

*WE WOULD LIKE TO
WISH ALL RESIDENTS
CELEBRATING THEIR
BIRTHDAY IN
SEPTEMBER A VERY
HAPPY DAY!!!*



NOTICES

MONTHLY BBQ - 1st SUNDAY OF THE MONTH

The monthly BBQ will be held on **Sunday 1st September 2019** commencing at **12noon**. Please BYO everything.

TAI CHI

Tai Chi is gentle exercise for the mind and body which improves strength, balance, flexibility, body awareness and memory. Tai Chi helps to manage stress and has been proven effective in falls prevention. Tai Chi can be done in sitting or standing position and always within your own comfort zone.

Lessons are available in the Community Centre at **10:30am on Mondays** during school terms. Lessons go for 45 minutes and are \$5 per lesson.

Beginners are welcome.

For more information feel free to contact Stacey on 0408 567 631.

SUNSHINE CLUB

The Sunshine Club meets in the Murray Vale Community Centre **every Friday**, starting at **10:00am**. They host a range of activities, enjoy guest entertainers and take regular bus trips. Cost is **\$5** and includes morning tea and a light lunch. Everyone is welcome

For further information please Contact Caroline on 6025 1776 or 0419 618 437

GATES

The gates are once again being left open. PLEASE PLEASE PLEASE ensure when using the pedestrian gates that they are closed behind you.

NOTICES (cont.)

GENTLE EXERCISE - BEING ACTIVE

The 'Being Active' group continues to run its gentle exercises in the Community Centre **every Tuesday afternoon at 5pm & Wednesday morning at 9.30am**

These exercises are suitable for all residents so please come and show your support!

CARDS

Cards are played in the Murray Vale Community Centre **every Wednesday and Saturday from 1:00pm until 4:00pm.**

WEEKLY SHOPPING BUS

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

CRAFT GROUP

The craft group continues to meet **every Thursday** from **1:30pm**. Please bring your own activity but please also feel free to raise any suggestions you may have for some group craft activities.

MAHJONG

If you would like to join in learning/playing Mahjong, the Mahjong Group meets in the Community Centre every **Friday from 1:00pm.**

HAPPY HOUR

Happy Hour (or Hours!) continues **every Friday** from **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.

FROZEN MEALS

The next meal order will be due in by **Monday 9th September 2019** and will be available for collection between **10am & 4pm** on **Thursday 19th September 2019** from the freezer room.

PAINTING ART GROUP

The painting art group meets **every Tuesday** at **1:30pm** in the Craft Room. They paint with water colours and acrylics as well as sketch. They have supplies if you don't have any and really hope to see you there.

NOTICES

MONTHLY SHOPPING BUS

The monthly shopping bus to Albury will be on **Monday 9th September 2019** leaving at **9:30am**.

LUNCH OUTING

The next resident lunch outing to the Boomerang Hotel will be on **Wednesday 11th September at 12:30pm**. Please register your attendance by adding your name to the booking sheet on the notice board in the Community Centre, by **Monday 9th September**. We hope to see you there.

RESIDENT COMMITTEE MEETING

The next Resident Committee Meeting will be held on **Tuesday 17th September 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.

SERVICE NSW PRESENTATION

Rebecca Cooper from Service NSW will be attending on **Tuesday 17th September** following the Residents Meeting. She will be giving information on how you can save money with the various offers Service NSW now offer. We encourage all residents to attend this presentation.

SECURITY/SENSOR LIGHTS

Can all residents please ensure that their security/sensor lights are set to sensor. This is a safety measure to deter any trespassers in the Village. Thank you.



*We need help for our Cancer Centre Luncheon on **Tuesday 10th September**. **We NEED finger food**. PLEASE check the list on the notice board and write your name and what you can help with.*

NOTICES (cont.)

NEWSLETTER NOTICES

If you wish to add something to the newsletter or activity calendar, please contact Nat no later than the **25th of the month**. You can contact Nat via email: natalie@upamurray.org.au, drop a note into the office, or call 60251776.

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.

MONTHLY SOCIAL BUS TRIP

Septembers Monthly Social Bus Trip will be **Wednesday 25th September 2019** leaving at the winter time of **10:30am**. If you would like to attend, please add your name to the list located on the notice board in the Community Centre.



The Henty Field Days are coming around again soon. We will be taking a bus from Lavington on **Wednesday 18th September**. If you wish to attend please put your name on the booking sheet in the Community Centre by **Monday 9th September**. We can also get discounted tickets, so if you wish for us to purchase a ticket on your behalf, and you will be going via your own transport, please put you name down and right "ticket only".

EXTERNAL SPIDER TREATMENT

Ian Haslam from Janco Property Services will be attending Murray Vale Village on **24th and 25th September** to complete an external spider spray on all the units. If you DO NOT wish for your house to be sprayed please contact the Regional office on 6025 1776

MEALS FROM THE HOSTEL

Please note that the cost of lunchtime meals ordered from the Hostel have gone up to **\$12.50**.

NOTICES cont.

"WHO AM I" PHOTO CHALLENGE

Thank you so much for sharing your precious photos for this tricky competition. Congratulations to Beryl Hutchison who won the challenge by guessing the most.

It was a lot of fun—next time we will try and look for us when we are older!!!



ADDITIONS & ALTERATIONS

Please ensure you complete an 'Additions & Alterations' Form when wanting to make amendments to your home. Any addition or alteration needs to be approved by UPA Management, and have it determined whose cost it is, is the contractor doing the work qualified/licenced and if the item remains in place on vacation of the property, or is to be removed and the area made good. Any questions, don't hesitate to ask Sal, Nat or Leanne.

MAINTENANCE REQUESTS

You may, from time to time, notice areas within the village, not just within your home, that require maintenance. Please feel free to contact the office to report these issues as soon as you notice so we can resolve the problem in a timely manner and hopefully prevent a major/costly issue.



UPA ANNUAL GENERAL MEETING & UPA MEMBERSHIPS

UPA RIVERINA MURRAY's Annual General Meeting will be held at Murray Vale Community Centre at **2:00pm** on **Wednesday 4th September 2019**.

All are encouraged to attend.

UPA Membership fees are also now due. The cost is \$1.00 which is payable at the Regional Office.

If you are not currently a member but would like to be, you can collect a form from the office, complete it and return it with your \$1.00 fee. Please remember that all membership fees need to be paid by the **30th August 2019** as monies will not be accepted at the AGM.

NOTICES

GAMES AFTERNOON (E.G. SNAKES & LADDERS)

Tuesday 8th October at 2pm,

Please let Shirley McCarthy know if you have any games to share. Please bring a small plate for afternoon tea, plenty of laughter. Come and enjoy!

SAVE THE DATE—CRAZY MELBOURNE CUP LUNCHEON

Tuesday 5th November. Dress to impress from local op shops.

Further details to come.

COMMUNITY CENTRE PRIVATE BOOKING

The Community Centre has been booked for a private booking on Tuesday 24th September from 10am til 12noon.

The Country Women's Association of Vic Inc
Barnawartha Branch

has pleasure inviting you to

*our favourite - "Tillow Fashions" Parade
(with various makes incl. Black Pepper)*

Monday 16th September 2019

*10 am at
Park Hall Village Place, West Wodonga
morning tea will be served*

RSVP: 9/9/19 **Marilyn 0416 221 384 or Nell 02 6059 4510**

R U OK DAY—THURSDAY 12th SEPTEMBER



**ASK
R U OK?**

Trust the Signs, Trust your Gut & Ask R U OK?

**It's time to ask R U OK? if you notice a change,
no matter how small**

WHAT ARE THEY SAYING?

Do they seem:

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

WHAT ARE THEY DOING

Are they:

- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviour
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

WHAT'S GOING ON IN THEIR LIFE

Are they experiencing:

- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about



Learn more at ruok.org.au

R U OK?

Probus Club of Albury West

2 Day Dandenongs Tour

Departs Tuesday 8th October, 2019

HIGHLIGHTS

- ◆ Lunch at Cuckoo Restaurant

Olinda

- ◆ Ride "Puffing Billy"

- ◆ Sky High Observatory

- ◆ Tesselaars Tulip Festival

Silvan

- ◆ Cloudehill Garden & Nursery

- ◆ Chocolaterie & Ice Creamery

Yarra Valley



\$358.00

Per Person

Twin/Double Share

Martin's 
TRAVEL GROUP ALBURY

66 Fallon Street, Albury NSW 2640

Ph: 02 6040 4400
www.martinsalbury.com.au
E-Mail: travel@martinsalbury.com.au


afta
AUSTRALIAN FEDERATION
OF TRAVEL AGENTS

RECIPE OF THE MONTH—

ASPARAGUS, PEA AND MINT FRITTATA MUFFINS

INGREDIENTS

- **2 tsp** olive or canola oil
- **150g** slender asparagus (see Note), trimmed and cut into 2–3 cm pieces
- **100g** frozen peas
- **4** spring onions, trimmed and thinly sliced
- **3–4 tbsp** finely chopped fresh mint
- **6** large eggs
- **65g** feta, broken into small chunks



METHOD

- Preheat the oven to 200°C/fan 180°C and generously oil a deep, 6-hole muffin tin. Cut six pieces of non-stick baking paper (roughly 10 cm squared) and use to line the tins, leaving the excess peeking over the sides.
- Third-fill a large pan with water and bring to the boil. Add the asparagus and cook for 4 minutes. Add the peas and cook for 1 minute more. Drain the vegetables well and tip into a large bowl with the spring onions and mint.
- Beat the eggs in a separate bowl with a good pinch of sea salt and lots of ground black pepper.
- Divide the vegetables between the six muffin cases and top with the chunks of feta.
- Pour the egg over the vegetables then bake in the preheated oven for about 20 minutes, or until puffed up and light golden brown.
- **Note:** Choose young asparagus that isn't too thick – if you do end up with thicker stems, cut them in half lengthways before slicing.

ACTIVITIES

THE FARMER

An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse named Buddy.

He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

The farmer said, "Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn't even try!"

SUDUKO

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

QUIZ

The answers to this quiz end with the letters: ISH!

1.	A nocturnal freshwater crustacean	_____
2.	Relating to the people of Denmark	_____
3.	Prepare and issue a book for public sale	_____
4.	A church community with its own pastor or priest	_____
5.	Disappear suddenly and completely	_____
6.	Small and pungent red root often eaten with salad	_____
7.	Sumptuously rich or luxurious	_____
8.	A common pet kept in a bowl of water	_____
9.	Sensitive to being touched; it makes you laugh	_____
10.	A marine invertebrate with five arms	_____
11.	Sending someone away forever from their country	_____
12.	Make the surface of something smooth and shiny by rubbing it	_____
13.	A desire or hope for something to happen	_____
14.	Lacking good sense or judgement; unwise	_____
15.	Inflict a penalty on someone as retribution for an offence	_____
16.	Hold something dear	_____
17.	Put out a fire	_____
18.	Achieve or complete successfully	_____
19.	Surprise or impress someone greatly	_____
20.	Bring a task to an end; complete	_____

ACTIVITIES



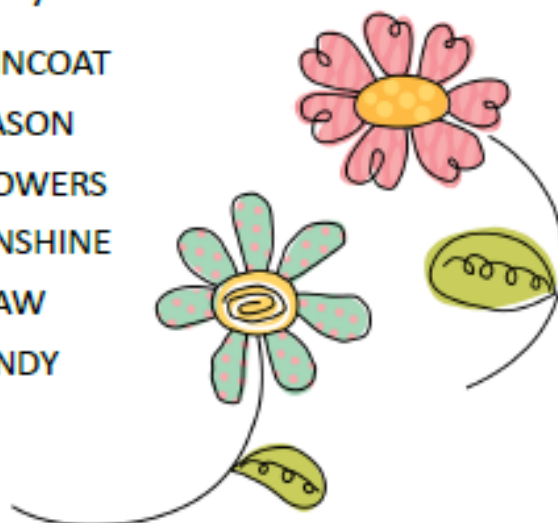
Spring has Sprung



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

Looking for words associated with Spring. They may be spelled forward, backward, downward, upward, or diagonally.

- | | | |
|-----------|------------|-----------|
| ■BEE | ■FOAL | ■RAINCOAT |
| ■BIRTH | ■GALOSHES | ■SEASON |
| ■BLOSSOM | ■HYACINITH | ■SHOWERS |
| ■BORN | ■MARCH | ■SUNSHINE |
| ■BUD | ■PLANT | ■THAW |
| ■CLEANING | ■POLLIWOG | ■WINDY |
| ■DUCKLING | ■RABBIT | |
| ■EGGS | ■RAIN | |



ACTIVITIES

QUIZ

- | | |
|---------------|-----------------|
| 1 - Crayfish | 11- Banish |
| 2 - Danish | 12 - Polish |
| 3 - Publish | 13 - Wish |
| 4 - Parish | 14 - Foolish |
| 5 - Vanish | 15 - Punish |
| 6 - Radish | 16 - Cherish |
| 7 - Lavish | 17 - Extinguish |
| 8 - Goldfish | 18 - Accomplish |
| 9 - Ticklish | 19 - Astonish |
| 10 - Starfish | 20 - Finish |

SUDUKO

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

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

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

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

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

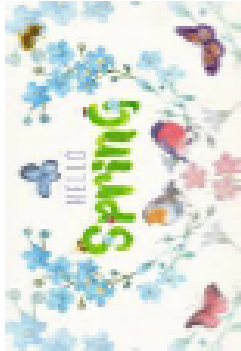
Jaqui Hastings
Murray Vale Shalem Hostel
342 Wagga Road
Lavington, NSW, 2641
ph (02) 6025 4889 fax (02) 6040 0359

Sue Weston
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



MURRAY VALE SELF CARE ACTIVITY SHEET SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING MONTHLY SHOPPING BUS TO ALBURY Monday 9 th September departing at 9:30am TAI CHI 10:30am In the Community Centre \$5 per session	MORNING RESIDENT MEETING 17 th September 2019 at 9:30am In the Community Centre SERVICE NSW PRESENTATION FOLLOWING MEETING HAIRDRESSER Every second Tuesday – Phone Kim on 0400 485 808 to make an appointment	MORNING CHURCH SERVICE at Murray Vale Shalem Chapel – 10:30am BE ACTIVE GENTLE EXERCISE Weekly at 9:30am In the Community Centre – MONTHLY SOCIAL BUS TRIP 25 th September at 10:30am	MORNING WEEKLY SHOPPING BUS TO LAVINGTON SQUARE Leaves near Unit 92 at 9:30am FROZEN MEAL COLLECTION 19 th September between 10:00am and 4:00pm	MORNING SUNSHINE CLUB Every Friday from 10:00am to 2:00pm	MORNING	MORNING
AFTERNOON FROZEN MEAL ORDER DUE 9 th September 2019 COMMUNITY CENTRE CLEANING Between 12:00noon till 3:00pm	AFTERNOON CANCER CENTRE LUNCHEON 11 th September at 12noon BE ACTIVE GENTLE EXERCISE Weekly at 5:00pm In the Community Centre EVENING	AFTERNOON RESIDENT LUNCHEON 11 th September at 12:30pm – Boomerang Hotel CARDS AT MURRAY VALE COMMUNITY CENTRE 1:00pm – 4:00pm EVENING	AFTERNOON ARTS & CRAFTS Every Thursday 1.30pm EVENING	AFTERNOON MAHJONG Every Friday In the Community Centre commencing at 1:00pm – beginners welcome EVENING HAPPY HOUR Every Friday at 5:00pm	AFTERNOON CARDS AT MURRAY VALE COMMUNITY CENTRE 1:00pm – 4:00pm EVENING	AFTERNOON MONTHLY BBQ 1 st September commencing at 12noon EVENING