

 wishing you
a very merry



christmas

Sal and Nat would like to wish everyone a very Merry Christmas and a Happy and Safe New Year. We hope you all have a lovely time with your family and friends!

We have had a wonderful 2018 and are both looking forward to another fantastic year with you all in 2019.

WE WOULD LIKE TO WISH ALL RESIDENTS CELEBRATING THEIR BIRTHDAY IN DECEMBER AND JANUARY A VERY HAPPY DAY!!!



NOTICES

RESIDENT COMMITTEE MEETING

The next Resident Committee Meeting will be held on **Tuesday 22nd January 2019 at 9:30am in the Community Centre.**

All are welcome to attend and join in for a cuppa on the completion of the meeting.
PLEASE NOTE: There will be no residents meeting in December.

MONTHLY SOCIAL BUS TRIP

December and Januarys Monthly Social Bus Trip will be on **Wednesday 19th December 2018 and Wednesday 16th January 2019** leaving at **9:30am**. If you would like to attend, please add your name to the list located on the notice board in the Community Centre.

CRAFT GROUP

The craft group will be making felt Christmas Decorations this month. They are very easy to make and everyone is welcome to come along. If you can bring a pair of material scissors to use that would be great, all other materials are supplied. Come down to the Community Centre at **1:30pm** on a **Thursday** if you would like to join in.

LUNCH OUTING

The next resident lunch outing to the Boomerang Hotel will be on **Wednesday 12th December and Wednesday 9th January at 12:30pm**. Please register your attendance by adding your name to the booking sheet on the notice board in the Community Centre, by the Monday beforehand.

HAIRDRESSER

Kim continues to be our hairdresser in the Murray Vale Community Centre Salon every second Tuesday. If you would like to make an appointment, please contact her directly on **0400 485 808**.

VOLUNTEER MEAL DELIVERIES

We still need to fill a couple of spots on the volunteer meal delivery sheet for December/January. If you would be available on **Saturday 29th** or **Sunday 30th December** to deliver meals please contact Sal or Nat ASAP. Thank you

UPA CHRISTMAS PARTY

Please don't forget about the UPA Christmas Party on Monday 17th December at 12noon. Please RSVP by putting you name on the list in the Community Centre.

NOTICES (cont.)

HAPPY HOUR

Happy Hour (or Hours!) is continuing every Friday at **5:00pm** in the Murray Vale Community Centre. Soft Drinks, Wine and Beer are available for a \$2.00 donation. BYO nibbles to share. Please feel free to stay as long as you like.

MONTHLY SHOPPING BUS

The monthly shopping bus to Albury will be on **Monday 10th December and Monday 14th January** leaving at **9:30am**.

GENTLE EXERCISE - BEING ACTIVE

The Being Active group continues to run its gentle exercises in the Community Centre every **Tuesday afternoon at 5pm** and every **Wednesday morning at 9:30am**. These exercises are suitable for all residents.

Come along and join in!

WEEKLY SHOPPING BUS

The weekly shopping bus leaves near **Unit 92** at **9:30am every Thursday** taking residents over to Lavington Square and returns at **11:30am**.

FROZEN MEALS

The next meal order will be due in by **Monday 3rd December 2018** and will be available for collection between **10am & 4pm on Thursday 13th December** from the freezer room. **PLEASE BE REMINDED THERE WILL BE NO ORDER IN JANUARY.**

MONTHLY BBQ

The monthly BBQ will be held on **Sunday 2nd December** commencing at **12noon**. Please BYO everything.

DECEMBER AND JANUARY ACTIVITIES

Please ensure you check with/discuss with your activity group as to whether your activities will be running in December and January.

VITAL CALL

A reminder that if you have a Vital Call pendant, it should be tested once a month to ensure it is in working order. Please remember your Vital Call pendant is not waterproof.

NOTICES (cont.)



We have booked some seats for the Albury Carols by Candlelight in QEII Square, Dean Street, Albury on **Sunday 23rd December 2018**. If you would be interested in attending please put your name on the list in the Community Centre by **Friday 14th December 2018**. We will also be taking the small bus if you require transport (although seats will be limited to car pooling would be appreciated).

CHRISTMAS LIGHT BUS TOUR

There will be a Christmas Light Tour on **11th December 2018** departing at **8:30pm**. If you would like to attend please put your name down on the list in the Community Centre.



CAROLS IN THE COMMUNITY CENTRE

Please come down to the Community Centre on **Sunday 16th December** at **2:30pm** to join in with other residents in singing some Christmas Carols.



Come down to the Community Centre on **Monday 31st December** at **6pm** and help us celebrate bringing in the New Year. BYO Everything.

HAPPY HOUR

The Resident Committee is putting on a "free" Happy Hour on **Friday 21st December**. This is to thank all the residents who have shown their support in Happy Hour over 2018. Please bring a "Christmas" plate of nibbles to share.

NOTICES (cont.)



Please note the Regional Office will be closed from **12noon on Friday 24th December** and will reopen at **9:00am on Wednesday 2nd January** with minimal staff. Sal and Nat will both be on leave from **Friday 21st December until Monday 7th January**. Please ensure you use your emergency contacts for any issues that arise during this time.



ELECTRICAL

Graeme Roy **0434 080 144**
Josh Roy **0411 738 642**

PLUMBER

Tonkins Plumbing **02 6040 1797**

SAL

0409 658 836

**LET'S SING SOME CAROLS
FOR OUR FRIENDS
IN THE HOSTEL & SHALEM**



THURSDAY, DECEMBER 6th

2.30 to 3.30pm

THURSDAY, December 20th 2pm to 2.45

Please contact Rowena Ginns Unit 234 or Phone 60250556
if you are interested and available.

NOTICES (cont.)

BATHROOM SAFETY

With its slippery and hard surfaces, the bathroom is one of the most dangerous places in your home. Protect yourself and your family by following these tips.

- Ditch your throw rugs. These slippery floor coverings are the No. 1 cause of household falls. If you just can't part with them in the bathroom, secure loose rugs with double-faced tape, tacks or slip-resistant backings.
- Put nonslip strips, or mats in your shower to help prevent falls. To combat tripping, secure any loose corners on mats.
- Be sure to keep the floor clean to counteract slippery soap scum or mould.
- Keep the bathroom floor dry, making sure it has no water on it.
- Place grab rails in or around the shower and toilet. When installed properly and securely, they'll help you balance as you stand or sit and give you something to hold on to if you do slip. They come in a variety of lengths, textures and styles. (Note that a towel bar or a soap dish isn't a substitute for a grab bar, as it's not designed to hold your weight).
- Your bathroom should be adequately lit during the day. At night, put a nightlight on the path to the bathroom. Within the bathroom, use a nightlight, or install an illuminated switch.
- If your toilet seat is low, consider buying a toilet seat extender or a toilet with a higher seat. That way you can get up safely and with less effort.
- Put a bath or shower seat or bench in the shower or tub. You'll then have a place to sit.
- Equip your shower with a handheld or adjustable shower head. You can manoeuvre it where you want it, minimizing your movement in the shower. Also, you can use it while sitting safely on your shower seat or bench.
- Take your time. The more you rush, the more likely you are to fall.



NOTICES (cont.)

**SALTS
OF THE
EARTH**

Live well
with
salt therapy

Salt therapy is a natural therapy which has been practised for over 100 years.

A 'Halogenerator' grinds Pharmaceutical Grade salt into tiny breathable particles and disperses these micro particles into a specially designed salt room. Whilst in a session, the salt particles are inhaled deep into the lungs to help loosen congestion and cleanse the airways of smoke, dust, pollution, pollens and other allergens. When the salt lands on the skin, it can also help to improve your skin health and relieve the symptoms of a range of skin conditions.

Salts of the Earth are salt therapy specialists. Our centres are designed exclusively for salt therapy and utilise state of the art equipment to optimise the conditions within our salt rooms.

Consistency is key. Regular salt therapy may help relieve your symptoms of a range of conditions, including:

- Eczema
- Common Cold
- Dermatitis
- Congestion
- Allergies
- Difficulty sleeping
- Snoring
- Other skin conditions
- Breathing and respiratory conditions



*Come in today
and discover
how our friendly
salt therapists
can help you*

Relax in comfortable surroundings

A salt session runs for 45 minutes. In our Adult Room the lights are dimmed so you can sit back and relax in the comfort of our massage chairs. We also have a Private Room designed specifically for clients with conditions that require privacy.



Breathing and Respiratory

Skin



Sleep and Snoring

Sport



Wellbeing

**SALTS
OF THE
EARTH**

Salts of the Earth Albury
(02) 6021 2004
saltsoftheearth.com.au

1/469 Olive St
Albury, NSW 2640
albury@saltsoftheearth.com.au

NOTICES (cont.)



Current Vacancies

The current Vacancies at UPA Murray Vale Village are:

Unit 44 - 1 bedroom unit for \$65,000

Unit 99 - 1 bedroom unit for \$65,000

Unit 59 - 1 bedroom unit for \$65,000

If you know of anyone who may be interested in moving into Murray Vale Village please advise them to contact Sal or Nat on 02 6025 1776.

FOR SALE



FOR SALE—Pride Mobility Scooter.

\$900

For inspections contact Lynette on
0438239461



**FOR SALE - 2016 Quickie Pulse 6
Electric Wheelchair** with accessories.
2018 battery.

\$3000 or best offer

Contact Laurel on 02 6040 4565 or UPA
Unit 105/339 Moore Street, Lavington.



**FOR SALE – Pride Pathrider 140 XL
Scooter**

\$1500 or best offer

Contact Laurel on 02 6040 4565 or UPA
Unit 105/339 Moore Street, Lavington.



**FOR SALE – DynamiCare Plus
Electric Adjustable Single
Bed (as new)**

\$2000 or best offer

Contact Laurel on 02 6040 4565
or UPA Unit 105/339 Moore
Street, Lavington.

CHRISTMAS QUIZ

1. In 1974, Darwin, the capital of the Northern Territory in Australia was hit by a disaster on Christmas morning, what sort of disaster was it? 1. Cyclone 2. Earthquake 3. Floods 4. Bushfires
2. Which country created the eggnog?
3. If you were born on Christmas day what would be your sign?
4. There are 365 days in a year; which number is Christmas Day?
5. What hovers above angels' heads?
6. What is the biggest selling single song of all times?
7. What is the main ingredient in gingerbread cookies?
8. If an unmarried man finds a button in the plum pudding, what does it mean?
9. There is National Park on the Indian Ocean, 2600 km northwest of Perth, 360 km south of Jakarta. What is it called? 1. Christmas Island 2. Santa Atoll 3. Yule Reef 4. Boxing Day Island
10. Which country has St Nicholas as its patron saint? 1. Poland 2. Russia 3. Czech Republic 4. The Netherlands
11. What weather condition gets its name because it starts just after Christmas? 1. Aurora Australis 2. Christmas Monsoon 3. Aurora Borealis 4. El Nino
12. When is Advent Sunday? 1. The 2nd Sunday before Christmas 2. The 3rd Sunday before Christmas 3. The Sunday before Christmas 4. The 4th Sunday before Christmas

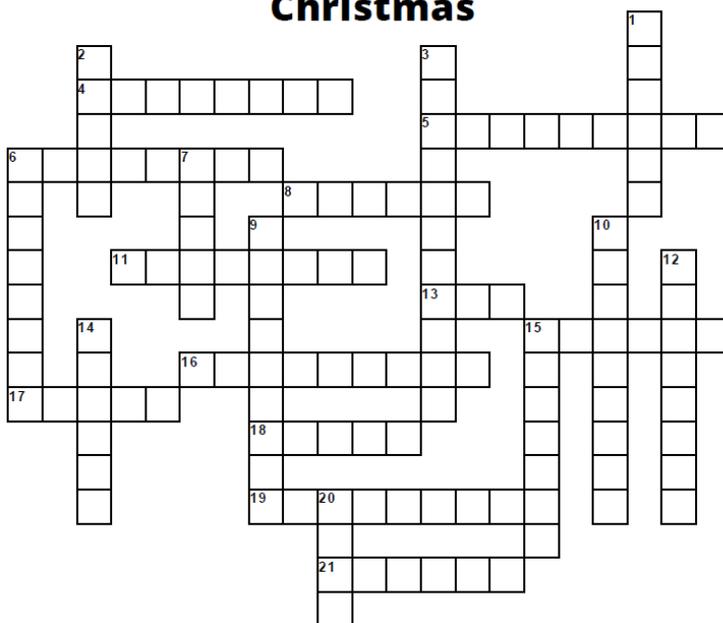
Jokes & Puzzles

SUDUKO

2		6	1	8			9	5
	5		2		6	4		8
3		8	6			7	4	
4			3		8			
	9	5	4					
		2		3		9		
			8	4		1	5	
	3		7	6		2		

CROSSWORD

Christmas



Across

- 4 - The scene depicting the Christmas story (8)
- 5 - Where Santa lives (5, 4)
- 6 - Keeper of the flocks (8)
- 8 - Traditional meat for Christmas dinner (6)
- 11 - Another name for gifts (8)
- 13 - The colour of Rudolph the Reindeer's nose (3)
- 15 - Made of wax and shines brightly (6)
- 16 - One of the Three Wise Men (9)
- 17 - One of the Christmas colours (5)
- 18 - Evergreen with red berries (5)
- 19 - Stand underneath this to get a kiss (9)
- 21 - Open this calendar one day at a time (6)

Down

- 1 - Christmas songs (6)
- 2 - Who announces the birth of Jesus (4)
- 3 - House made of sweet treats (11)
- 6 - Hang it up on Christmas eve (8)
- 7 - Little helpers (5)
- 9 - City where Jesus was born (9)
- 10 - Santa's favourite animals (9)
- 12 - The Christmas Season (8)
- 14 - Hang this on your door (6)
- 15 - Traditionally Santa gets into your house through this (7)
- 20 - Bright light in the night sky (4)

RECIPE OF THE MONTH - ROCKY ROAD CHRISTMAS TREE

INGREDIENTS

- 1 cup of milk cooking chocolate chips
- 1 cup marshmallows, roughly chopped
- 1 cup lollies of your choice (anything easy to cut up, snakes work well)
- 1 cup white chocolate chips
- Hundreds and thousands, mini M&Ms, Smarties or other small lollies for decoration



METHOD

Preparation: 5min Cook:20min Ready in:25min

1. Melt the milk chocolate chips in a bowl over a pot of boiling water or in the microwave. Cut up the marshmallow and sweets of your choice and place these in the now melted chocolate. Stir lightly to mix and then pour it all into the mould. Secure the mould by standing it in a glass or a jug or a piece of polystyrene, and put it in the fridge for 20 minutes or until firm.
2. Meanwhile melt the white chocolate in a bowl or in the microwave. Remove the now hard rocky road Christmas tree from the mould and even out the base with a knife if needed.
3. Randomly and unevenly pipe or pour the white chocolate on the top quarter of the tree to resemble snow. Place the lollies in the chocolate to look like decorations.

ANSWERS

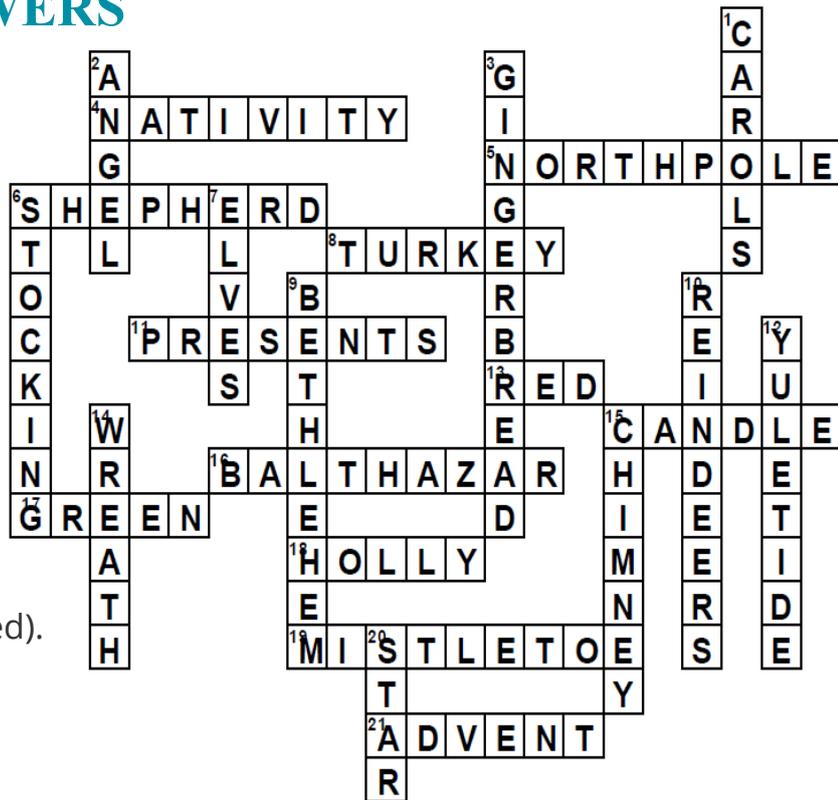
SUDUKO

1	8	4	9	5	3	6	2	7
2	7	6	1	8	4	3	9	5
9	5	3	2	7	6	4	1	8
3	1	8	6	9	5	7	4	2
4	2	7	3	1	8	5	6	9
6	9	5	4	2	7	8	3	1
8	4	2	5	3	1	9	7	6
7	6	9	8	4	2	1	5	3
5	3	1	7	6	9	2	8	4

CROSSWORD

CHRISTMAS QUIZ ANSWERS

1. Cyclone Tracy
2. England
3. Capricorn
4. 359
5. halos
6. "White Christmas"
7. flour
8. Bachelorhood (he will not get married).
9. Christmas Island
10. A - Netherlands
11. El Nino
12. The 4th Sunday before Christmas



Our other services & locations

Community Care

Eleanor Bohr
Amaroo Dementia Day Club
Lavington
ph (02) 6025 1776

Trish Robinson
Henty Meals on Wheels
Community Centre Ivor Street
Henty, NSW, 2658
ph (02) 6929 3244

Trish Robinson
Commonwealth Home Support Program - CHSP
Lavington
ph (02) 6025 1776

Trish Robinson
Home Care Packages - HCP
Lavington
ph (02) 6025 1776

For any general enquiries please contact the regional office:

342 Wagga Road
Lavington NSW 2641
ph (02) 6025 1776
e regionaloffice@upamurray.org.au
www.upamurray.org.au

Independent Living

Sal Anderson
Hillsborough Retirement Village
32 Sydney Road
Beechworth, VIC, 3747
ph (02) 6025 1776 fax (02) 6025 5712

Murray Vale Self Care
340 Moore Street
Lavington, NSW, 2641
ph (02) 6025 1776 fax (02) 6025 5712

Myoora Independent Living
Allan Street
Henty, NSW, 2658
ph (02) 6025 1776

Park Hall Village
Park Hall Village Place
Wodonga, VIC, 3690
ph (02) 6025 1776 fax (02) 6025 5712

Elms Self Care - Retirement Village
Balfour Street Culcairn, NSW, 2660
ph (02) 6025 1776 fax (02) 6025 5712

Sandy Brown
Gumleigh Gardens Retirement Village
23 Albury Street
Wagga Wagga, NSW, 2650
ph (02) 6921 3219

Knightleigh Cottages
Cnr John & Nicholas Streets
The Rock, NSW, 2655
ph (02) 6921 3219

WT Wilson Homes
Near Cnr North & Operator Streets
West Wyalong, NSW, 2671
ph (02) 6921 3219

Residential Care

Christine Fulthorpe
Gumleigh Gardens Hostel
29 Shaw Street
Wagga Wagga, NSW, 2650
ph (02) 6931 0409 fax (02) 6971 9610

Leonie Mardling
Holbrook Village Hostel
45/47-55 Bowler Street
Holbrook, NSW, 2644
ph (02) 6036 2817 fax (02) 6036 3618

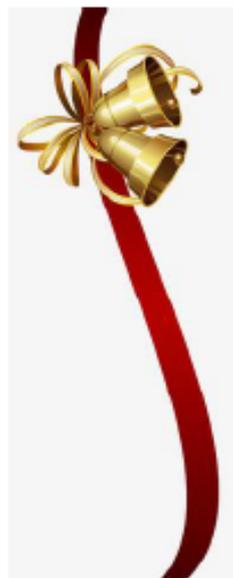
Kerralyn Bullock
Jindera Gardens Hostel
80 Creek Street
Jindera, NSW, 2642
ph (02) 6026 3799 fax (02) 6026 3477

Oolong Hostel
97 Sturt Street
Howlong, NSW, 2643
ph (02) 6026 6800 fax (02) 6026 5111

Jaqui Hastings
Murray Vale Shalem Hostel
342 Wagga Road
Lavington, NSW, 2641
ph (02) 6025 4889 fax (02) 6040 0359

Myoora Homestead Hostel
Bartsch Ave & Keighran Street
Henty, NSW, 2658
ph (02) 6929 3200 fax (02) 6929 3602

Monthly Activity Sheet



MURRAY VALE SELF CARE ACTIVITY SHEET DECEMBER/JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>MORNING MONTHLY SHOPPING BUS TO ALBURY Monday 10th December & 14th January departing at 9:30am</p> <p>TAI CHI 10:30am in the Community Centre \$5 per session</p> <p>UPA CHRISTMAS LUNCHEON 17th December at 12noon</p>	<p>MORNING RESIDENT MEETING NO MEETING IN DECEMBER next meeting will be 22nd January 2019 at 9:30am in the Community Centre</p> <p>HAIRDRESSER Every second Tuesday – Phone Kim on 0400 485 808 to make an appointment</p>	<p>MORNING CHURCH SERVICE at Murray Vale Shalem Chapel – 10:30am</p> <p>BE ACTIVE GENTLE EXERCISE Weekly at 9:30am in the Community Centre</p> <p>MONTHLY SOCIAL BUS TRIP 19th December and 16th January at 9:30am</p>	<p>MORNING WEEKLY SHOPPING BUS TO LAVINGTON SQUARE Leaves near Unit 92 at 9:30am</p> <p>FROZEN MEAL COLLECTION 13th December between 10:00am and 4:00pm</p>	<p>MORNING CHURCH SERVICE at Murray Vale Shalem Chapel Anglican – at 9:30am (14th) Lutheran – at 9:30am (28th)</p>	<p>MORNING</p>	<p>MORNING</p>
<p>AFTERNOON FROZEN MEAL ORDER DUE 3rd December 2018</p> <p>Happy Australia Day! 25th January 2018</p>	<p>AFTERNOON BE ACTIVE GENTLE EXERCISE Weekly at 5:00pm in the Community Centre</p>	<p>AFTERNOON RESIDENT LUNCHEON 12th December and Wednesday 9th January at 12:30pm – Boomerang Hotel</p> <p>CARDS AT MURRAY VALE COMMUNITY CENTRE 1:00pm – 4:00pm</p>	<p>AFTERNOON ARTS & CRAFTS Every Thursday 1.30pm</p> <p>SINGING AT HOSTEL & SHALEM 6th December and 20th December at 2:00pm</p>	<p>AFTERNOON MAHJONG Every Friday in the Community Centre commencing at 1:00pm – beginners welcome</p>	<p>AFTERNOON CARDS AT MURRAY VALE COMMUNITY CENTRE 1:00pm – 4:00pm</p>	<p>AFTERNOON MONTHLY BBQ 2nd December commencing at 12noon</p> <p>CAROLS IN THE COMMUNITY CENTRE Sunday 16th December at 2:30pm</p>
<p>EVENING HAPPY NEW YEAR New Year's Celebration commencing at 6pm</p>	<p>EVENING CHRISTMAS LIGHT TOUR 11th December departing at 8:30pm</p>	<p>EVENING</p>	<p>EVENING</p>	<p>EVENING HAPPY HOUR Every Friday at 5:00pm</p>	<p>EVENING</p>	<p>EVENING CAROLS BY CANDLELIGHT Sunday 23rd December at 6:00pm</p>