

Murray Vale Shalem Hostel NEWSLETTER

March 2019
ph (02) 6025 4889 fax (02) 6025 0072



compassion . respect . integrity . kindness . inclusiveness

Please Advise Us Of Your Email Address

If you currently receive this newsletter via post please contact
Tina at UPA on (02) 60577209 or email her on
tina@upamurray.org.au
to register your email address. Future calendars and
newsletters will then be emailed to you.



Why can't you borrow money from a leprechaun?

Because they're always a little short.



Why don't you iron a 4 leaf clover?

Because you don't want to press your luck.



Did you hear about the Irish pilot that crashed his
helicopter?

He got cold so he turned off the fan.



Activities Report

Hello everyone and welcome to March. The end of summer at last. Autumn is here and we look forward to cooler days and nights. Time to snuggle in under the covers for a good nights sleep.



Residents have enjoyed some lovely activities during February despite the extended heat. We celebrated Valentine's Day with lots of reminiscing, decorating and hearts all over the place. It is nice to remember and appreciate our partners or companions who have cared for us over our lifetime.....and enjoy a chocolate or two.

Residents have also been busy making tomato relish. This is rather a laborious task involving lots of chopping and stirring but the residents were up to the task making quite a number of jars of lovely tasty relish. Well done to those who participated and shared their immense knowledge of relish making. A good job done by all those who participated.



We also enjoyed a magical extravaganza by the name of 'Troppo Bob'. Bob was very entertaining and kept us all amused with his magic tricks and upbeat personality. Thankyou Bob for an unusual morning of magic, comedy and entertainment.

Shalem and Murray Vale residents continue to enjoy regular scenic bus outings. Residents select where they would like to go in the local area which includes such areas as the weir, Bowna, Jindera, Howlong, Wonga Wetlands, the beautiful Murray River or just take in the sights of Albury. Everyone is welcome to join in and enjoy an hour out and about.



Activities Report

As a part of NSW seniors week residents attended the Regent cinema in Albury to see “Green Book” and also had the opportunity to attend an informative “Talk and Tour of the Uiver”. We were able to hear the story of the Uiver’s dramatic emergency landing at the Albury racecourse in 1934 and see firsthand the work being carried out to restore the replica Uiver. This was a very interesting morning for those that attended.

March will see us celebrating St Patrick’s Day. This is always a fun day with lots of Irish humour, green food and drinks and plenty of Irish decorations.

Everyone’s Irish
On March 17th.



Shalem residents will be making potato pancakes and enjoying all things Irish. Enjoy the day and keep an eye out for the odd leprechaun hiding around the corner.....
to be sure, to be sure!

The much anticipated start of the box bowls season is upon us, with our beloved Murray Vale Shalem Cods going down to the Oolong Kangas in our first game of the season. Lavington played our best game in a long time but unfortunately it wasn’t enough to snare the win, hopefully we will have better luck on our own turf so come on down to the lounge and support your team.

Every Tuesday we enjoy a ‘music therapy’ session with Russell, a music therapist from the Albury Conservatorium of Music. This is a wonderful activity where we get to play a variety of musical instruments and make some fantastic music. This is proving to be a fun activity with residents of both Murray Vale and Shalem joining together for an hour of fun, so come along and see what all the fuss is about.



Activities Report



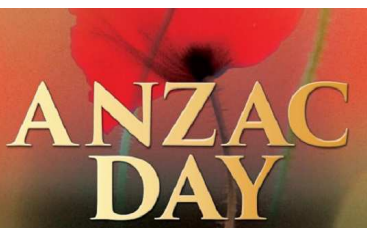
On the 21st of March we will celebrate Harmony Day with a focus on different cultures and what people from different countries bring to Australia. We are very lucky to have a number of staff and residents who come from different countries around the world who are happy to talk to resi-

dents about various aspects of the life style they enjoyed in their country of birth. Sometimes the life experience of people from other cultures can be vastly different to those born here in Australia, so it is nice to hear about and understand these cultures better. Come along and join in this interesting morning.

As the weather becomes enjoyable, residents will have the opportunity to enjoy a sausage sizzle lunch at Noreuil Park.



This will be a lovely day out in the fresh air beside the Murray River watching the people, dogs, feeding the ducks and swatting the flies. Come along, bring your sun hat and enjoy this relaxing day out with other residents.



As always, we will be conducting an ANZAC Day service in April. If you would like to take part in the running of this service please see Bron or Maree and they can find a role that you are comfortable with; this may be reading a speech, handing out rosemary or the order of service. There are many roles that you may be able to assist with on the day and we would really appreciate your help.

Remember to speak with staff if you have any ideas for activities. This is your program so let us know what you would like to do.

Enjoy!

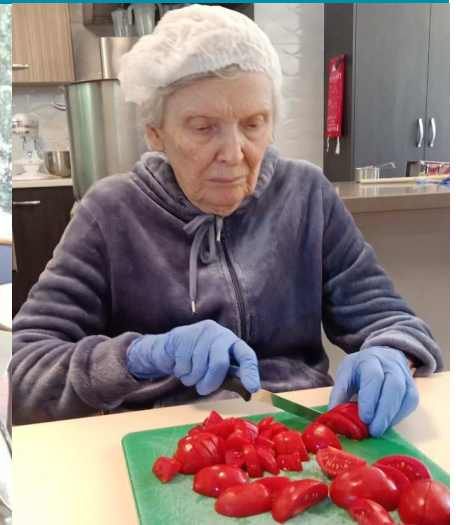
From your activities team.



Photos



Photos



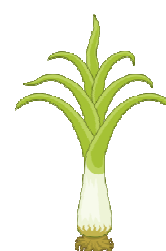
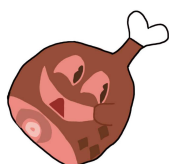
Crossword Questions

ACROSS

1. Residence
3. Catch sign of
6. Fabricated
9. Homer Simpson's son
11. Forest Female
12. Pointy tooth
13. Some wines
14. Talent for music
15. Tiny colony workers
17. Three Feet
20. Stew ingredient
21. You do this with a book

DOWN

1. Meat from pig
2. Angry
4. Small green veggies
5. Youngster
7. Once more
8. Beats by a hair
9. Straw_____or Blue_____
10. Navigation aid
15. The whole group
16. Foot digit
18. Playing card above King
19. Parent



Crossword

1		2			3	4		5
6	7		8		9		10	
			11					
12					13			
			14					
15		16			17	18		19
20					21			

Crossword Answers

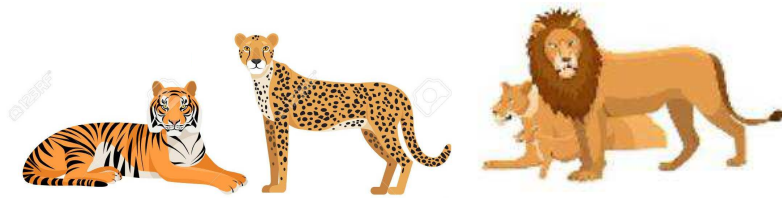
1 H	O	2 M	E		3 S	4 P	O	5 T
A		A				E		O
6 M	7 A	D	8 E		9 B	A	10 R	T
	G		11 D	O	E		A	
12 F	A	N	G		13 R	E	D	S
	I		14 E	A	R		A	
15 A	N	16 T	S		17 Y	18 A	R	19 D
L		O				C		A
20 L	E	E	K		21 R	E	A	D

St Patrick's Day—Colour in



Wild Cat Word Search—Words

Leopard	Tiger	Panthera	Ocelot
Wildcat	Puma	Oncilla	Lion
Kodkod	Jaguarundi	Jaguar	Lynx
Geoffroy	Mountain	Cheetah	Caracal
Cougar	Bobcat	Asiatic	Andean



Poem by Anne Scott

Missing

I've hunted near, I've hunted far

I even looked inside my car.

I've lost my glasses, I'm in need,

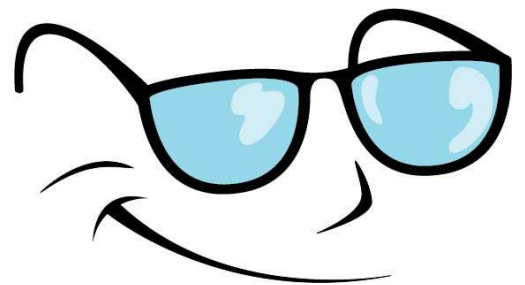
To have them now so I can read.

I loudly swear and I curse

Did I leave them in my purse?

Are they behind the sofa, under the bed?

Oh there they are—on my head!



Wild Cats Word Search

P G M M C A R A C A L T H E
O N C I L L A P U M A Q J L
K B O B C A T K O D K O D E
M O U N T A I N P J C R U O
G W I L D C A T L I O N I P
T A B I G E O F F R O Y D A
T S E T I G E R C O U G A R
H I O J A G U A R U N D I D
L A P A N T H E R A N O W M
Y T C H E E T A H A V U C C
N I J A G U A R H O Q Z O C
X C A N D E A N O C E L O T



Kiosk
at Murray Vale Shalem Hostel



Lollies, chocolates, biscuits, nail files & small toiletry items.

Come and buy some of life's little luxuries.

Open Friday
1.00pm to 1.30pm



THE BAKER
@NORTHPOINT

353 Wagga Road

Lavington NSW 2641

Phone: (02) 6025 6491

Family owned and operated, The Baker @ Northpoint is a gourmet bakery and cafe providing delicious fresh breads, cakes, pies and sandwiches 6 days a week.

Great coffee, iced coffee, fresh juices & smoothies, milkshakes, sandwiches and rolls.

Business and tradies lunch orders taken.

Pre- order for fast service, and have more time to enjoy your lunch!

Centrally located with convenient parking.

Amaroo Day Club

Murray Vale Dementia Day Care

Centre-based day care for people living with dementia.
Amaroo Day Club aims to provide a wide variety of activities which encourage participation, mental stimulation and the maintenance of physical abilities in a supervised social setting.



Days:

Tuesday, Wednesday
and Thursday

Time:

9.00am to 3.00pm

Cost: An affordable fee covers activities, morning tea, lunch and transport (in the Albury area).

No referral necessary

Location:

Murray Vale
Community Centre,
342 Wagga Rd
Lavington

Enquiries:

02 6025 1776

A Service operated by:
UPA Murray River Region

Murray Vale Community Centre
342 Wagga Road,
Lavington NSW 2641

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Mobile 0427 078 944



Murray Vale Shalem Hostel

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