From Management, Lifestyle & All Staff

We wish you the gifts of the season —

Peace, Joy, Hope.
Hi to All,

Jessie is having a well earned holiday – off to the West and hitting the Seaside City of Perth.

Spring has come to an end. Summer (heat) has already poked it’s head around the Corner (before Christmas)?!

As expected the Oaks Day Luncheon was fabulous and - even more so - because it was fabulous in PINK. (this was the chosen theme color for this year’s 157th Melbourne Cup Season)

* Check out the photos, such fun was had — matching the hats to suit the Elders!

The High Tea - as our Grand Finale for 2017— was a Regal Occasion. How fitting that it was the 70th Wedding Anniversary of Queen Elizabeth and Prince Philip. A record number attended with Family and friends joining in.

The warmer weather has also prompted our ‘Walk and Talk’ sessions – taking Elders for walks around the surrounding neighborhood and our favourite Park. The Gardens are showing their best color and the Roses have been amazing! This Activity has been extraordinary – in the sense that - we have been able to take Residents that are in Wheelchairs – out into the warm Sunshine! Personally; I have experienced heightened joy when an Elder becomes animated AND laughing. Chatting with the neighbors as they are working in their gardens. Stopping to greet children or patting a dog.

The Weekly Calendar was full to overflowing and December promises to repeat – if not overtake our range of fun activities – but added to the mix will be a few extra Concerts, guest appearances and of course our Annual Christmas Luncheons.

**Warning:** from December 1st (Christmas should not reveal itself until the month of December) there will be extra RED GREEN AND GOLD featured throughout the building with a sprinkling of sparkle. Elders too will be prone to dress in more festive and colorful attire. This year we will ramp up the Aussie icons – No Snowmen to be seen. Ha! Why would there be – after the heat wave we have already experienced?

A reminder to Check out ‘Weekly Activities Planners’ - as well as – ‘Special Event Posters on our Communal Bulletin Boards to keep up with all the latest happenings.

Ask any time for Copies of Elder Photos – these can be printed on demand; to give family and friends

We always look forward to Family Input: We love feedback and suggestions! And give us a Big Thumbs Up on Facebook!

Ciao from Cinzia and Cheers from Josh

. . Lifestyle Assistants (the Dynamic Duo)
## Recreational Activities for December 2017

- View ‘Weekly Lifestyle Activity Planner’ for Activity Details on Bulletin Boards
- View ‘Special Event Posters’ displayed at Reception & on Bulletin Boards
- View ‘Extra Activities’ in 1st Floor Dining Room
- Suitable Activities offered in Garden Court from 9.30 ‘til 11.30am—3.15 ‘til 4.00pm

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...To be continued on the next page...
Recreational Activities for December 2017

TH 14th  CHRISTMAS LUNCHEON (1)— Lower Ground Floor
TH 14th  SARAH LANDY ‘CHRISTMAS CONCERT’— Lower Ground Floor
FR 15th  CHRISTMAS LUNCHEON (2)— Lower Ground Floor
FR 15th  MIKE & TRACEY ‘CHRISTMAS CONCERT’— Lower Ground Floor
MO 18th  BINGO—Reflection Room
MO 18th  OMEGA POTTS MUSIC THERAPY—First Floor Dining Room
TU 19th  FRAN BEAUTY THERAPIST HERE TODAY
WE 20th  HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
WE 20th  HUXLEY—DELTA THERAPY DOG—Visiting all Areas
TH 21st  CARPET BOWLS— Lower Ground Floor
TH 21st  MOVIE OF THE WEEK—Reflection Room
FR 22nd  DENISE—CLINICAL MASSEUSE HERE TODAY
FR 22nd  TAI CHI—10.30—11.30am—Reflection Room
FR 22nd  ROLLER WALKING GROUP (weather permitting)
FR 22nd  BIBLE DISCUSSIONS WITH GAVIN (Volunteer)
MO 25th  CHRISTMAS DAY ‘FAMILY LUNCH’—(PUBLIC HOLIDAY)
TU 26th  BOXING DAY—(PUBLIC HOLIDAY)
WE 27th  HAIRDRESSERS HERE TODAY—Beauty Salon—Lower Ground Floor
TH 28th  MOVIE OF THE WEEK—Reflection Room
FR 29th  TAI CHI—Reflection Room
FR 29th  NEW YEAR PREPARATIONS
Dawn Quick—Tap Dancers

This amazing group of women are mostly in their 70’s & 80’s but who’d know! When those Tap shoes are on — they dance as if they were 21 again! Always such a great highlight when we have Dawn and her friends join us for an afternoon.

Cheers Josh
And We had a Go too

OOHHHHH DO THE HOKEY POKEY.....
This was a fun afternoon FULL of laughs including some Old Classics that we all know and a few new ones we could add to our Repertoire.

Since Bernie Sowersby has called Trinity Manor home, he has brought many smiles and much laughter to us all. Bernie will often sing for us in an array of different settings and we were wonderfully blessed to have his Choir come and join us for a ‘Sing-a-Long’.

Cheers Josh
The Feature Film for our first film of the ‘Day Light Savings Season’ ‘Dare to Be Wild’

An inspiring true story of Mary Reynolds, who became the youngest recipient of the Chelsea Flower Show Gold Medal in 2002 for her garden, designed to bring back the beauty of the wild natural fields of Ireland.

Mary Reynolds in her winning garden at the Chelsea Flower Show in 2002

The Elders thought it a fitting choice for Springtime — the beauty of the lush green countryside, the blossoming trees and the blushing blooms

Dainty cakes for Renee and Connie

Stuart had a handful or two of the Chippies!

... No point featuring pics of the Elders sitting in the dark; but instead; The Elders enjoying the Movie Snacks. Gourmet Crisp Chips and mini cup cakes – just the right balance of sweet and savory of course!
Remembrance Day fell on a Saturday this year. As we did not have an Official Service this year at Trinity Manor — we ensured that all Elders were able to partake in the Event — All Televisions in the Communal Lounge Areas were set on the ABC for the Live Service Coverage.

All Elders and Staff were given Red Poppy Brooches. These were made by the Students from Genazzano College.

The Year 9 Students from Genazzano College had been visiting us for the past two months — as part of their Community Service Program. Each week they would meet with the Elders and work together on Art and Craft, learning to knit, do quizzes and brain teasers and just hanging out together. Each group young the old(er) learning from the other.

Ciao Cinzia
The Ladies enjoyed reminiscing about their favourite Outfits. Recalling the Fashions through the Ages—the good, the bad and the ugly!

I couldn’t convince Cliff to add a touch of Pink to his Ensemble this year though!
A Vase of Roses and Lavender picked from the Trinity Manor Gardens — tied together with a pink satin ribbon. Pink being the ‘Spring Racing Carnival’ color for 2017.

Aldo and Franca enjoy the novelty of an ‘English High Tea’ - a change from the traditional Italian Pastries and Tiramisu.

Kay and Helen are enjoying the High Tea. Kay loves the rainbow sandwiches — Helen spots the Fairy Cakes coming their way!

Pretty in Pink
A ROYAL CELEBRATION’

In honour of ‘70’ Years of Marriage
Of Queen Elizabeth II and Prince Philip
20th November, 2017

THEN AND NOW

Josh brought in a beautiful Wedding Cake Sculpture (he made himself for his wedding)

We went All Out with the Decorations for this Auspicious Occasion! Flowers, flowers and then some more flowers. Royal Blue and Gold Bunting and a Photo Exhibition capturing the most iconic moments of this historical event.
Marianna and Maria broke the record with a table of ten! Inviting the whole Italian family (well, the female matriarchs anyway). They enjoyed the Smoked Salmon Quiche with their glass of Pink Champagne.

We brought out the Fine China and our Heirloom embroidered Table Linens.

**MENU**

- 'Smoked Salmon Quiche'
  - Served with a Glass of 'Champagne'
- 'Wedding Cake'
  - with Tea or Coffee

Helen always enjoys hosting a table of her family and friends for these Special Occasions.

Josh cracks open the *first* bottle. Only Pink Champagne will do!
Connie always dresses for our Formal Occasions. She chose a stunning Floral Silk Taffeta Blouse.

Renee was a Professional Dressmaker and having spent a career making Evening and Bridal Gowns. She was particularly interested in seeing and hearing about the Royal Bridal Gown. **Highlights:** 350 Dressmakers worked on the Bridal Gown. **Did you know:** The Wedding gown was decorated with more than 10,000 white pearls, silver thread and tulle embroidery? It also included a 15-foot patterned full court train.

I show Bernie some pics from the Wedding. He was intrigued by the pomp and ceremony.
Liz, Gai and Joy look on at the photo of the 9ft tall, four tiered Royal Wedding Cake.

*We were all proud to discover that the Girl Guides of Australia donated the ingredients to make the Wedding Cake. As England was still on food rationing after the WWII.*

As I brought in the Wedding Cake – It was a lovely surprise to see Bernie stand and in full voice sing ‘God Save the Queen’ - *Bernie is renowned at Trinity Manor for breaking out into song. Today; his deep Baritone voice resonated with all present.*

Chef Fiona outdid herself with the Two Tiered Traditional Fruit Cake decorated with Carnations (*my research uncovered that Carnations were featured in the Royal décor for the Bridal Breakfast Banquet*)

... fortunately she offered to cut and serve the Wedding Cake (I wasn’t game)

**What a wonderful Afternoon** we had. A record 32 guests attending the ‘Grand Finale High Tea’ for the year!

**What a wonderful Year** of High Tea Events. The Elders enjoy partaking in this fine dining experience and are already asking what is coming up in 2018... *watch this space!*

Ciao Cinzia
The Elders always look forward to our Oaks Day Celebrations. Packed with Fun, Frocks and Fascinators. It is tradition to start with a glass of Bubbles: either Wine, Beer or Lemonade and Chef prepares a stunning three course lunch to follow. There are always a few surprises thrown in. This year we had a Draw for the Cup Winners and a balloon (horse) race . . . . What a laugh! The Elders always expect something fun and wacky from me—can’t let them down!

The Lunch was followed by a wonderful Performance by Laurel McKenna. She is one of our favourite Singer/Pianists.

Cheers Josh
Josh has been getting people moving in the Fun & Fitness group on Wednesday afternoons.

Which consists mostly of Cardio, Hand/Eye Coordination, Fun Sports and a level of concentration required. This regular activity is gaining a steady following amongst Elders.
Rhythm of daily life...

Flower Arranging — not just for the Gals
Marj and Helen at the Hair Salon
- Relaxing ‘Time Out’
Dog Joke

Approved for Publication ~ by Carl our Inhouse ‘Canine’

‘Why Aren’t Dogs’ . . .

Q: Why aren’t Dogs good Dancers?
A: Because they have two left feet!

‘Dog Enthusiasm’

Why do dogs always race to the door when the doorbell rings? . . .
. It’s hardly ever for them.

‘Cats Are Smarter’

Cats are smarter than Dogs: You can’t get eight Cats to pull a Sled through Snow!

‘You Can’t Teach an Old Dog to Fly’

A woman called the Airline Customer-Service Desk - asking if she could take her dog on board.
“Sure,” the Assistant answered, “As long as you provide your own Kennel.”
The woman further explained that the dog kennel needed to be large enough for the dog to stand up, sit down, turn around, and roll over. The customer was perplexed: “I’ll never be able to teach him all of that by tomorrow!”

‘The Calculating Sheepdog’

After a talking Sheepdog gets all the Sheep in the Pen, he reports back to the Farmer: “All 40 accounted for.” “But I only have 36 Sheep?” says the Farmer.
“I know,” says the Sheepdog. “But I rounded them up.”
‘A BIRD NAMED MOSES’
A Burglar breaks into a house. He starts shining his light around looking for valuables. Some nice things catch his eye, and as he reaches for them, he hears, “Jesus is watching you.”
Startled, the Burglar looks for the Speaker. Seeing no one, he keeps putting things in his bag, AGAIN: he hears, “Jesus is watching you.”
This time, he sees a Parrot. “Who are you?” the Burglar asks. “Moses,” the bird replied. “Who the heck would name a bird Moses?” the man laughed.

“I dunno,” Moses answered,
“I guess; the same kind of people that would name a Rottweiler - Jesus.”
...... (Carl’s favorite Joke)!

‘BEWARE OF DOG’
As the stranger enters a country Store, he spots a sign:
“DANGER! BEWARE OF DOG!”
Inside the Store, he sees a harmless old Hound asleep in the middle of the floor.
"Is that the dog we’re supposed to be beware of?" he asks the Owner. "That’s him," comes the reply.
"He doesn’t look dangerous to me. Why would you post that sign?"
"Before I posted that sign, people kept tripping over him."

POM POM WAS NOT AMUSED - AND - SHE WAS ALREADY HAVING A BAD HAIR DAY!
BIRTHDAY CELEBRATIONS AT TRINITY WITH FAMILY & STAFF

Birthdays in the Month of November:

1st—Peter M  
5th—Angeliki G  
8th—Marjorie J  
16th—Kay Hammond  
22nd—James S
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 Elder 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.

Please note, for Nursing Only Queries:

Direct Phone number for Care Manager
Ground Floor is 9091 5244

Direct Phone number for Care Manager
First Floor is 9091 5299

Main Reception Number for all other General Enquiries is 9091-5200

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

Another reminder, please check with us for any mail that may have arrived.

Mail addressed to elders is kept in the Nurse’s station, both 1st Floor and Ground Floor areas. Next time you are in just ask one of the staff to check for you.

Deepdene Pharmacy is the Pharmacy Group who supplies all medications. Drop in and see them, they are a friendly group and they are just up the road on the corner of Pretoria St and Whitehorse Road.

For Queries Contact: 9817 2018
‘TIS THE SEASON TO BE JOLLY

... listen to the Kookaburra laughing!