

PIPELINE

Newsletter

Welcome to our November 2023 Edition

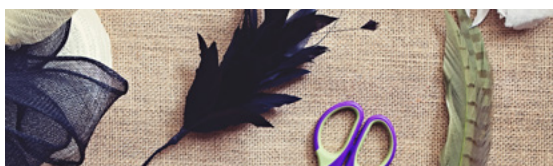
Dates AND EVENTS

NOVEMBER

Thursday, 2nd November

MEN'S SHED BBQ

We would like to invite all our male residents to the Men's Shed BBQ which is being held at 11:30am in Pam Palmer House under the pergola.



Sunday, 5th November

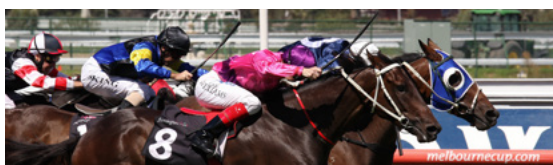
FASCINATOR MAKING

Come along and make yourself a fascinator or hat for the Melbourne Hat Parade in the Level 1 Activity Room of Pozieres House at 10:30am.

Monday, 6th November

RECREATION DAY

We will be recognising Recreation Day which is a public holiday in northern Tasmania, with Tasmanian Trivia at 10:30am in the Pam Palmer House Tea House.



Tuesday, 7th November

MELBOURNE CUP

It's Melbourne Cup Day! The day will start with sweeps, games, a fascinator and hat parade followed by an afternoon happy hour. Dress up and celebrate 2023

Melbourne Cup with us! These events will run all day in the main halls of Pam Palmer House and Don Leggett House and from 10:30am in Pozieres House, Level 2.

Wednesday, 8th November

BUILD-A-WORD

We're hosting Build-a-Word using a tongue twisting word. Come along to Pozieres House, Level 2 Activity Room at 10:30am and see how many small words you can find.

Don Leggett House will also be celebrating Recreation Day with Tasmanian Trivia at 10:30am in the Don Leggett House Main Hall.



Saturday, 11th November

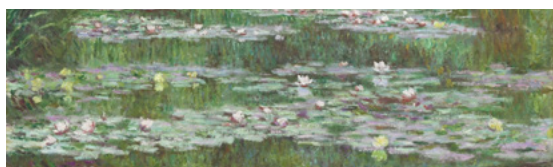
REMEMBRANCE DAY

A Remembrance Day Service will be held in each building at 11:00am. In Don Leggett House and Pam Palmer House the services will be held in the Main Hall. In Pozieres House it will be held in the Ground Floor Courtyard.

A cooking class will be held at 2:00pm in the Pozieres House Level 1 Activity Room. We will be making Poppy Flowers out of fondue to put on top of cupcakes in recognition of Remembrance Day.

Monday, 13th November WORLD KINDNESS DAY

To celebrate World Kindness Day, we would love for you to come along to the Pam Palmer House Tea House Verandah or Ocean Beach in Pozieres House at 10:30am to make a pot plant with herbs to give to a friend for being so 'herbful' towards you.



Tuesday, 14th November PAINT AND SIP

This month, it's Claude Monet's birthday. Come along to the Don Leggett House Courtyard at 10:30am to celebrate with a sparkling wine and painting class!



Thursday, 16th November LADIES' HIGH TEA

A Ladies' High Tea will be held in the Pam Palmer House Tea House at 10:00am. Come along and make some new friends!

We would like to invite all our male residents to the Men's BBQ which is being held at 12:00pm in the Don Leggett House Cafe.

Thursday, 16th November PAINT AND SIP

This month it's Claude Monet's birthday. Come along to the Pam Palmer House area under the pergola at 10:30am to celebrate with a sparkling wine and painting class!

Sunday, 19th November PAINT AND SIP

Come along to the Level 1 Activity Room in Pozieres House at 10:30am to celebrate Claude Monet's birthday with a sparkling wine and painting class!

Wednesday, 22nd November MITCH LANHAM CONCERT

Mitch Lanham will be in concert in the Pam Palmer House Main Hall at 2:00pm.



Tuesday, 28th November COOKING CLASS

A cooking class will be held at 10:30am in the Pam Palmer House Main Hall. We will be making poppy flowers out of fondue to put on top of cupcakes in recognition of Remembrance Day.

COMMUNITY EVENTS



Sunday, 12th November,
10am-4pm

BRISBANE WATER OYSTER FESTIVAL

The Brisbane Water Oyster Festival is a unique but incredible local event hosted at Lions Park Woy Woy.



Sunday, 19th November,
9am-2pm

UMINA BEACH MARKETS

Umina Beach Markets are a vibrant and lively market right on the waterfront of Umina Beach. You can find them at Sydney Ave Umina.



Sunday, 26th November,
9am-2pm

AVOCA BEACHSIDE MARKETS

The Avoca Beachside Markets are the Central Coast's free community boutique market event held at Heazlett Park Foreshore Avoca.



Thursday 2nd November at
10.30am

EXERCISE YOUR BRAIN AT ERINA LIBRARY

Try out word puzzles and play games designed to sharpen your memory and problem-solving skills. Bookings are essential by calling the library on 4304 7650.

REGULAR EVENTS

PAM PALMER HOUSE

MONDAY

- 9:30am Exercises
- 10:30am Arts and Crafts with Colleen
- 1:30pm Indoor Golf

TUESDAY

- 9:00am Independent Living Shopping to Woy Woy
- 9:30am Exercises
- 1:30pm Bingo

WEDNESDAY

- 9:30am Exercises
- 10:00am Shuffleboard
- 1:30pm Happy Hour

THURSDAY

- 9:30am Exercises
- 10:30am Ten Pin Bowling
- 1:30pm Movie and Ice cream Cart

FRIDAY

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

SATURDAY

- 9:30am Exercises
- 10:30am Bocce
- 2:00pm Ice Cream Cart

SUNDAY

- 9:30am Exercises
- 10:30am Coffee and Cake
- 1:30pm Movie

DON LEGGETT HOUSE

MONDAY

- 10:00am Exercises
- 10:30am Indoor Golf
- 2:00pm Coffee and Chat with Friends

TUESDAY

- 10:00am Exercises Main Hall
- 10:30am Trivia Orange Blossom Right Lounge Area
- 2:00pm Cooking in the Main Hall

WEDNESDAY

- 10:00am Exercises
- 10:30am SONAS in Lavender Bend
- 2:00pm Have a game of Pool, some nibbles and drinks

THURSDAY

- 10:00am Exercises
- 10:30am Fun and Games
- 2:00pm Bingo

FRIDAY

- 10:00am Ukulele Band Main Hall
- 2:00pm Happy Hour Cart
- 1:30pm Bingo in Pam Palmer House

DON LEGGETT HOUSE

SATURDAY

- 10:00am Exercises Main Hall
- 10:30am Garden Walks
- 2:00pm Bingo Main Hall

SUNDAY

- 10:00am Exercises
- 10:30am Scattergories Main Hall
- 2:00pm Ice Cream Cart

POZIERES HOUSE

MONDAY

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

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

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

FRIDAY

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

SATURDAY

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

SUNDAY

- 10:30am Build A Word Level 1 Activity Room
- 10:30am Games In Ocean Beach
- 1:30pm Sunday News With Sue Level 1 Activity Room

CHURCH SERVICES



INTERDENOMINATIONAL SERVICE

10:00am in the Chapel

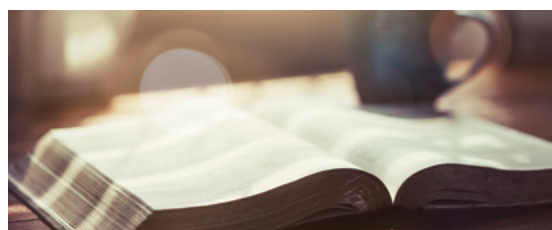
Tuesday, 3rd November - David

Wednesday, 11th November - Mark

Tuesday, 17th November - Lesley

Wednesday, 25th November - Mark

Tuesday, 31st November - David



ANGLICAN SERVICE - ROSEMARY BIBLE STUDY

10:30am and 2pm in Don Leggett House

Wednesday, 4th November - Sheila

Wednesday, 18th November - Sheila

CATHOLIC MASS

10:00am in the Chapel

Thursday, 28th November

CEO REPORT

The weather certainly has been warming up and it's been lovely to see so many of our residents out and about, enjoying the sunshine! Please keep in mind that as you age, you might not feel the effect of the heat as acutely as when you are younger. This can lead to a higher risk of developing heat stroke which can be deadly for some people. Stay inside when it's really warm, turn on your air conditioner and keep drinking regularly.

We've had so many milestone birthdays over the last few months. It's been wonderful to see the celebrations and I wish our residents a very happy birthday.

Last month, our Board of Directors and I presented the Annual Report to our residents. The only change to our Board structure is that Pamela Palmer has retired as a Director. Pam was a Life Member of the Board and I would like to sincerely thank and acknowledge Pam for all of her tireless work over a thirty-year span. The Village has grown and

flourished with your input and you will be missed! We wish you a wonderful retirement.

Our first Consumer Advisory Committee meeting for Residential Aged Care was held in September. This Committee is designed to provide a formal forum for our residents and their representatives to provide their input into the strategy of the Village and is a conduit between our residents and their representatives and the Board of Directors.

The Committee's feedback was valued and I look forward to this Committee's role developing at Peninsula Villages. Opportunities for participation on the Committee will be advertised annually, so please keep an eye out in 2024 if you are interested in participating in the future.

Kind Regards



Colin Osborne
Chief Executive Officer

From the **PIPELINE DESK**



Spring is well and truly in the air!

With unwanted visitors such as snakes and spiders visiting us here at the Village, please be aware as you move around the Village that you don't step on a spider or snake!

We will be recognising Remembrance Day on the 11th of November. I would like to thank Peter Swain for delivering the Service and LT Jack Kingsland Wills who is a Troop Commander for delivering an address on behalf of the Australian Defence Force.

We are continuing with the Salvation Army gift giving tree. If you would like to donate, please talk to the Leisure and Lifestyle team.

The months are going to get even busier with Christmas on it's way, and the parties for each house are currently being organised.

If there is anything you would like to celebrate or see on the calendar, please don't hesitate to contact me or our Leisure and Lifestyle team. You can also fill out a Feedback form.

We appreciate your feedback and suggestions, and we will use them to make Peninsula Villages an even better place to live.

Linda Segrott

Leisure and Lifestyle Manager

linda.segrott@peninsulavillages.com.au

Last month's HIGHLIGHTS



MARY'S 100TH BIRTHDAY

Mary McEvoy, a beloved resident of Peninsula Villages, celebrated her 100th birthday on 5th October, with her friends and family in the Pozieres House private dining room.



CONGRATULATIONS, EMILY AND JUDY!

Emily O'Reilly and Judith Cooke celebrated five years of service at Peninsula Villages in late September. The ladies were presented with flowers and a delicious cake. Thank you, ladies!



ANAS' HEARTWARMING STORY

Peninsula Villages is proud to be home to some of the most remarkable people in our community. One such person is Anas Davis, an 82-year-old woman who has lived a life full of adventure and resilience.

Born deaf in Bourke, NSW, in 1941, Anas grew up on her family's sheep and cattle farm, 'Bendemeer'. Despite her hearing impairment, Anas never let anything hold her back. She learned to herd sheep on her motorbike, care for baby animals and even change the oil and check the tyres on her family's motorbikes.

Anas had a close bond with her family, and she especially cherished her time with her sister Gae and nieces and nephew, Catherine, Susan and Joseph. She would often take them on picnics and motorbike rides.

Anas moved to Peninsula Villages in June this year to be closer to her beloved niece, Susan, who is a Leisure and Lifestyle Advocate.



EILEEN'S PARTY

To celebrate 100 amazing years of Eileen Crawford, we held a lovely celebration that aligned with our Happy Hour festivities!

Our fantastic Leisure and Lifestyle team outdid themselves with the stunning room decorations that set the perfect mood for the occasion. We also had a delightful mix of residents who joined in on the fun, bringing their unique stories and experiences to the afternoon.

Eileen, the star of the day, radiated with joy and shared her wisdom with all of us. Our dedicated RNs, ENs, and Care staff, who have been by Eileen's side throughout her incredible journey, were all smiles as they joined her in marking this special day.



ELVIS IS IN THE BUILDING

Elvis is in the building, and Don Leggett House is rocking! Residents enjoyed an unforgettable performance from the King of Rock 'n' Roll, followed by the chance to snap some pics with the performer.



Vale Eric TWEEDALE

Peninsula Villages is deeply saddened by the passing of Eric Tweedale on 16 October 2023, at the remarkable age of 102.

Eric was a resident of Peninsula Villages for many years, and his story is one of inspiration and resilience. He lived through World War II, the Great Depression and the Coronavirus pandemic, but never lost his love of life.

Eric was born in England in 1921 and emigrated to Australia with his parents in 1924. He started playing rugby union at the age of 15, and quickly rose through the ranks. In 1946, he was selected for the Wallabies, and toured New Zealand. He was part of the famous 1947-48 Wallabies team, who did not have their line crossed in internationals against Scotland, Ireland, Wales and England.

Eric also served in the Royal Australian Navy during World War II. He was deployed in Sydney when it was attacked by Japanese midget submarines in 1942, and he also escorted merchant ships up and down the Australian coast.

On behalf of the Peninsula Villages community, we would like to express our sincere condolences to Eric's family and friends. We are grateful for the opportunity to have known him, and we will cherish the memories of him forever.



Staff in Focus

KATHYRN ARNOT

CARE PARTNER



I began my days at Peninsula Villages in June 2023 when I commenced as a trainee. I have now applied for a position to be a Care Partner here as I finish my traineeship in November. My favourite thing about being at Peninsula Villages is connecting with the residents and ensuring all their needs are met to the standard they would like. I hope to leave every resident with a smile on their face after my visits!

In my free time, I enjoy cooking, baking, exercising and music.

In the future I would like to work towards my registered nursing qualifications and then become a midwife. I enjoy my time here at the Village and hope to continue gaining more experience whilst building a rapport with our residents.

Volunteer in Focus

GARY GILDAY



I have volunteered at Peninsula Villages for the past four years. I found out about volunteering through a friend of mine who is on the Board. I offered to provide a music program as I have 20 years of experience in community radio and over 10,000 songs on my computer.

I enjoy coming in on special occasions and playing songs for the residents. I also do the Shuffleboard activity every Wednesday and it brings a

lot of joy to the residents who participate. I have made some good friends here with the residents and I enjoy spending time talking with them and sharing their company. I help in the Men's Shed as well. Previously, I was the Treasurer and now I'm the President.

I have my Masters in Finance and Management and I have participated in debating and public speaking. I also hold a Certificate in Massage Therapy. I have enjoyed playing tennis for 60 years. My hobbies these days are volunteering at Peninsula Villages and the Men's Shed. I have five grandchildren and two great grandchildren. I have been married for 52 years and we have done a lot of travelling to countries such as America, Canada, Switzerland, Czech Republic, Germany, France, Holland, England, Ireland, Scotland, Wales, Hawaii, Fiji, both New Zealand islands and the whole of Australia.

I love being here at Peninsula Villages, I have many friends here and enjoy helping the staff as much as possible.

Resident in Focus

MARY MCEVOY

Mary was born in the County Mayo, on the shores of Loch Corrib, which is the largest lake in Ireland. She was the eldest of seven children with four brothers and two sisters.

Mary grew up on a mixed farm which included cattle, sheep, and horses. She attended the local primary school, where her mother was the Principal, until she was 12 years old. She then went to boarding school in Taum, County Galway until finishing school at 17 years old.

Mary went to Dublin and commenced her nursing training at St Vincent's Hospital, completing it in 1946. She left Ireland in 1948 and nursed in London until her marriage in 1950 to Bill who was a Doctor.

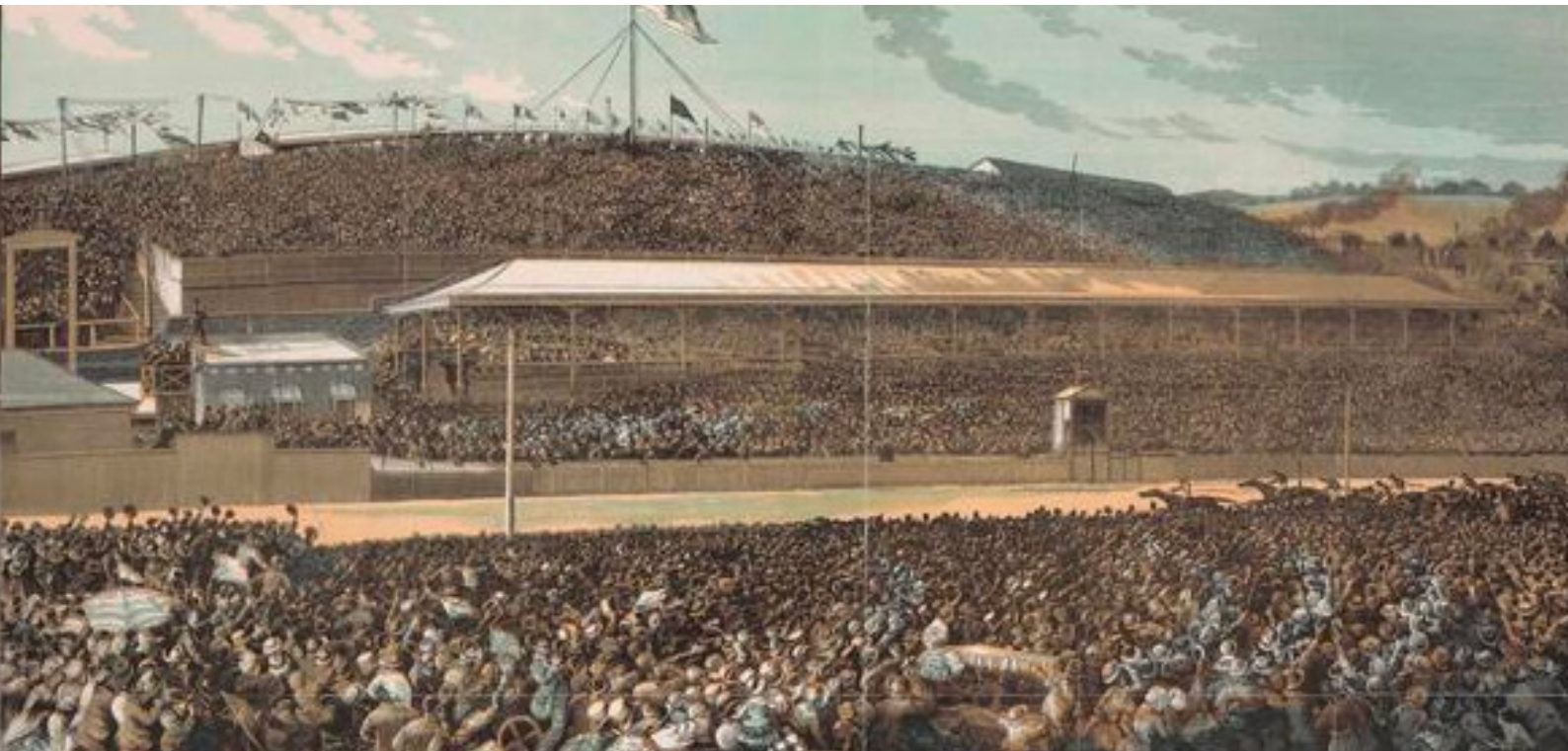
Mary and Bill moved to India in 1953 as they wanted to live somewhere warmer and had their first child there. They returned to London in 1955 and quickly had three more daughters. They left England and sailed to New Zealand in 1963, as Bill had been offered a position as a Radiologist at Wellington Hospital. Mary had her fifth child, a son, in 1964.

They stayed in New Zealand for five years before moving to Australia in 1968. They moved to the Western Suburbs of Sydney, where Bill could finally open his own radiology practice.

Mary was widowed in 1984 and continued to live in her own home until moving to Umina Beach in 2015. She moved to Peninsula Villages in 2020.



Melbourne CUP



The Melbourne Cup is a thoroughbred horse race held in Melbourne, Australia. It is a 3200-metre race conducted by the Victoria Racing Club on the Flemington Racecourse as part of the Melbourne Spring Racing Carnival.

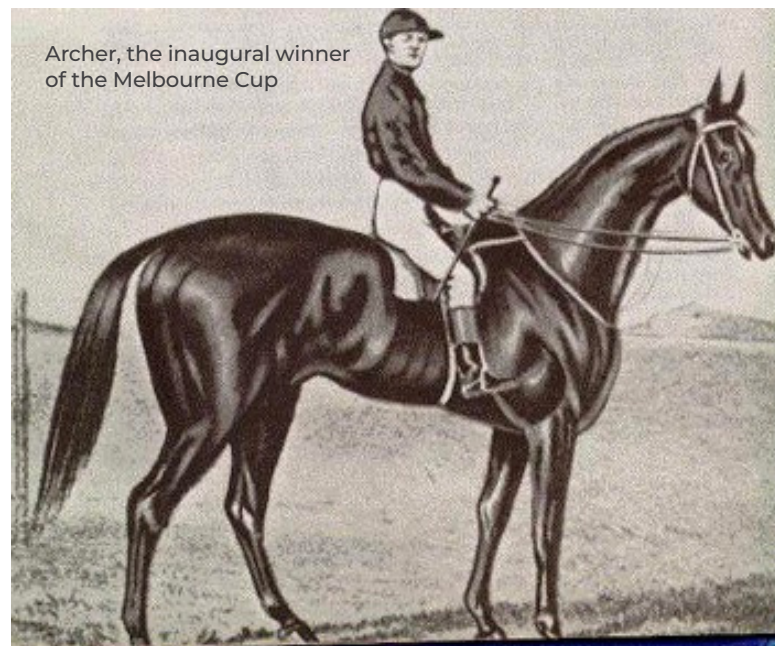
It is the richest 'two-mile' handicap in the world and one of the richest turf races. The event starts at 3:00 pm on the first Tuesday of November and is known in Australia as "the race that stops the nation". The Melbourne Cup has a long tradition, with the first race held in 1861. Frederick Standish,

member of the Victorian Turf Club and steward on the day of the first Cup, was credited with forming the idea to hold a horse race and calling it the "Melbourne Cup". Seventeen horses contested the first Melbourne Cup on Thursday 7 November 1861, racing for the modest prize of 710 gold sovereigns (£710) cash and a hand-beaten gold watch, winner takes all. A large crowd of 4,000 men and women watched the race, the attendance was the largest at Flemington on any day for the past two years, with the exception of the recently run Two Thousand Guinea Stakes.

The inaugural Melbourne Cup of 1861 was an eventful affair when one horse bolted before the start, and three of the seventeen starters fell during the race, two of which died. The winner of this first Melbourne Cup race was a 16.3 hand bay stallion by the name of Archer, ridden by John Cutts. Archer was an Australian Thoroughbred racehorse who won the first and the second Melbourne Cups in 1861 and 1862. Archer travelled to Melbourne by steamboat the year (1862) to run in the second Melbourne Cup. This time he won 810 gold sovereigns (£810) cash and a gold watch before a crowd of 7,000, nearly twice the size of the previous year's large crowd. He won both Cups easily and is one of only five horses to win the Melbourne Cup twice or more and is one of only four horses to win successive Cups. Archer traveled to Melbourne by steamboat yet again the next year (1863). Despite his weight of 11 stone 4 pounds, Archer would have contested the third cup in 1863, but arrived late, and Archer was scratched on a technicality. In 2017 Archer was inducted to the Australian Racing Hall of Fame.

The Melbourne Cup was first run on a Tuesday in 1875, the first Tuesday in that month. The race has undergone several alterations

in recent years, the most visible being the entry of many foreign-trained horses. Most have failed to cope with the conditions. In 1882 the first bookmakers were licensed at Flemington, then in 1888 the first gold whip was presented to the winning Cup jockey Mick O'Brien. First woman owner to win was Mrs E.A. Widdis with Patrobas in 1915, and for the first time the race was televised live to Sydney 1960. The largest amount of money a jockey has received from the Melbourne Cup was \$8,000,000.



Melbourne Cup. History. https://en.wikipedia.org/wiki/Melbourne_Cup. 12 September 2023. Retrieved 20 September 2023.

Image 1, Made by "S.B.", Engraving of the finish line at the Melbourne Cup of 1881. Published in the Illustrated Australian News in November 1881. Retrieved 2nd October 2023.

Image 2, by William Tell (GB) from Maid Of The Oaks by Vagabond (GB). Winner of the first two Melbourne Cups. 1861. Retrieved 2nd October 2023.

Remembrance DAY



Remembrance Day is a memorial day observed since the end of the First World War in 1919 to honour members of the armed forces who have died in the line of duty. In most countries, Remembrance Day is observed on 11 November to recall the end of First World War hostilities. Hostilities formally ended "at the 11th hour of the 11th day of the 11th month" of 1918, in accordance with the armistice signed by representatives of Germany and the Entente between 5:12 and 5:20 that morning. The First World War officially ended with the signing of the Treaty of Versailles on 28 June 1919.

At the end of the campaign, Gallipoli was still held by its

Ottoman Turkish defenders with thousands losing their lives during the Gallipoli campaign. This included 87,000 Ottoman Turks, 44,000 men from France and the British Empire, and 8500 Australians.

The tradition of Remembrance Day evolved out of Armistice Day. The initial Armistice Day was observed at Buckingham Palace, commencing with King George V hosting a "Banquet in Honour of the President of the French Republic" during the evening hours of 10 November 1919. The first official Armistice Day was subsequently held on the grounds of Buckingham Palace the following morning.

On the first anniversary of the armistice in 1919, two minutes' silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street.

After the end of the Second World War, the Australian and British governments changed the name to Remembrance Day. Armistice Day was no longer an

appropriate title for a day which would commemorate all people who lost their lives at war.

In Australia on the 75th anniversary of the armistice in 1993, Remembrance Day ceremonies became the focus of national attention. The remains of an unknown Australian soldier, who was exhumed from a First World War military cemetery in France, was ceremonially entombed in the Memorial's Hall of Memory. Remembrance Day ceremonies were conducted simultaneously in towns and cities all over the country, culminating at the moment of burial at 11 am and coinciding with the traditional one minute's silence. This ceremony, which touched a chord across the Australian nation, re-established Remembrance Day as a significant day of commemoration.

During World War I, red poppies were among the first plants to spring up in the devastated Western Front battlefields in northern France and Belgium.

According to folklore, the poppies got their vivid red colour from the blood of the soldiers

that soaked into the ground. So the poppy became a powerful symbol of the sacrifices made by soldiers during World War I.



Remembrance Day is a chance for people to gather together to think about those who have fought and died in conflicts since World War I.

At the 11th hour of the 11th day of the 11th month

WE WILL REMEMBER THEM LEST WE FORGET

Australian War Memorial. 'Remembrance Day'. www.awm.gov.au. 4 October 2023, Retrieved 5th October 2023

Wikipedia, the free encyclopaedia. 'Remembrance Day' https://en.wikipedia.org/wiki/Remembrance_Day. 19 August 2023. Retrieved 5th October 2023

Let's Talk **TRAVEL**



TURKEY

Our travel destination for this edition is the European country of Turkey which has a long and colourful history as well as some darker emotional ties to our own country.

Turkey is a transcontinental country located at the juncture of Southeast Europe and West Asia. It is mainly on the Anatolian Peninsula in West Asia, with a small portion called East Thrace on the

Balkan Peninsula in Southeast Europe. It borders the Black Sea to the north; Georgia to the northeast; Armenia, Azerbaijan, and Iran to the east; Iraq to the southeast; Syria and the Mediterranean Sea to the south; the Aegean Sea to the west; and Greece and Bulgaria to the northwest. The country has a population of 85,279,553 as of December 2022. The official language of Turkey is Turkish. The capital city of Turkey is Ankara, while Istanbul is its largest city and economic and financial centre.



LOCATION

Turkey is a popular holiday destination, with a diverse range of landscapes, heritage, and culinary culture that will surprise those who have never ventured beyond holiday resorts and the beach. The country has too much to see and do to tackle it all on one trip. Here are some of the best places to visit in Turkey:

Istanbul: One of the world's greatest cities, Istanbul should be on every traveller's must-visit list. The city's grand Byzantine basilica Aya Sofya and the Ottoman sultans' lavish Topkapı Palace attest to the city's centuries-long history as the capital of powerful empires. Istanbul also has a lively calendar of arts and cultural events.

Cappadocia: A geological wonderland in the centre of Turkey, Cappadocia is famous for its fantastical rock formations and cave churches. Romance blossoms in the area's cozy cave hotels and restaurants, not to mention sunrise balloon rides complete with a champagne toast.



Antalya: Known as the gateway of the “Turkish Riviera,” Antalya province plays host to a variety of seaside and downtown attractions. The Old Harbor is a beautiful and quiet place where you can sip some coffee in its many cafes or swim near the beach.



Ephesus: One of Turkey’s most famous ancient sites, Ephesus was once a thriving port city on the Aegean coast. Today, visitors can explore its well-preserved ruins, including the Library of Celsus, the Great Theatre, and the Temple of Hadrian.

June to August is high season for sun seekers, with both foreign and domestic flocking to Turkey’s Aegean and Mediterranean coasts. Spring and fall are pleasant times of year to be almost anywhere in the country, with temperatures often warm enough for outdoor dining and drinking but not oppressively hot. Winter is high season in ski-resort areas, but elsewhere you’ll find good deals and few other visitors.

For people from Australia and New Zealand, Turkey can hold some different memories through the events which took place at Gallipoli during the First World War.

The Gallipoli campaign was a significant event in the history of Turkey and Australia. It was fought between the Ottoman Empire and the Allied forces, including as mentioned troops from Australia and New Zealand, during World War I. The campaign began with a naval attack on the Dardanelles Strait, which was followed by a less than successful land invasion of the Gallipoli Peninsula.

For Turkey, the Gallipoli campaign holds a special place in its national identity. The defeat of foreign invasion under the charismatic command of Mustafa Kemal (later Ataturk, the founder of the modern Turkish republic) gave Gallipoli mythic status within Turkey’s national identity.

The conjunction of these powerful national stories reflects the main cultural bond between Australia and Turkey. Today, Gallipoli is a site of pilgrimage for many Australians and New Zealanders who come to pay their respects to those who fought and died there. Lest we forget.

Referenced from: <https://theconversation.com/au/technology>, <https://www.awm.gov.au/visit/exhibitions/gallipoli> and <https://turkey.embassy.gov.au/anka/defencerelations.html>

Just for FUN

WORD SEARCH

MELBOURNE CUP WINNERS

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

Gold Grotto
El Grand Senior
Jones
Dailly
Azzopardi

Whiskey Riot
Giles
Hua
Rocketeer
Andos Mac

Mile Post
Mr Spot
Bybrae
Bell
Ludlow

Kwik Metal
Fox Hunt
Thompson
Poore

Just for FUN

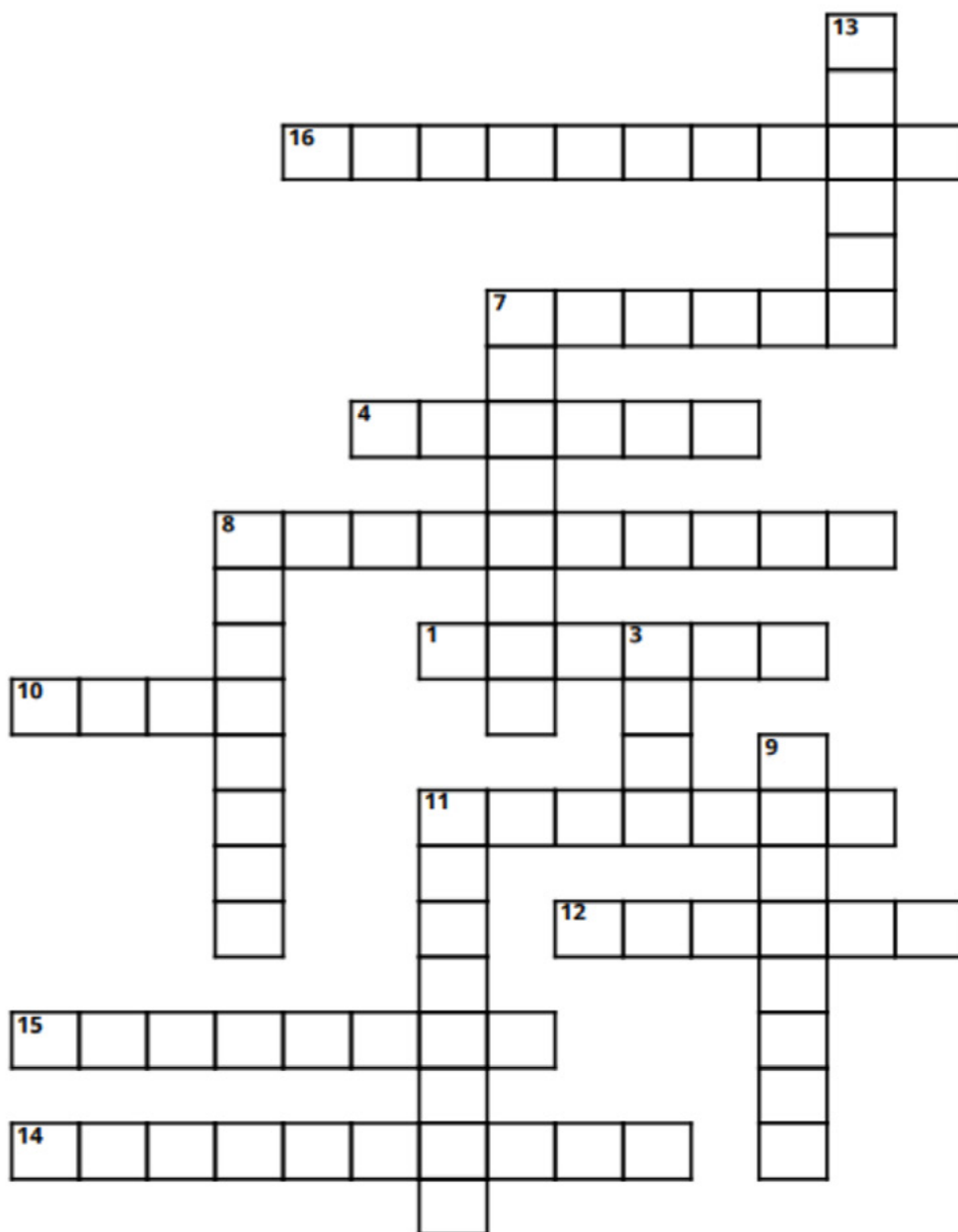
SUDOKU

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

Just for FUN

CROSSWORD

MELBOURNE CUP



Down

3. What fashion accessory is the Melbourne Cup famous for

7. Trousers worn for horse riding

8. An adult male horse that has not been gelded

9. What type of horse race is the Melbourne Cup

11. A bet in which the first three finishers in a race

are forecast in the correct order

13. As well as prize money the winner receives a?

Across

1. The horse that won the first Melbourne Cup in 1861

4. Supportive structure on which the horse rider sits

7. Someone who rides a horse in a horse race

8. A lottery in which the stakes of the participants constitute the prize

11. A young horse

12. Part of a horse/s harness

14. International horses are placed into enforced isolation also known as

15. Month in which the Melbourne Cup is held

16. Name the racecourse where the Melbourne Cup is held

Lets CELEBRATE

BIRTHDAYS

DON LEGGETT HOUSE

- 2nd** Dorothy Shiels
- 6th** Nadine Rapley
- 9th** Colin Williams
- 14th** Judi Flaherty
- 18th** Lyn Downey
- 26th** Carli Van Barneveld
- 27th** Robyn Denton

PAM PALMER HOUSE

- 2nd** Simon De Vries
- 5th** Barry Mealia

POZIERES HOUSE

- 1st** Helena Kwasner
- 4th** John Bogle
- 3rd** Williams Molloy
- 7th** Margaret Franklin
- 8th** Duro Banjanac
- 11th** Dolores Harris
- 11th** Raymond Ide
- 16th** Carolyn Glen
- 22nd** Daphne Davy
- 25th** Lorna Mitchell
- 29th** Harris Johnston

PENINSULA VILLAGES INDEPENDENT LIVING

- 2nd** Maria Higgs
- 2nd** Gina Colbert
- 4th** Sylvia Lang
- 8th** Kenneth Ashton
- 8th** Doreen Moyes
- 11th** Doreen Dixon
- 15th** Elizabeth Carmichael
- 23rd** Ann Palmer

COOINDA VILLAGE

- 3rd** Judith Wulff
- 10th** Stephen Hurley
- 27th** Margaret Silvester
- 28th** Barbara Francis

NEW FRIENDS

PAM PALMER HOUSE

Lionel Beale

POZIERES HOUSE

Martin Wellington
Pierrette Short
Marilyn Whigham



Friends Forever IN OUR HEARTS

POZIERES HOUSE

Denis Davies

Robert (Bob) Dillon

Audrey Martin

Hilda Munro

Eric Tweedale

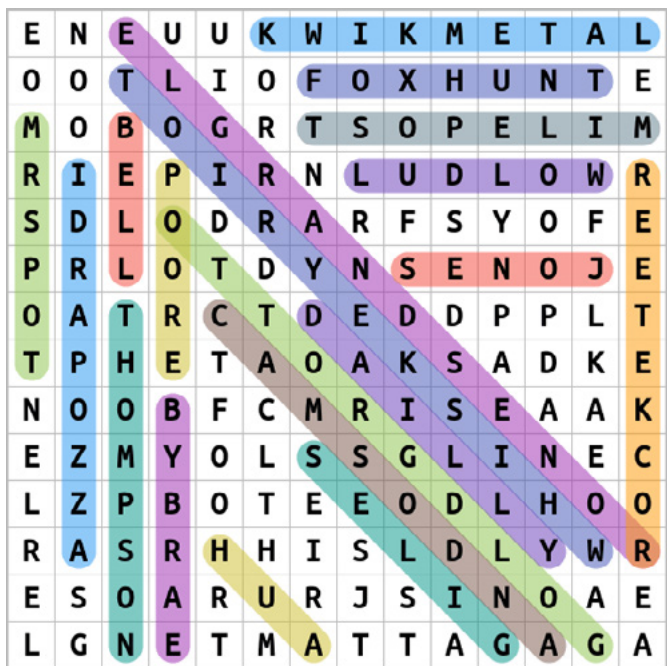
PAM PALMER HOUSE

Alison (Louise) Evans

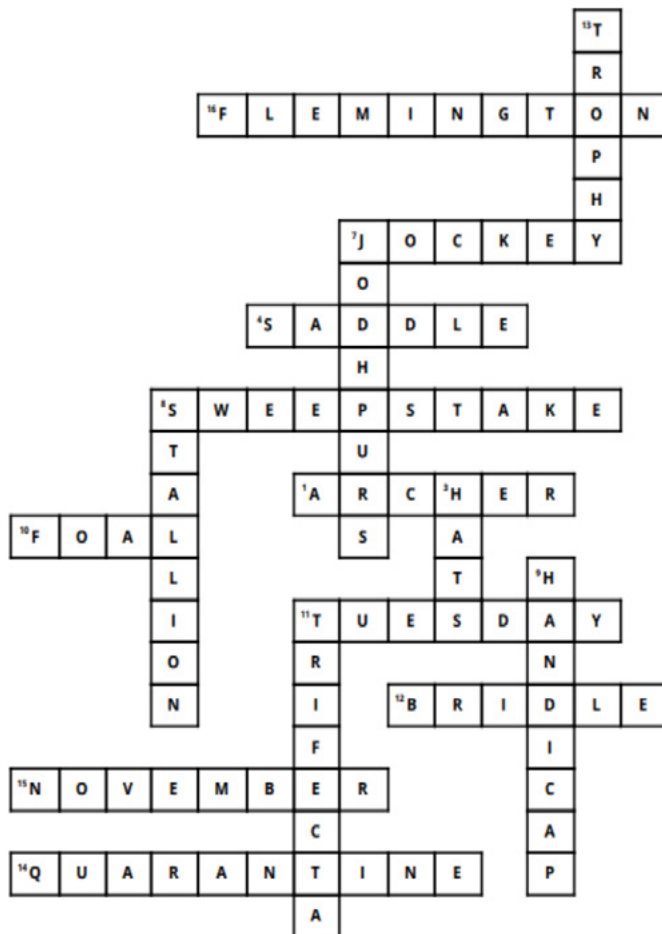
Edna Fowler



Just for Fun ANSWERS



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



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

*We would like
to welcome Julia to
our team of onsite
hairdressers. Please
call if you would like
to make a booking!*

Village NOTICEBOARD

CHURCH SERVICES

SUBJECT TO CHANGE DUE TO COVID-19 RESTRICTIONS

CATHOLIC SERVICE

Every Monday at 10.30am in POZ House via YouTube

ANGLICAN SERVICE

1st and 3rd Wednesdays at 10am in DLH Hall

UNITING SERVICE

1st, 3rd and 5th Tuesdays at 9.30am in JAH Chapel

BIBLE STUDY

2nd and 4th Wednesdays at 1.30pm in DLH Activity Room

*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

2 Peninsula Village Limited

3 Customer Loyalty Card

4 Buy 5 Coffees

5 and receive

Free the 6th Free!

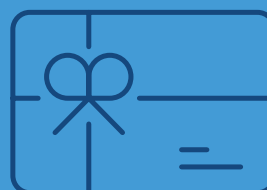
Kiosk

91 Pines 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 opan.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