Lifestyle Team Message 2-4
Remembrance Day 5
Oaks Day Luncheon 6-9
Happy Chicks Visit 10-12
Night Out to The Movies 13
2nd Best Marigold Hotel
Floral Arranging 14
Classical Music—Live Performance 15
Shirley & Greg’s—High Tea Celebrations 16
Rhythm of Daily Life 17-18
Carls Comic Corner 19
Birthdays 20
Housekeeping Info 21-22
About—T.S. Eliot—Poet 30

MELBOURNE & OLYMPIC PARK & ROD LAVER ARENA
Hello Everyone,

Welcome to 2017. We all hope that your Christmas and start to the New Year was delightful.

Casting back on December, we had a lot of activity here at Trinity Manor—over 90 students visited us over the course of 2 weeks, bringing along their youthful enthusiasm for life. This was infectious and lovely to meet all these young students.

Some very generous groups visited us volunteering time to sing Christmas Carols to us, welcoming us to join them in song. The best part of all our visitors is the companionship that they bring. The ability to just sit and chat, mostly over a biscuit or a cake and certainly a cup of tea is very appreciated.

Once again our Elders, Relatives and Friends Xmas Parties brought a lot of fun as you will see by the amount of photos taken on the day.

A quick reminder—if anyone would like a copy of a photo—please email me and I am happy to send along to you. Just let me know what page the photo appears on, we are happy to do that for you.

For the first week of January, we will be taking things quietly, resting up after all the Christmas and New Year festivities.

However, as you all realize we do not let the grass grow under our feet for too long. We will be celebrating a week of all things Elvis. This was a request put to the Lifestyle team by Elders early in 2016.

We will be commencing on 8th January with an Elvis Impersonator, then there will be High Tea of all things Elvis and what would the week be if we did not throw in a couple of Elvis movies—all to celebrate his birthday.

In 2017 Lifestyle Team are putting together Reminiscing Boxes. We would like to engage your assistance in this. If you are having a clean up and out of items such as vintage pattern sewing books; embroidery books; old garage tools, old cooking items—remember the Sugar, Tea & Coffee canisters, what about old Postcards from around the world, info books about Babies etc we would dearly love you to speak to either Cinzia or Jessie about items that we can use.

Reasons to Create a Reminiscing Box

These boxes can link seniors to what they love or what makes them feel good about themselves. They can even help hold an Alzheimer’s identity, with keepsakes emphasizing an overall theme, person, holiday, or an event that lifts the senior’s spirit. It will take time to find the keepsakes to store in the Reminiscing Boxes, but it is worth the effort.

Please remember to look out for our Weekly Activities Planner to see what is happening and also keep an eye out for special Posters too.

As always we look forward in receiving any suggestions you may have to include in our Activity Program for 2017. How to do this? You can contact me directly by telephone or email & Attention Jessie to email@trinitycare.com.au or alternatively fill out an Improvement Form which is located in reception, near the sign in book. We hope you enjoy the January newsletter.

Cheers

Jessie Bainbridge, (Lifestyle Manager)

& The Lifestyle Team
Recreational Activities in January 2017

Remember to View the Weekly Lifestyle Activity Planner & Board for further information of other Activities Offered, plus look at Reception for Special Event Posters.

Suitable Activities offered in 1st Floor from 9.30 til 10.00am—1.30 til 2.30pm
Suitable Activities offered in Garden Court from 9.30 til 11.30am—1.15 til 4.15pm

♦ 1st December – Xavier Year 4 Students Visit – 10.00 – 11.30am – Reflection Room
♦ 1st December – Genazzano Students Choir Group - Year 4 & 5 – 2.00 - 3.00pm – Lower Ground Floor
♦ 1st December – Father Jacob – Catholic Mass – 3.00 – 4.00pm – Reflection Room
♦ 2nd December – Denise – Clinical Masseuse Here Today
♦ 2nd December – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 2nd December – Peter – Leather Making Workshop – 2.00-4.00pm – Lower Ground Floor
♦ 2nd December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 4th December – New Life Christian Youth Group – 10.30 – 11.30am – Reflection Room
♦ 5th December – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 5th December – Omega Potts – Music Therapy – 1.30 – 2.15 – 1st Floor Dining Room
♦ 5th December – Book Reading Club with Chris – Volunteer – 1.30 – 3.00pm – Reflection Room
♦ 6th December – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
♦ 6th December – Peta & Waterford Valley Choir – Xmas Cheer – 1.30 – 2.30pm – Reflection Room
♦ 7th December – Hairdressers here today – Beauty Salon
♦ 7th December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
♦ 7th December – Catholic Communion – 3.30 – 4.00pm – Reflection Room
♦ 8th December - Carpet Bowls with Janine - Volunteer – 10.30 – 11.30am – Lower Ground Floor
♦ 8th December – Movie of The Week – 1.30 – 3.00pm – Reflection Room
♦ 9th December – Denise – Clinical Masseuse Here Today
♦ 9th December – Tai Chi – 10.30 – 11.30am – Reflection Room
♦ 9th December – Quiz / Mental Aerobics – 1.30 – 2.30pm – Reflection Room
♦ 9th December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
♦ 10th December – Activities with Lifestyle – 1.30 – 3.30pm
♦ 12th December – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
♦ 12th December – Janet Booth & Friends – Xmas Choir – 1.30 – 2.30pm – Lower Ground Floor
♦ 13th December – Fran – Beauty Therapist Here Today
♦ 13th December – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
♦ 13th December – Elders/Relatives Meeting – 10.30 – 11.30am – Lower Ground Floor
♦ 13th December – Caitlin – 11 Year Old Flutist – Xmas Concert – 2.00 – 2.30pm – Reflection Room
Recreational Activities in January 2017

- 14th December - Hairdressers here today – Beauty Salon
- 14th December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
- 14th December – Staff Meeting – 12.30 – 2.30pm
- 14th December - Catholic Communion – 3.30 – 4.00pm – Reflection Room
- 15th December – News Reading – All Areas This Morning
- 15th December – 1st Elders/Relatives Xmas Party Luncheon – 12.00 – 2.00pm with Rob Foenander
- 16th December – News Reading – All Areas This Morning
- 16th December – 2nd Elders/Relatives Xmas Party Luncheon – 12.00 – 2.00pm with Rob Foenander
- 16th December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
- 17th December – Activities with Lifestyle – 1.30 – 3.30pm
- 19th December – Bingo with Sarah – Volunteer – 10.30 – 11.30am – Reflection Room
- 19th December – Omega Potts – Music Therapy – 1.30 – 2.15 – 1st Floor Dining Room
- 19th December – Book Reading Club with Chris – Volunteer – 1.30 – 3.00pm – Reflection Room
- 20th December – Gym Group with Ravi – 10.30 – 11.00am in Gymnasium
- 20th December – Chinese New Year Craft – 1.30 – 2.30pm – Reflection Room
- 21st December – Hairdressers here today – Beauty Salon
- 21st December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
- 21st December – Catholic Communion – 3.30 – 4.00pm – Reflection Room
- 22nd December - Carpet Bowls – 10.30 – 11.30am – Lower Ground Floor
- 22nd December – Movie of The Week – 1.30 – 3.00pm – Reflection Room
- 23rd December – Tai Chi – 10.30 – 11.30am – Reflection Room
- 23rd December – Quiz/Mental Aerobics – 1.30 – 2.30pm – Reflection Room
- 23rd December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
- 24th December – Activities with Lifestyle – 1.30 – 3.30pm
- 25th December – Christmas Day – Public Holiday
- 26th December – Boxing Day – Public Holiday
- 27th December – Fran – Beauty Therapist here today
- 27th December – Gentle Chair Exercises to Music – 10.30 – 11.30 – Reflection Room
- 27th December – Documentary Film– 1.30 – 3.00pm – Reflection Room
- 28th December – Hairdressers here today – Beauty Salon
- 28th December – Gym Group with Ravi – 10.30 – 11.30am in Gymnasium
- 28th December – Reminiscing—1.30—2.30pm—Reflection Room
- 28th December – Catholic Communion – 3.30 – 4.00pm – Reflection Room
- 29th December - Carpet Bowls – 10.30 – 11.30am – Lower Ground Floor
- 29th December – Movie of The Week – 1.30 – 3.00pm – Reflection Room
- 30th December – Tai Chi – 10.30 – 11.30am – Reflection Room
- 30th December – Quiz/Mental Aerobics – 1.30 – 2.30pm – Reflection Room
- 30th December – Gospel Discussions – Craig & Toni – Volunteers – 3.30 – 4.00pm – Monomeath Lounge
Companionship, Christmas Songs and a whole lot of laughter was experienced when our young friends from Xavier School visited us. The children brought along their work books and certificates received during the year as a point of conversation.
The Students brought an extra bit of Christmas cheer with bringing a few presents for Elders who appreciated their thoughtfulness immensely.
Our good friend from New Life Christian Group visited us for the last time for 2016, we have come to know the children and young people who have become friends over a short period of time. The group wish to continue with their visits in 2017 so we will see them quite soon!!

It was standing room only for the last visit by the group, we had them in the aisles and also at reception. Lovely to see all the happy faces of our dear friends and companions.
Peta Murray & Waterford Park Choir

Peta, as you are aware hosts our Classical Music Appreciation Afternoons. This time Peta brought along her choir from Waterford Park Retirement Village to sing Xmas Songs. We were entertained by beautiful voices with special performance by Anne, who has a beautiful operatic voice.

Even Carl was soothed by the beautiful harmony of songs.
Christmas is not Christmas without Janet visiting us during this time, bringing along family and friends to sing popular hymns, carols and spend time together. Lovely seeing you Janet!!

Look who also joined the group, our Volunteer Leah, who brought her children along as well —what a small world as Leah and Janet are friends!
Bus Outing

Wattle Park Xmas Lunch

A final trip down Elgar Road to Wattle Park Church and join others within the community a sumptuous home made lunch with the wonderful vocals of Barry Breen. All Elders agreed he literally has a gift, the voice of an absolute angel that was mesmerizing. Thank you to Janine our Volunteer who accompanied us on the day.
Dawn took time to purchase items at the gift stall. Items are either donated or made by the Wattle Park Craft Group.

Another aspect, it is lovely to have a chat to the ladies too from the Craft Group.

BELOW: The helpers, cooks and chief bottle washers who behind the scenes cooked a wonderful Christmas Lunch.
These group of volunteers have been cooking all meals, behind the scene for all of our visits during 2016.
Caitlin joined us for a special performance. Caitlin volunteered for her Community Service program and during that time, made good friends with Elders at Trinity Manor. How wonderful to receive a call from Caitlin wishing to take time out of her school holidays and spend an afternoon with us.

Sister Joan dropped in to spend time with Elders and enjoyed Caitlin’s performance too.
We also enjoyed spending some time chatting with Caitlin too.
What a bright young lady and such a talented musician !!
Looking forward in seeing you in 2017 !
What a wonderful 2 days of Christmas celebrations we all had over a wonderful lunch, created by our Chef, Matt. Our starter of Prawns and Chicken nibbles got our hunger pangs ready for our lunch, a choice of Baked Fish or Traditional Xmas Roast, with the trimmings of course. Dessert came afterwards—all washed down with a choice of Wines, Beer, Soft Drink or Juice. Followed came Coffee & Tea with Xmas Mints.

With all that you would think we would be too full to keep on partying—but you don’t know us very well if you think this will stop us !! Singing and dancing to Rob Foenander supplying vocals and guitar playing. A tiring but fun day. Lovely to see family and friends who were able to make it. In all over 60 family members joined us for lunch. Thank you !
Santa with Rob—our fabulous singer for the 2 Days of partying.
Santa with Rob—our fabulous singer
The Year 5 & 6 Music Choir from Genazzano College recently visited to spread Christmas cheer. Lovely to meet these girls and their wonderful music teacher Deon. We look forward to their return in 2017.
Rhythm of Daily Life

Concentration time in our Leather Workshop

Having General Fun with Xmas Decorations
Our Knit and Natter Group being productive
Josh’s wedding day—10th December 2016
A lot of people have been asking about Josh and his marriage to the lovely Bec—here are a few photos of their special day.

With The Grampians as a backdrop it sure looks like they had a great day.
We look forward to hearing all about the wedding and their honeymoon in Bali.
Hello and welcome to —Carl’s Comic Corner

For any jokes please send to Jessie from Lifestyle—

Please Note:
CHISTMAS IS CANCELLED

Apparently, YOU told Santa that you have been GOOD this year...

He died laughing

HELLO, EMPLOYMENT AGENCY?
THERE'S BEEN A MISTAKE... I ASKED FOR 10 ELVES!

©TheHolidaySpot.com

It's ok, they will just think Santa ate them.

RIGHT IN THE MIDDLE OF THE PRODUCE AISLE, FRISBY GETS CAUGHT PICKING HIS NOSE,

Trinity Manor 8-14 Pretoria Street, Balwyn, 3103 PH:9817-2838
Big Birthday Wishes to our following Elders coming up in January 2017

<table>
<thead>
<tr>
<th>Enid C.</th>
<th>1st</th>
<th>Marjorie H.</th>
<th>15th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ina R.</td>
<td>10th</td>
<td>Blanka</td>
<td>14th</td>
</tr>
</tbody>
</table>

Bonnie with family and friends gathered in Café Westbury for Birthday Celebrations
Trinity Manor has an active Health and Safety Program and has systems in place to identify and eliminate/control hazards. If an elder or visitor identifies a hazard please inform staff verbally or complete an Improvement Form for us to follow up. Please ensure your own safety and that of other elders and staff by being mindful of closing doors behind you.

Staff have been trained for emergency procedures. In the event of an emergency, for example fire, follow staffs instructions. Emergency practice drills are conducted each year. You may be asked if you would like to participate.

Trinity Manor is well protected with its advanced and extensive fire detection and fire fighting installations. However, it is recommended that you familiarise yourself with the fire exit locations.

If you hear fire alarm sounding, please await instructions from a staff member.

Please remember in the event of a fire:

♥ DO NOT USE THE LIFTS
♥ REMAIN CALM
♥ PRESS THE NURSE CALL BUTTON TO ATTRACT THE ATTENTION OF A STAFF MEMBER

If you are evacuated, please:

♥ Remain calm
♥ Leave all belongings behind you
♥ Follow the instructions of the staff member
♥ Go to the designated assembly area and await further instructions
♥ Any visitors or family with an Elders at the time of a Fire or Emergency are also requested to remain in your room and await instructions from staff to ensure an ordered response to emergency procedures.

BOOKING OF CAFÉ WESTBURY

It is wonderful to see families celebrate special occasions with their Elder. As a reminder to everyone, for 3 or more people, we do require you to use the Café Area and fill a booking form. You can have our wonderful Chef prepare food for you or you can bring in your own delights.

This is for the convenience towards other Elders whilst they go about their day to day activity.

So please, for 3 or more people celebrating, we do ask you to book and use the Café Area; note this does incur a cleaning charge.

For a booking form just ask Joseph Chacko or Lifestyle Staff who will be able to organize one to be either e-mailed or collected.

VISITORS SIGN IN BOOK

LOCATED AT RECEPTION

Visitors are reminded that ALL visitors need to sign the visitor’s book on your way IN and OUT of the facility. Not only will this enable us to account for everyone in the case of an emergency, such as fire, but it is an OH&S requirement. The book is located in the entrance foyer.
We love to see relatives and visitors join Elders for a meal.

However, a reminder for you—please remember that we require you to order your meal a minimum of 2 hours prior to a Lunch or Dinner Meal and collect a Meal Voucher to present to catering staff. You can book days ahead too!!

All Elders are served their meals first then those that have pre-ordered their meals.

In not ordering prior to a meal we cannot guarantee that there will be a meal there for you and hence cause disappointment.

Please help us to enable you to have an enjoyable meal at Trinity Manor.

ELDERS CLOTHING

Please remember:

When bringing in new items of clothing, please put in a bag with that Elder’s full name clearly written on the bag and then given into the Nurses station.

We can then label the new items for you.

Missing Items:

We have a box that is situated in the Beauty Salon on Week-ends to go through and search for missing items.

ELDERS OUTINGS & HOME VISITS

When Elders relatives organize to take their loved one home or out for outings, it is important to please let the Care Manager know for our information so that they can assist you in any particular needs and provide any medications required.

Elders must be signed out whenever they leave the facility and signed back when you return.

See Care Manager for appropriate form based in Elders file.

FOOD BROUGHT IN:

If visitors bring food for the Elders, please see the Care Manager first, as specific forms in Elders files must be completed. High Risk foods like meat, fish and dairy will be discarded if not eaten immediately.

Cooked food brought in, again, must be eaten immediately and cannot be stored. Non-perishable items such as biscuits, must be in a sealed container, labeled and must be dated if kept in the Elders room.

We ask Visitors not to give brought in food to other Elders not only because of the food safety requirements but because the resident may have a medical condition or allergies that may prevent them from eating the food including the possibility that they may choke.
Joseph Rudyard Kipling, was an English journalist, short-story writer, poet, and novelist. He was born in Bombay, India.

Kipling's works of fiction include *The Jungle Book* (1894), *Kim* (1901), and many short stories, including "The Man Who Would Be King" (1888). His poems include "Mandalay" (1890), "Gunga Din" (1890), "The Gods of the Copybook Headings" (1919), "The White Man's Burden" (1899), and "If—" (1910).

He is regarded as a major innovator in the art of the short story; his children's books are classics of children's literature; and one critic described his work as exhibiting "a versatile and luminous narrative gift.

From 1883–89 Kipling worked in British India for local newspapers such as the *Civil and Military Gazette* in Lahore and *The Pioneer* in Allahabad. Stephen Wheeler, the editor, worked Kipling hard, but Kipling's need to write was unstoppable. In 1886, he published his first collection of verse, *Departmental Ditties*. That year also brought a change of editors at the newspaper; Kay Robinson, the new editor, allowed more creative freedom and Kipling was asked to contribute short stories to the newspaper.

In an article printed in the *Chums* boys' annual, an ex-colleague of Kipling's stated that ..."he never knew such a fellow for ink—he simply reveled in it, filling up his pen viciously, and then throwing the contents all over the office, so that it was almost dangerous to approach him".

On 9 March 1889, Kipling left India, travelling first to San Francisco via Rangoon, Singapore, Hong Kong, and Japan. Kipling then travelled through the United States, writing articles for *The Pioneer*. Starting his American travels in San Francisco, Kipling journeyed north to Portland, Oregon; to Seattle, Washington; up into Canada, to Victoria and Vancouver, British Columbia, through Medicine Hat, Alberta; back into the US to Yellowstone National Park; down to Salt Lake City; then east to Omaha, Nebraska, and on to Chicago, Illinois; then to Beaver, Pennsylvania on the Ohio River to visit the Hill family; from there, he went to Chautauqua with Professor Hill, and later to Niagara Falls, Toronto, Washington, D.C., New York, and Boston.

In the course of this journey, he met Mark Twain in Elmira, New York, and was deeply impressed. Kipling arrived unannounced at Twain's home, and later wrote that as he rang the doorbell, "It occurred to me for the first time that Mark Twain might possibly have other engagements other than the entertainment of escaped lunatics from India, be they ever so full of admiration." As it was, Twain was glad to welcome Kipling and had a two-hour conversation with him on trends in Anglo-American literature and about what Twain was going to write in a sequel to *Tom Sawyer*.

Kipling was one of the most popular writers in the United Kingdom, in both prose and verse, in the late 19th and early 20th centuries. Henry James said: "Kipling strikes me personally as the most complete man of genius, as distinct from fine intelligence, that I have ever known." In 1907, at the age of 42, he was awarded the Nobel Prize in Literature, making him the first English-language writer to receive the prize, and its youngest recipient to date. He was also sounded out for the British Poet Laureateship and on several occasions for a knighthood, both of which he declined.

Kipling kept writing until the early 1930s, but at a slower pace and with much less success than before his On the night of 12 January 1936, Kipling suffered a haemorrhage in his small intestine. He underwent surgery, but died less than a week later on 18 January 1936 at the age of 70 of a perforated duodenal ulcer. The pallbearers at the funeral included Kipling's cousin, the UK Prime Minister Stanley Baldwin, and the marble casket was covered by a Union Jack. Kipling was cremated at Golders Green Crematorium, northwest London, and his ashes were buried in Poets' Corner, part of the South Transept of Westminster Abbey, next to the graves of Charles Dickens and Thomas Hardy.

In 2010 the International Astronomical Union approved that a crater on the planet Mercury would be named after Kipling.