



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 & JANUARY A VERY HAPPY DAY!!!



NOTICES (cont.)

CANASTA

Canasta is played every **Monday at 1:30pm** in the Community Centre (except the last Monday of the month as HOY is on)

Beginners welcome!

CLASSIC MOVIES

Decembers & January's Classic Movies will be held on **Wednesday 19th December and 16th January at 1:30pm** in the "media room" at the Community Centre.

SHOPPING BUS

The Park Hall Shopping bus will be running on

3rd December

17th December

7th January

21st January

Departing from the Community Centre at **10:00am**.

PARK HALL VILLAGE HAIRDRESSER

Jeanette Lanfranco attends Park Hall every **Tuesday** (*there may be some changes to dates due to Christmas so please just check the booking sheets to confirm*). If you would like to make an appointment with Jeanette, please put your name and preferred time on the booking sheet in the Community Centre or contact Jeanette directly, as she'll know exactly how long your appointment will take, and can therefore manage bookings better that way.

PHONE: **(02) 6025 5568** or **0414 797 568**

FROZEN MEALS

The next meal order will be due in by **Monday 3rd December 2018** and will be available for collection after **2:00pm** on **Friday 14th December** from the freezer in the storage room. **PLEASE BE REMINDED THERE WILL BE NO ORDER IN JANUARY.**

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.

NOTICES (cont.)



END OF MONTH DINNER—NEW YEARS EVE

This months end of month dinner will be held on **MONDAY 31st DECEMBER** to **celebrate the New Year** commencing at **6pm**. Please ensure you put your name on the list on the notice board if you will be attending.

COMMUNITY CENTRE BOOKINGS

Please note the Community Centre has been booked for a private function on **Monday 21st January 2019 between 5pm and 7pm**. Please refrain from entering the Community Centre at this time. Thank you

SPEEDING WITHIN THE VILLAGE

Speeding remains an issue within the village, and it seems no matter what measures are put in place, the speeding continues.

The signage appears not to work, either do the speed humps, contacting those involved directly, or reminders in the newsletters.

We beg of you, as our residents, to set the example and slow down.

Please also remind friends and family that the speed limit is 10k's.

It would be devastating to have a resident, family member or friend hit by a vehicle.

Thank you for your cooperation in this very serious matter.

RESIDENT WHEELBARROW

There is a green "residents" wheelbarrow stored in the skip bin area. All residents are welcome to make use of this wheelbarrow at any time. It is suitable for light weight material and should be returned to the skip bin area when no longer required. Thank you

HOY

There will be no Hoy in December. The next Hoy will be on **Monday 28th January 2019** - eyes down at **1:30pm**. Please bring a small plate to share for afternoon tea. Prizes to be won!!!

NOTICES



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.

Please note the Park Hall Office will also be closed on:

Wednesday 12th December - Closed

Friday 14th December (open 11am—2:30pm)

Monday 17th December - Closed

Due to Sal and Nat doing Village Christmas Parties.



ELECTRICAL

Graeme Roy **0434 080 144**

Josh Roy **0411 738 642**

PLUMBER

Tonkins Plumbing **02 6040 1797**

SAL

0409 658 836

NOTICES

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

WODONGA
WCB
BRASS

Wodonga Carols by Candlelight
7:30pm, Sunday
16 December 2018
Willow Park, Wodonga



Current Vacancies



Unit 4

**2 Bedroom, single garage on
the golf course - \$290,000.00**

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

NOTICES

**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

FOR SALE



For Sale

Pride Mobility Scooter - **\$900.00**

Please contact Lynette on 0438 239 461
for further information of to inspect.



**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.

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.

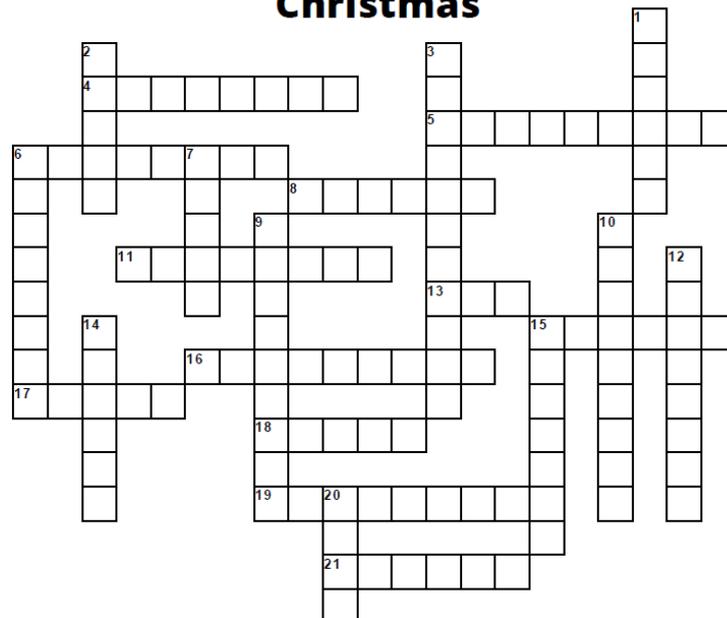
JOKES & PUZZLES

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)

JOKES & PUZZLES

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. Bush-fires
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

CONTACT US

ph (02) 6025 1776 fax (02) 6025 5712



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

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

For any general enquiries please contact the regional office:

342 Wagga Road

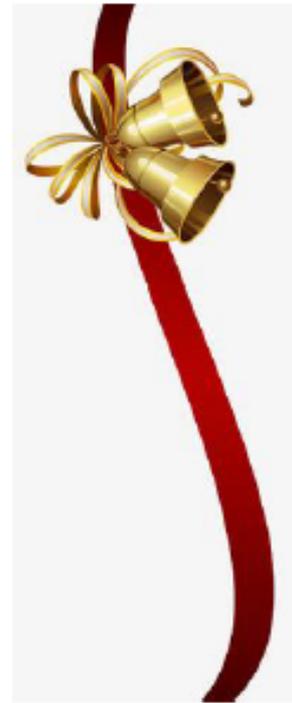
Lavington NSW 2641

ph (02) 6025 1776

e regionaloffice@upamurray.org.au

www.upamurray.org.au

MONTHLY ACTIVITY SHEET



PARK HALL VILLAGE ACTIVITY SHEET DECEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>MORNING</u></p> <p>PARK HALL OFFICE OPEN 12:30pm – 3:30pm</p> <p>BROADBAND FOR SENIORS 9:30am – Computer Room</p> <p>SHOPPING BUS – 3rd and 17th December departing at 10:00am</p> <p>TAI CHI Weekly at 9:00am</p>	<p><u>MORNING</u></p> <p>HAIR DRESSER Weekly from 9:00am (booking sheet on Community Centre notice board)</p> <p>UPA CHRISTMAS PARTY Tuesday 4th December at 12noon</p>	<p><u>MORNING</u></p> <p>PARK HALL OFFICE OPEN 10am – 1:00pm</p> <p>INDOOR CARPET BOWLS – WEEKLY 8:50am for 9:00am start</p>	<p><u>MORNING</u></p> <p>WORSHIP SERVICE 20th December at 9:30am (TO BE CONFIRMED)</p>	<p><u>MORNING</u></p> <p>“MAHJONG” WEEKLY 9:00am – 11.30am</p>	<p><u>MORNING</u></p> <p>WALK FOR COFFEE Meet at Entrance of Community Centre at 8:00am</p>	<p><u>MORNING</u></p>
<p><u>AFTERNOON</u></p> <p>HOY No Hoy in December (next Hoy will be on Monday 28th January)</p> <p>CANASTA Weekly (besides HOY Day) commencing at 1:30pm</p> <p>FROZEN MEAL ORDER DUE 3rd December 2018</p>	<p><u>AFTERNOON</u></p> <p>CRAFT WEEKLY 2pm</p> <p>RUMMIKUB - WEEKLY 3.30pm</p>	<p><u>AFTERNOON</u></p> <p>CLASSIC MOVIES 19th December at 1:30pm</p> <p>“MAHJONG” 1:00pm</p>	<p><u>AFTERNOON</u></p> <p>CARDS - EUCHRE 12.30pm</p>	<p><u>AFTERNOON</u></p> <p>PARK HALL OFFICE OPEN 1:30pm – 4:30pm</p> <p>FROZEN MEAL COLLECTION 14th December from 2:00pm</p> <p>WEEKLY HAPPY HOUR from 4.00pm.</p>	<p><u>AFTERNOON</u></p> <p>RUMMIKUB- WEEKLY 2.00pm</p>	<p><u>AFTERNOON</u></p>
<p><u>EVENING</u></p> <p>END OF MONTH DINNER – NEW YEARS EVE 31st December at 6pm</p>	<p><u>EVENING</u></p> <p>MUSIC GROUP 7:00pm (Media Room)</p>	<p><u>EVENING</u></p>	<p><u>EVENING</u></p>	<p><u>EVENING</u></p>	<p><u>EVENING</u></p>	<p><u>EVENING</u></p>