

# What's The Point?

December  
2013



John Grant and Kathleen Johnson proudly took part in the Remembrance Day Service which was hosted by the local RSL at Woods Point on Friday November 8th.

Remembrance Day services are always held a few days prior to the actual date to enable Woods Point the privilege of having an official service attended by visiting Army Officers and the local RSL representatives.

Poppy's were distributed to all in attendance, badges were proudly worn and the national anthem was sung by John Duncan of the RSL. Brian Cossar officiated the proceedings.

A wreath was presented to John and Kath on behalf of all the residents and laid at the flag pole.

Remembrance Day was acknowledged at 11am on 11th November with the last post being broadcast over the speaker system and a minutes silence observed.



## Volunteers

Do you know someone with some spare time.

Maybe they would like to join our volunteers?

There are many different ways to help and Volunteering is very rewarding.

It doesn't need to take a lot of time...Just one hour a week would be great!

Please see our Activities staff for more information.

## Good Old Fashioned Manners

What ever happened to Good Old Fashioned Manners?

In the list of good manners, it is the 'little things' that matter the most. Little gestures make a world of difference.

**PLEASE**

- \* Say "Please", "Thank You" and "Excuse Me".
- \* Laugh, smile, giggle, cry with dignity. Do not make a scene.
- \* Try to make as little noise as possible in all situations. (when you eat, walk, talk, sit, run etc.)

- \* Refrain from mumbling or speaking too fast. Avoid slang, calling people by their pet names or short forms unless you are close to them.

- \* Hats are removed when inside.



- \* Talking with food in the mouth is seen as very rude
- \* Never place your elbows on the dining table.
- \* Always ask to be excused from the dining table.
- \* Do not blow your nose in public.

How many of these things still happen today?



## HAPPY HOUR REMINDER

We hold 'Happy Hour' in the Main Lounge every Friday at 3pm. Come along and listen to some music, enjoy a sherry, beer, wine, shandy or a soft drink & have a chat with the other residents!



## December Birthdays

Pat Murray ~ 15th  
Ernie Polak ~ 24th  
Mary Elliott ~ 24th  
John Randall ~ 25th  
Tim Crossin ~ 26th

## Podiatrist Visit



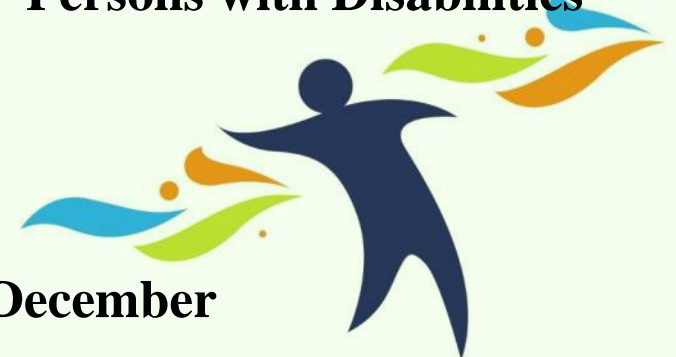
December  
16th, 17th  
and 18th

## *Tegan's Enchanted Beauty*

*Visits are on Friday mornings  
from 10.30am in the Beauty  
Salon.  
Please see administration staff  
for more information.*

*Waxing*

## International Day of Persons with Disabilities



3rd December





## Wrap with Love

Once again the knitters of Woods Point have been hard at work knitting squares this winter. We have 9 completed blankets and more squares yet to be joined.

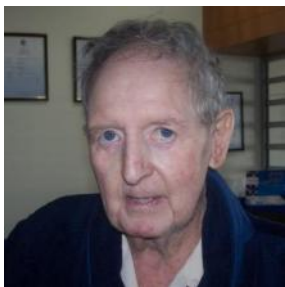
The completed blankets were delivered to the agent in Melbourne ready for shipment overseas. These should arrive just in time for the cold winter that is approaching in such places as Mongolia, Armenia and Nepal. Thank you to everyone who participated in this worthy



Sadly Woods Point said goodbye to four of our residents in November.

Deepest condolences are extended to their families during this sad time.

**Harry Bayliff**



4th

**Pat Munro**



9th

**Brenda Allen**



20th

**Harold Singe**



26th

charity. We will be continuing this project next year however if you wish to continue knitting over the summer months please do so.

Please contact the Activity staff should require any assistance or need more wool.

## Vegetables Galore!

The veggies are really starting to take off. It won't be long before we will be eating the rewards from our veggie tubs.

Pat Murray, who enjoys spending time in the garden shows us some of the rewards from her efforts, zucchini and spring onions.

Other plants in the vegetable tubs include: tomatoes and capsicum.

It won't be long before the kitchen can use our fresh veggies to cook with.

Any residents who wishes to attend to our veggie garden, just take a stroll into our court yard.



There are at least  
10,000 varieties of  
tomatoes

## Hamper Winner

The major raffle at this years Woods Point Fete was a Hamper of goodies donated by Margaret and Ted Isherwood.

The winner this year was Pat Sullivan who is pictured below with her prize.

Many thanks to the Isherwoods for their very generous donation and congratulations to Pat on your fabulous windfall.





# Market Day

Warm weather and a nice cloud cover provided the perfect conditions for our annual Market Day.

We had a good collection of stalls – cakes, plants, bric a brac, books and of course the sausage sizzle was very popular with all.

The day went well with a few of our ladies manning the stalls to help staff on the day, others sat with their knitting and



offered their assistance to any shopper in doubt or contemplating a bargain.

Thank you to everyone who helped to make this yet another successful fundraiser.





## Out and About

Every month the activities staff attempt to schedule at least one lunch outing as part of the activities.

During November residents participated in outings to The Criterion Hotel; where the seniors lunch deals are great value. And on another occasion a trip to McDonalds was enjoyed by many.

Outings are listed on the monthly calendars and also written on the whiteboard each day.

Residents are reminded to advise activities staff early if they wish to take part in any outings. Your name will be written in the diary so that you can attend the event.

## See no evil, hear no evil, speak no evil!



These three wise monkeys (oops, men) were lined up to board the bus for their regular Friday outing to Men's Shed. John, Ian and Tony look forward to these outings and encourage other male residents to join them and Gavin each week for the males only outing.

## Disability? Ability?

December 3rd marks International Day of Persons with Disabilities.

What is a disability?

A disability may be generally defined as a condition which may restrict a person's mental, sensory, or mobility functions to undertake or perform a task in the same way as a person who does not have a disability.

Disabilities affect people in different ways. Many people associate the 'disabled' with someone who is in a wheelchair, or who is blind or deaf. They have the attitude that people with a disability are totally different and therefore need to be

treated differently.

A person's disability is always specific to that person.

A disability is generally a condition either caused by accident, trauma, genetics or disease, which may restrict a person's mental processes, senses or mobility.

As we age we develop problems with our abilities... hard of hearing, not able to see as well, memory loss, limited mobility.

We cannot always see the disability but that does not mean that it affects the sufferer any less.

We should not equate a disability with poor health.

So how do we overcome these reduced abilities?



- Asking for assistance is a good place to start. Seek help to do the things that you can no longer do for yourself.
- Walk with the support of an aid to help support you as you move about.



## Disability? Ability?

- Have your eyes tested or re-tested so that you are wearing the correct glasses.
- Have your hearing checked regularly, you may have hearing aids but are they still working for you?
- Keep active within your abilities.

### **Don't stop your normal activities.**

Often as we age and develop reduced abilities we withdraw from some of our regular activities.

“My mobility is reduced - so I don't go out much”.

There is no reason for this with assistance from

carers, family and friends, we can still be active and go on outings just as often as before.

Society has provided for greater access to most areas for those of us with reduced mobility.

“I get short of breath and require oxygen - so I can't participate in activities”.

There are lots of activities available which are suitable for those of us who suffer from shortness of breath.

Oxygen can be supplied in portable format and therefore not an impediment to participating in activities.

In short, whilst we may all experience reduced ability as we age, it's worth remembering that a positive outlook goes a long way towards minimizing the effects of the disability.

Various assistance and aids are able to be sourced for whichever particular disability that you suffer from and the staff at Woods Point are here to offer you support, understanding and assistance.



Remember The Little Red Engine? Stay positive and chant “I think I can, I think I can, I think I can”.



# *Woods Point Resident Christmas Party*

*Thursday December 12th  
Starting at 6pm in the Dining Room*

*An evening of Entertainment, Christmas Carols  
and a visit from Santa.*

*Finger Food and refreshments will be available*

*Cost to Non Residents will be \$15.00 (adults) \$5.00 (children under 12)*

*We expect a large number of guests and for catering purposes require your  
R.S.V.P. in writing no later than 5pm on 6th December*

*Invitations available at Reception!*



# Christmas Quiz

1. Rudolph, Dasher, Dancer, Comet, Cupid, Donner and Blitzen. Name the other two reindeer?

2. Santa has a "Naughty and Nice" list. How many times does he check it?

3. "Good tidings to you, and all of your what?"

4. What did my true love bring to me on the eleventh day of Christmas?

5. According to the song who did I see kissing Santa Claus under the mistletoe last night?



6. Who is rumored to have stolen Christmas?

7. In Charles Dickens's 1843 novel, *A Christmas Carol* what is Scrooge's first name?



8. What was traditionally found hidden in Christmas Puddings in Australia?

9. Where in the world does St. Nicholas deliver presents to children on the 5th of December? .

10. In Italy on Christmas Eve they celebrate with the "Feast of the Seven (what)"?

11. Santa Claus is said to bring gifts to good children. What do naughty children get?

12. "Twas the night before Christmas when all through the house, not a creature was stirring not even a \_\_\_\_\_"

13. What are the three gifts presented to the baby Jesus by the Three Wise Men?



## Quiz Answers

1. Prancer and Vixen
2. Twice
3. Kin
4. Eleven Pipers Piping
5. Mummy
6. The Grinch
7. Ebenezer
8. Six Pence
9. Holland
10. Fishes
11. Lump of coal
12. Mouse
13. Gold, Frankincense and Myrrh

Hanging stockings out comes from the Dutch custom of leaving shoes packed with food for St Nicholas's donkeys. He would leave small gifts in return.

## Walking

Are you a family member or friend who enjoys a walk? Do you know that some of our residents would love to go walking each day .

Why not start your walk at Woods Point and take your loved one with you on the journey.

Wheelchairs are available for any resident who requires them.



## Spring Cleaning

We recently asked for family to assist our Residents with eliminating clutter from their rooms. Thank you to those who did this, however there are still a number of residents who have cluttered rooms which could do with a clear out.

Whilst we encourage residents to make their rooms as homely as possible with cherished items from home, ( photos etc ) rooms also need to be accessible by staff for a number of purposes.

Staff in the event of an emergency situation need to have unrestricted access to rooms.





# Relay For Life

*Celebrate Remember Fight Back!*

Thank you to everyone who supported the Woodzy Walkers in their Relay for Life adventure. The team raised \$10,962.05 coming third in the fundraising effort. This is a terrific result and it is thanks to the support of many from Woods Point.

The team also won the award for Best Baton; the team used two walking canes (thanks to Marg and Paddy ) with the names of team members loved ones who have had some experience with cancer.

This way each of these people was with the team for every lap that they walked.

The raffle was won by Kealen Lee from Mulwala.

The Woodzy Walkers will be making an appearance at the resident Christmas party.



# Cup Eve Racing Extravaganza!

Residents gathered in the main lounge and were given the privilege of naming six horses that were about to compete in a series of “horse races” on the lounge room floor.

The first horse to be named was horse No. 1 and not surprisingly it received the auspicious name of ‘Woods Point’.



The other five horses were consecutively named as follows:

No 2 ‘Green Moon’

No 3 ‘Brownie’

No 4 ‘George’

No 5 ‘Yellow Streak’ and

No 6 ‘Black Bomber’.



A lively betting market soon developed as interested residents began investing their hard earned “monopoly money” on their favourite horses.

The first race began with a quick throw of the dice and “George” (No. 4) leaped out of the starting box and into the lead.

Further throws soon saw the rest of the field begin the chase to the finish line.

Barracking, laughter and mayhem ensued as the lead changed several times before “Yellow Streak” (No.5) crossed the line and the first race was over.



## Cup Eve Racing Extravaganza!

Marion and Frank were the successful punters in that race, each collecting 10 “monopoly” dollars for their effort. Two more ‘minor’ races ensued with heavy betting and much merriment from the enthusiastic spectators.

The race meeting culminated with race four, the inaugural “Woods Point Cup” which, fittingly was won by horse No. 1 “Woods Point”.

The most successful “punters” for the day were Marion and Tim – pictured happily collecting their monopoly dollars.



### 2013 Woods Point Melbourne Cup Sweep.

On the Monday before Cup Day, residents and staff gathered excitedly in the main lounge for the official drawing of the sweeps.

No.	1st - \$24.00	2nd - \$16.00	3rd - \$8.00
1	G Wooldrage	H Miles	T Crossin
2	K Spain	M Conway	D Robinson
3	M Booth	J Randall	M Butler
4	S Dunne	H Fynmore	B Brogan
5	M Wales	J Zerial	M O'Bryan
6	E Polak	B Nevin	A Lindhe
7	F Hickey	T Michalsky	B Brogan

Much discussion and mixed enthusiasm ensued as interested subscribers learned which particular horse or horses they'd drawn.

Congratulations go to the successful horses: Fiorente (1<sup>st</sup>), Red Cadeaux (2<sup>nd</sup>) and Mount Athos (3<sup>rd</sup>), and to the lucky prize-winners in our sweeps:

## Lunch at Criterion Hotel

On a warm Tuesday recently, six residents and Gavin from Activities had an eventful outing to The Criterion Hotel for a pub lunch. After loading everyone onto the bus – including Ernie in his wheel-chair, we found that the bus would not start. A service call to the RACV was made and we began unloading everyone – only to find that the electric hoist wouldn't operate, leaving Ernie stuck inside. Fortunately the RACV man soon arrived and quickly fixed the problem.

Everyone re-joined Ernie on the bus and we were soon underway.

On arrival at The Criterion

we found they don't have a disabled parking space, (something they hope to rectify) so we found a big enough spot in front of IGA. This meant a longer than intended stroll in the midday sun across 4 lanes of traffic before safely arriving at the pub.

Once inside the pub (a good half hour later than expected) we were made very

welcome and soon tucked into a very nice \$8-00 Seniors Lunch and a cool drink (or two). The trip home around the lake shore was uneventful, and all agreed the Seniors Lunch Menu at The Criterion was quite extensive and well worth a return visit sometime in the not too distant future.





## Bingo!

Wednesdays at 1.30pm residents gather to play their hand at bingo.

With heads down and hands on their cards to catch the numbers that are called out. The first to finish their card wins.

If you would like to join in with bingo come along and all residents help each other, so if you are not sure on how to play that's not a problem.

Or just ask the activities department staff.

There will be a special Christmas bingo game in December with lots of prizes.

## McDonald Lunch



The Woods Point bus is well known to staff at the Yarra-wonga McDonalds restaurant as we regularly drive through to get a soft serve ice cream to enjoy whilst on our scenic drives.

Woods Point residents decided on a lunch at McDonalds, enjoying cheese burgers, fillet of fish, chips and a cool drink to wash down their favourite foods. Some of the residents were saying that they have not been to McDonalds in many years. Staff greeted us all with huge smiles and were very helpful. Any residents wishing to join us on our next visit speak to the activities department.



▲ Students from Sacred Heart College Primary recently joined in our regular Tuesday Morning Catholic Church service.



Sacred Heart College▲ Primary students perform for the residents on one of their Friday visits.



◀ Jim, Reg and visitors getting a lesson in how to use an iPad from some Sacred Heart College Primary students.





Just some of the residents who celebrated birthdays in November.





Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

<p>30</p> <p>1.30 - 4.00</p> <p>Cooking</p> <p><b>2.00 Anglican Church</b></p> <p>Afternoon Tea</p>	<p>31</p> <p>10.00 Walking Group</p> <p>1.30 - 4.00</p> <p>Sunshine Therapy</p> <p><b>New Year Preparations &amp; Celebrations</b></p>	 <p><b>December Birthdays</b></p> <p>Pat Murray - 15th</p> <p>Ernie Polak - 24th</p> <p>Mary Elliott - 24th</p> <p>John Randall - 25th</p> <p>Tim Crossin - 26th</p>	 <p><b>Summer of Cricket</b></p>			<p>1</p> <p>Sunshine Therapy Stories</p>
<p>2</p> <p>9.30 - 4.00</p> <p>Crossword</p> <p>Table Bobs</p> <p>Sunshine Walks</p> <p><b>2.00 Anglican Church</b></p> <p>Cooking/ Afternoon Tea</p>	<p>3</p> <p>9.30 - 4.00</p> <p><b>9.45 Catholic Church</b></p> <p>10.00 Walking Group</p> <p>Scenic Drive</p> <p>Sunshine Sensory</p> <p>Reminiscence</p>	<p>4</p> <p>9.30 - 4.00</p> <p>Beauty/Nails</p> <p><b>10.30 Piano Lady/Choir</b></p> <p>Massage</p> <p>Movie</p> <p>Craft</p>	<p>5</p> <p>9.30 - 4.00</p> <p>Crossword</p> <p><b>10.30 Res/Rep Meeting</b></p> <p><b>1.30 Ywonga Tappers</b></p> <p>Reminiscing</p> <p>Christmas Craft</p>	<p>6</p> <p><b>9.30 Mens Shed</b></p> <p>9.30 - 4.00</p> <p>Beauty/Sunshine Craft</p> <p><b>1.30 School Visit</b></p> <p>Sensory/Movie/Jigsaw</p> <p>3.00 Happy Hour</p>	<p>7</p> <p>10.00 Walking Group</p> <p>Sunshine Sensory</p> <p>Reminiscing</p> <p>Movie</p>	<p>8</p> <p>Sunshine Therapy Reminiscing</p>
<p>9</p> <p>9.30 - 4.00</p> <p>10.00 Walking Group</p> <p>Xmas Painting</p> <p><b>2.00 Anglican Church</b></p> <p>Cooking</p> <p>Afternoon Tea</p>	<p>10</p> <p>9.30 - 4.00</p> <p><b>9.45 Catholic Church</b></p> <p>Scenic Drive</p> <p>Christmas Carols</p> <p>Movie/Jigsaws</p>	<p>11</p> <p><b>8.00 Special Breaky</b></p> <p>9.30 - 4.00</p> <p>10.00 Walking Group</p> <p><b>10.30 Day Care Visit</b></p> <p>Garden/Sensory</p> <p>Beauty/Nails/Hands</p>	<p>12</p> <p>9.30 - 4.00</p> <p>Beauty/Sensory</p> <p>Hair/Nails/Hands</p> <p><b>6.00 Christmas Party</b></p>	<p>13</p> <p><b>9.30 Mens Shed</b></p> <p>9.30 - 4.00</p> <p>Beauty/Garden/Sensory</p> <p><b>1.30 School Visit</b></p> <p>Xmas Craft</p> <p>3.00 Happy Hour</p>	<p>14</p> <p>Sing-along</p> <p>Reminiscing</p>	<p>15</p> <p>Sunshine Therapy Gardening</p> <p><b>3.00 Birthday</b></p>
<p>16</p> <p>9.30 - 4.00</p> <p>Garden Walks</p> <p>Sunshine Therapy</p> <p><b>2.00 Anglican Church</b></p> <p>Cooking</p> <p>Afternoon Tea</p>	<p>17</p> <p>9.30 - 4.00</p> <p><b>9.45 Catholic Church</b></p> <p>10.00 Walking Group</p> <p>Scenic Drive</p> <p>Sunshine Sensory</p> <p>Reminiscence</p>	<p>18</p> <p>9.30 - 4.00</p> <p>Beauty</p> <p><b>10.30 Piano Lady</b></p> <p>Massage</p> <p>Nails/Hands</p> <p>Movie/Craft</p>	<p>19</p> <p><b>9.45 Uniting Church</b></p> <p>10.00 Walking Group</p> <p>Sunshine/Sensory</p> <p>Movie</p> <p>Jigsaw</p>	<p>20</p> <p><b>9.30 Mens Shed</b></p> <p>9.30 - 4.00</p> <p>Beauty/Garden</p> <p>Reminiscing</p> <p>Xmas</p> <p>3.00 Happy Hour</p>	<p>21</p> <p>Sunshine Therapy</p> <p>Xmas Memories</p>	<p>22</p> <p>Sensory</p> <p>Xmas Craft</p>
<p>23</p> <p>10.00 Walking Group</p> <p>Xmas Sing-along</p> <p><b>2.00 Anglican Church</b></p> <p>Cooking</p> <p>Afternoon Tea</p>	<p>24</p> <p>9.30 - 4.00</p> <p><b>9.45 Catholic Church</b></p> <p>Scenic Drive</p> <p>Head Massages</p> <p>Reminiscence</p> <p><b>3.00 Birthday</b></p>	<p>25</p>  <p><b>Merry Christmas</b></p> <p><b>3.00 Birthday</b></p>	<p>26</p>  <p><b>3.00 Birthday</b></p>	<p>27</p> <p>9.30 - 4.00</p> <p>Beauty</p> <p>Sensory Smell</p> <p>Movie</p> <p>Craft</p> <p>3.00 Happy Hour</p>	<p>28</p> <p>Sunshine Therapy</p> <p>Cards Bingo</p>	<p>29</p> <p>Sunshine Therapy Stories</p>

No Activities Staff on these 2 days