

PIPELINE

Newsletter

Welcome to our September 2023 Edition

Dates AND EVENTS

SEPTEMBER



Friday, 1st September

FATHER'S DAY BBQ AT PAM PALMER HOUSE

Sunday, 3rd September

FATHER'S DAY

We will be hosting a range of activities at our three villages to honour all dads.

Pam Palmer House: Enjoy coffee and cake in the Main Hall, followed by gift giving.

- Don Leggett House: There will be gift giving in the morning and an ice cream cart in the afternoon.
- Pozieres House: Father's Day Happy Hour will be held in the level two indoor and outdoor dining areas. There will be lots of chats and laughs, all are welcome!

Tuesday, 5th September

FOOTBALL PRESENTATION

Wednesday, 6th September at 10:30am

CONCERT WITH MITCH IN DON LEGGETT HOUSE

Thursday, 7th September

BRAZILIAN INDEPENDENCE DAY

We will be honouring this day with passion fruit and mango ice creams topped with shaved coconut.

Tuesdays, 12th and 26th

September

KAREN AND ADDIE FROM DELTA DOGS

Wednesday, 13th September at 2:00pm

WILDE HONEY IN CONCERT DON LEGGETT HOUSE

Thursday, 14th September

R U OK? DAY

Saturday, 16th September

MEXICAN INDEPENDENCE DAY

Take a trip to Mexico without leaving your chair! With a plate of warm churros and chocolate dipping sauce, we will transport you to the vibrant and colourful country of Mexico! Join us in Pam Palmer House.

Wednesday, 20th September

PICNIC BUS TRIP

We will also be piloting some new activities throughout September, with table tennis, volleyball and tai chi joining our exciting roster of activities.

COMMUNITY EVENTS



Every Saturday and Sunday
9-4pm

ETTALONG MARKETS (IN ETTALONG GALLERIA)

Discover everything from local art, homewares, souvenirs and handmade wares, to secondhand books, traditional crepes, freshly ground coffee, jewellery, even nostalgic favourites including plaster painting.



Saturday 2nd to Sunday 3rd
September

ANDRE RIEU "LOVE IS ALL AROUND" SCREENING AT AVOCA BEACH PICTURE THEATRE

REGULAR EVENTS

MONDAY

- DLH
10:30am Indoor golf
2:00pm Coffee and chat
- POZ
10:30am Bingo and ice cream
cart

TUESDAY

- DLH
10:30am Trivia
2:00pm Cooking
- POZ
10:30 Floor games
1:30pm Table games

WEDNESDAY

- PPH
10:30am Shuffleboard
2:00pm Happy Hour with Gary
- DLH
10:30am Build a word
2:00pm Game of pool and
nibbles
- POZ
10:30am Bingo
1:30pm Happy Hour Cart

THURSDAY

- DLH
10:00am Exercises
2:00pm Bingo
- POZ
10:30am Indoor golf
2:00pm Coffee and chat

FRIDAY

- DLH
10:00am Exercises
2:00pm Happy Hour Cart
- POZ
11:00am Ukulele
1:30pm Jingles with Judy

SATURDAY

- DLH
10:00am Exercises
2:00pm Bingo
- POZ
10:30am Garden walks
2:00pm Cooking

SUNDAY

- DLH
10:30am Scattergories
2:00pm Ice cream trolley and
Musical Memories in the Main
Hall
- POZ
10:30am Build-a-word
1:30pm Sunday news with Sue

CHURCH SERVICES



10:00am in the Chapel INTERDENOMINATIONAL SERVICE

Tuesday, 5th September at - David

Wednesday 13th September - Mark

Tuesday, 19th September - Lesley

Wednesday, 27th September - Mark



10:30am and 2pm in Don Leggett House

ANGLICAN SERVICE - ROSEMARY BIBLE STUDY

Wednesday, 6th September -
Sheila

Wednesday, 20th September -
Sheila

Thursday, 28th September CATHOLIC MASS

10:00am in the Chapel

CEO REPORT

Welcome to Spring.

Spring has sprung at Peninsula Villages! We've been enjoying the beautiful weather and the flowers blooming. It's a great time of year to get outside and enjoy the fresh air.



We've been busy planning a number of events for the upcoming month, including Father's Day celebrations, concerts and arm chair travel to Mexico. We hope you'll join us for some fun and festivities!

The Annual Report 2022-2023 presentation to the residents will be held on Monday, 23rd October. This will involve an afternoon tea with the Board. We hope to see you there!

The report will highlight our achievements over the past year, as well as our plans for the future. We're proud of the work we've done, and we're excited to share it with you.

Father's Day is coming up on Sunday, 1st September. We would like to wish all the fathers and caregivers a very happy day. Thank you for all that you do!

R U OK Day is on Thursday, 14th September. This is a day to check in on your friends, family and neighbours and see how they are doing. If you are struggling, please reach out for help. There are people who care about you and want to help.

We know that mental health is important, and we want to make sure that everyone has the resources they need to stay healthy. If you or someone you know needs help, please talk to a staff member here at Peninsula Villages.

We are sad to announce that Pat Hutch from the Leisure and Lifestyle Team will be retiring in September after 30+ years of service. Pat has had a huge impact on the lives of our residents, staff and friends here at Peninsula Villages. She is a valued member of our team and we will miss her greatly.

Pat has always been a dedicated and passionate employee. She has a gift for making people feel welcome and appreciated. She will be remembered for her warm smile and her commitment to making Peninsula Villages a special place to live.

We wish Pat all the best in her retirement. Thank you for your commitment to Peninsula Villages!

Colin Osborne

Chief Executive Officer

From the PIPELINE DESK

The days are getting longer, the flowers are starting to bloom and the birds are singing. It's time to welcome spring to Peninsula Villages! We have a variety of activities planned to celebrate the season.

In September, we will be starting a Tai Chi class that will be held on the Tea House verandah. If it is raining, we will use the Wellness Centre. Tai Chi offers many advantages for seniors. Physical and mental benefits include the following:

- Improves balance, helping to reduce falls.
- Strengthens muscles in the legs and increases flexibility and stability in the ankles.
- Improves core strength to enhance stability and reduce back pain.

On a sad note, one of our leisure and lifestyle staff members is



retiring to start a new chapter in her life. Pat first started in domestics and, with a lot of hard study, mentored many other staff members. She has seen a lot of changes since she started in 1991, first starting in domestic cleaning/laundry, then working and training for the leisure and lifestyle team until there was restructuring within the department, becoming a coordinator working across all three houses.

What a milestone! Pat has been a big part of the furniture for the past 32 years. She is a great mentor, friend, and work colleague to a lot of past and present residents, families and staff.

We wish you all the very best with your next adventure, Pat!

From the **PIPELINE DESK**



Football season is drawing near, and soon we'll be watching cricket and tennis, two of the summer sports we all love.

As always, please don't hesitate to contact us if you have any feedback or suggestions. You can either write a letter to the Pipeline Team and hand it to reception, or you can contact us via email lindas@peninsulavillages.com.au. We would love to hear from you!

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, work and play.

Linda Segrott

Leisure and Lifestyle Manager

Peninsula Villages Residents **KNIT FOR PREMATURE BABIES**

In a heartwarming display of compassion and creativity, two residents of Peninsula Villages have picked up their knitting needles to support premature babies and their families.

Meet Bren and Sylvia, who love nothing more than knitting in the sunshine together at Peninsula Villages. Through their handcrafted creations, they are using their love of knitting to make a meaningful connection and support premature babies.

It was Sylvia who first embarked on a knitting journey to create tiny garments for premature babies. From soft hats and booties to cosy blankets and cardigans, every stitch is crafted with love and hope. Her creations will serve as a gentle reminder to the families of these tiny heroes that they are not alone on their challenging journey.

Bren and Sylvia meet every morning on the verandah of the tea house in Pam Palmer House to knit clothes and beanies for premature babies in the special care nurseries of NSW hospitals.

They say they plan to keep knitting for as long as they can.

"It's so rewarding to know that our knitting is helping babies who need it," said Sylvia. "It's a great feeling."

The two women have knitted hundreds of items for premature babies, and they say they are always looking for new ways to support their cause.

"We would love to get more people involved in our knitting group," said Bren. "It's a great way to meet new people and make a difference in the world."



Peninsula Villages Residents **KNIT FOR PREMATURE BABIES**

Peninsula Villages' CEO, Colin Osborne, spoke about the meaningful connections that shared interests and hobbies create within the village.

"Through a range of engaging leisure and lifestyle activities, we aim to provide opportunities for social interactions, personal growth and shared experiences. From physical exercises and leisure pursuits to creative classes like knitting, craft, flower arranging and music, our residents have ample chances to connect and build lasting relationships with others," he said.

Colin also commented on the knitting initiative, saying, "This gesture by Bren and Sylvia is a heartwarming example of how resident-led activities can make a difference in the lives of others. Their dedication to knitting tiny garments for premature babies is a testament to their compassion and creativity. I am so grateful for their work, and I know that the families of these babies will be so touched by their gifts."



Village MESSAGES



Peninsula Villages would like to express its sincere appreciation to the following companies for their generous donations to the Aged Care Employee Day BBQ on Monday, 7th August 2023:

- Bourke Road Store
- Clarkes Pharmacy Woy Woy
- You Save Chemist Umina Beach
- Bidfood
- EWH Food Services
- Aida Care
- Bunnings Umina Garden Centre
- Chica Chica Tapos Restaurant Ettalong
- Margarita Daze Umina Beach

- Paradiso Cinema Ettalong
- The Fruit Spot North Gosford
- Bunzl

These companies' donations of food and drinks helped to make the BBQ a huge success, and the lucky door prizes were much appreciated by the staff. We are truly grateful for their support.



Last month's **HIGHLIGHTS**



AGED CARE EMPLOYEE DAY

We are so grateful to all of our staff who provide our residents with the best possible care. We celebrated Aged Care Employee Day on Monday, 7th August with a BBQ lunch cooked by our executives, a raffle with many prizes and a heartfelt thank you from our residents.

We appreciate your dedication and hard work more than you know. Thank you for making Peninsula Villages a great place to live and work!







*My very grateful thanks to all staff
nursing & domestic
Sagene Linton... great staff
great staff Karen Reid*



*Thanks to everyone who looks
after me.
You all do a great job
Love & God Bless you all the staff
from Melda.*



APPRECIATION FOR STAFF

In honour of Aged Care Employee Day, residents at Peninsula Villages wrote heartfelt letters to express their gratitude for the staff. The staff were touched by the residents' words and enjoyed reading their thoughtful messages.

DOG THERAPY

Arthur and Janice love to see therapy dog Winx, and as you can see, Chip loves all the attention!



ERIC HELPS RAISE MONEY FOR BURNS UNITS

Our very own Eric Tweedale, a former Wallaby and Peninsula Villages resident, signed a Wallabies jersey at the request of retired fireman Brad Page of Woy Woy.

Brad had the jersey signed by 102-year-old Eric so he could auction it off to raise money for the burns units at Gosford and Wyong Hospitals.

A wonderful gesture by Brad, Eric was honoured to be able to help out, and he was very proud to sign the jersey.



WONDERFUL WINTER WEATHER

The weather last month had us all feeling like spring had sprung early!

Residents in Pam Palmer House gathered in the garden to soak up the sunshine, catch up with each other and watch as new trees were planted.

It was a beautiful day to be outdoors, and we're so grateful for the opportunity to enjoy the fresh air and sunshine.



HAPPY HOUR IN POZIERES

Friday afternoons mean only one thing at Pozieres House: happy hour! Residents enjoy getting together for snacks and drinks of their choice. It's a perfect way to finish the week.

TREATS TROLLEY

Happy hour is always a hit at Peninsula Villages!

Here we have Michelle and Sam, who have topped the trolley with soft drinks, wine, chips, and chocolates. Each week, they visit all residents in Don Leggett House so they can choose their treats!





SONAS SESSIONS

Residents of the Ocean Beach household of Pozieres House are loving our Sonas Sessions! These engaging and enriching activities involve the stimulation of all five senses, gentle exercise, relaxing music, singalongs and memory-focused exercises. They are a great way to promote wellbeing and improve quality of life for people living with dementia.



FITNESS FUN

The residents of Pozieres House got their groove on with pool noodle exercises!





DELTA DOG WINX

Delta Dog Arnie brought smiles and comfort to residents at Pozieres House, wagging her tail and enjoying lots of attention.





MADE WITH LOVE

The craft group made trauma teddies throughout August for emergency services to give to children. The teddies are a comfort to children who have experienced trauma, and they help to make them feel safe and loved.



BALLOON TENNIS

Residents of Don Leggett House got their competitive juices flowing with a game of balloon tennis. The players hit the balloons across the table with their racquets, laughing and cheering throughout.



FIRE SAFETY

Firefighters visited Peninsula Villages to give residents a fire safety and prevention talk. The firefighters discussed the importance of having working smoke alarms in every home and room and a fire escape plan, and they answered questions from residents about fire safety.



UKULELE

Ukulele players strummed up a storm at Peninsula Villages on Friday afternoons throughout August. The group played a lively mix of tunes while residents sang and clapped along, and even danced in their seats.

Resident CONTRIBUTIONS

A SEPTEMBER DAY BY FRANCIS DUGGAN

A thing of such great beauty to behold
The wattles resplendent in their blooms of gold
The first week of September and Spring is in the air
And in the green park daisies bloom everywhere
On a day like this 'tis good to be alive
To start your car and go off on a drive
So great to live to see another Spring
To hear the nesting wild birds chirp and sing,
Were I a poet would write a simple lay
For to celebrate this beautiful Spring day
To celebrate the beauty I can see
Where the Goddess of Spring has spread her greenery
And the wattles laden in their golden flowers
Look resplendent in these mild September hours.



The Origins Of **FATHER'S DAY**

Father's Day is believed to have originated from a church event held on 5th July 1908 to honour the 362 men who lost their lives in the Monongah mining disaster. The Monongah mining disaster was the worst mining disaster in American history.

However, that church event was a one-off commemoration and was not recognised as an annual celebration until the following year.

It was the daughter of a widower who first set out to establish an official celebration of fathers. Sonora Smart Dodd wanted to honour her father's dedication as a single parent of 14 children. After attending a Mother's Day event, Sonora conceived the idea of forming an equivalent celebration of fathers. Thus began her campaign to raise awareness of establishing Father's Day. She shared her idea with local churches, shops, and government officials, hoping to gain support for her cause. Eventually, her idea caught on and Washington State celebrated the nation's first Father's Day on 19th June 1910.

Why is Father's Day in September for Australians?

There is no concrete evidence as to why Australia celebrates Father's Day in September. However, it is commonly believed that it is due to our already jam-packed first half of the calendar year.

While most of the world celebrates Father's Day in June, we seem to have chosen to celebrate our fathers in the second half of the year as we have a number of celebrations, holidays, and special events from April to June. There's Anzac Day (25th April), Labour Day (March-May), May Day, the King's Birthday, and of course, Mother's Day (May)!

Nonetheless, we think September is a great month to celebrate and get Father's Day gifts! After all, September is when spring begins, which makes it the perfect season for picnics, camping, fishing, footy, and barbecues with our fathers.

The First Father's Day celebration in Australia was on Sunday, 6th September 1936. Father's Day this year is on Sunday, 3rd September 2023

Let's Talk **TRAVEL**

MEXICO

Mexico is a country located in North America. It is bordered by the United States to the north, Guatemala and Belize to the south, the Pacific Ocean to the west, and the Gulf of Mexico and the Caribbean Sea to the east. Mexico is the world's 13th-largest country by area and the 10th-most-populous country, with over 126 million people. The official language of Mexico is Spanish, but over 60 indigenous languages are also spoken.

Mexico has a rich and diverse history dating back to the ancient Maya and Aztec civilizations. The Spanish arrived in the 16th century and ruled Mexico for over 300 years. Mexico gained its independence in 1821 and has been a republic since then.

Mexico is a land of contrasts, with everything from snow-capped mountains to tropical beaches. The country is home to a variety of ecosystems, including deserts, forests, and rainforests. Mexico is also home to a wide variety of wildlife, including jaguars, bears and whales.

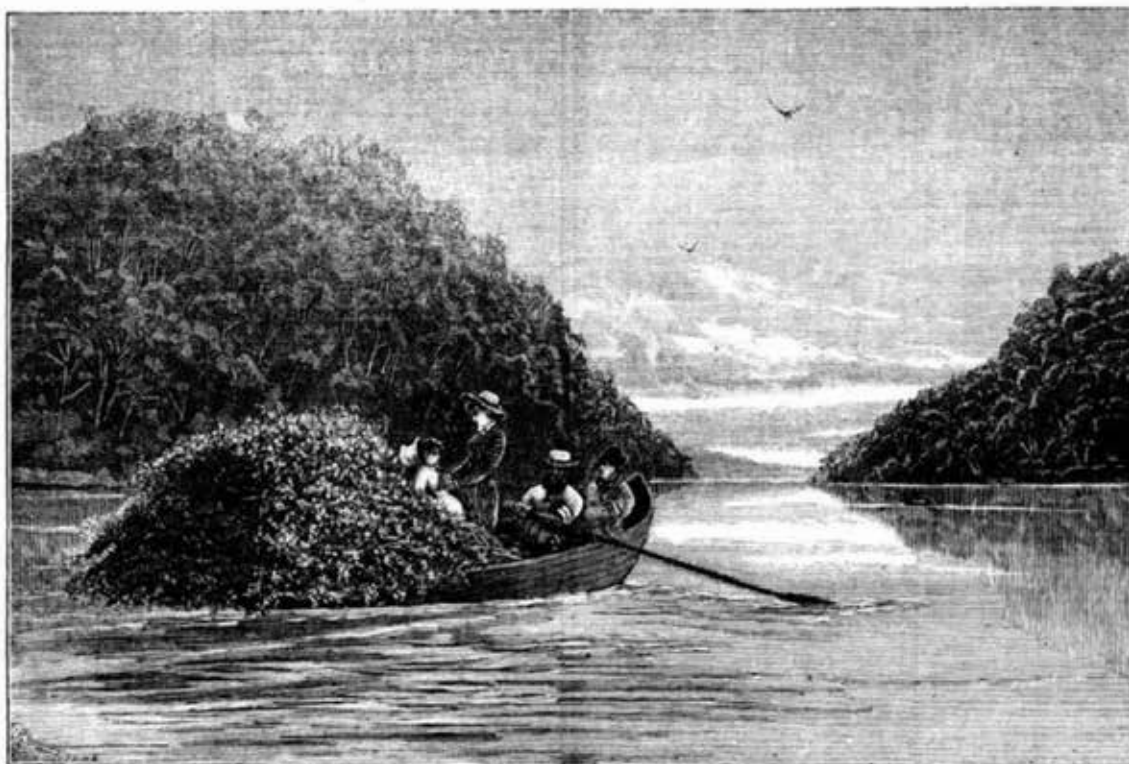
Mexico is a popular tourist destination, with over 40 million



international visitors each year. The country is known for its vibrant culture, delicious food, and beautiful beaches.

Here are some fun facts about Mexico:

- The flag of Mexico features an eagle perched on a cactus, with a snake in its beak. This image is a reference to a legend about the founding of Mexico City.
- The national flower of Mexico is the marigold. Marigolds are often used in Mexican celebrations, such as Day of the Dead.
- The national dish of Mexico is mole poblano. Mole poblano is a rich and complex sauce made with chili peppers, chocolate, and spices.
- The national drink of Mexico is tequila. Tequila is made from the blue agave plant and is typically enjoyed neat or on the rocks.



CHRISTMAS BUSHES.

Remember **WHEN**

Photos of Eric Worrell's Ocean Beach Aquarium, which preceded the Australian Reptile Park, are now a rare sight. The aquarium displayed snakes and other reptiles, and its popularity led Worrell to investigate a new site. He later opened the Australian Reptile Park in Wyoming, and the building that once housed the Ocean Beach Aquarium is now a private residence.

Worrell opened the Ocean Beach Aquarium in 1949 at Umina Beach on the New South Wales

Central Coast. In 1951, he began supplying tiger snake venom to the Commonwealth Serum Laboratories (CSL) in Melbourne. Taipan venom followed in 1952, and he later expanded his repertoire to include spiders such as the Sydney funnel-web spider and other Australian native snakes.

The Australian Reptile Park is still the sole provider of the raw venom used to produce antivenom for Australian terrestrial venomous snakes.

Just for FUN

WORD SEARCH

MOVIE NIGHT WORDS

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

A Team

Green Hornet

Social Network

Avatar

Hall Pass

Step Brothers

Book Of Eli

Hanna

The Town

Burn After
Reading

Harry Potter

Thor

Butterfly Effect
In Bruges

Tron

Centurion

Inception

True Grit

Cinderella Man

Indiana Jones

Unstoppable

Cyrus

Kick Ass

Up

Dark Knight
Kings Speech

Walle

Definitely Maybe
Public Enemies
Wanted

Departed

Rescue Dawn
Watchmen

Fighter

Salt

Wrestler



MAD GABS

Mad Gabs are a type of brain teaser that uses a series of nonsense words that, when said aloud, sound like a familiar phrase. For example, the Mad Gab "Common Firm Their Rain" sounds like the phrase "Come In From The Rain." Mad Gabs are a fun way to challenge your brain and improve your listening skills. They can also be a great way to get a laugh from your friends and family.

1. Acre Halls Tub Hoard
2. Acre Hill Uh
3. Aid Us Sinner Owe Hoses
4. Adore Purr Eyes
5. Age Are Coke Real

RIDDLE ME THIS

1. You see a boat filled with people, yet there isn't a single person on board. How?
2. Two fathers and two sons are in a car, yet there are only three people in the car. How?
3. If your uncle's sister is not your aunt, then who is she to you?
4. Two people are born at the same moment, but they don't have the same birthdays. How?
5. The person who made it doesn't need it. The person who bought it doesn't want it. The person who needs it doesn't know it. What is it?



COMMONYM

A commonym is a group of words that share a common characteristic. For example, the words "car," "tree" and "elephant" all have trunks. Commonyms can be a fun way to learn new vocabulary and to improve your critical thinking skills. They can also be a great way to start a conversation with friends or family.

1. Loan - Pool - Great White
2. Clog - Pump - Flat
3. Rain - Fur - Trench
4. Silver - Tin - Nickel
5. Coffee - Oil - Air
6. Tulip - Lamp - Onion
7. Saturn - Dirty Shirt Collars - Newleyweds
8. Date - Cook - Phone
9. Spock - Suess - Phil
10. Fire - Soda - Safe

August BIRTHDAYS

DON LEGGETT HOUSE

Jasmine Court

7th Pauline Wheeler

17th Lorraine Gleeson

20th Beryl Stimson

Magnolia Arch

5th Eileen Turner

24th Elaine Campagna

Orange Blossom Left

10th Keith Paull

Orange Blossom Right

14th Alan Carlyle

24th Reginald Weber

PAM PALMER HOUSE

Blue Gum

9th Patricia Chew

17th John Edwards

Green Gum

7th Patricia Read

12th Violet Gabbert

14th Yvonne Barr

20th Neva Crowson

25th Joan Janson

27th Robert Dillon(Bob)

28th Jill Alland

POZIERES HOUSE

Anzac

15th Mary Gentile

Bapaume

28th Pippin Grimmond

Flanders Field

3rd Kathleen Huntley

19th Betty Brown

Mt Wondabyne

18th Muriel Watts

Staples Lookout

1st Madge McManus

3rd Percy Hilton

PENINSULA VILLAGES INDEPENDENT LIVING

5th Jennifer Fitzroy

7th Norma Pedemont

14th Kenneth Smith

18th Francisca De Souza

24th Joachim Seth

25th Marika Osoba

26th William Graham

30th Lola Meale

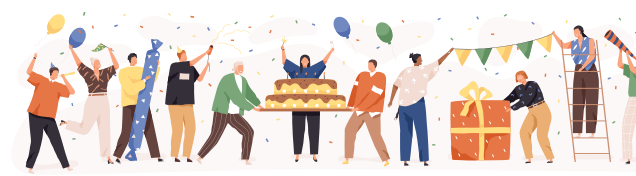
COOINDA VILLAGE

4th Carol Lee

6th Kathleen Pearse

14th Amelia Stillaway

17th Everlyn Leonard



New FRIENDS

NEW FRIENDS IN AUGUST

DON LEGGETT HOUSE

Jasmine Court

9th Beverly Stein

25th Gloria Blair

Lavender Bend

21st Kenneth Ford

Magnolia Arch

16th Dorothy Shiels

Orange Blossom Left

16th Jean Barker

Orange blossom Right

15th Kathleen Cousins (Kate)

3rd Esma Black

PAM PALMER HOUSE

Blue Gum

3rd Faye Bartlet

25th Lionel Beale (Leo)

Green Gum

2nd Ernest Altman

7th Shirley Markham

21st Robert Dillion (Bob)

POZIERES HOUSE

Anzac

1st Ronald Watkins (Ron)

3rd Eileen Stewart

8th Eric Tweedale

Lion Island

15th Dennis Davis

24th Pierrette Short

Woy Woy Bay

2nd Raymond Ide (Bill)

11th Timothy Horton (Tim)

14th Dorothy Day (DD)

Mt Wondabyne

21st Marilyn Wingham

Flanders Field

25th Betty Brown

PENINSULA VILLAGES INDEPENDENT LIVING

3rd Pauline Gilchrist

4th Janet Holmes

11th William (Bill) Mc Pherson

23rd Dorreen Moyes

FRIENDS FOREVER IN OUR HEARTS

DON LEGGETT HOUSE

Lavender Bend

Myrtle Watson

Jasmine court

Leon William (Bill)

Brian Leitch

POZIERES HOUSE

Bapaume

Janice Foskett

Beatrice "Biddy" Abrahams

Mt Wondabyne

Keith Walker

Anzac

Flanders Field

Dianna Watson

Brian Leitch

Woy Woy Bay

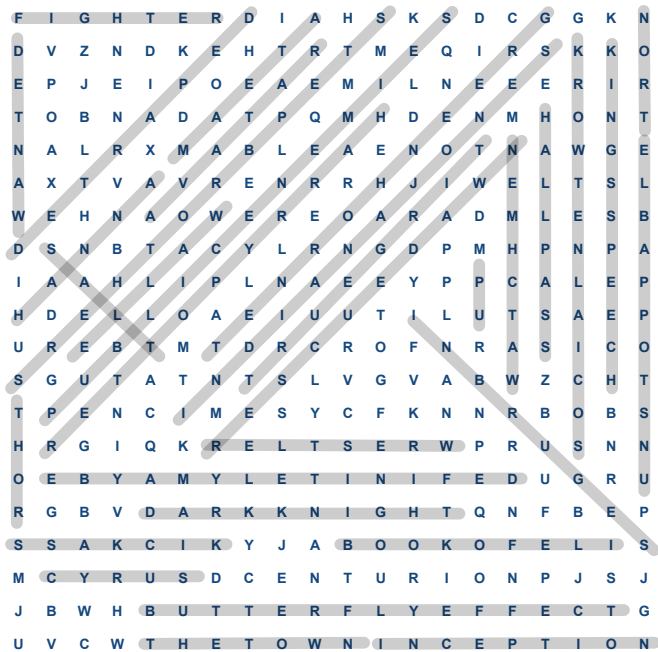
Tim Horton

PENINSULA VILLAGES INDEPENDENT LIVING

John Plummer

Just for Fun

ANSWERS



RIDDLE ME THIS

1. All the people on the boat are married.
2. They are grandfather, father, and son.
3. Your mother
4. They were born in different time zones.
5. A coffin

MAD GABS

1. Across the Board
2. A Gorilla
3. A Dozen Roses
4. A Door Prize
5. A Charcoal Grill



COMMONYM

1. Sharks
2. Choes
3. Coats
4. Metals
5. Filters
6. They have bulbs
7. They have rings
8. Books
9. Doctors
10. Crackers

Just for Fun DAD JOKES

Dad jokes are a rite of passage for all fathers, and they are a great way to bring a smile to someone's face. In honour of Father's Day, we are sharing some of our favourite dad jokes!



DAD JOKES

What kind of car does a sheep like to drive?

A Lamborghini.

What do you call someone who won't stick to a diet?

A desserter.

What did the accountant say while auditing a document?

This is taxing.

What did the two pieces of bread say on their wedding day?

It was loaf at first sight.

If you see a burglary at an Apple store, you become an iWitness.

If the early bird gets the worm, I'll sleep in until there's pancakes.

Why do melons have weddings?
Because they cantaloupe.

I signed up for a marathon, but

how will I know if it's the real deal or just a run through?

When you have a bladder infection, urine trouble.

What did the drummer call his twin daughters? *Anna One, Anna Two!*

What did the juicer say to the orange during self-quarantine?
Can't wait to squeeze you!

What do you call a toothless bear?
A gummy bear!

Want to hear a joke about construction? *I'm still working on it.*

Someone told me that I should write a book. I said, "That's a novel concept."

Two goldfish are in a tank. One says to the other, "Do you know how to drive this thing?"

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

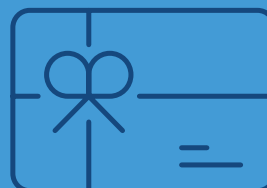
J&K'S COFFEE CLUB

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



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?

Yes No

Do you require a response in writing?

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