



**NEWSLETTER** No 2  
**Winter** - July 2010



**CHRISTOPHORUS HOUSE**  
retirement village



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Dear Members and Friends

We are well and truly into winter now as is evident by the very cold weather we are experiencing. How nice it is to stay warm indoors and read a good book. That may well include our Newsletter as we have many things to share with you. As previously promised, Milan speaks talks about funding of the Village in his report, plus our usual news from the hostel, a piece of poignant poetry by our resident Jan on Village life and a few other pieces of interest.

A special 'welcome home' to those residents who have been in hospital. And to the many residents who celebrated their birthday and especially to those who celebrated their "Big 0": Barbara and Iris. Congratulations, good wishes and happy birthday to you all for your health and wellbeing. May you celebrate many more!

One of our residents and friends, Mrs

Lucia Campbell, passed away recently soon after returning home from hospital. We send our condolences to her family at this time. I would



especially like to acknowledge her son, Stefan, who visited and phoned Lucia every day since she moved to the Village over five years ago. His devotion and loyalty to

Lucia are outstanding. Lucia had four children – Stephan, Helen, Robbie and Peter - many grandchildren as well as great-grandchildren! We will remember Lucia's vibrant personality and her great passion for life.

Farewell Lucia - may you rest in peace.

**Monika Bebb**  
In the Self Care Liaison office

## MAINTENANCE MATTERS!

It's been a busy time in the maintenance division here at Christophorus House, with some progress made with major works. The installation of new emergency lights in the Self Care units and Hostel rooms proved a success shortly after installation when the Village had a blackout and lights came on automatically! The resurfacing and widening of the front entrance driveway had a hiccup due to the weather and had to be rescheduled. All Self Care units had their windows cleaned both inside and out by a new contractor, with the job running smoothly. The cleaning of the footpaths was delayed due to the water pressure cleaning machine needing repairs. The job is now underway but I urge

all residents to take care when walking along paths until the job is finished. Also, a machine will be hired to cut any uneven footpaths in order to remove any trip hazards. The Hostel renovations are almost finished with only the new carpet to be laid. Rooms 1-8 have been fitted with new built-in wardrobes, new vinyl floor coverings and a fresh coat of paint. The Hostel roof is scheduled to have a major restoration. Stage 2 (Self Care Units 7-16) will have all exterior wood work painted. Upper and lower carports will also be painted.

**Hayden Ibbett**  
Maintenance Supervisor

**Registered Office:** 396 Pacific Highway, Hornsby NSW 2077  
**Postal Address:** PO Box 3198, Asquith NSW 2077  
**Village Email:** mtelford@christophorushouse.com.au  
**Hostel Telephone:** (02) 9476 3161  
**Hostel Fax:** (02) 9987 0212  
**Hostel Email:** hostelmanager@christophorushouse.com.au  
**Office Telephone:** (02) 9476 3161 / 9482 9804  
**Office Fax:** (02) 9477 5768  
**Website:** www.christophorushouse.com.au

**Office Hours:** 9am to 5pm, Monday to Friday  
**Hostel Hours:** Staff on duty at all times, 7 days per week  
(After Hours after 6pm 0432 063 455)  
**Patron:** John D Shaw; **Board Members:** Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John Kingsland; **CEO:** Milan Telford; **Hostel Manager:** Andrea Nguyen; **Hostel Supervisor:** Sarah Gates; **Self Care Liaison Coordinator:** Monika Bebb; **Maintenance:** Hayden Ibbett and Walter Janssens

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

**Newsletter Editor:** Monika Bebb  
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If you have some information, an event or an item you wish published, please contact Monika on (02)9476 3161 ext 2 or email mbebb@christophorushouse.com.au

# From the desk of the CEO – July 2010



It is indeed my very great pleasure to state publicly in this Newsletter that following our three year Accreditation review CHRV was given a 'glowing' report. The Agency Accreditation team could not stop speaking highly enough of our facility. The lead auditor, when addressing staff at the final exit interview, commented that of the 220 plus facilities he had audited in his time CHRV was the best he had come across. I should like to thank the following: all the residents who spoke so highly and matter of fact about CHRV hostel; all the staff, who through our Hostel Manager's (Andrea) guidance, were seen as highly proficient, well trained and very friendly; the Board for instigating a good corporate governance within the facility, also a focus point of the accreditation process; and lastly, my sincere thanks to Andrea Nguyen, for many hundreds of hours of work in preparation, from completely rewriting policy and procedure into comprehensive working documents, to her general managerial skill in development of her staff and her sincere and professional embrace of the ethos and mission statement of CHRV – so thank you all. It is a proud moment to be placed at the top of the 10% of facilities in the aged care industry that rank at the high end of the accreditation spectrum. It is indicative of the homely, wonderful atmosphere and place for our residents that the CHRV Hostel is, that a CEO of a much larger facility than ours, complimented us by way of recently

choosing our facility for her father in law.

At the recent statutory annual ILU (Independent Living Units) resident management meeting, I spoke to residents about the Hostel results and entry criteria into the Hostel. Residents were reminded that should they fall into the low care category (as determined by an ACAT assessment), then they should not leave it too long before seeking admission into the Hostel. Sometimes delay brings with it unintended consequences. Leaving entry too long could result in having to leave the Village altogether for two main reasons: firstly, there may not be a room available when the need becomes critical and secondly, a resident at low care can become high care in a short space of time, sometimes less than a year. CHRV Hostel can only have entrants who are assessed at a low care level of need. However, once in the hostel, with 'ageing in place' residents can in the main have a whole of life retirement experience, as the hostel can cater for most types of high care need. The exception to the rule is where there is a complex medical problem where we do not have the staff to be able to satisfy our duty of care; in the case of wandering dementia; and lastly, where the resident becomes incapable of walking or movement.

In the last Newsletter I commented that I would explain funding of the Village, in this issue. Readers would be aware that CHRV has charitable status and along with this, taxation privileges, such as income tax exemption and tax deductibility for donations. All funds received always remain within the Village accounts; there are no 'head-offices' usurping funds by way of management fees, provisioning of maintenance never under-taken and the like, as is found in some charitable sector organisations. All monies remain with-in the organisation.

CHRV is in terms of an operational organisation small, and this means that we don't have (and never have

had), a break-even level of beds in the hostel (which would be around 40 to 45; we currently have 24), and the ILU numbers are also too small. However, each operating section contributes to the central fixed costs and this makes it possible for each to exist, a somewhat symbiotic partnership / relationship. Further, whilst the operational results are in deficit, overall the Village, using 'other income' can break even, or have a small deficit, or a surplus. Surpluses and deficits are based on very long cycles, - this will be explained below. Operational income sources are by way of fees, donations, and other miscellaneous sources. Other (non-operational) income is by way of interest on bonds and retentions on bonds, as well as rental of investment property earmarked for development.

The cycles come into play, as retention income for each resident, ceases at the 5 year point. At any one time we can have a range of residents (from 10% to 100%) paying retentions. This significantly affects income in any one year; however over the long term, with residents moving on to higher care or otherwise; new retention monies come on-line with new residents and then the income cycle goes upwards to the high end of the scale. I apologise that this sounds so very mechanical, it is only the raw economic reality; but CHRV is much more than economics, CHRV is in the business of providing aged care facilities and services and this is our primary focus; it is not about making profits for shareholders and business owners, as is the case with 'for profit' retirement villages, although surpluses are necessary in order to be able to pay down debt, invest in the future, and also for capital requirements.

The Annual Report will shortly be available and there will be a full review of the year there-in. I hope all members and friends will be able to attend our annual meeting (Saturday, 30th October), which is also an annual social event.

**Milan Telford**  
CEO

# News from the Hostel

Ros James, Hostel Activities Co-ordinator



Global warming or climate change – call it what you may – it's certainly evident this winter! What with frosty, cold and often icy mornings then beautiful sunny

days, you'd be forgiven if you thought we were in Melbourne! A number of residents have taken advantage of the warm afternoons to walk around and enjoy the beautiful gardens.

The cold winds have blown in four new residents: Pat and Harry Bolton, Diana Harwood and

Beth Oxley. We welcome you and trust you will settle in quickly and enjoy the pace of life here in the Hostel.

Residents are encouraged to participate



in various organised activities. These promote socialisation,

physical fitness, mental alertness as well as spiritual and religious practices.

With the many outings in the bus,

residents have become seasoned travellers. We visited some local and

distant National Parks and gardens, beautiful beaches and also pubs and restaurants for our monthly lunch outings. These are tremendously enjoyed.

Physical fitness and exercise four times a week helps keep everyone in a healthy frame of mind and body and has contributed to residents' agility



and even put a spring into their step! Brain fitness challenges residents as they work hard at quizzes, puzzles and word games – especially challenging is finding 9-letter words!

Current affairs, both local and international, are discussed. We hear that "Red heads are the flavour of the month"!

Craft sessions have been interesting and fun with colourful flowers on display in the dining room. Not all sessions are "crafty" but it's been a



wonderful time where we share and enjoy great stories, yarns and jokes together.

If music be the food of love, then play on! Rowlanda, who plays piano, organ, Glockenspiel, harp and xylophone, has a lovely voice to accompany these instruments and some residents from Self Care join us to hear her twice



Katie in action!



a week. We're currently enjoying Katie's flute music every Thursday as well. Katie is a student at Sydney Uni studying music under the guidance of Linda our Music Therapist. It's a real pleasure to listen to her perform her solo repertoire.

Card games, bingo and lounge bowling are on every week which attracts number of our residents and the prizes are really great.

Our pancake session caused a stir this week when the smoke alarm was activated. It caused quite a commotion for those who were trying to find out where the fire was! Meantime, Ros and the residents continued enjoying their pancakes until Andrea spotted the source of the problem: a light directly under the frying pan had triggered the

smoke alarm. So far, we have enjoyed pancakes in the lounge now for over two years without any problems whatever.

Pet therapy sessions with Violet the Spoodle, Fang the designer dog and Max, who arrived in a pram, continue to entertain and thrill the residents.

The newly installed emergency lights were truly tested early Wednesday morning when there was a blackout throughout Hornsby. Residents were bathed in bright lights for several hours until the power came on again.



Everyone's keeping healthy and warm and enjoying hearty meals from our kitchen staff – a special thank you to Dale, Kathy, Kylee and Marelle for all you do.



We take time to remember our friends Tia (Therese) Rohrmueller and John Vaubell who recently passed

away. We're glad to have known them in these last years of their lives which they shared with us – may they rest in peace.

Our recent Accreditation Audit on 8th and 9th June resulted in us sailing through with flying colours! To all the residents and relatives who participated in the interviews and responded very positively: a big thank you!

In conclusion, we wish Andrea a lovely and enjoyable holiday in August - Bon Voyage!

**Until next time, Ros**

## Report from Linda Dunne, Music Therapist

A new program has been implemented for the Hostel Residents called Music Therapy. Music therapy is the planned and creative use of music







to attain health and well being. People of any age may benefit from a Music Therapy program regardless of musical skills or

background. Music Therapy is the use of music and its musical elements. A registered music therapist is someone who is a highly skilled musician with a wide knowledge and understanding of music, whose training includes various applications of therapy as well as substantial clinical training,

in a variety of settings. A music session provides a safe, comfortable, supportive environment where residents are acknowledged as individuals and their emotions are validated. This atmosphere encourages a person to share special moments of joy and happiness.

## Uluru (Ayers Rock)



Perhaps the best way I could describe my visit to Uluru was like making a sacred journey – somewhat like a Muslim would do to Mecca – to the centre of Australia. For me, it had been a long-held dream to visit this most sacred of places and I am glad to have finally made this journey. I want to share with you some of its history as well as some personal experiences plus photos. Perhaps the oldest form of sacred geography and one that has its genesis in mythology is that of the aborigines of Australia. According to Aboriginal legends, in the mythic period of the beginning of the world known as Alcheringa - the Dreamtime - ancestral beings in the form of totemic animals and humans emerged from the interior of the earth and began to wander over the land. As these Dreamtime ancestors roamed the earth they created features of the landscape through such everyday actions as birth, play, singing, fishing, hunting, marriage and death. At the end of the Dreamtime, these features hardened into stone and the bodies of the ancestors turned into hills, boulders, caves, lakes and other distinctive landforms. These places, such as Uluru (Ayers Rock) and Kata Tjuta (the Olgas Mountains) became sacred sites. The paths the totemic ancestors had trod across the land-

thus gave to the aborigines a sacred geography, a pilgrimage tradition, and a nomadic way of life. For more than forty thousand years - making it the oldest continuing culture in the world - the Aborigines followed the Dreaming tracks of their ancestors. During the course of the yearly cycle, various Aboriginal tribes would make journeys called walkabouts along the Songlines of various totemic spirits, returning year after year to the same traditional routes. As people trod these ancient pilgrimage routes they sang songs that told the myths of the Dreamtime and gave travel directions across the vast deserts to other sacred places along the Songlines. At the totemic sacred sites, where dwelt the mythical beings of the Dreamtime, the aborigines performed various rituals to invoke the kurunba, or spirit power, of the place. This power could be used for the benefit of the tribe, the totemic spirits of the tribe, and the health of the surrounding lands. For the aborigines, walkabouts along the Songlines of their sacred geography were a way

scape became known as Dreaming Tracks, or Songlines, and they connected the sacred places of power. The mythological wanderings of the ancestors

to support and regenerate the spirits of the living Earth, and also a way to experience a living memory of their ancestral Dreamtime heritage. Located in the centre of Australia, the massive rock formations of Uluru (Ayers Rock) and Kata Tjuta (the Olgas) are the most prominent and well known sacred sites of the Aboriginal people. Rising 346 meters high with a circumference of 9.4km and covering an area of 3.332km, Uluru is the single largest rock outcropping all of Australia. Uluru is often referred to as a monolith, and for many years was listed in record books as the world's largest monolith. That description, however, is inaccurate, as Uluru is part of a much larger underground rock formation which includes Kata Tjuta. The world's largest monolith is actually Burringurrah (Mt Augustus) in Western Australia which is more than 2.5 times the size of Uluru, stands 858 metres above the ground and covers an area of 482km. In various tourist guidebooks it is said that 2/3 of Ayers Rock is beneath the surrounding land but this is not the case according to the science of geology, which explains that Uluru is only the exposed tip of a much greater mass of rock extending far below the surrounding plain as an integral part of the earth's crust. Separated from one another by approximately 50km, Uluru and Kata Tjuta are situated along a straight line passing on to another holy peak known as Mount Conner. If you have never visited Uluru, I hope you enjoy reading a bit about this ancient landmark and perhaps be inspired to undertake such an epic journey. There is so much to experience there. It certainly has inspired me to visit this amazing place again sometime in the future!

**Monika Bebb, May 2010**

**Reference:** Places of Peace and Power, <http://www.sacredsites.com/oceania/australia/Uluru.html>

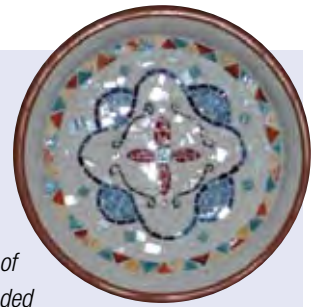
# Sandra's Mosaic artwork

Sandra Marques speaks of her mosaic artwork, created at her home in the Blue Mountains: *Mosaic, the actual word, relates to Moses: muse, music, museum - to name a few cognate words. Mosaic artwork was first found in Mesopotamia (modern-day Iraq) in the second half of the 3rd millennium BC. In this piece, my first 'serious' artwork, I aimed to connect a sense for the ancient with a sense for newness and freshness. It stirs my thinking and gives me a sense of wonder. The impulse*

*for the design came out of my thoughts on religion and spirit, through being conscious of what I was creating and what could be revealed through this rather exact art form. In blue, I was mindful of the weaving etheric, the water of life and of devotion. The red flower cross in the centre reflects the colour of blood, courage, the flowering of the heart through human love, sacrifice and transformation – all, in time and space. The green spirals represent growing processes. The border was the first*

*to be designed. The upward and downward points of the triangle reminded me of the relationship between inner and the outer, of breathing and direction. The little pieces of mirror represent how important reflective processes are. The white background simply highlights the colours, forms and geometry of the whole.*

June 2010



# Unusual clouds



The cloud with no name: Meteorologists campaign to classify unique 'Asperatus' clouds seen across the world by Luke Salkeld. Whipped into fantastical shapes, these clouds hang over the darkening landscape like the harbingers of a mighty storm.



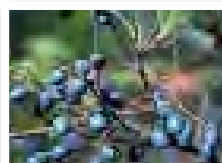
But despite their stunning and frequent appearances, the formations have yet to be officially recognised with a name. They have been seen all over Britain in different forms - from Snowdonia to the Scottish Highlands - and in other parts of the world such

as New Zealand, but usually break up without producing a storm. Stunning but undefined: The clouds loom over the skies of New Zealand - but unfortunately words can't describe this dramatic vision from the heavens. And some experts believe the stormy weather phenomenon deserves its very own classification. Experts at the Royal Meteorological Society are now attempting to make it official by naming it 'Asperatus' after the Latin word for 'rough'. If they are successful, it would be the first variety of cloud formation to be given a new label in over half a century. 'It is a bit like looking at the surface of a choppy sea from below,' said Gavin Pretor-Pinney, founder of the Cloud Appreciation Society, who identified the cloud from photographs sent in by members.

See his site at <http://www.dailymail.co.uk/home/search.html?s=y&authname=Luke+Salkeld>

# Blueberry Ash tree with firefly

Residents may have noticed that when going to the letterbox round about April each year, there are many grubs falling off the large tree outside the Cottage back door. I since discovered from Jason that this is the Blueberry Ash tree. For some reason, these grubs untiringly make their way up to the back door of the Cottage, only to be squashed underfoot! I decided to find out more about the Blueberry Ash tree and its hardy little partner, the Spitfire, or Sawfly, larvae.



Sawfly larvae are vegetarians and feed on leaf. During the evening they group together to rest and to help avoid the predators. When disturbed (the second picture), they wave their tails together and usually will scare away the predator. These creatures are found on the Blueberry Ash tree (*Elaeocarpus reticulatus*) which is a strikingly beautiful and hardy plant, which has many uses in

a range of horticultural situations. Described as either a small tree or tall shrub, this evergreen species grows between

3-15m tall and 3-5m wide. It has a dense crown of foliage, and an approximately conical form. It survives well in low nutrient and dry soils. This species grows in a range of light intensities, from shade through to full sun. A beautiful feature of this species is the round-oval drupaceous fruits. These are a stunning

shade of bright blue, and resemble small (1cm long) olives. The most commonly used name of Blueberry Ash is derived from these pretty fruits, which attract birds like the Regent Bowerbird that collect them for their blue colour. Other birds that eat these fruits are Wonga Pigeons, Crimson Rosellas, Figbirds, White Headed Pigeons and Olive-backed Orioles.

The masses of white and sometimes pinkish flowers are arranged in rows along the branchlets. They are cup-shaped with a fringed edge, giving them the dainty appearance of small hanging skirts, hence the attractive common name of 'Fairy Petticoats'. These small flowers, about 1 cm long, also have an unusual liquorice scent.

**Name meaning:** *Elaeocarpus* - From the Greek *elaia* meaning 'olive' and *karpos* meaning 'fruit'; *reticulatus* - Latin word meaning 'net-like' referring to the leaf venation. **Text by Liz Brown** (2002 Student Botanical Intern)

#### References

Field Guide to the Native Plants of Sydney - Les Robinson (1991) p.164.  
Rainforest Trees of Mainland South Eastern Australia - A. G. Floyd (1989) pp.117-118.  
Australia Native Plants -Wrigley and Fagg. 4th Edition (1996) p.528 (and p. 78 for pests).  
Encyclopaedia of Australian Plants -Elliot and Jones. Volume 3. (1984) p. 388.  
<http://www.anbg.gov.au/gnp/interns-2002/elaeocarpus-reticulatus-jpg02.html>  
<http://www.anbg.gov.au/gnp/interns-2002/elaeocarpus-reticulatus-jpg01.html>

## CHRISTOPHORUS HOUSE Independent Living Unit Residents Satisfaction and Comments Survey Poem

*I love living at Christophorus House, I'm contented in self-care.*

*I feel protected and dignified and I'm always treated fair.*

*Although I'm independent, there's support for things I need;*

*All the staff are helpful, which means I can succeed.*

*There's a Gardener and a Handyman, who do their jobs with ease,*

*Nothing is an effort for them – especially when I say "Please".*

*Everyone else is helpful, like the office and admin. staff;*

*The CEO solves problems and he also likes to laugh.*

*The village is so restful – I have found my place of peace.*

*Like I've died and gone to Heaven and the feeling will increase.*

*My unit's quiet and private and I love to call it "Home".*

*I'm contented and satisfied and never want to roam.*

*Management keeps us notified of*

*whatever's going on,*

*We love our morning tea bus trips and other places we've gone.*

*Our accounts are processed efficiently, showing whatever we owe;*

*Their payment isn't pressured - I'm pleased to pay them though!*

*Our feedback is important, for suggestions or complaints,*

*If we need to contact an outside voice – there are no restraints!*

*For me I just feel confident I'll always be treated fair*

*When it really is a pleasure, answering this questionnaire.*

*I know that I'm represented and the Board looks after me,*

*In whatever affairs the government says, that we are meant to be.*

*No-one "stickybeaks" or hassles, or worries us out of our mind;*

*I think I'm very lucky and no better place I'll find!*

© JanY Garland July 2010

## Senior's wedding

Jacob, age 92, and Rebecca, age 89, living in Miami, are all excited about their decision to get married. They go for a stroll to discuss the wedding and on the way they pass a drugstore. Jacob suggests they go in. Jacob addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jacob: "How about suppositories?"

Pharmacist: "You bet!"

Jacob: "Medicine for memory

problems, arthritis and Alzheimer's?" Pharmacist: "Yes, a large variety. The works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jacob: "Adult diapers?"

Pharmacist: "Sure."

Jacob: "We'd like to use this store as our Bridal Registry."

Sourced and supplied by resident, Jan Garland

## Being happy

Being happy doesn't mean everything is perfect. It means you've decided to see beyond the imperfections.

### Trivia

1. What is hippiatrics the study of?
2. Who gave his name to the Australian banksia plants?
3. The branch of science known as odontology refers to which part of the human body?
4. Os is the symbol for which chemical element?
5. Which has the higher melting point: copper or iron?

Please email your answer or phone me and I shall print the answers in the next newsletter!



# Calendar of Events in the Cottage for 2010

2010	Day	Event
AUGUST	9	10am - Monthly Morning Tea Outing to Geranium Cottage. For information and booking please contact Barbara Harding on 9476 1947.
	12	2pm – Raimund Pohl speaks on “Air” – what it is, what it does, how we are affected by it. Come hear Raimund speak on this most interesting topic. \$5.00 includes afternoon tea.
	19	2pm – The Wesley Singers visit Christophorus House for their annual concert. For information and booking please contact Kath Smith on 9477 2462. \$5.00 includes afternoon tea.
	26	2pm – Self Care Residents' meeting.
SEPTEMBER	2	2pm – Artist Tze Ming Chan speaks on “Painting for Enjoyment and Health”. \$5.00 includes afternoon tea.
	9	2pm – Social Group Meeting. Come help plan for future events.
	16	2pm – Musical performance with Rowlanda Orchison. To be confirmed. \$5.00 includes afternoon tea.
	25	10am - <b>Service of the Christian Communion</b> – with the Rev. Lisa Devine. Please be seated by 9.50am. Morning tea and a talk will follow.
OCTOBER	2	2pm – Michaelmas Festival with Rowlanda Orchison and Antonio Marques. \$5.00 includes afternoon tea. <b>Daylight Savings starts – remember to turn your clocks forward one hour!</b>
	12	11am – <i>Karlynn Fashions and Heather's Heavenly Jewels</i> –fashion and jewellery display. Get ready to look terrific for summer! Morning tea will be available.
	21	12noon – Barbeque lunch in the Cottage.
	28	2pm – Self Care Residents' meeting.
NOVEMBER	11	2pm – Biodynamics – what's happening around the world! DVD showing and talk with Diane Watkin. \$5.00 includes afternoon tea.

## REGULAR EVENTS IN THE COTTAGE

**Bridge** is on every Tuesday afternoon from 2 to 4pm.

**First Class** is held from February to November on the third Sunday of every month.

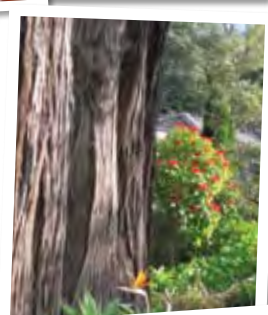
**Board Meetings** are held on the third Monday of every month.

**Self Care Residents' Meetings** are held every two months on a Thursday.

**Social Group Meetings** are held every three months on a Thursday.

**Footbath/Leg Massage Therapy** is held every second Friday in the Hostel.

All events are held in The Cottage. If you wish to come to any one of these, please contact Monika on 9476 3161 ext 2 beforehand to confirm times and dates.



Iris celebrates her 90th birthday



Iris celebrates her birthday with friends



Hostel residents enjoying the midwinter afternoon sun

