



# February March HOME NEWS 2024

All animals,  
except man,  
know the  
principal  
business  
of life is to  
enjoy it..



# YOUNG AT HEART



Lots going on at Young-at-Heart. Lovely to see a lot of the men joining in the fun. It is a great outing where a lot of our residents catch up with their friends from the community.





# SECRETS to a Long Relationship

A few thoughts on why they are still going strong



## June & Jeff

68 years Married

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*"Pea's in a Pod"*

Jeff said, *"a great sense of humour was needed."*  
June said, *"she wouldn't have anyone else."*

*love*



## Vera & Alex

80 years Married

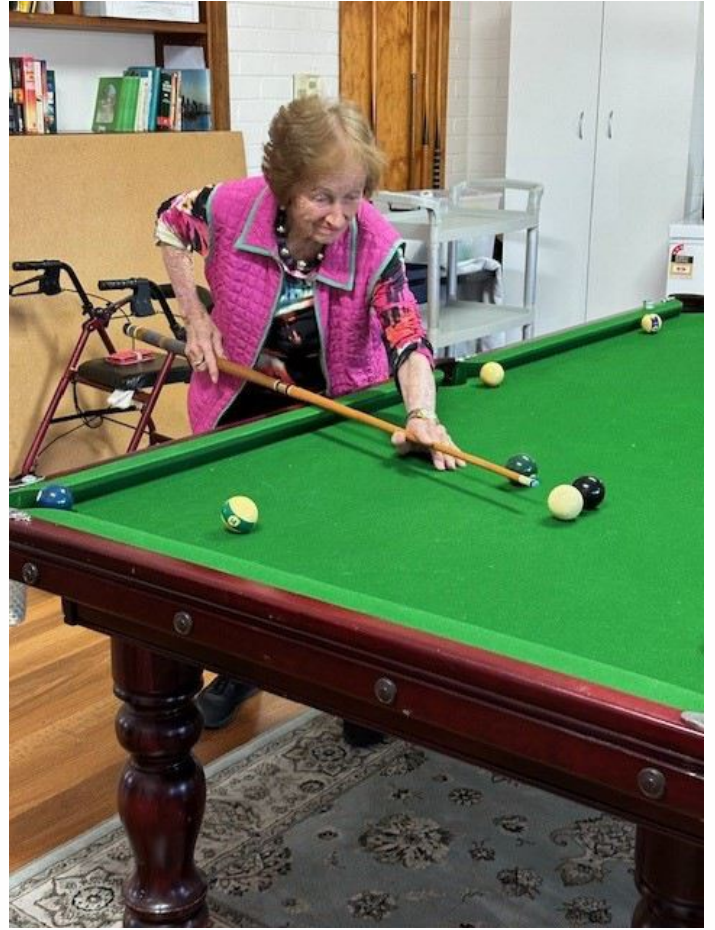
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*"Inseparable"*

Alex said, *"Vera couldn't run home to her mum as she lived too far away."*  
Vera said, *"Hard work and that opposites attract"*



George will take on anyone at draughts.



Marie showing her talent with a pool cue.



**FRED**



**DONALD**



**TED**

Enjoying the last of a nice summers day, staff took everyone outside for a spot of bowling and quoits.



# Gardening COMPETITION

New gardening competition for Bishop Lodge and Pioneer Village with one of the activity girls, Olivia, helping to set up raised beds for those wishing to participate. In typical fashion a particular resident had his own ideas of what might be a winning crop. *"Ted, we will be having none of that!"* Herbs, flowers or vegetables only!

The beds will be set-up around the balcony for easy access. Anyone interested can see Olivia to arrange a trip to pick out some seedlings.

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## other ACTIVITIES happening

Other up and coming activities are **Mosaics** with Sue on Saturdays.

Caroline has started **Chair Exercises** on a Wednesday morning one week and a Thursday on the second week. This will be in the Flinders Lounge at 10:30.

She has also started a **Sing-Along** activity in Boston Lounge. Please check the weekly activity poster for the day and times of this event.

Just a shout out to anyone interested in competing in a **Chess Tournament**. Kevin in room 5 is looking for players to compete. So, see him if your keen.

***If there are any activities you wish to try, please don't hesitate to let the activity girls know and we will do our best to make it happen!***



# Music March

How fortunate have we been...  
It seems not a week has gone by  
without visiting singers or bands.  
The weather has been perfect to  
sit outside & enjoy the performances  
of the **Port Lincoln City Band**,  
**Port Lincoln Singers**, as well as  
the **Men's Choir**.





And when all the fabulous performers have gone home, we have a couple of musicians of our own to fill the home with music. Thanks to **Joan** and **Kevin**.

# PLENTY GOING ON IN **Bishop Lodge**



Piano-Man Adrian entertaining residents with a bit of music.



Joyce making use of the PA System to call the Bingo Numbers.

Peter let Nan wear his gardening hat.





Nice to see Peter and Muriel sharing the gardening chores. These two have a head-start in the competition, having already planted out their herbs and veg.



# Packed <sup>TO</sup> THE Rafters

The Cognitive Games are still hugely popular. Some days the room is *'full to the brim'*.



# Just for giggles

An elderly gent was invited to his old friends home for dinner one evening.

He was impressed by the way his buddy preceded every request to his wife with endearing terms like honey, my love, darling, sweetheart, pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love.

While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to confess, I forgot her name about 10 years ago."

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A middle aged woman had a heart attack and was taken to the hospital.

While on the operating table, she had a near death experience. Seeing god, she asked, "Is my time up?" God said "no, you have another 43 years, 2 months and 8 days to live."

Upon recovery, the woman decided to stay in the hospital and have a face lift, liposuction and a tummy tuck. Since she had so much more time to live, she figured she might as well look even nicer.

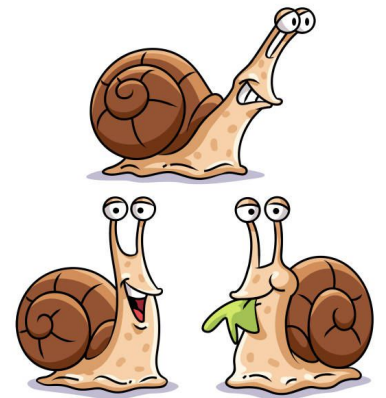
After her last operation, she was released from the hospital. While crossing the street on her way home, she was hit and killed by an ambulance.

Arriving in front of God, she demanded, "I thought you said I had another 40 years? Why didn't you pull me out of the path of the ambulance!?"

God replied, "My child , I am sorry, I didn't even recognize you!"



**What do you call a pony with a little cough?  
A little horse.**



**Why do French people eat snails ?  
They don't like fast food.**



**What do you call a woman with one leg?  
Eileen**



# The world according to...

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## George Hull

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### **How did your mother meet your father?**

*My mother worked as a kitchen hand on a farm and my father was a drover, moving cattle around the countryside.*

### **How did the war affect your family?**

*My mother had two brothers that fort in New Guinea. They both survived the war but, one came back with shell-shock and was never the same. I think they call it Post-traumatic stress these days.*

### **Did anyone you know have polio?**

*My first cousin had polio and he wore calipers on his legs.*

### **Did you have a curfew as a child?**

*We never had a curfew.*

### **What was your first car?**

*My first car was a Holden FC Ute.*

### **What is the strangest thing you've ever done?**

*When I was young I used to ride horses around the farm and a friend and I found a box with bullet magazines in it. Eventually, we worked out how to detonate them using a 303 caliber bullet shell. We would then go hunting for beehives in gum trees.*

*Bees can get awfully angry when you blow up there hives!*



### **What five things have you discovered are most important in life?**

*Health - Friendship - Knowledge - Women - Family*

### **What is the best advice for life can you think of?**

*Always look on the bright side of life and just take it as it comes.*



# COOKING in Eyre with Jo

**Fairy Cakes  
and the best  
Sausage Rolls  
EVER!**



**..and now, she's managed to sweet-talk a Macaw into one of the best selfies of the year. Could her uniform be anymore appropriate for the theme.**

# Axel Stenross Maritime Museum

## Visit

The residents loved the bus trip to Axel Stenross Maritime Museum. Most hadn't been there before, so it was something new for them. We started with a film on the history of fishing and boat building in Port Lincoln before having a leisurely stroll around the museum. It was interesting to hear the comments about the living quarters of Axel and his wife. How many memories the simple domestic equipment evoked.





The kids from Unity Hill's, Young at heart really loved the gifts of Easter eggs especially wrapped by Maureen and Isobel. And of course afternoon tea of hot cross buns finished the afternoon off nicely. Young at heart will be taking a well earned break now during the school holidays, but everyone is very welcome to attend again in four weeks time.



**Goby**, Days and Mel's dog is right at home now. He loves spending time with the residents and chilling out with his mum and dad.



Days, Mel and Goby during a bingo game



Another very happy pooch was **Mazey**, who got to go out on the bus trip with her friends. Apparently, she was very well behaved and even slept some of the time.

# SPOT 5 DIFFERENCES

