

Cooinda Newsletter

February 2018

Welcome to February. Wow! January has flown by and things are getting back to normal. Our monthly program sees the return of our wonderful Volunteers, visiting community groups and regular entertainers, so you can look forward to a great month of activities.

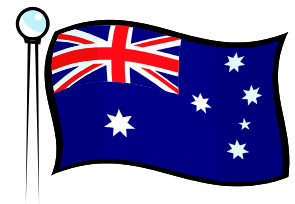
Australia Day Celebrations

On Thursday 25th, we enjoyed a delicious BBQ lunch provided by the kitchen. and due to the hot weather we still all ate in the usual area but a special afternoon tea and Happy Hour was held in the A.G.W. activity room. Residents and activity staff worked hard to decorate the area and the place looked very patriotic on the day. Bill McCabe entertained us with a selection of well-known Aussie songs with many singing along. Thank you to care staff for your help getting everyone ready for the party, I think we can all agree the day was a huge success.

On Thursday 26th January we held a flag raising ceremony here at Cooinda with around 70 people attending, many thanks to all who helped out on the day.

Cooinda's Australia Day Award winners were;

Resident : Roma Farnham
Volunteers: Lois Graham
Staff: Charmaine Dalton
Team: Care staff team



Congratulations to all the winners

Winter Olympics 9th – 25th

The Winter Olympics will be in Pyeong Chang South Korea. You can watch the games on channel 7, 7 mate and 7 two. Please check you TV guide





Friendship Day

Friendship Day is a special day when people celebrate showing their appreciation for the people they love and care for as well as treasured friends. Here at Coinda we will be hosting a special afternoon tea on **Wednesday 14th** at 2pm in AG, entertained by Neville Harding. We will be holding a raffle on the day, make sure you get yourself a ticket as it will be drawn during the afternoon; you never know, you just might win something special.

We can all get into the spirit of the day by wearing something **PINK or RED**.

Coinda's Cake Stall Resumes

Our first cake stall will be Friday 23rd in the Multi-Purpose room as usual. Please come along and pick up a few homemade goodies.

Coinda Pop Up Restaurant

We invite four residents each month who can invite two guests each to join them for lunch. This gives our residents and guests a chance to experience a meal together in a Restaurant style atmosphere like in the past. If you are interested, please speak the Health and Wellbeing team who will add your name to the list so that everyone gets an opportunity.

Shrove Tuesday 13th

Once again, Coinda residents have been invited to the Uniting Church Pancake morning in the Church Hall on Tuesday 13th for a lovely morning tea & entertainment, cost is \$6.50 per person. We will be leaving Coinda at 10am returning around 11.30am. Those interested in going please see activity staff to put your name on the list.



C.E.M's group

Is a get together for residents from Coinda, Estia and Morrie Evans. We will meet again this year and alternate once a month between each of the facilities, doing a variety of activities. If you would like to participate, please see activity staff.

Catholic Mass

Monthly Communion with Father Peter in Cooinda's Chapel.
Will be held on Wednesday 21st of Feb.

COBS (Cooinda Old Boys) monthly bus outing with Bill Gent. Men from the independent Units are most welcome to attend this outing. It is on the last Thursday of each Month, leaving Cooinda at 2pm from the front office. Please see Activity Staff if you wish to attend due to limited seating.

A Few Things To Look Forward To In February

Thursday 8 th 22 nd	Wool winders	Rec Room	10.00am
Tuesday 8 th	Resident meeting	Rec Room	1.15pm
Sunday 11 th	The Two Ukes	AG	2.00pm
Monday 12 th	Library visit	Room visits	10.00am
Tuesday 13 th	Pancake Day	Uniting Church	10.15am
Wednesday 14 th	Friendship Day Music -Neville Harding	AG Activity	2.00pm
Sunday 18 th	Salvation Army	AG	2.00pm
Monday 19 th	Glenys, Laurie and Frank + Monthly Birthday Party	AG	2.00pm
Thursday 22 rd	Cobs with Bill	Outing	1.45pm
Monday 26 th	CEM's group	Cooinda	1.30pm

Wool Winders need your help

As a new year begins, our resident wool-winding group are looking for hand knitted woollen items to un-pull allowing the group to continue. If you have any old or unwanted items, please drop them off to the activity staff or the front office.

Kiosk

The kiosk is open on weekdays Monday to Friday and is staffed by our volunteers between 9.30am and 11.30am. It is not open on weekends so please get all your supplies before the weekend.

Our Monthly Birthday Party will be on Monday 19th at 2pm in the A.G.W. activity room with Glenys, Laurie and Frank entertaining

TAI CHI

AGW/HOSTEL Every Thursday in the Multi-purpose room at 11am

Doctor's dates for February

Church St: 1st, 8th, 15th, 22rd

Coster St: 21st & 26th

Carrier St 10th & 20th

WELCOME

We welcome all our new residents and people visiting for respite, having a holiday with us during February. Could everyone please introduce yourself to help make our new ones feel at home, so they enjoy their stay here with us at Cooina.

Thank You

We would like to say a very big **thank you** to Pauline and the kitchen staff for all their help making jams and relish as well as all the residents who helped to cut up the ingredients as well as bottle Relish, Jams etc. What a great job you did. The sale of these items goes to the "Achievers Club" which raises funds to purchase items for the facility, such as wheelchairs, lifting devices and other necessary equipment. Thank you too to the people purchasing the finished products.

Jams and Relish for Sale at front office

Dolls House Raffle

The doll's house that is in the Rec room, built by the residents in the weekly "Shed group" will be raffled and the winner will be drawn at Happy Hour on Friday the 2nd of March. Please buy a ticket to support the Shed group so they can continue with their creative work.



So happy to be back.....

Hi everyone, just a quick note to say Hello, and let you know how much I've missed you all. It's been a long 9 months that I've been away, I'm so happy to be finally back at work, I will slowly work my hours back up to what they were.

Everyone at Coinda has been so supportive and encouraging throughout my journey. And you, our residents have been so welcoming with my return. Thank you all for your support. I'm looking forward to spending time with you all, and sharing laughs.

The pink girls, Carol, Val, Helen, Maree, Jo & Sheryl are such a great team to work with. Together we all hope to enrich your lives here at Coinda, and add some smiles on your dials, as well as laughter & happiness into your lives.

Catch up with you all soon. Lu 😊

That is all for this month, we hope you enjoy your activities for the month.


Keep on smiling from the Activity Team

Carol, Lu, Val, Maree, Helen, Jo, Sheryl,
and all the wonderful volunteers and helpers.








Health and Wellbeing Program February 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Birthdays 	<u>Cooinda walking group</u> This will take place only if weather is fine, please check white board.	<u>Hair dressers</u> Chris – Wednesday's <u>Weigh Day</u> Wednesday 14 th	R/R – Rec Room M.P – Multi Purpose AG - Alice Goulding			
			1 st <u>10am</u> Exercises R/R Monthly Newsletter reading AG 1:1 visits with staff <u>11am</u> Tai Chi M.P Quiz R/R <u>2pm</u> Craft in R/R and AG <u>3pm</u> Afternoon tea	2 nd <u>10am</u> Exercises R/R 1:1 visits AG/NMW <u>11am</u> Dance Therapy with Maeve and Don AG 1:1 visits hostel <u>1.30 pm</u> Cards R/R <u>2pm</u> Happy Hour with Trish and Troup's	3 rd <u>2pm</u> Movies all areas	4 th <u>10am</u> Community Communion Chapel <u>11.30am</u> Songs of Praise on ABC T.V <u>2pm</u> Games with Lu AG
5 th <u>10am</u> Chapel Anglican Church <u>11am</u> Chat & chew with Bev NMW Decorate for Friendship Day all areas <u>1.30pm</u> Cards c block <u>2pm</u> Master Quiz R/R Skittles AG	6 th <u>10am</u> Chapel Community Church <u>11am</u> Exercises R/R & AG <u>2pm</u> Bingo R/R & AG <u>3pm</u> Afternoon tea	7 th <u>10am</u> Bus Outing AG/NMW <u>10.30 am</u> Morning Workshop & Craft Group R/R <u>11am</u> Ensign reading AG <u>2pm</u> Uniting Church Singers in AG <u>3pm</u> Afternoon tea	8 th <u>10am</u> Wool Winders R/R 1:1 visits <u>11am</u> Tai Chi M.P <u>1.15pm</u> Resident Meeting R/R <u>2pm</u> Manicures all areas <u>3pm</u> Afternoon tea	9 th <u>10am</u> Exercises R/R 1:1 visits AG/NMW <u>11am</u> Dance Therapy with Maeve AG Quiz R/R <u>1.30pm</u> Cards R/R <u>2pm</u> Happy Hour with Mockingbirds in AG	10 th <u>2pm</u> Movies all areas	11 th <u>10am</u> Community Communion Chapel <u>11.30am</u> Songs of Praise on ABC T.V <u>2pm</u> Gospel music with 'The Two Ukes' in AG with Jo

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12th Kath Doxey Trevor Anderson </p> <p>Library visit to rooms <u>10am</u> Chapel Anglican Church <u>11am</u> Chat & Chew with Bev NMW Exercises R/R & AG <u>1.30pm</u> Cards c block <u>2pm</u> Indoor Golf R/R Table Bobs AG</p>	<p>13th <u>Shrove Tuesday</u></p> <p><u>10.30 am</u> Bus Outing to Uniting Church Hall for Pancake Day <u>2.30 pm</u> Trivia AG Quiz R/R <u>3pm</u> Afternoon tea</p>	<p>14th <u>Happy</u>  <u>Friendship Day</u> Wear Pink or Red <u>10am</u> Weigh Day R/R 1:1 visits AG -NMW <u>10.30am</u> Morning Workshop R/R <u>11am</u> Ensign reading AG <u>2pm</u> Friendship Day Entertainer Neville Harding in AG</p>	<p>15th Nell Cook </p> <p><u>10am</u> Exercises R/R 1:1 visits AG/NMW <u>11am</u> Tai Chi M.P 1:1 visits Hostel <u>2pm</u> Bingo R/R & AG <u>3pm</u> Afternoon tea</p>	<p>16th</p> <p><u>10am</u> Exercises R/R 1:1 visits AG/NMW <u>11am</u> Games with Dookie School R/R Dance Therapy with Maevae & Don AG <u>1.30pm</u> Cards R/R <u>2pm</u> Happy Hour Entertainer Ray Murtagh in AG</p>	<p>17th</p> <p><u>2pm</u> Movies all areas</p>	<p>18th</p> <p><u>10am</u> Community Communion Chapel <u>11.30am</u> Songs of Praise on ABC T.V <u>2pm</u> Salvation Army visit AG With Lu</p>
<p>19th</p> <p><u>10am</u> Chapel Anglican Church <u>11am</u> Chat & Chew with Bev NMW Exercises R/R <u>1.30pm</u> Cards R/R <u>2pm</u> Sing-along with Glenys, Laurie, Frank and Monthly Birthday Party AG </p>	<p>20th</p> <p><u>10am</u> Chapel Community Church <u>10.15am</u> Bus Outing R/R <u>11am</u> Exercises with Big Ball AG <u>2pm</u> Piano with Marsha AG Cooking Yo-yo's R/R <u>3pm</u> Afternoon tea</p>	<p>21st</p> <p><u>10am</u> Chapel Catholic Mass <u>10.30am</u> Morning Workshop & Ice yoyo's <u>2pm</u> Bingo R/R & AG <u>3.30pm</u> Ensign reading AG</p>	<p>22nd</p> <p><u>10am</u> Wool Winders R/R 1:1 visits AG/NMW <u>11am</u> Tai Chi M.P 1:1 visits R/R <u>1:45pm</u> COBS with Bill <u>2pm</u> Word Game R/R Basketball game AG</p>	<p>23rd</p> <p><u>9.30</u> Cake Stall <u>10am</u> Exercises R/R 1:1 visits AG/NMW <u>11am</u> Dance Therapy with Maevae and Bob AG 1:1 visit hostel <u>1.30pm</u> Cards R/R <u>2pm</u> Happy hour and Bill Dobson AG</p>	<p>24th</p> <p><u>2pm</u> Movies all areas</p>	<p>25th Val Gelletly </p> <p><u>10am</u> Chapel Community Communion <u>11.30am</u> Songs of Praise on ABC T.V <u>2pm</u> Word Quiz AG With Val</p>
<p>26th</p> <p><u>10am</u> Chapel Anglican Church <u>11am</u> Morning Melodies AG Chat & Chew with Bev NMW <u>1.30pm</u> Cards C Block <u>1.45 pm</u> C.E.M's group@ Cooinda in AG Table Bobs Circuit Games R/R</p>	<p>27th</p> <p><u>10 am</u> Kinda in Cooinda AG <u>12 pm</u> Cooinda's Restaurant <u>2pm</u> Reminiscing with Large Cards AG Table Bobs R/R <u>3pm</u> Afternoon tea.</p>	<p>28th</p> <p><u>10am</u> Bus Outing AG <u>10.30am</u> Morning Workshop & Craft R/R <u>2pm</u> Indoor Bowls R/R Ensign reading AG <u>3pm</u> Afternoon tea</p>				