Residents Meeting, Tuesday 7th April at 10.45am
Residents Activity Committee meeting will follow.

**RM Begg Cookbook.**
We are very excited that our long awaited cookbook has arrived from the printers! The official launch of “Miss Begg’s Kitchen” will be at the Auxiliary Easter Fair Sat 4th April, Duck Duck Goose & Larder grounds Piper St Kyneton. Cost is $30.00. After the launch they will be available from reception at RMB. Thank you to everyone involved with putting it together it has been well worth the wait!

Daylight Savings ends Sunday 5th April @ 3am. Don’t forget to turn you clock back 1 hour!
Sunday Church service
April roster not available at time of going to print.
We are holding a fundraising music trivia night Saturday 23rd May, 7.15pm start. Our Lady of the Rosary Parish Primary School Multi Purpose Room $20 per head – BYO food and drinks. Anyone wishing to donate items for the silent auction are welcome to do so. Please see Robyn Barker or Lee-anne Higham for more information. Funds raised will be used toward ceiling hoists which assists both residents and staff.
ON THIS DAY........APRIL

1st – Australia’s first parking meters were used in Hobart, Tas, in 1955.
5th – Race horse Phar Lap died on this day in California USA.
6th – S.J Goble & I.E McIntyre leave Point Cook, Vic, aboard a seaplane and successfully complete the first round Australia flight in 1924.
8th – Fiona Coote became Australia’s youngest heart transplant recipient in 1984. She was 14 years old.
11th – On this day in 1914, G.J Coles opened his first “Nothing over a shilling” store in Collingwood, Vic. Coles Myer is now Australia’s largest retailer.
18th – Sir Hubert Opperman, world record holder & cycling champion, died in 1996 aged 91 years.

19th – Advance Australia Fair is officially declared our National Anthem in 1984. The words & music were written by P. McCormick.
21st – The first Rotary Club in Australia opened in Melbourne in 1921.
25th – ANZAC soldiers landed at Gallipoli in Turkey in 1915, 2000 soldiers were killed.
26th – Banjo Patterson published “The Man from Snowy River” in 1890.
30th - Australia’s first overseas telephone service began in 1930.

How many of these do you remember???

Betty McClure would like everyone to know that ‘Cocky’ has settled in very well to his new home and is happy and content!

Our love and thoughts are with the Russell family and friends with the recent passing of Elaine. She will be missed by all at RMB.
R.M. BEGG KYNETON
AGED CARE AUXILIARY

EASTER FAIR

SATURDAY 4TH APRIL
2015....9AM-1PM

Duck Duck Goose & Larder Grounds

PIPER STREET, KYNETON

Easter Bonnet Competition ...For under 12 Year Olds
From 10am-11am

Raffle and a Large Variety of Stalls
EASTER QUIZ
1. On which of these days was Jesus crucified? a) Good Friday b) Ash Wednesday c) Easter Sunday d) Maundy Thursday
2. Who was the first person to see Jesus after his resurrection?
3. Easter is one of two Christian holidays that can be traced to Old Testament times. What’s the other?
4. Name a country in which egg rolling is a traditional Easter event
5. In some countries, church bells are silent for one or more days before Easter. Why?
6. In which country is there a contemporary tradition of reading or watching murder mysteries at Easter?
7. In Bermuda, the ascent of Christ is symbolized by what? a) Balloons b) Kites c) Doves d) Fireworks
8. Which Jewish religious event often coincides with Easter?
9. In the UK, what is the day before Lent begins called?
10. How long does Lent last for?

OFF TO CHURCH WE GO...
• In the 19th century, ladies who attended Easter services at St. Patrick’s Cathedral strolled up Fifth Avenue to show off their new Easter bonnets in what later became known as the Easter Parade.
• One of the most popular hymns sung at Easter Sunday services worldwide is "Christ the Lord is Risen Today".
• The most popular flower for deco
rating church altars at Easter? It's the white trumpet lily, symbolizing grace, purity and virtue.

**FAST FACTS**
- The Easter egg toss dates back to the medieval church where a hard-boiled egg was thrown from one choir boy to the next. When the priest called "time up" whoever held it got to keep the egg.
- Coloring eggs was brought to a high art when medieval English kings dispersed hundreds of decorated, gold-leafed eggs throughout the royal household at Easter.
- Another royal, Russian Czar Alexander, was later responsible in 1883 for commissioning the famous Faberge eggs - from goldsmith Peter Carl Faberge - as an Easter gift for his wife, the Empress Marie.
- According to the Guinness Book of World Records the largest Easter egg ever made was unveiled in Cortenuova, Italy in 2011 weighing in at 8,968 lbs. of dark chocolate and marshmallow.
- The largest decorated Easter egg was made in Alcochete, Portugal in 2008 measuring more than 48 ft. long and a little over 27 feet in diameter.
- True or false? Eggs contain nearly every nutrient known to be essential to humans. (True.)
- Which came first? The chicken or the egg? (That's a good question!)
- The name Easter owes its origin from Eastre, the Anglo-Saxon goddess who symbolizes hare and egg.
- Easter always falls between March 22 and April 25.
- Pysanka is a specific term used for the practice of Easter egg painting. From the very early times, egg has been considered the most important symbol of rebirth.
- The initial baskets of Easter were given the appearance of bird's nests.
- Each year witnesses the making of nearly 90 million chocolate bunnies.
- When it comes to eating of chocolate bunnies, the ears are preferred to be eaten first by as many as 76% of people.
- In the catalogue of kids' favorite Easter foodstuff, Red jellybeans occupy top most position.
- Easter Bonnets are a throwback to the days when the people denied themselves the pleasure of wearing fine angels for the duration of Lent.
- In medieval times, a festival of egg throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choirboys. It was then tossed from one choirboy to the next and whoever held the egg when the clock struck 12 was the winner and retained the egg.
- Some Churches still keep up the old tradition of using evergreens - symbolic of eternal life - embroidered in red on white, or woven in straw, but most now prefer displays of flowers in the spring colors of green, yellow and white.
The custom of giving eggs at Easter time has been traced back to Egyptians, Persians, Gauls, Greeks and Romans, to whom the egg was a symbol of life.

The first Easter baskets were made to look like bird's nests.

ANSWERS TO THE EASTER QUIZ
1. a) good Friday
2. Mary Magdalene
3. Pentecost
4. US, UK, Germany, Denmark, Netherlands, Lithuania, Egypt
5. Tradition states the bells fly out of their steeples to go to Rome
6. Norway
7. b) kites
8. Passover
9. Shrove Tuesday, or Pancake day
10. 40 days

A rabbit came into a shop and asked, "Got any carrots?" The seller answered, "No!"

The next day the rabbit came again and asked, "Got any carrots?" The seller replied "No!"

Next day the rabbit came and asked, "Got any carrots?" The seller shouted, "No! And if you come again and ask for carrots, I'll nail you on the wall by your ears!"

Early next morning the rabbit came back and asked, "Got any nails?"

The seller answered, "No!" The rabbit asked, "Got any carrots?"
ANIMALS

Find and circle all of the animals that are hidden in the grid. The remaining letters spell the name of an additional animal.
The hidden animal is: AMERICAN CROCODILE
GIVING APPEAL

Our Giving Appeal was launched in January 2012 for donations towards costs of building our new facility.

Total $760,152

All donations that we receive are greatly appreciated and we thank everyone for their contributions.

FUNDRAISING

Thank you to those who have made donations

Our total so far is

$70,454

Our fundraising efforts for our new facility are now growing.

If you would like to make a donation please complete the form below and return to our CEO Sarah Collier, RM Begg Kyneton Aged Care Inc

YES I want to make a gift of $_______ to RM Begg Kyneton Aged Care

Please find my cheque/cash enclosed.

Name_____________________ Address________________________
_________________________ Postcode_______ Ph_________________

Email____________________________________________________
SUGGESTIONS
The suggestions slip can be used to give suggestions about anything at all! We still have our Comments/Complaints form that you can use if you want to. We thought that the suggestion slip would be convenient attached to the newsletter and you could jot down any ideas that you may have. Please fill out this form & drop it in to one of the suggestion boxes. There is one in the Coffee Shop near Reception & one in each wing TV/ lounge room.

Email Program
Amanda our Activities Coordinator is starting an email program for residents with family members that live interstate or overseas. This will enable regular email communication. If you are interested please see Amanda or send your contact details to activites@raymbegg.org.au
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<tr>
<th>MONDAY</th>
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| *1:1 Activities Daily* | 9.15 Church Service Easter Monday | 10.45 Sing a long (B&C) | 11.00 Exercises/Lauriston morning program | Good Friday  
Public Holiday |
| Public Holiday | 11.00 Exercises/Lauriston morning program | 3.00 Lauriston Program | 1.15 Uniting Church  
2.00 Tom Martin (B&C)  
3.00 Lauriston afternoon program |
| 9.15 Church Service  
10.45 Sing a long(B&C) | 11.00 Exercises/Lauriston morning program | 3.00 Lauriston afternoon program | 11.00 Exercises/Lauriston morning program  
2.00 The Twilighters(B&C)  
3.00 Lauriston afternoon program |
| 9.15 Church service  
10.45 Sing a long(B&C) | 11.00 Exercises/Lauriston morning program | 10.45 Sing a long (B&C) | 11.00 Exercises/Lauriston morning program  
3.00 Lauriston afternoon program |
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3.00 Lauriston afternoon program |
| 9.15 Church service  
10.45 Sing a long(B&C) | 11.00 Exercises/Lauriston morning program | 3.00 Lauriston afternoon program | 11.00 Anzac Service  
3.00 Lauriston afternoon program |
| 9.15 Church service  
10.45 Sing a long(B&C) | 11.00 Exercises/Lauriston morning program | 11.00 Exercises/Lauriston morning program | 11.00 Exercises/Lauriston morning program  
3.00 Lauriston afternoon program |
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3.00 Lauriston afternoon program |

*1:1 Activities Daily*  
B & C-BARFOLD & COBAW  
L & L-LAURISTON & LANGLEY
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<td>9.30 Exercises (S&amp;P)</td>
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<td>9.30 Exercises (S&amp;P)</td>
<td>Good Friday</td>
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<td>9.30 Exercises (B&amp;C)</td>
<td>10.45 Sing along with Mary (B&amp;C)</td>
<td>9.30 Exercises (B&amp;C)</td>
<td>9.30 Exercises (B&amp;C)</td>
<td>Public Holiday</td>
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<td>1.30 The Garden Club (S&amp;P)</td>
<td>1.30 Langley program</td>
<td>10.45 Sing along</td>
<td>10.30-Busy Fingers (B&amp;C)</td>
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<td>2.00 Bowls (B&amp;C)</td>
<td>2.00 1:1 music sessions</td>
<td>10.30 Knitting group (S&amp;P)</td>
<td>10.30 Knitting group (S&amp;P)</td>
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<td>3.30 Anglican Church Service (B&amp;C)</td>
<td>11.00 Billiards (S&amp;P lounge)</td>
<td>1.00 Volunteer visiting</td>
<td>11.00 Billiards (S&amp;P lounge)</td>
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<td>Easter Monday</td>
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<td>10.45 Residents &amp; Activity Meeting (B&amp;C cozy retreat)</td>
<td>10.30 Art for Fun (S&amp;P)</td>
<td>10.45 Bowls (B&amp;C)</td>
<td>10.30 Scrabble (B&amp;C)</td>
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<td>1.30 Scrabble (S&amp;P)</td>
<td>1.00 Library (S&amp;P)</td>
<td>1.30 Langley program</td>
<td>10.30 Meditation (S&amp;P)</td>
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<td>2.00 Painting with Val (B&amp;C)</td>
<td>2.00 Bowls (B&amp;C)</td>
<td>2.00 1:1 music sessions</td>
<td>10.30 Lois’s Magazine Trolley</td>
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<td>2.00 Volunteer visiting</td>
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<td>10.45 Meditation (S&amp;P)</td>
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<td>2.00 BOCCE (B&amp;C)</td>
<td>2.00 The Twilighters Concert (B&amp;C)</td>
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<td>11.00 Bingo (L)</td>
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<td>2.00 Langley Program</td>
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<td>1.30 - Reminiscence - Wedding theme (B&amp;C)</td>
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<td>9.15 Church Service</td>
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<td>9.30 Exercises (B&amp;C)</td>
<td>10.45 Sing along with Betty</td>
<td>9.30 Exercises (B&amp;C)</td>
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<td>11.00 BOBs challenge (B&amp;C)</td>
<td>2.00 Bowls (B&amp;C)</td>
<td>10.30 Knitting group (S&amp;P)</td>
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<td>11.30 RSL Lunch outing</td>
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<td>3.00 U3A choir practice (B&amp;C cozy retreat)</td>
<td>2.00 Dance Demonstration &amp; afternoon tea (S&amp;P)</td>
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<td>2.00 Knit &amp; Chat (S&amp;P)</td>
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<td>9.30 Dominoes (L)</td>
<td>10.45 Painting with Val (S&amp;P)</td>
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<td>10.45 Meditation (B&amp;C)</td>
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<td>10.45 Sing a long</td>
<td>11.00 Hockey Challenge (B&amp;C)</td>
<td>10.45 Bowls (B&amp;C)</td>
<td>9.30 Bingo (L)</td>
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<td>In Langley &amp; Lauriston</td>
<td>1.30 Scrabble (S&amp;P)</td>
<td>130 Langley program</td>
<td>1.00 Volunteer visiting</td>
<td>2.00 Mind games (B&amp;C)</td>
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<td>2.30 Baptist Singers (B&amp;C)</td>
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**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

C:\Users\Mark\Documents\ACTIVITIES CALENDER.xls

3/29/2015
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  
Continence 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