOTOS

Come and visit Santa Claus in Pozieres House from 9:30am and have your photo taken. Photos will be taken throughout the day.



Thursday, 7th of December **SANTA PHOTOS**

Come down to the Don Leggett House Main Hall from 10.30am to have your Christmas photo taken and to see Santa. Photos will be taken throughout the day.

Come and see Santa from 9:30am in the Pam Palmer House Main Hall and have your photo taken.

MEN'S SHED BBQ

We would love all male residents to join us at the Men's Shed BBQ at 11:30am under the Pam Palmer House Pergola area.



Friday, 8th of December **POLAR EXPRESS**

Don Leggett House welcomes their Polar Express Happy Hour cart from 2pm. This will visit residents in all rooms for refreshments and a bite to eat. Also, at 2pm there will be a Christmas movie in Don Leggett House Main Hall.

Saturday, 9th of December **MAKING CHRISTMAS DOOR HANGING**

At 10:30am we will be making a Christmas door hanging that you can take home, in Pam Palmer House Main Hall.



Sunday, 10th of December **CANDY CANE DECORATIONS**

At 10:30am we will be making candy cane decorations to display in our hall, this will be held in the Pam Palmer House Tea House.



Monday, 11th of December **CHRISTMAS STALLS**

At 10:30am we will be holding our yearly Christmas stall in the Pam Palmer House Main Hall, come along and purchase some Christmas gifts.

CHRISTMAS TRIVIA

Come along to the Pam Palmer House Tea House at 10:30am and join us for Christmas Trivia.

Tuesday, 12th of December

At 1:30pm in Pozieres House Level 1 Activity Room, test your knowledge with Christmas trivia.

Wednesday, 13th of December
CHRISTMAS PARTY

Starting at 11am we will have the Independent Living and Cooida Christmas Party in the Pam Palmer House Main Hall.

CHRISTMAS BAUBLE DECORATING

Come along and make your own personalised Christmas baubles to place on the Christmas Tree in Pozieres House Level 1 Activity Room at 10:30am

Thursday, 14th of December
CHRISTMAS BINGO

At 2pm in the Main Hall of Don Leggett House come and enjoy playing Christmas Bingo.

Friday, 15th of December
CHRISTMAS PARTY

Starting at 11am we will have the Pam Palmer House Christmas Party in the Main Hall.



Sunday, 17th of December
CHRISTMAS STORIES

Starting at 10:30am in Pozieres House, come along, listen to others and share your stories about Christmas.



Monday, 18th of December
CHRISTMAS BINGO

At 10:30am in Pozieres House Level 1 Activity Room, come and enjoy playing Christmas bingo.

Wednesday, 20th of December
CHRISTMAS PARTY

Don Leggett House will have their resident Christmas Party in the Main Hall starting from 11am.

POLAR EXPRESS

Pozieres House welcomes the Polar Express Happy Hour cart from 1:30pm. This will visit residents in all rooms for refreshments and a bite to eat.



Thursday, 21st of December
HIGH TEA

At 10am we will be holding our monthly High Tea in the Pam Palmer House Tea House, all are welcome.

CAROLS BY CANDLELIGHT

Don Leggett House will be hosting Carols by Candlelight from 4pm. Come and join us for an afternoon of Christmas classics and fun.



Friday, 22nd of December
CHRISTMAS PARTY

Pozieres House will have their resident Christmas Party on each floor starting from 11am.

At 5pm Tempo Terrific will be coming to Peninsula Villages for a Christmas special in the Pam Palmer House pergola area.



Sunday, 24th of December
CHRISTMAS EVE CELEBRATIONS

Christmas Eve will be celebrated with Christmas carols in the Main Hall of Pam Palmer House at 10:30am.

Christmas Eve in Pozieres House will be celebrated with Christmas Carols in the morning at 10:30am, come along and make a Christmas card for a loved one at 2pm. Both of these events will be in the Level 1 Activity Room.

From 2pm, Don Leggett House will have a Christmas Carol and Singalong in The Main Hall.



Monday, 25th of December
CHRISTMAS DAY

Merry Christmas, today our wonderful Leisure & Lifestyle Staff will be visiting residents with a special gift.

Tuesday, 26th of December

At 10:30 in the Pam Palmer House Main Hall we will be making Christmas crackles.



Sunday, 31st of December
NEW YEAR'S EVE

In Pam Palmer House at 2pm we will be holding a New Year's Eve party for all to come along and join in.

From 2pm all Don Leggett House and Pozieres House residents will be visited by our Happy New Year Happy Hour Cart, everyone is welcome to enjoy some refreshments and nibbles.

COMMUNITY EVENTS



Saturday, 2nd December,
9am - 3pm
**TERRIGAL BEACH
MARKETS**

The Terrigal Beach Markets support local makers, craftsmen, artists, designers and musicians on the beautiful foreshore of Terrigal Beach.



Sunday, 3rd December,
9am - 2pm
**CENTRAL COAST
CHRISTMAS FAIR**

The largest outdoor Christmas event on the Coast is back in 2023 at Mingara Recreation Centre. Purchase local handmade gifts, arts, crafts, clothing and fresh produce from 160+ vendors. Santa and his pals, international food vendors, live music, free activities and face painting for the kids, inflatables and other activities are only a few epic components of the Central Coast Christmas Fair.



Saturday, 9th December, 4 - 9pm
**AVOCA BEACHSIDE
MARKETS - TWILIGHT
EDITION**

The Avoca Twilight Market under the stars on the waterfront at Avoca Lagoon features over 90 stalls which include seasonal gifts, yummy foods, dessert and live music.



Sunday, 10th December, 9am - 2pm
**WOY WOY
WATERFRONT MARKETS**

Woy Woy Waterfront markets is an artisanal market supporting small businesses with a creative touch. The talented stall holders create quality products with love & passion.



Sunday, 17 December, 9am - 2pm
UMINA BEACH MARKETS

Umina Beach Markets is a vibrant and lively market; a place for visitors and locals to come together and enjoy the beauty of Umina Beach.

REGULAR EVENTS

PAM PALMER HOUSE

MONDAY

- 9:30am Exercises
- 10:30am Arts and Crafts with Dianne and Colleen
- 10:30am Card Making with Kerrie
- 10:30am Trivia in the Tea House
- 1:30pm Bingo
- 3:15pm Darts

TUESDAY

- 9:00am Independent Living Residents Shopping to Woy Woy
- 9:30am Exercises
- 10:00am Bowls on the Green
- 10:30am Ten Pin Bowling
- 1:30pm Indoor Golf
- 3:15pm Cards in the Tea House

WEDNESDAY

- 9:30am Exercises
- 9:30am Hostel Morning Tea Bus
- 10:15am Shuffle Board
- 1:30pm Music with Gary
- 2:00pm Happy Hour
- 3:15pm Documentary

THURSDAY

- 9:00am Independent Living Residents Shopping to Umina
- 9:30am Exercises
- 1:30pm Movie and Ice cream Cart
- 1:30pm Signing Class in the Tea House

FRIDAY

- 9:30am Exercises
- 9:30am Hostel Shopping Bus
- 10:30am Carpet Bowls
- 1:30pm Bingo

SATURDAY

- 9:30am Exercises
- 10:30am Bocce
- 1:30pm Hoy

SUNDAY

- 9:30am Exercises
- 10:30am Coffee and Cake
- 1:30pm TV show
- 2:30pm Indoor Golf

REGULAR EVENTS

DON LEGGETT HOUSE

MONDAY

- 10:00am Exercises
- 10:30am Build A Word
- 10:30am Room Support
- 2:00pm Ice Cream Cart
- 2:00pm Movie
- 2:00pm Room Support

TUESDAY

- 10:00am Exercises
- 10:30am Arts and Crafts in The Main Hall
- 10:30am Room Support
- 2:00pm Christmas Cooking
- 2:00pm Room Support

WEDNESDAY

- 10:00am Exercises
- 10:30am Trivia in The Main Hall
- 10:30am SONAS in Lavender Bend
- 2:00 pm Have a game of pool, with some nibbles and drinks - Main Hall
- 2:00pm Room Support

THURSDAY

- 10:00am Exercises
- 10:30am Fun and Games
- 2:00pm Bingo
- 2:00pm Sensory in Lavender Bend
- 2:00pm Movie Channel 101

FRIDAY

- 10:00am Ukulele Band in the Main Hall
- 11:00am Room Support
- 2:00pm Happy Hour Cart visiting all rooms
- 2:00pm Movie in The Main Hall

SATURDAY

- 10:30am Garden Walks
- 10:30am Room Support
- 2:00pm Bingo in the Main Hall
- 2:00pm Colouring in Lavender Bend

SUNDAY

- 10:30am Scattergories
- 10:30am Balloon Tennis
- 2:00pm Musical Memories
- 2:00pm Room Support

REGULAR EVENTS

POZIERES HOUSE

MONDAY

- 9:45am Exercises Level 1 Activity Room
- 10:30am Bingo Level 1 Activity Room
- 1:30pm Ice Cream Cart
- 1:30pm Room Support

TUESDAY

- 9:45am Exercises Level 1 Activity Room
- 10:30am Floor Games Level 1 Activity Room
- 2:00pm Room Visits

WEDNESDAY

- 9:45am Exercises Level 1 Activity Room
- 10:30am Bingo Level 1 Activity Room
- 1:30pm Happy Hour Cart

THURSDAY

- 9:45am Exercises Level 1 Activity Room
- 10:30am Indoor Golf held in the Lion Island Activity Room
- 2:00pm Bingo Level 1 Activity Room

FRIDAY

- 9:45am Exercises Level 1 Activity Room
- 11:00am Ukulele Band in Flanders Field
- 1:30pm Bingo Level 1 Activity Room

SATURDAY

- 10:30am Jingles With Judy in the Level 1 Activity Room
- 10:30am Garden Walks
- 1:30pm Cooking Level 1 Activity Room

SUNDAY

- 10:30am Build A Word in the Level 1 Activity Room
- 10:30am Games in Ocean Beach
- 2:00pm Christmas Arts and Crafts Level 1 Activity Room

CHURCH SERVICES



INTERDENOMINATIONAL SERVICE

10:00am in the Chapel

Tuesday 5th December - David.

Wednesday 13th December - Mark.

Wednesday 20th December - Mark.



ANGLICAN SERVICE

10:30am in Don Leggett House
Main Hall

Wednesday 6th December -
Rosemary.

Wednesday 20th December -
Rosemary.



CATHOLIC MASS

10:30am in the Chapel

Friday 22nd December



BIBLE STUDY

2:00pm in Don Leggett House
Library

Wednesday 6th December -
Shelia.

Wednesday 20th December -
Shelia.

CEO REPORT



Well, it's that time of the year again and how quickly it has arrived!

Christmas is one of my favourite times of the year. Growing up, my mother was one of nine children. We had a large extended family that we couldn't fit into one house, so our Christmas celebrations were always in the local park! Having a lot of cousins, spending the day with our extended family made it so special.

It's been wonderful reading your favourite moments of Christmas and I look forward to celebrating with you all at your Christmas parties.

On a bit of Village news, I have been working on the Village masterplan. This document looks at what services we can currently offer to our community and what might be needed in the future.

Wishing you all a wonderful Christmas and I hope you enjoy spending some time with your families and friends.

Kind Regards



Colin Osborne
Chief Executive Officer

From the PIPELINE DESK

As we approach the most wonderful time of the year, I wanted to take a moment to share some exciting plans and activities that we have in store for this Christmas season here at Peninsula Villages. The festive season is a time of joy, togetherness and celebration, and we are committed to making it truly special for all of you.

Christmas Decorations: Our Leisure & Lifestyle team will be transforming our buildings into a Christmas wonderland, complete with beautiful Christmas trees, sparkling lights and colourful decorations. We hope the festive ambiance will fill your hearts with warmth and holiday cheer.

Christmas Caroling: One of the most cherished traditions of the season is Christmas carolling. We will be spreading Christmas cheer throughout Peninsula Villages this month. Come and enjoy a sing-a-long in one of our three buildings.



Christmas Parties: We have planned our Christmas parties for our residents this month and the times and dates are listed under Events. Our Catering team has prepared a special menu that will feature some delicious food. Starting with cherries, cheese and chocolates to a main meal of roast turkey, roast pork, prawns and salad. Finishing off with pavlova served with summer fruit and cream. Enjoy a Christmas feast with all the trimmings whilst being entertained by our guest performers.

Christmas Movies: Throughout December, we will be screening classic Christmas movies throughout all buildings. Come and get into the holiday spirit with timeless films that bring joy and laughter.

Craft Workshops: For those who enjoy crafting, we have organised special Christmas-themed craft workshops. Create your own Christmas decorations,

ornaments, or handmade cards to send warm wishes to your loved ones.

Christmas Photos with Santa:

Across all three buildings Santa will be paying a special visit whilst setting the scene for some magical photos to be taken by our Leisure & Lifestyle Staff.

We understand that Christmas time can evoke a wide range of emotions, and we are here to support you. Whether you want to participate in the festivities or simply enjoy a quiet moment, our team is dedicated to ensuring you have a memorable and comfortable Christmas.

If you have any special requests or ideas for activities, please feel free to share them with us. Your feedback is invaluable as we aim to make this Christmas truly magical.

We look forward to celebrating this special time of year with you and your loved ones. May the season bring happiness, peace, and love into your lives.

Wishing you a Merry Christmas filled with joy and laughter!

Warm regards,

Linda Segrott

Leisure and Lifestyle Manager

linda.segrott@peninsulavillages.com.au



Village MESSAGES



SANTA PHOTOS

The Christmas season is here, and there's a special event that's guaranteed to make your spirits bright. Get ready to embrace the enchantment of the season as we bring back the much-awaited Santa photo event to our Village! This event promises to be a magical experience that will create cherished memories.

Mark your calendars for:

6th of December starting from 9:30am in Pozieres House Level Two Activity Room.

7th of December starting from 10:30am in Don Leggett House Main Hall.

7th of December starting from 9:30am in Pam Palmer House Main Hall.

We will be transforming these areas into a Christmas wonderland, ready to welcome you and your family members. Bring the family along on the day and have your photo taken together. If you can't make it on the day, please feel free to utilise the area for your own family photos throughout the month.

Santa Claus himself will be the star of the show, and he's taking time out of his busy schedule at the North Pole to visit our Village. You can share your wishes and dreams with the jolly old man. So, make sure to bring your Christmas wish lists and smiles!



ARE YOU A HISTORIAN?

We would love to develop a succinct history of Peninsula Villages from Don Leggett's memoirs, so we are wondering if one of our residents would be interested in reviewing the document and summarising it to the major events of the Village? If you are interested, please contact Nicola Burton via reception.



MEET OUR NEW PAM PALMER HOUSE FACILITY MANAGER!

Jacqui Nissen

After 10 years of working in the hospital as a registered nurse, I realised that a change was needed. I have spent many years in ICU, Infection Control and Patient Flow and have recently made the transition to aged care. I was trained at Royal Prince Alfred Hospital in Sydney, and prior to the start of the pandemic, moved to Gosford Hospital. Many hours working in the hospital allowed me to meet my husband, and we are now raising two beautiful children and our furry labrador.

I have always believed in treating people the way you want to be treated, and this is evident in my practice. Everyone should be treated with respect and be provided with compassionate and holistic care. Pam Palmer House, and the rest of Peninsula Villages, has provided me with a great platform to continue to provide this care and to be able to reiterate the importance of these values to other staff members.

I am determined to lead the Pam Palmer House team to the best it can be, and to uphold a high level of care provision to the people that matter the most, our residents.

The transition to aged care has been easier than expected because of the support of the staff and residents that I have met in the last few months. I look forward to meeting more residents and I am excited to build and nurture an even stronger Pam Palmer House team.



PAM PALMER FAREWELL

After an impressive 30-year tenure, Peninsula Villages bid farewell to beloved, Board Director, Pam Palmer as she begins her retirement.

Pam started her journey with Peninsula Villages as the only female and first clinician, on the all-male board three decades ago and came armed with indispensable nursing expertise and aged care experience. She became the voice and advocate of our residents during a time when the Board was predominantly businessmen with limited experience in the aged care industry. Assuming the role of Chairperson, Pam led the planning and development of Don Leggett House.

Pam has played a vital role in navigating Peninsula Villages through various challenges, contributing to our growth into a larger and more dynamic community. Her dedication to Clinical Governance has earned her distinction as a Life Member of Peninsula Villages, with Pam Palmer House standing in name recognition of her commitment to Peninsula Villages. Pam also has a personal connection to Peninsula Villages, with both her mother and husband residing here over the years.

We would like to extend our ongoing gratitude to Pam Palmer for her outstanding service and invaluable contributions to Peninsula Villages during her time here.

Thank you, Pam!



Last month's HIGHLIGHTS



DOROTHY'S 100TH BIRTHDAY

Beloved resident of Don Leggett House, Dorothy Shiels celebrated her 100th birthday on November 2nd. Residents and family gathered for a party and delicious cake.

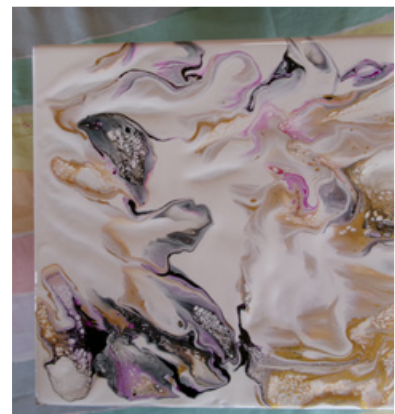




BUS OUTING

A group of residents enjoyed a lovely bus outing to Patonga Beach. The residents soaked up the sun and sea breeze and enjoyed stunning views of the Hawkesbury River and Broken Bay.





MONET'S BIRTHDAY CELEBRATION

In light of Monet's birthday last month, residents of the Village gathered for a cozy indoor celebration. We dove into the world of art through blow painting – a lovely activity perfect for a rainy day. From vibrant swirls to abstract masterpieces, each stroke was a celebration of Monet's timeless influence.



WILD HONEY CENTRAL COAST

Wild Honey Central Coast, the wacky and way-out rock 'n' roll band, performed at Peninsula Villages yesterday, bringing the joy of 60s and 70s music to our residents.





MELBOURNE CUP

It wouldn't be a Melbourne Cup celebration without a little fashion parade! Residents at Peninsula Villages enjoyed a fabulous afternoon on Tuesday with a corridor parade before watching the big race during Happy Hour festivities.



REMEMBRANCE DAY

Peninsula Villages commemorated Remembrance Day with a special service at the Village.

- Steve Wills, Executive Care Manager introduced the significance of the day.
- Senior Chaplain Peter Swain of the Army Reserves led the hymn.
- Lt. Jack Wills made an address on behalf of the Defence Force.
- A Remembrance Prayer was led by Joan Kershaw who is the proud daughter of an ANZAC.
- A scripture was read by Marion Anderson on behalf of the Australian Red Cross.
- Recital of the Ode was conducted by Capt. Richard Carmichael RFD, ED, (Retd). Australian Army Reserve.
- The wreaths were laid by William Kennedy who is a Vietnam Veteran and Cyril Shannon who was a Signalman with the National Service.
- The piano was played by Stephanie Wood (UCA).

Thank you to all who gave their time to mark the significance of this day for our residents.

Remembrance Day, observed on November 11th each year, is a memorial day to honour the members of the armed forces who lost their lives in the line of duty during World War I and subsequent conflicts. We will remember them.





NOVEMBER BIRTHDAYS

Residents enjoyed each other's company and some delicious cake at the November birthdays celebration. Beth and Doreen cut the cake together to celebrate their special day.



Resident CONTRIBUTIONS

Peter Swain

OLD AGE VERSUS MODERN TECHNOLOGY

Here's an example of the kind of problem that we aging folk may have to try and cope with these days!

I read that an elderly lady wanted to visit her sister in Coffs Harbour, so she got her walker and went down to the local railway station to see if she could book a train ticket for travel on a day next week.

The man in the ticket office told her what to do: "Go home and log onto our website from your computer, create an account and purchase your ticket with your credit card or debit card; then download the ticket to a smart-phone, then come back at the allocated time for your train journey,

This way is easier and more convenient, don't you agree?"

She did not agree, nor do I! DO YOU?





MY FAVOURITE CHRISTMAS MEMORY

Kylie Oakes - Administration Assistant.

My favourite memory of Christmas is my brother coming to my room yelling:

“Wake up Kylie!! Santa’s been!!”

It was early in the morning, and I was so tired I didn’t want to wake up!



Lily Holmes - Care Partner

The thing I like most is eating all the wonderful food.



Jackie Bennett - Deputy CEO

My favourite memory is camping and eating honey roasted ham.

Rita King - Resident in Don Leggett House

There are too many!!!



Colleen Burge - Resident in Don Leggett House
Kids!!

Beryl Stimson - Resident of Don Leggett House

My fondest memory is spending Christmas with my grandmother.

Pamela Wright - Resident of Don Leggett House

I enjoy singing the Christmas song "Christmas in Killarney with all the folks at home".

Bob Attard - Resident of Don Leggett House

My fondest memory of Christmas is when I was a kid and had all my family at home. We would have Mass at midnight, get together, eat plenty of food and drinks and walk home hand in hand.



Dorothy Shiels - Resident of Don Leggett House

I remember eating the Christmas pudding and hoping it would contain sixpence or a charm. If I didn't receive any in my pudding I would keep eating and eating until my grandmother got cross with me thinking I was eating all the pudding to be greedy. To this day (I am 100 years old) I have never had any goodies in my pudding!!

Joyce - A friend of Dorothy Shiels

When I was around five, I recall a dark figure standing at the end of my bed. I knew it was my father.



Berna - Friend of Dorothy Shiels

I woke up on Christmas morning and I had a huge present underneath the Christmas tree, it was covered by a sheet. I received a 2 storey dolls house that a gentleman up the road had built. I was made to thank him, and I didn't even know who he was!!



Katherine Howe - Ward Clerk

My Nanna's rice pudding.

Joanna Clarke - Clinical Care Coordinator of Don Leggett House

My Granny's Christmas pudding.

Elissa Bourke - Facility Manager of Don Leggett House

We had massive family gatherings. Later in the night we would play card games.



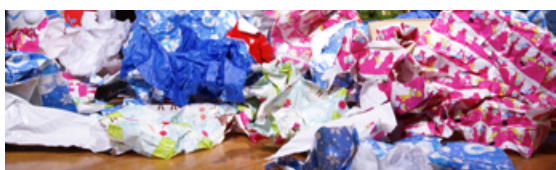
Aria Pakai - Care Partner

My Christmas time memories are spending time in the pool. Making a whirlpool with my brother with lots of fun and laughing. Having the family over for lunch and being together.



Kelly Hall – Ward Clerk

Spending Christmas with my family and Nan, she has 23 grandchildren. Happy memories of Christmas with my Nan and cousins. My Nan made a traditional baked dinner on a stinking hot Christmas Day.



Debbie Kendrick – Cleaner

Food, laughing, and presents. A happy day full of chaos, wrapping paper everywhere, miss that now because my children have grown up. My children were happy with the simplest of presents, they didn't have to be expensive for the kids to love them and be happy.



Karen Evans – Leisure and Lifestyle Advocate

I remember leaving carrots out with my kids for the reindeers and making a Santa footprint for my children to bring them joy in the morning! My mother also told me I used to wake her up minutes after she went to bed to tell her Santa had been.

Rae Delaporte – Domestic Services

I loved Christmas watching my mother cooking for 52 grandchildren, with pots everywhere on the stove. My mum knew exactly what everyone liked. Tea towel over her shoulder, whistling. I don't know how she did it. Christmas pudding with money in it and hanging out the laundry for months.



Sonia Daniel – Care Staff

Christmas is special, to spend time with family. We have a big breakfast with about 20 people. Then gather around the tree to open presents and listen to Christmas carols. Followed by more eating and drinking all day with our big, beautiful family.

Damien Giokas – Head Chef

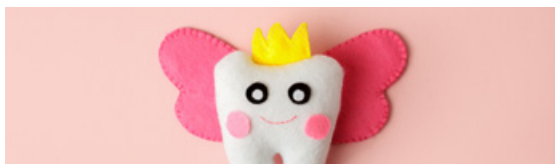
Best Christmas memory when I was young, about 8 years old, and I got my first BMX bike and rode it though the bush in Sam Remo.

Danielle Hunter – Leisure and Lifestyle Coordinator

My favourite memory was when I was a child, I would wake up every hour and run out to look under the tree to see if Santa had been.

Judy Moroney – Care Partner Team Leader

My favourite memory was where my son was unwrapping his presents and they were all from Santa. He turned to me and his father and said, “Why don’t you and dad buy us anything”. This still makes me laugh to this day.



Maddison Connolly – Leisure and Lifestyle Coordinator

My favourite Christmas memory was when my younger sister would wake me up every morning at 3am – 4am saying Santa has been, we would open all our Christmas sack gifts but weren’t allowed to open the presents under the tree until mum and dad were up. We used to greet them with coffee at 6am. My favourite part about this is that my sister is 22 years old and still wakes me up at a ridiculous hour, out of the excitement of enjoying Christmas together now.

Another one which still makes me laugh to this day, was when my mother told me the truth about Santa. After she asked me if I was ok, I told her “Yes I am fine because I still have the easter bunny and the tooth fairy”



Jeff Walley – Pam Palmer Resident

I love being with family and friends. I loved being all together spending quality time together.

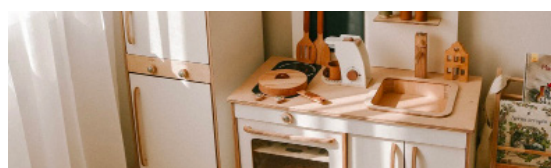
Yvonne Barr - Pam Palmer Resident

We spent a lot of time together at Christmas surrounded by friends and family.



Brenda Lewin - Pam Palmer Resident

Every Christmas day we had a water fight. My daughter hid in the shower to get away and then got soaked with water anyway. We always had a good laugh about that.



Barbara Murphy - Pam Palmer Resident

As a child, I loved seeing dad’s handmade present of a kitchenette, and another year a push bike. I also enjoyed giving small gifts to my grandchildren.

**Carmen Reid - Pam Palmer
Resident**

Spending time with family and my children, being together enjoying each other's company.



**Shirley Hickey - Pam Palmer
Resident**

Being the eldest child, I helped a lot with wrapping the presents, I learnt the joy of giving and receiving.



**Neva Crowson - Pam Palmer
Resident**

As a child we never had much, but on Christmas we would go to church to remember the importance of Christ's birth and appreciate what you do have in life.



**Cyril Shannon - Pam Palmer
Resident**

I remember when I was about 8 years old, I took myself and my brother out to go looking for Santa. We were searching for ages looking on top of houses and in the chimney's but never found him. Once we got home and went to bed, we woke up and he had magically been.



**Adrian Solomon - Pam Palmer
Resident**

I remember one wet Christmas we had to move all our outdoor furniture into the garage. We were surrounded by bikes, oil, and tools but it was still more fun out there then being inside.

Resident Focus

ADRIAN SOLOMON

I was born in Sydney in 1944. Both my parents and grandparents lived in the Manly area; this is why I follow the Manly Sea Eagles.

After living in Manly we moved to Chatswood in 1949, with my father telling me our house was only 680 pounds at the time.

I attended Roseville Primary School then Crows Nest Technical Boys High. I remember getting sixpence a week for pocket money and I would walk to school to save it instead of spending the money on the bus. I used to buy comics, lollies and movie tickets from Hoyts to go with my friends on a Saturday and we would swap comics and marbles. In my younger years, I remember getting the tram to Balmoral Beach, Coogee and La Perouse with mum and dad.

In 1959 I started work at a screen-printing supply shop and 1960 I started my five-year apprenticeship at the John Sands Factory. My apprenticeship was in Lithography including pre-press, planning plate making and running all types of print presses. We had every Wednesday off to go to Graphic Art Tech. I left John Sands to have a change of career and I did contract work in Darwin just before Cyclone

Tracey. I returned to the printing trade in 1975/76 working now as a production manager. One of the most interesting things about working at John Sands was I got to see Darling Harbour before it was built and the development of it being built.

In my holidays I would travel with my mates to many beaches to surf when the waves were up. I got married in 1996 for the second time to Genelle (Nell). Between us we have 2 boys, 1 girl, and 5 grandchildren. We retired in 2007 and started travelling to Canada, Japan, New Zealand, Fiji, Tasmania, Woodgate (QLD), Gold Coast, Tweed area, Casuarina (NSW) and Hawaii. We settled in Umina Beach which led me to Peninsula Villages where I have lived for the past 16 months, and I am very happy to be here.



Staff in Focus

JEMAYA HEINZEL

CATERING ASSISTANT



In 2021 I started my role as Catering Assistant at Peninsula Villages. When I first started, it was so strange to meet my work colleagues for the first time with masks on. I learnt how to read people and their emotions, just by looking at their eyes. I loved seeing their faces when we could take masks off! I work in Pam Palmer House's main kitchen five days a week. My favourite task whilst on shift is to make the sandwiches for the residents. My dad has early onset Alzheimer's, working here helps me to better understand what his needs are and what he is going through and vice versa.

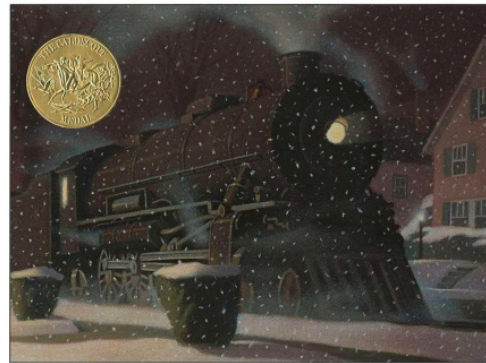
I have a cat, Penelope and a dog Manny. My favourite movie is 'Sleepless in Seattle', and my favourite colour is orange. I live close by in Empire Bay. I work with integrity, compassion, and I enjoy making a difference to the residents who call Peninsula Villages home.

Is The Polar Express **FACT OR FICTION?**



As Christmas approaches, the enchanting tale of 'The Polar Express' resurfaces, captivating the hearts of young and old alike. Many of us find ourselves wondering if the magical train ride to the North Pole is in fact a true story. We dig deep into the question of The Polar Express's existence and explore the possibility of experiencing a similar train ride that evokes the same sense of wonder and joy.

THE POLAR EXPRESS



'The Polar Express', written by Chris Van Allsburg, is a work of fiction that weaves a captivating narrative of a young boy's extraordinary journey to the North Pole on Christmas Eve. While the story is not based on real events, it has become a loved holiday edition for many families around the world.

Although The Polar Express may not exist in the physical world, there are opportunities to embark on train rides that are as magical as the book portrays. Various heritage railways offer holiday themed train experiences that aim to recreate the magic from the story. These rides feature festive decorations, hot cocoa, carol singing and even Santa Claus himself. One example is “The North Pole Express” offered by a heritage railway in Michigan USA. This enchanting journey takes passengers on a scenic ride through picturesque landscapes complete with holiday themed decorations and activities. This event is booked out years in advance.

Whilst The Polar Express may not be reality, the story’s popularity reminds us of the importance of embracing the child within us. Whether through reading a book, watching the film or participating in a magical train ride, we can keep the magic alive in our hearts and share it with future generations.

As we enter Christmas time the question of whether the Polar Express is real becomes less significant. What truly matters is the joy, wonder and sense of community that the story evokes. Let’s embrace the magic of The Polar Express, create new traditions and cherish moments of joy and togetherness that this beloved story brings to our lives.

Reference: [wikipedia.org](https://www.wikipedia.org)-The Polar Express 3/11/23





Remember **WHEN**

The Origins Of Christmas In Australia

No matter what part of the world you live in, Christmas is usually a wonderful time of year. It is no different in the Southern Hemisphere, where Christmas time comes in the summer.

The schools are all closed for several weeks while December 25th and 26th are considered national holidays. The average temperature in Australia during the month of December is 26° and many take advantage of the good weather by going outdoors for the festivities. During this

time of summer vacation combined with the celebration of Christmas, many families and friends commemorate the occasion with feasts, gatherings, musical events, outdoor activities, camping or trips to the seashore.

The climate of Australia is tied together with its Christmas traditions. When the English colonists arrived in January of 1788, they must have noticed how warm it was. Starting with Australia's very first Christmas it was clear things were going to be different. Many Christmas

traditions such as pine trees, reindeer and snow were not available anywhere. So, they had to improvise with tropical plants of red and green, white kangaroos, swimming and cricket. The Australian Christmas traditions as we know them today took years to develop. However, the British roots of early settlers and government continue to be a strong influence to this day.

Australia's First Christmas

According to historical records, the first Christmas in Australia was celebrated in December of 1788, almost one full year after their arrival at Sydney Cove. Reverend Johnson conducted services for Governor Arthur Phillips and his officers before they enjoyed Christmas supper. Unfortunately for the convicts, they only had their daily rations of bread and water. But the prison guards did lessen the sentence for one unlucky fellow who had stolen a bag of flour named Michael Dennison. He only got 150 lashings by the whip instead of the usual 200.



Australian Christmas Plants

In the British Isles, the practice of decorating with evergreen plants such as holly and mistletoe during the winter holidays has been common since the days of the Celtic Druids. By the mid-1800s putting up Christmas trees and sending Christmas cards had come into fashion. It was not very practical for the settlers in Australia to import live fir trees, but they continued the tradition using the native plants found in the area.

Merchants and women gathered tree ferns, palm fronds, eucalyptus boughs, Christmas bells, Christmas orchids and Christmas bushes in the forest, to sell or use as holiday decorations.



Traditional Meals & Dishes

The British influence on Australian culture can be seen in their traditional Christmas meal, which still includes fare such as roast meats, meat pies, and plum pudding with a surprise baked into it for dessert. In more recent decades, serving an array of cold ham, turkey or bush meat has come into favor, as it is considered more appropriate for such hot weather. There is also a lot of barbeque and local seafood, such as prawns, as well as cold salads and other traditional side dishes. Christmas dinner is very important. Basically, everyone in Australia eats as much as they possibly can to celebrate Christmas.

When Father Christmas Visits Australia

Santa's reindeer cannot legally enter the island of Australia due to issues of quarantine. But the image of Santa's sleigh being pulled by kangaroos appears on Australia's earliest Christmas cards. Today one of the most popular Christmas carols in Australia is about "Six White Boomers" that pull his sleigh. But Santa still comes down through the chimney, leaves presents and has a drink or a piece of cake. Old Saint Nick used to visit the small towns in the outback on a train to hand out presents to children. These days however, Santa Claus likes to surf or kayak into Bondi Beach for the annual festivities.

To learn more about the early history of Christmas in Australia, watch classic films such as *Bush Christmas* (1947), *Prince and the Great Race* (1987) and the 1987 tele-series *Bushfire Moon* (Miracle Down Under).

Reference © 2023 The Christmas Warehouse 2008-2023.

Christmas Crackles

RECIPE



This month at cooking classes in Pam Palmer House Main Hall, on the 26th, we will be making Christmas Crackles. Give this recipe a go before coming to the class to make it as a group.

INGREDIENTS:

- 200g Mars Bars chopped
- 2 tbs pouring cream
- 2 tsp cocoa powder sifted
- 3 cups Rice Bubbles
- 1 canola oil spray
- 100g white chocolate
- 24 Smarties

METHOD

1. Spray a little canola spray into 2 x 12 cup mini-muffin trays.
2. Melt the Mars Bars, cream and cocoa in a glass bowl over simmering water. The bowl should not touch water. Stir the mixture until smooth.
3. Put the Rice Bubbles in a separate large bowl, pour in the chocolate mixture and stir until well mixed.
4. Spoon the mixture into the muffin tray and press down gently.
5. Refrigerate for 2 hours and turn out onto a tray to decorate.
6. Melt the white chocolate in the microwave, checking and stirring it at 30 second intervals. Pour it into a piping bag while warm and snip the tip off.
7. Turn the crackles upside down and pipe the chocolate on. Finish with a red chocolate button on top of each one.

<https://www.bestrecipes.com.au/recipes/mars-bar-christmas-crackles-recipe/yr97bcd4>

Just for FUN

WORD SEARCH

CHRISTMAS

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

ANGEL
 HOLLY
 PEACE
 SNOW FLAKE
 CANDY CANE

JOY
 PRESENTS
 SNOWMAN
 CHRISTMAS
 MISTLETOE

REINDEER
 STOCKING
 ELF
 NOEL
 RUDOLPH

TREE
 GINGERBREAD
 ORNAMENT
 SANTA CLAUS
 WREATH

Just for FUN

SUDOKU

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

Just for FUN

CROSSWORD

MELBOURNE CUP

Across

6. This is used to hold all the presents.

7. Meat on the Christmas table.

9. Round balls that hang on the tree.

10. Santa's wife's name.

11. The reindeer with the red nose.

12. Christmas lolly.

14. You kiss under this.

18. Where Santa lives.

19. You need this to cover presents.

21. December 25

24. Special name given for Christmas songs.

25. The sound bells make.

26. Santa rides in this.

27. Deck the hall with boughs of

30. Frosty was one.

Down

1. Used to tie the reindeer together.

2. Santa makes one of these to check who gets presents.

3. Month Christmas is in.

4. A shiny tree decoration.

5. Santa's helpers.

8. All I want for Christmas is my two

13. A reindeer's horns.

15. Where Jesus slept as a baby.

16. The toys are made here.

17. Things you put under the Christmas tree wrapped in a bow.

20. You put presents under this.

21. Santa goes down this to get into children's houses.

22. Animals used to pull Santa's sleigh.

23. You fill this with presents and hang on the tree.

28. Christmas in Australia is in this season.

29. You get a lump of this if you have been naughty.



Just for **FUN**

CHRSTIMAS JOKES

1. What do you get if you cross a Christmas tree with an apple?
2. What do Santa's little helpers learn at school?
3. What do you call a penguin in the Sahara Desert?
4. What kind of motorbike does Santa ride?
5. What goes Ho Ho Whoosh, Ho Ho Woosh?
6. What do you call Santa's little helpers?
7. What do you call a bankrupt Santa?
8. What is the best thing to put on a Christmas cake?
9. What does a frog do if his car breaks down?
10. Why did Santa hand in his resignation?
11. Why couldn't the skeleton go to the Christmas party?
12. Santa's not allowed to go down chimneys this year!
13. How do you know Santa is a man?
14. What does one turkey ask another?
15. What does Santa like to do in the garden?



Lets CELEBRATE

BIRTHDAYS

DON LEGGETT HOUSE

- 7th** Robert Harris
7th Elsie Lear
10th Reginald Guyot
11th Sylvia Brennan
23rd Elizabeth Beckett
24th Patricia McKey
29th Carmel Stanford
30th Colleen Burge

PAM PALMER HOUSE

- 6th** Rosa Kershaw
8th Norman Bromley
15th Adrian Solomon
22nd Hugo Macari
30th Kevin Cleasby

POZIERES HOUSE

- 9th** Enid Carlyle
14th Joyce Stewart
15th Diana Perlowski

16th Alan Tanner

23rd Dorothy Herlihen

24th Beryl Augustine

24th Robert Murphy

27th John Killen

29th Mavis Tregent

31st Jennifer Rouse

PENINSULA VILLAGES INDEPENDENT LIVING

- 6th** Shirley Adams
14th Dorothy White
17th Joseph Justic
31st Stanley Butler

COOINDA VILLAGE

- 1st** Joan O'Rourke
4th Christopher Spikesman
13th John Robinson
16th Carol Clark
21st Joan Bond
22nd Noel Higgs

NEW FRIENDS

DON LEGGETT HOUSE

John Madsen

PAM PALMER HOUSE

Kevin Cleasby
Denise Staunton
Bruce Staunton
Lola Meale

POZIERES HOUSE

Donald Auburn
Bradford Berry
Betty Brown
John Considine
Leonie Ellis
Mervyn Pearson

PENINSULA VILLAGES INDEPENDENT LIVING

Saresa Andrews
Christine Baez



Friends Forever **IN OUR HEARTS**

DON LEGGETT HOUSE

Frank Swanson

PAM PALMER HOUSE

June Everett

POZIERES HOUSE

Jessie Watson

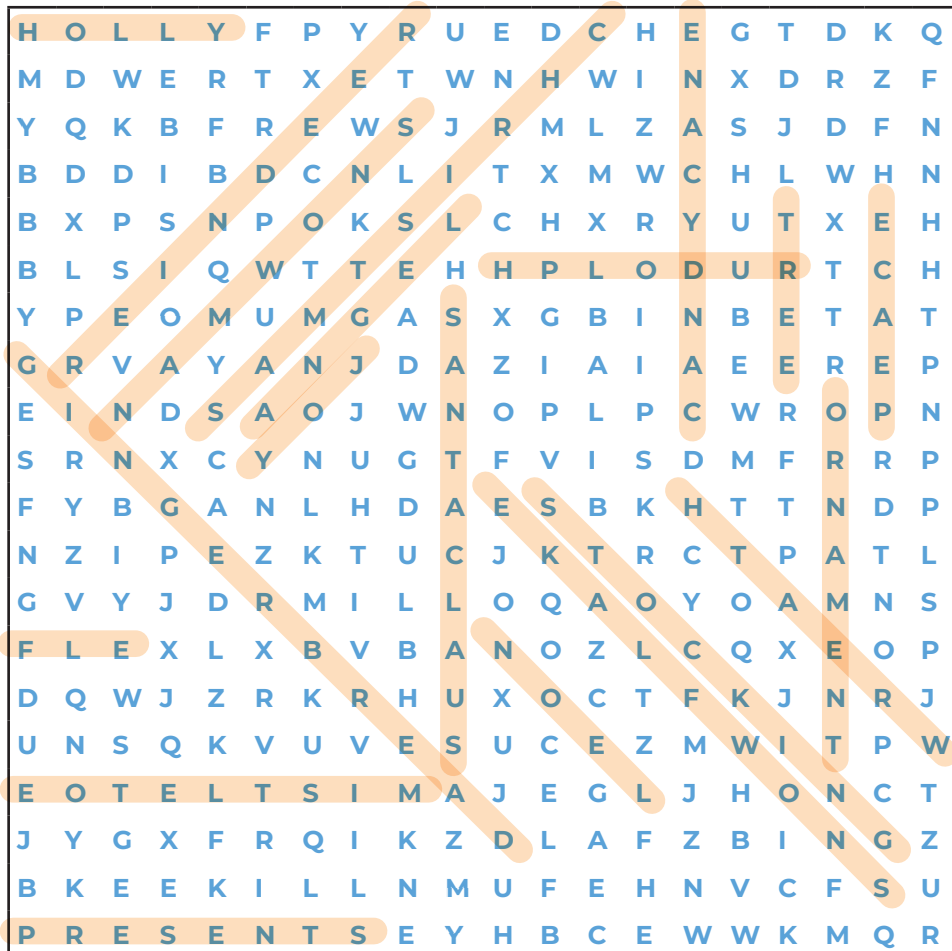
Robert Fletcher



Just for Fun

ANSWERS

CHRISTMAS WORDSEARCH



CHRISTMAS JOKES

1. A pineapple
2. The elf-abet
3. Lost
4. A Holly Davidson
5. Santa going through a revolving door
6. Subordinate clauses!
7. Saint Nickel-less
8. Your Teeth
9. He gets it toad away
10. Because there is no clause in his contract
11. Because he had no body to go with
12. It was declared unsafe by the Elf & Safety Commission!
13. No woman would wear the same outfit year after year!
14. Do you believe in life after Christmas?
15. Hoe, hoe, hoe!

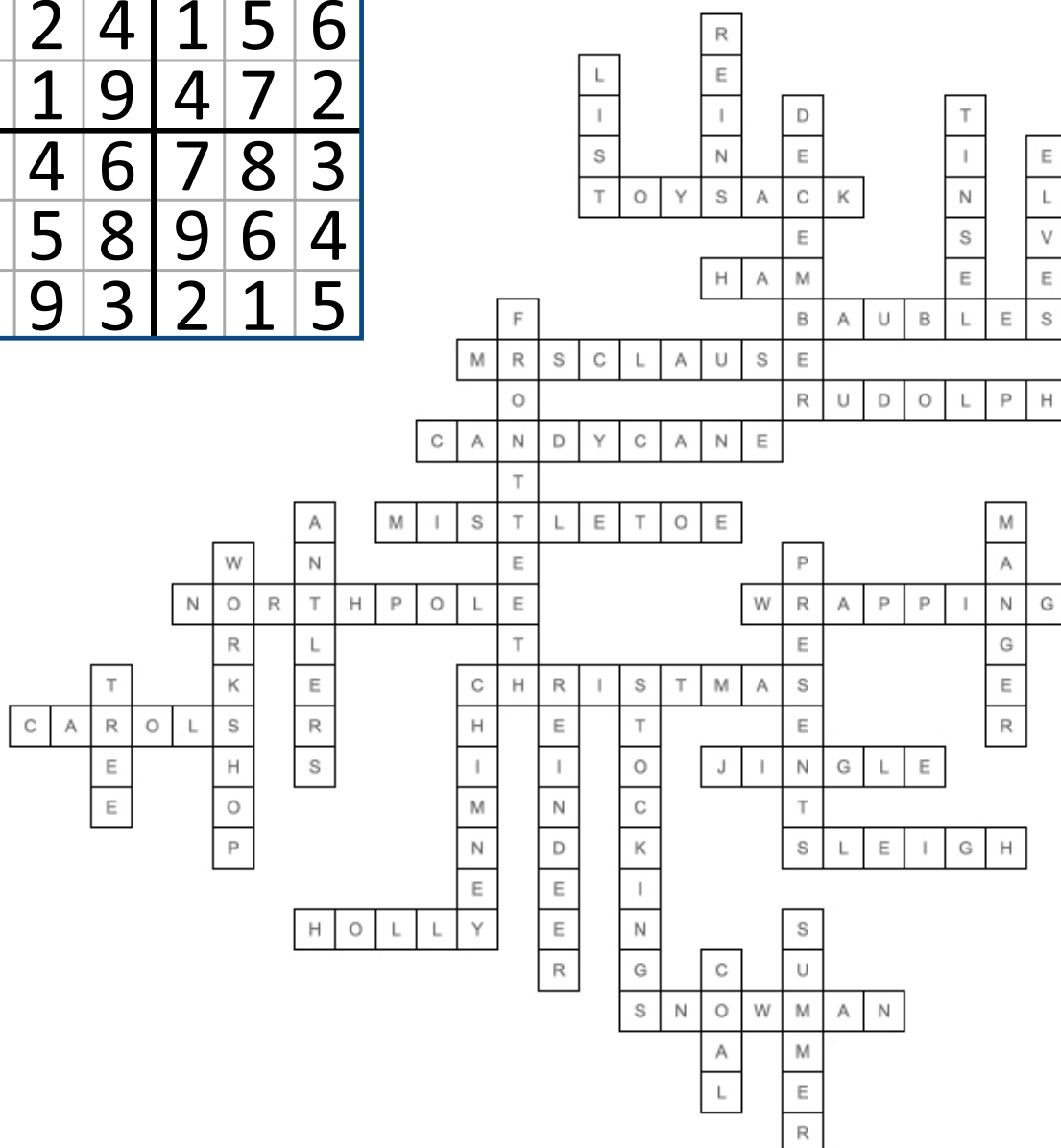
Just for Fun

ANSWERS

SUDOKU

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

CHRISTMAS CROSSWORD



Onsite HAIRDRESSERS

DAYS AND TIMES FOR OUR ONSITE HAIRDRESSERS



ANNE
Phone 0414 532 660

MONDAY	9am - 5pm	Pam Palmer House (by appointment only)
WEDNESDAY	9am - 5pm	Pam Palmer House (by appointment only)
THURSDAY	8am - 5pm	Pam Palmer House
FRIDAY	8am - 5pm	Pam Palmer House



JULIA
Phone 0466 984 341

TUESDAY	9.30am - 3pm	Pozieres House
THURSDAY	9.30am - 3pm	Don Leggett House

Village NOTICEBOARD

CENTRELINK
PHONE NUMBER
FOR ANY ENQUIRIES
132 300



02 4344 9199

peninsulavillage.com.au

agedcare@penvill.com.au

J&K'S COFFEE CLUB

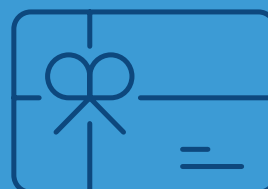
You can pick up your loyalty card from our Kiosk. Just buy five cups of coffee and the sixth cup is free.

1	J&K's Coffee Club	1
2	<i>Peninsula Village Limited</i>	2
3	<i>Customer Loyalty Card</i>	3
4	<i>Buy 5 Coffees</i>	4
5	<i>and receive</i>	5
Free	<i>the 6th Free!</i>	Free

*Kiosk
91 Posidones Avenue
Umira Beach 2237*

STAFF SERVICE AWARD CERTIFICATE

Don't forget that the Staff Service Nominations Blue Forms are located at Reception for staff, Residents and visitors to fill in if they believe a staff member has provided exceptional service.



EMERGENCY PLANS

Peninsula Villages has Emergency Procedures which are a written set of instructions that outline what staff, residents and visitors should do in an emergency.

In the case of any emergency residents and visitors will be notified via the fire alarm or by staff.

The following is the procedure to follow when the fire alarm sounds:

DO NOT PANIC!



FIRE ALARM SOUNDS

- ✓ Close the door
- ✓ Remain in your room
- ✓ Await further instructions from staff

SMOKE IN UNIT

- ✓ Ring your nurse call bell.
- ✓ Leave the unit.
- ✓ Close the door.
- ✓ Go to the nearest lounge area.
- ✓ Await staff instructions.

If the fire alarm sounds – do not use the lift.

Supporting you to understand and exercise your aged care rights

OPAN can help. Call us today.
1800 700 600



The Older Persons Advocacy Network (OPAN) is made up of nine state and territory network member organisations. We help you, your family and carers to exercise your rights and work through issues you may be experiencing with your aged care.



Call us on: 1800 700 600

8am – 8pm Monday to Friday. 10am – 4pm Saturday.
For more information scan the QR code
or visit: opan.pub/01



Support

Free, independent and confidential advocacy support to help you raise issues with aged care



Information

Information about aged care service provision, referrals and rights



Education

Free education sessions online or in person

No. 01

OPAN member organisations by state or territory:

ACT



VIC



NSW



TAS



WA



QLD



NT – Top



NT – Central



SA



Supported by funding from the Australian Government



FEEDBACK FORM

First Name

Phone

Last Name

Email

Date Reported

My Relationship to Peninsula Village:

Consumer

Relative

Staff Member

Other

Compliment

Complaint

Request

Suggestion

I am Filing a:

Provide details of the event below:

Event Date:

What outcome/s are you hoping to achieve?

Yes No

Is this a re-occurring issue?

Do you require a response in writing?

Yes No

Signature of person providing feedback:

Thank you for taking the time to provide your feedback. **Please return this form to reception or to a Nurses' station**

Manad Record ID #:

Date Logged:

Receipt of Feedback Acknowledged by:

Date:



We'd love your feedback!

How to provide your feedback:

Provide your feedback to Peninsula Villages by:

- completing the Feedback form
- in person to any manager
- by writing to agedcare@penvill.com.au
- by phoning 02 4344 9199 and asking to speak to the Executive Assistant
- In writing by mail to: The Chief Executive Officer, Peninsula Village, 91 Pozieres Ave, Umina, NSW, 2257.

Do you need support or advocacy to assist you with providing feedback:

Contact OPAN on 1800 700 600 or open.org.au

OPAN can help older people understand and exercise their rights.

Would you like to make an external complaint about the care or service provided at Peninsula Villages:

- Contact the Aged Care Quality and Safety Commission via 1800 951 822 or agedcarequality.gov.au/making-complaint