

January 2023

Chin Wag

Happy New Year! I hope you all got a chance to relax over Christmas and didn't celebrate too hard bringing in 2023.

I hope you all enjoyed our Christmas Party. It was wonderful to see the Kentucky kids again with their marimbas and I have to give a big shout-out to Massiel for her beautiful music and especially for being so flexible for us.

This is just a short newsletter to update everyone with dates the different activities will be resuming and let you know of a couple of events to note on your calendar.



Toward the end of January I will put out another newsletter with a bit more detail. As this is the first week back in the office I am still trying to get some information before I pass it on.

Annette and I had big plans to spend this week organising resources and planning for some of the bigger events throughout the year. Alas this isn't to be – thanks Covid!

Speaking of Covid, please don't let your guard down. Covid is still very much a part of our lives and positive cases are still high in our community. Continue to wear a clean mask each time you go out and remember to sanitise your hands wherever possible.

Lastly, I will be taking some leave from the 20th February for two weeks to get Tahlia settled into Uni down in Wagga. Annette will be in the office and activities will continue as usual. If you need to contact the office during this period, please try and leave it until after 2.00pm (before this time your call will probably go to the answering service as Annette will be busy with the different social groups).

Stay dry and look after yourself, 😊 Tash

COVID PCR TESTING

You may recall in mid-December an announcement in the media stating that as of January 2023 people would require a doctor's referral to have a PCR test done – **this decision was overturned.**

YOU CAN STILL HAVE A FREE PCR TEST DONE AT DOUGLASS HANLY MOIR

The walk-in Covid testing hours are Monday – Friday 8.30am – 3.00pm. You do not need to book an appointment.

Just a reminder, if you have tested positive to Covid, you are required to stay away from Care for Seniors for 14 days from the date you tested positive. This is part of our Covid Safe Plan and is applicable to all staff, volunteers, clients and visitors.

AUSTRALIA DAY PUBLIC HOLIDAY

The office will be closed on Thursday 26th January 2023.



SAVE THE DATES

IT'S BEEN TOO LONG, LETS CATCH UP FOR LUNCH 🥰

11.30am in the Activity Room (RSVP by the day before)

Catch up for lunch and have a chat. These lunches are just that!

Thursday 19th January – Fish & Chips

Tuesday 24th January – Red Rooster

PLANNING DAY

Tuesday 31st January 2023 (RSVP by 25/1/2022)

10.00am in the Activity Room (morning tea included)

With a bit more freedom in what we can do, let us know what you would like us to try and organise throughout the year. Bring your ideas for places to visit, activities to do, guest speakers to invite or anything else you think we need to try.

PLEASE RSVP ON 6772 7087 IF YOU WOULD LIKE TO JOIN US FOR ANY OF THESE EVENTS.

Please contact us early if you would like to join us and need transport – there is a huge demand on our transport!

SENIOR'S FESTIVAL LOCAL ACHIEVEMENT AWARDS LUNCHEON

I am waiting on Adam Marshall's office to get back to me with dates for the Awards.

Once I have these locked in we will start planning the event.

STRENGTH AND BALANCE EXERCISE GROUP

We were successful in receiving a grant to work in partnership with Rural Fit and have their exercise physiologists run weekly Strength and Balance classes in 2023.

This will be a 10 week program of weekly classes in our Activity Room along with exercises for you to do at home. Numbers are limited to 10 people per round and we will be running multiple programs throughout the year. Exercises will be tailored to individual needs and abilities by qualified Exercise Physiologists. More information will be in the February newsletter.

ACTIVITY DATES

Wednesday Crafters – 1st February

Thursday Social Seniors – 2nd February

Sunday Lunches – 5th February

Senior Gents – 7th February

Tuesday Social Seniors – 14th February

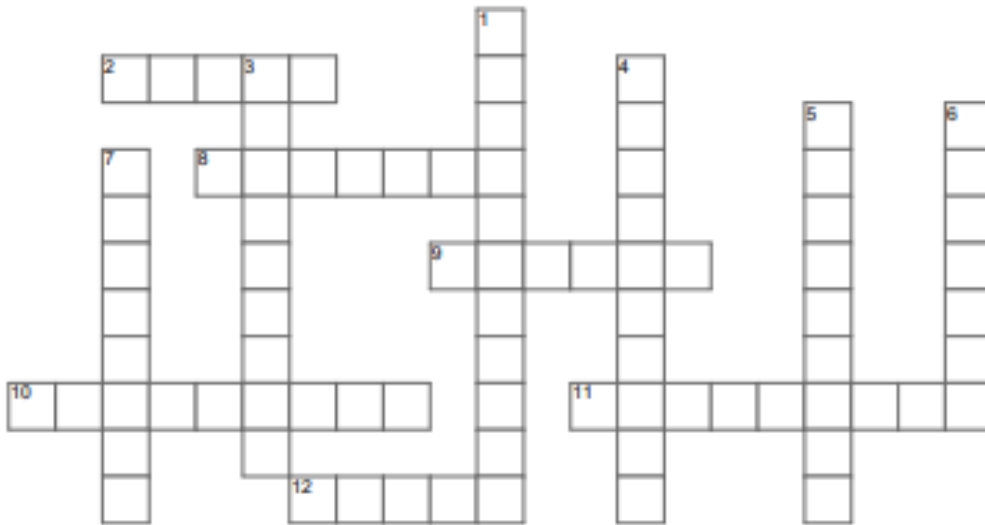
TRIVIA

Winner of November's Trivia: Pam Heath

Answer to November's Trivia: T, T, F, T, T, F, T, F, F, T, T, F

January Trivia

HAPPY NEW YEAR



ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

*****PLEASE READ HOW TO ENTER*****

To be in the draw to win a \$20 gift card of your choice, contact the office with your answers (phone or email) or drop them in the box located in the hall. Also, please let us know if you would like a Coles, Woolworths, or Bunnings voucher if you win.

Answers need to be submitted by 20/01/2023.





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POSTAGE
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AUSTRALIA

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