

# The Happy WHISPERER

Newsletter. Issue 8, August 2018.

Residents Meeting  
**Tuesday 7<sup>th</sup> August @ 1.15pm**  
Residents Activity Meeting will follow  
Barfold Cosy Retreat



## **Un-named Clothing**

A display of un-named clothing will be held in the Board Room. **Monday 6<sup>th</sup> August until Monday 20<sup>th</sup> August**  
Please check for any missing items so they can be labelled.

RM Begg Kyneton Aged Care Inc. 27-35 Epping Street, Kyneton, VIC 3444.  
E. [admin@raymbegg.org.au](mailto:admin@raymbegg.org.au). Ph. 03 5422 2417.  
Opening Hours: Monday to Friday: 9am to 5pm.



# Thinking of You

*Our love and thoughts are with  
the Healy, Fairfax and Fleming  
families and friends with the  
recent passing of Eileen, Lois  
and Margaret.*

*They will be sadly missed by us  
all at RMB.*

## Help Needed...

The Auxiliary needs help on Market Days (second Saturday of each month) to transport trestle's, Gazebo's and goods for sale. e.g. books, crafts & hanging equipment from Bolton Hall in Epping Street to Duck, Duck Goose & Larder site at the corner of Ebden & Piper Streets from 8am and returning again at 12.30 – 1pm.

Anyone who could help with transport and physical help please contact our President, Rhonda on 0429 418 018.



**Podiatrist visits Tuesday 14th & 21st August  
Mobile Library visits every 3rd Wednesday. If you would like to join the mobile library service please see Amanda or Jo from our Lifestyle team.**

***Sunday Evening Church Service 6 pm***

***5th: John & Ruth Green with music by Dan MacDonald & Family***

***12th: John VanGroningen with music by Jeanne VanGroningen***

***19th: Glenys & Ken Simpson with music by Marj Williams***

***26th: Greg Bland with music by Betty Jenner***

# **SPECIAL EVENTS**

Fri 3rd: Special guest Sarah playing the flute Barfold Cosy  
Retreat 11am.

Thurs 9th: "The Twighlighters" concert Barfold Activity area 2pm.

Thurs 16th: Teddy Bears Picnic Afternoon Tea Barfold Activity  
area 2pm.

Fri 24th: Town Hall concert "The High C's" (Limited seats 10.30am.

Thurs 30th: Entertainer Suzie Correll Sidonia Activity area 2pm.

Fri 31st: RSL Lunch outing (Limited seats) bus leaving 11.30am.



# THE **Cake** STALL



*Saturday 11th August 9 am-12 noon*

*To be held at*

*R M Begg Aged Care Homes*

*27-35 Epping St, Kyneton*

*Many other interesting and attractive  
items available for sale.*



### **Residents**

2nd: Ray Beare  
5th: June Puddicombe  
9th: Richard Laussen  
20th: Margaret Martin  
30th: George Magdziarz

### **Staff**

8th: Tanya Bloomfield  
9th: Maree Golic  
9th: Lou Keating  
9th: Brooke Xiriha  
11th: Georgia Holgate  
11th: Courtney Teagle  
13th: Meredith Grant  
13th: Mark McGregor  
17th: Jim Basson  
18th: Leanne Benson  
18th: Carolyn Tobin  
24th: Cherie Birch  
25th: John Farrugia  
26th: Rhonda Coutts  
29th: Bea Fraser  
29th: Annie Hamilton

# *Welcome!*

We welcome new residents  
Maria Byrne & Val Daly.  
Hope you are settling in well.  
We also welcome new staff  
members Alisha Benedict,  
Cassie Ryland, Breanna Daly,  
Georgia Boyer & Chanae Wilson.

### **Residents**

### **Contributions**

We are very excited to  
have a group of residents  
that have decided to  
submit articles  
of interest for  
The Happy Whisperer.  
We hope you enjoy their  
contributions and we  
would like to thank them  
for their outstanding  
efforts in putting their  
articles together to share  
with us all!

## **BEGGING THE QUESTION**

*By Wilma Johnson - Cobaw*

Our engaging Begging the Question guest for July was Terry Hood, an Englishman here on an extended holiday until October.

Terry was born in Hessle, a name derived from Hazel – a small place near Kingston Upon Hull in Yorkshire, a town situated at the Junction of the Hull and Humber rivers, famous as a shipping port.

It was natural for Terry to look to the sea to provide his livelihood though he didn't choose to go to sea. Instead he spent his working life on fishing trawlers, checking and repairing their rigging, always to a tight schedule insuring the quickest turnaround possible – generally two to three days - and working in all kinds of weather. In winter he often had to chip ice off the ropes before he could start work.

On the subject of ice, black ice was a fearsome problem at sea. One of the tragic events that took place during his working life occurred in 1955 involving two trawlers. The "Lorello" signalled she was having problems with black ice making equipment unusable and the "Roderigo" went to her aid only to strike the same hazard. As a result 44 seamen lost their lives.

Terry also told us another story concerning an apparent drowning that had us all chuckling. A bomb crater not far from his home left a huge crater that filled with water. No one knew how

deep it was. Young boys used to fish for sticklebacks from its banks. One day two boys were fishing and one fell in. His mate ran off seeking help, police divers came and conducted a fruitless search and the heartbroken parents returned home. They went into his room looking for mementos of his life. To their surprise his bed was occupied –the lad had got out of the water by himself. Fearing he would get into trouble, he ran home, climbed the waterspout to his window, scrambled into his room and under the covers!

Hobnail boots are not the thing to wear when climbing. Terry still had the scar on his hands to show for a misadventure that happened when he was a boy. A derelict barn with a floor littered with broken glass and bricks was an irresistible lure for active boys who used to clamber up uneven surfaces. One day he had climbed up to the roof when his foot slipped and he clung to corrugated sheets as he slid down hoping to save himself from falling in the glass and bricks below. Unfortunately lack of space prevents a longer report of Terry's interesting life. He now lives in Cheltenham in Gloucestershire, a beautiful town at the foot of the Cotswolds and has an exceedingly long history.

In retirement he acts as a quiz master of very popular quiz nights in a series of pubs up and down the country.

We thank Terry for sharing his story with us and hope he enjoys the remainder of his time in Australia.



## **ON THIS DAY:AUGUST**

**1st:** Popular Australian magazine "New Idea" first went on sale on this day in 1902.

**4th:** Germany invaded Belgium in 1914. This marked the beginning of World War 1.

**5th:** The first ever night VFL game was played at the MCG in 1879.

**9th:** Australian tennis champion Rod Laver was born in 1938.

**9th:** Gold was discovered near Ballarat Vic on this day in 1851.

**15th:** Driving on the left hand side of the road became law in Australia in 1820.

**16th:** Elvis Presley died on this day in 1977.

**17th:** The Central flying School was established at Point Cook Vic in 1914. It ultimately became the Royal Australian Air Force.

**20th:** Explorers Burke and Wills departed on their fateful expedition to cross Australia from South to North in 1860.

**24th:** Cathy Freeman became the first aboriginal woman to win Gold at the Commonwealth Games in 1994 when she won the 400m.

**25th:** Francis Cadell launches Australia's first paddle steamer, the 'Lady Augusta', from Goolwa, the mouth of the Murray River in 1853.

**27th:** Cricketing legend Sir Donald Bradman was born in 1908.

**30th:** The first Australian motor vehicle licence was issued on this day in 1906.

**How many of these do you remember?**

## **STARZ DANCE CENTRE**

*By Bev Coutts – Pastoria*

On June 27th R.M. BEGG had a return visit from pupils from Starz Dance Centre. Eight senior dancers and twelve juniors danced including a talented boy. The audience enjoyed the program including classical and modern items finishing with an item with a Peter Pan theme. Our congratulations to their Teacher Laura Smith and to her mother who made the lovely costumes. We wish then success at the forthcoming competitions.

## **KYNETON PRIMARY SCHOOL VISIT**

*By Bev Coutts - Pastoria*

On June 26th the residents were delighted to receive a visit from the students from Kyneton Primary School and their very energetic, and inspiring Music Teacher – Miss Potter. We enjoyed an opening item performed by Miss Potter, followed by three items 'Waltzing Matilda', 'Somewhere over the Rainbow' and an 'Aboriginal Lullaby' and finished with an old favourite 'You are my Sunshine.' They were warmly thanked and we hope we will see them again.

## **JOKE OF THE DAY - FROM THE HERALD SUN**

An old woman is at a wake for her beloved husband, talking to an old friend. "It's tragic really that he died because no one knew his blood type". The Widow says. I'll never forget the last inspirational words he whispered to me, "Be Positive"

## WHAT I DID ON THE WAY TO SCHOOL

*By Alistair McCormick - Cobaw*

As I lived only a couple of hundred yards from school in rural Scotland what I did on the way was a lot less important than what we, as a primary school class of five to seven year olds. Certainly there were things to do on the way down a country lane, trees to climb, birds nests to inspect and, if we felt particularly brave, the odd wasps' byke to heave rocks at. 'We' consisted of the half dozen or so students between five and eleven who attended the primary school from our area. The total student population was seventy-four when I started and forty-seven when I proceeded to the nearest town with a high school.

Rural schools appeared to have been built on a common plan, four classrooms and a similar-sized room with a polished wooden floor used for physical training which generally consisted of running, jumping and standing still.

There were normally three teachers with an occasional fourth. These had to deal with all children between five and elev-

en. The headmaster, an obnoxious snob took the ten to eleven year-olds, a mature old maid taught the middle grade students and often had to sort out the autocratic decisions of the headmaster.

The infants generally got a young lady straight from teachers' college and initially filled with ambition and a fair knowledge of the written curriculum but little knowledge of rural children. As far as the three Rs were concerned that was good enough, the other parts of the curriculum caused trouble. There was little use in stumbling through a bit about the birds and the bees when the class knew all about the rams and the ewes and could explain quite lucidly that the man with the stallion did not walk him around all the farms with mares just to wear his shoes out. All in all, the innocent young teacher generally got as much of a practical education as her class got a curriculum based theoretical education.

A book could be written about the differences between rural practicality and curriculum based theory but I just have not got a round tuit.

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## JOKE OF THE DAY

*From Don Weir of Sale in the Herald Sun*

A man moves into a nudist colony and receives a letter from his Grandmother asking for a photo in his new location.

Too embarrassed to let her know he lives in a nudist colony he cuts a photo in half and mails it. The next day he discovers he accidentally sent the bottom half of the photo. He's really worried but then remembers that his Grandmother has terrible eyesight and hopes she won't notice. A few weeks later he receives a reply from his Grandmother. It says "Thank you for the picture. Change your hairstyle it makes your nose look too short. Love Grandma."

## THROUGH THE EYES OF A CHILD 1928-1940. PART FOUR OF MAX'S STORY

*By Max Barton (Pastoria)*

We attended the State school of Ainsbury, which was just across the paddock from our home. Walked home for dinner every day, unless very wet and were treated to a cut lunch. We were fortunate to have had some very good teachers, some not so good. When I first started school there were about 20 pupils but dropped to 14 to 15 most for time I was there. A small school was built with a small galvanised shelter shed with seats around the walls, quite hot in the summer, but most schools in the area had open type shelter sheds with a wall on one side, and branches of gumtrees, as the roof, we preferred it during the summer. Most of the families took turns in having the school teachers boarding with them. Our two brothers John and Gilbert drove into Swan Hill Higher Elementary School once a week. Then John did correspondence. Gilbert went into the R.A.N at 13 – the only state school boy in this year. Mary my eldest sister went to the city for her secondary education as there was no private board in Swan Hill. Hostels had not been thought of; also there were no other children from the school going into secondary education. We missed her company. I know she missed the home life with the rest of the family – as she lived with our grandmother and aunts. They were very good to her, but no young people. The high school had not opened then, it opened in 1928. Anne and I rode our ponies to the high school, 9 miles each way in all weathers.



### A ROYAL TREAT

*By Wilma Johnson - Cobaw*

On Friday the 12th June the Barfold dining room was gaily decorated and tables covered by crocheted table cloths as residents gathered for a celebratory afternoon tea. Unfortunately Queen Elizabeth 11 was unable to attend but the ever resourceful lifestyle team provided an understudy and Queen Lyn 1st resplendent in sparkling tiara and a magnificent cloth-of-gold gown and carrying her sceptre was there to welcome us instead. There is no truth in the rumour that the orb was at the pawnbrokers, it was merely that she needed a free hand as she graciously assisted staff and volunteers to hand round tea

and coffee, and offered delicious sandwiches, cream cakes and assorted biscuits to her assembled subjects as well as dancing with several residents and the ever popular Amanda to the music provided by Sugar and Spice. This popular duo provided us with a pleasing variety of songs from opera “Summertime” from “Porgy and Bess”, ballads, country music, spirituals and old World War 1 favourites in “It’s a long way to Tipperary’. Many residents joined in the singing of these well known tunes. Additional spice to the afternoon tea was provided by Sugar who told several jokes and asked us riddles, all of which added to our amusement. Our thanks once again to our tireless staff and volunteers.

## TOUR OF THE TOWNS - LAURISTON – WOODEND

*By Wilma Johnson - Cobaw*

The object behind these tours is to give residents a chance to see their old homes and a glimpse of familiar scenes, and the outing that took place on 29th June, under the supervision of AMANDA, with KEN ROSE at the wheel was no exception.

First of all we drove through Lauriston where we saw Wilma Saunders' old home, now vacant, where she spent almost her entire life, and in the distance we saw the home where she spent the first two years of her life. Reminiscences started flowing because BEV COUTTS and BETTY YOUNG had grown up in the same district and AMANDA learned to her surprise, that her mother-in-law had gone to school with them (For an outsider like me, one of the charms of living here is that there are so many connections, either through family ties or friendship spanning generations.) There were lots of new homes – I noticed one with a Tram in the backyard – splendid scenery and kangaroos, and tongues kept wagging as familiar scenes unfolded. RON MCKENZIE gave us a running commentary on Woodend where he was a resident for many years and we passed the site of his old home which has been demolished.

There is much evidence of clear felling of several pine forests – a dismal sight for anyone whose home looks over such devastation.

We drove through Macedon and on to Gisborne where AMANDA bought us a Paddle Pop which we ate on the way home. Coming back we passed several flocks of white cockatoos eating onion grass. The biggest flock was just as we left the free-way as we re-entered Kyneton after an interesting afternoon.

Many thanks to AMANDA and KEN – a much appreciated outing.



### Magazine Request

Volunteer Myra Barnett is in charge of the reinstated Magazine Trolley, news that will be popular with Residents we feel sure.

Donations of magazines that would be of particular interest to Men: golfing, cars, racing, agricultural, current affairs, would be appreciated.



## **101 YEARS OLD AND STILL WAITING FOR A TRAIN**

“Beachcomber” International Express, June 6th, 2018.

*By Wilma Johnson - Cobaw*

*Have you ever wondered how great adventure stories of the past would fare under modern train cancellations and privacy laws? This Canterbury Tale update reveals all.*

*It was in the month of May our tale began with passenger who had a simple plan*

*To ride to Canterbury on a train to see the town and then come home again*

*To make the best use of time they set off early, a knight, a squire, a prioress named Shirley*

*A Nun, the spitting image of Liz Hurley, a high court judge with wig absurdly curly*

*A monk, a parson, a publisher and friar, a haberdasher, writer, cook and dyer*

*All eagerly they gathered, bright and merry in time to catch the train to Canterbury*

*Their mood, however, turned to desolation to hear the train had suffered cancellation*

*A voice boomed out and with bold amplification “ We fear delays of quite unknown duration*

*are due to bringing in a new timetable your train will come as soon as we are able “*

*The travellers exuded total gloom and moaned together in the waiting room, The nun then rose and said “Do stop*

*your wails let’s all cheer up by sharing stirring tales”*

*The knight went first with tales of ancient Greece,*

*The judge came next with stories of caprice*

*the raunchiest of which concerned his niece a girl of spirit, if somewhat obese*

*Then came the squire, the parson and the cook*

*“I say these tales would make a super book “*

*The writer then opined in tone quite shrill*

*“I’ll write them down “he said, “with sharpened quill”*

*The publisher agreed “They pack a thrill they’d make us rich or I’m not Caxton Will”*

*The writer spilled his coffee in his saucer, and told the throng his name was Geoffrey Chaucer.*

*The Judge though said, “I fear you go too far; your plans will break the law; GDPR”*

*“What’s that? asked Geoff and Will, and “ what is your grudge?”*

*“You can’t share private data” ruled the Judge*

*“These stories cannot leave this Cafeteria or both of you will break the law’s criteria “*

*“There’s copyright and libel, you’d be sued for publishing each slanderous tales as lewd” and so there’s tales of*

*lechery and lust and violence and fury*

*bit the dust. THE END*





## MY OVERSEAS TRIP

*By Sarah Collier - CEO*

I have been asked by the resident committee of the Happy Whisperer to submit a brief piece about my recent trip overseas.

My husband and I flew to London and spent a couple of days with my sister who has lived in London since the mid 70's. She kindly organised tickets to the Chelsea flower show which was spectacular. The thing that we noticed was all the shops in the vicinity of the flower show were in the spirit of things and dressed up their windows with extraordinary displays of flowers which were spectacular.

After a couple of days in London we drove to Scotland with my sister and a friend of hers. We'd planned to do some whiskey tours which we did on the east coast of Scotland out of Perth and then across to the west of Scotland to Oban. Both whiskey tours were really enjoyable. Glen Turrett the one out of Perth was a small distillery which you could only purchase on site and the one in Oban was larger and of course sold internationally. Both used the same methods to make whiskey but of course, on different scale of things. Of course the end product was magnificent.

The highlight of the trip to Scotland was staying in a gatehouse to a magnificent mansion on the edge of Loch Awe which was out of Oban. The mansion catered for large functions only. In the

evening we ate at a local pub and on one night enjoyed the bag pipes in the distance from a local wedding which was a real bonus. We were extremely lucky weather wise as we experienced temperatures in the high 20's while in Scotland which was really enjoyable but we were amused at the locals struggling with the heat.

After 8 days touring Scotland we returned to London and while I spent time with my sister in London and Romney Marsh. My husband went to Leeds to a test cricket match which I know he would have enjoyed a lot more than being with the two of us. While in London we visited Westminster and Churchill Museum /War rooms which were really fascinating.

We then flew to Portugal and spent 5 days each in Porto and Lisbon. The thing that stood out the most was the poor economy but that did not stop everyone being so friendly and so helpful. Of course we made the most of trying all the local cuisine. Each day we would walk for hours through steep windy cobbled streets.

In both places we used Airbnb (which is an online marketplace and hospitality service for people to lease or rent short-term lodging including holiday cottages, apartments, homestays, hostel etc) which was a new experience for us. We were pleasantly surprised at how good they were and a great way to experience the local way of life.



# THE ROAST WITH THE MOST

**Question:** How do you spell roast?  
 How do you spell most? How do you  
 spell coast? How do you spell post?  
 What do you put into a toaster?

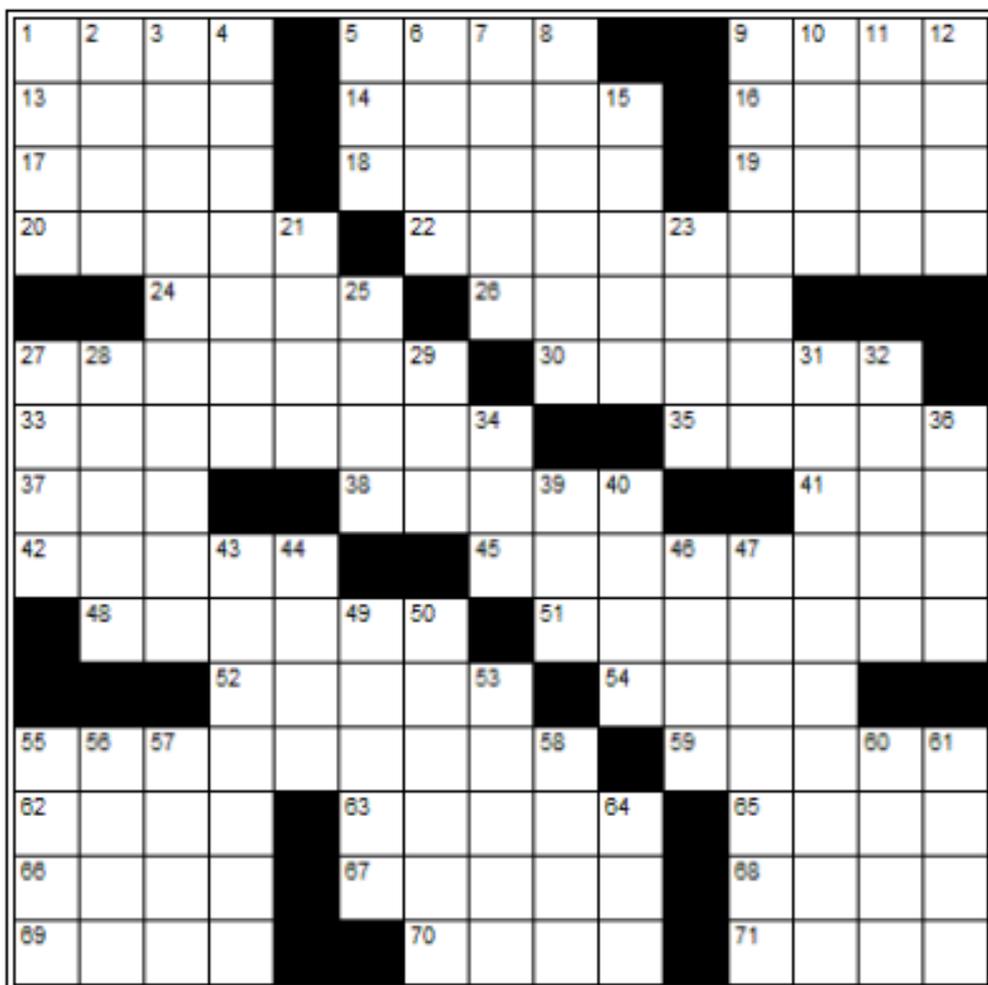
**Answer:** Bread. (It turns into toast  
 when it's done toasting)

Ha Ha Ha!



## ACROSS

1. Constellation bear
5. Accomplishment
9. Sprockets
13. Any day now
14. Disturb
16. Chills and fever
17. Black, in poetry
18. Female dog
19. Arid
20. Install (2 words)
22. A large amphitheater
24. Employ
26. Noodles
27. Steal the show
30. Beetle
33. Leisure time
35. Craze
37. Former North African ruler
38. Appears
41. Bar bill
42. Overweight
45. Synthetic rubber
48. Wears away
51. Against the law
52. Mammary gland of bovids
54. Darling
55. Curved not flat
59. Small terrestrial lizard
62. Eye layer
63. Quotes
65. Decorative case
66. "Phooey!"
67. Deservedly receives
68. Egghead
69. Blackthorn
70. Fail to win
71. Sounds of disapproval



## DOWN

- |                               |                      |                            |
|-------------------------------|----------------------|----------------------------|
| 1. Applications               | 21. Buttocks         | 44. Cocoyam                |
| 2. Gown                       | 23. Flower stalk     | 46. Entreaty               |
| 3. Seer                       | 25. Auspices         | 47. Chemical agent         |
| 4. Pension                    | 27. Style of hairdo  | 49. Draw forth             |
| 5. Make a copy of a recording | 28. Academy freshman | 50. Periodical             |
| 6. Sweeping story             | 29. An uncle         | 53. Backward-looking       |
| 7. Prevent legally            | 31. Merges           | 55. Wads                   |
| 8. Remove the claws           | 32. Tropical vine    | 56. Egg-shaped             |
| 9. Manioc                     | 34. Poetic dusk      | 57. Infamous Roman emperor |
| 10. Curved molding            | 36. Cain's brother   | 58. Lairs                  |
| 11. Mentor                    | 39. Japanese apricot | 60. Darkness               |
| 12. Appear                    | 40. Auctioned        | 61. Helps                  |
| 15. Not these                 | 43. Cassock          | 64. South southeast        |



## ANSWERS TO THE CROSSWORD

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

### RM Begg Auxiliary Shop Trolley

Auxiliary members will be bringing the mobile shop trolley to residents in their rooms between 12.45 – 1.45pm.

Monday: Pastoria-Betty C, Susan or Lyn

Tuesday: Cobaw-Yvonne or Rhonda

Wed: Sidonia-Rheita or Diane

Friday: Barfold-Maureen & Barbara or Rosemary & Ian

Shop in Barfold/Cobaw activities area is open 5 days a week,

Monday – Friday from 12.30 – 1.30pm.



## **THE CASE OF THE CRACKED CARAFE**

*By Alistair McCormick (Cobaw)*

The crack may have been there for any length of time, from manufacture perhaps or it could have occurred in the last short while. It had not been noticed before; people in a dining room did not spend their time looking for unusual matters in the crockery so the period of existence of the crack would have to be part of a thorough forensic check of the carafe. It could be the result of some action in the manufacture so the forensic examination would have to be thorough and extend from material selection, manufacture, storage, delivery and eventually would have to cover every possible form of use, including misuse by untrained or careless users. The crack was unscientifically estimated to be 'about' five centimeters long, this figure will have to be measured accurately to give its length accurate within .005 millimeters and checked twice a day, at highest and lowest temperature, to identify changes in length. The forensic report will have to be produced by a fully qualified quality assurance consultant hired to ensure that the report is unbiased.

While the forensic examination is going on other activities will have to take place. All carafes in production, storage

or use will require visual checks and all possibilities will have to be checked. Imagine if French based Arabic terrorists felt that a strike for their cause could be made by attacking a device with a name with French connotations and had organized an attack on the carafe. This could be a case for ASIO, Interpol, MI5 and the CIA. Perhaps there is a 'sleeper' terrorist inserted in the carafe stream sometime in the past and had chosen this time to operate. A major security check will be necessary. In all, this mere crack could cause extensive National and International activities, but then again it might have just got a vigorous clout in the dishwasher.

## **AND FINALLY...**

**An electric train is moving north at 100mph and a wind is blowing to the west at 10mph. Which way does the smoke blow?**

**There is no smoke with an electric train.**

*Before Mount Everest was discovered, what was the highest mountain in the world?*

*Mount Everest was still the highest even though it had not been discovered.*

**Does Britain have a 4th of July?**

**Yes they do, and a July 5th and a July 6th.**

*Eskimos are very good hunters, but they never hunt penguins. Why not? Eskimos live at the North Pole, penguins at the South Pole.*



# Lauriston Program-

Aug-18

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p><u>Please Note</u><br/>Lauriston Program may include - massage, walking, sensory session, exercises, games, art, music/sing a long,</p>                   |  | <p>1<br/>9.30 Exercises (Barfold)<br/>11.00 Lauriston Program<br/>11.00 1:1's in Lauriston<br/>3.30 Anglican Church (B)<br/>3.15 Lauriston program</p>      | <p>2<br/>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>11.00 Music DVD (Sidonia)<br/>2.00 Mixed Bag with Jo<br/>4.00 1:1 programs</p>  | <p>3<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>3.15 Lauriston program</p>  |
| <p>6<br/>9.30 Exercises (Barfold)<br/>11.00 Sing a long (B)<br/>2.00 Mixed Bag (L)<br/>3.15 Lauriston program<br/>3.30 Uniting Church Service (Pastoria)</p> | <p>7<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>1.30 Bingo (B)<br/>3.15 Lauriston program</p>  | <p>8<br/>9.30 catholic service (B)<br/>9.30 Exercises (Barfold)<br/>11.00 Lauriston program<br/>11.00 1:1's in Lauriston<br/>3.15 Lauriston program</p>     | <p>9<br/>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>11.30 Men's BBQ (L)<br/>2.00 The Twilighter's B)<br/>2.00 Mixed Bag with Jo</p> | <p>10<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>3.15 Lauriston program</p> |
| <p>13<br/>9.30 Exercises (Barfold)<br/>11.00 Sing a long (B)<br/>2.00 Mixed Bag (L)<br/>3.15 Lauriston program<br/>Program</p>                               | <p>14<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>1.30 Bingo (B)<br/>3.15 Lauriston program</p> | <p>15<br/>9.30 Exercises (Barfold)<br/>11.00 Sing a long (Barfold)<br/>11.00 1:1's in Lauriston<br/>3.30 Anglican Church (B)<br/>3.15 Lauriston program</p> | <p>16<br/>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>11.00 Music DVD (Sidonia)<br/>2.00 Mixed Bag with Jo<br/>4.00 1:1 programs</p> | <p>17<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>3.15 Lauriston program</p> |
| <p>20<br/>9.30 Exercises (Barfold)<br/>11.00 Sing a long (B)<br/>2.00 Mixed Bag (L)<br/>3.15 Lauriston program<br/>Program</p>                               | <p>21<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>1.30 Bingo (B)<br/>3.15 Lauriston program</p> | <p>22<br/>9.30 catholic service (B)<br/>9.30 Exercises (Barfold)<br/>11.00 Lauriston program<br/>11.00 1:1's in Lauriston<br/>3.15 Lauriston program</p>    | <p>23<br/>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>11.00 Music DVD (Sidonia)<br/>2.00 Mixed Bag with Jo<br/>4.00 1:1 programs</p> | <p>24<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>3.15 Lauriston program</p> |
| <p>27<br/>9.30 Exercises (Barfold)<br/>11.00 Sing a long (B)<br/>2.00 Mixed Bag (L)<br/>3.15 Lauriston program</p>   | <p>28<br/>9.30 Exercises (Barfold)<br/>11.00 Music Program<br/>1.30 Bingo (B)<br/>3.15 Lauriston program</p> | <p>29<br/>9.30 Exercises (Barfold)<br/>11.00 Lauriston program<br/>11.00 1:1's in Lauriston<br/>3.15 Lauriston program</p>                                  | <p>30<br/>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>11.00 Music DVD (Sidonia)<br/>2.00 Entertainer<br/>Suzie Correll (Sidonia)</p> | <p>31<br/>9.30 Exercises (Barfold)<br/>11.00 Lauriston Program<br/>3.00 Music Program</p> |
| *1:1 Activities Daily  |  | B & C-BARFOLD & COBAW   | L & L-LAURISTON & LANGLEY  |   |

# Lifestyle Program

Aug-18

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
|   |   | <p>9.30 Exercises (Barfold)<br/>10.45 Choir Practice (B)</p> <p>1.30 Cooking with Leni (L)<br/>1.30 Bowls (Barfold)<br/>2.00 1:1 music sessions<br/>2.00 Lauriston Program<br/>2.00 Simon's iPad program (S)<br/>3.30 Anglican Church Service (Barfold)<br/>3.30 Tai Chi (Sidonia)</p>   | <p>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>10.30 Painting Group (S)<br/>11.00 Music DVD (Sidonia)</p> <p>1.30 BOCCE (Barfold)<br/>2.00 Mixed Bag (Lauriston)</p> <p>3.15 Lauriston Program</p>   | <p>9.30 Exercises (Barfold)<br/>10.30 Myra's Magazine Trolley<br/>10.45 Meditation (Pastoria)<br/>11.00 Music in Lauriston<br/>11.00 Sarah playing flute in Barfold Cosy Retreat<br/>1.30 DVD in Sidonia<br/>2.00 BOBs (Barfold)<br/>3.15 Lauriston Program</p> |
| <p>9.30 Exercises (Barfold)</p> <p>11.00 Sing a long with Mary (Barfold)<br/>1.30 Mind Games (Pastoria)<br/>2.00 Mixed Bag Program in Lauriston<br/>3.15 Lauriston Program<br/>3.30 Uniting Church Service (Pastoria)</p> | <p>9.30 Exercises (Barfold)<br/>10.30 Painting with Val (S)<br/>10.45 Meditation (Cobaw)<br/>11.00 Music in Lauriston<br/>11.00 1:1 music sessions<br/>1.15 Residents Meeting (B)<br/>1.30 DVD in Sidonia<br/>1.30 Bingo (Barfold)<br/>2.00 1:1 music sessions<br/>3.15 Lauriston Program</p> | <p>9.30 Catholic service (B)<br/>9.30 Exercises (Barfold)<br/>10.45 Choir Practice (B)<br/>11.00 Lauriston program<br/>11.00 Individual Programs (L)<br/>1.30 Cooking with Leni (L)<br/>1.30 Bowls (Barfold)<br/>2.00 Simon's iPad program (S)<br/>2.00 1:1 Music Sessions<br/>2.00 Lauriston Program<br/>3.30 Tai Chi (Sidonia)</p> | <p>9.30 Exercises (Barfold)<br/>10.30 Painting Group (L)<br/>10.30-Busy Fingers(B&amp;C)<br/>11.00 Music DVD (Sidonia)<br/>11.30 Men's BBQ (Langley)</p> <p>2.00 <i>The Twilighters Concert (Barfold)</i></p> <p>3.30 Lauriston/ Langley Program</p>   | <p>9.30 Exercises (Barfold)<br/>10.30 Goodstart Children visiting (Barfold)<br/>10.45 Meditation (Pastoria)</p> <p>12.00 Legacy Lunch in Langley Activity Area<br/>1.30 DVD in Sidonia<br/>3.00 Music in Lauriston<br/>3.15 Lauriston Program</p>               |
| <p>9.30 Exercises (Barfold)</p> <p>11.00 Sing a long (Barfold)<br/>1.30 Mind Games (Pastoria)<br/>2.00 Mixed Bag Program in Lauriston</p> <p>3.15 Lauriston Program</p>   | <p>9.30 Exercises (Barfold)<br/>10.30 Painting with Val (S)<br/>10.45 Meditation (Cobaw)<br/>11.00 Music in Lauriston<br/>11.00 1:1 music sessions<br/>1.30 DVD in Sidonia<br/>1.30 Bingo (Barfold)<br/>2.00 1:1 music sessions<br/>2.00 The Chat Room (Cobaw)<br/>3.15 Lauriston Program</p> | <p>9.30 Exercises (Barfold)<br/>10.45 Choir Practice (B)<br/>11.00 Lauriston program<br/>11.00 Individual Programs (L)</p> <p>No Cooking Today<br/>1.30 Bowls (Barfold)<br/>2.00 Simon's iPad program<br/>2.00 Lauriston Program<br/>3.30 Anglican Church Service (Barfold)<br/>3.30 Tai Chi (Sidonia)</p>                           | <p>9.30 Exercises (Barfold)<br/>10.30 Knitting Group (B)<br/>10.30 Painting/Craft (S)<br/>11.00 Lauriston Program<br/>11.00 Music DVD (Sidonia)<br/>2.00 Teddy Bears Picnic Afternoon Tea (Barfold)</p> <p>2.00 Mixed Bag (Lauriston)<br/>3.15 Lauriston Program</p>  | <p>9.30 Exercises (Barfold)<br/>10.30 Myra's Magazine Trolley<br/>10.45 Meditation (Pastoria)<br/>11.00 Music in Lauriston</p> <p>1.30 DVD in Sidonia<br/>2.00 BOBs (Barfold)<br/>3.15 Lauriston Program</p>  |

# Lifestyle Program

Aug-18

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>20</b>   | <b>21</b>  | <b>22</b>   | <b>23</b>  | <b>24</b>   |
| 9.30 Exercises (Barfold)<br>11.00 Sing a long (Barfold)<br>1.30 Mind Games (Pastoria)<br>2.00 Mixed Bag Program in Lauriston<br>3.00 Heather's High Tea (Group One)<br>3.15 Lauriston Program Program | 9.30 Exercises (Barfold)<br>10.30 Painting with Val (S)<br>10.45 Meditation (Cobaw)<br>11.00 Music in Lauriston<br>11.00 1:1 music sessions<br>1.30 DVD in Sidonia<br>1.30 Bingo (Barfold)<br>1.30 Q & A - Begging the Question - To be advised (B)<br>2.00 1:1 music sessions<br>3.15 Lauriston Program | 9.30 Catholic service (B)<br>9.30 Exercises (Barfold)<br>10.45 Choir Practice (B)<br>11.00 Lauriston program<br>11.00 Individual Programs (L)<br>No Cooking Today<br>1.30 Bowls (Barfold)<br>2.00 Simon's iPad program (S)<br>2.00 1:1 Music sessions<br>2.00 Lauriston Program<br>3.30 Tai Chi (Sidonia) | 9.30 Exercises (Barfold)<br>10.30 Knitting Group (B)<br>10.30 Painting/Craft (S)<br>11.00 Lauriston Program<br>11.00 Music DVD (Sidonia)<br>1.30 BOCCE (Barfold)<br>2.00 Mixed Bag (Lauriston)<br>3.15 Lauriston Program   | 9.30 Exercises (Barfold)<br>10.30 Myra's Magazine Trolley<br>10.45 Meditation (Pastoria)<br>10.30 Show at the Kyneton Town Hall (Limited Tix) "The High C's"<br>11.00 Music in Lauriston<br>1.30 DVD in Sidonia<br>2.00 Bonus Bingo (Barfold) |
| <b>27</b>   | <b>28</b>  | <b>29</b>   | <b>30</b>  | <b>31</b>   |
| 9.30 Exercises (Barfold)<br>11.00 Sing a long (Barfold)<br>1.30 Mind Games (Pastoria)<br>2.00 Mixed Bag Program in Lauriston<br>3.15 Lauriston Program Program  | 9.30 Exercises (Barfold)<br>10.30 Painting with Val (S)<br>10.45 Meditation (Cobaw)<br>11.00 Music in Lauriston<br>11.00 1:1 music sessions<br>1.30 DVD in Sidonia<br>1.30 Bingo (Barfold)<br>2.00 1:1 music sessions<br>2.00 The Chat Room (Cobaw)<br>3.15 Lauriston Program                            | 9.30 Exercises (Barfold)<br>10.45 Choir Practice (B)<br>11.00 Lauriston program<br>11.00 Individual Programs (L)<br>No Cooking Today<br>1.30 Bowls (Barfold)<br>2.00 Simon's iPad program (S)<br>2.00 1:1 Music sessions<br>2.00 Lauriston Program<br>3.30 Tai Chi (Sidonia)                              | Kyneton Daffodil Festival Commences<br>9.30 Exercises (Barfold)<br>10.30 Knitting Group (B)<br>10.30 Painting/Craft (S)<br>11.00 Lauriston Program<br>2.00 Entertainer - Suzie Correll (Sidonia)<br><br>2.00 Mixed Bag (Lauriston) | 9.30 Exercises (Barfold)<br>10.30 Myra's Magazine Trolley<br>10.45 Meditation (Pastoria)<br>11.00 Lauriston Program<br>11.30 RSL Lunch Outing (Limited Numbers)<br>1.30 DVD in Sidonia<br>3.00 Music Program in Lauriston                     |

**CHURCH SERVICE EVERY SUNDAY AT 6PM IN BARFOLD / COBAW ACTIVITY AREA**

\*1:1 Activities Daily

B&C = BARFOLD & COBAW

S&P = SIDONIA & PASTORIA

L & L-LAURISTON & LANGLEY

# RM Begg Services

Laundry  
Meals  
Cleaning  
Personal Care  
Pastoral Care  
Hairdressing  
Happy Whisperer Newsletter

## Visiting Allied Health Professionals

Counselling, Activities (in house and External)  
Visiting Psychologist  
Diabetes Educator  
Social Worker  
Speech Pathologist  
Clinical Care  
Continenence Management  
Wound Management  
Palliative Care  
Podiatry  
Physiotherapist  
Dietician  
Specialists  
Accredited Pharmacist  
Consulting GP's  
Aged Persons Mental Health Team  
Dental Van

## Support provided by

Palliative Care Team  
District Nursing Service

