



July Newsletter 2022

Welcome to this very cold and wintery month of July. The snow is coming down on the mountains by the ton and ice has started to form on our verandah and steps in the early hours of the mornings. Fog has also been prevalent in the mornings and at night, driving home, which for me is out on the Samaria Road, this seems to be when the kangaroos with all their family and relatives want to be out and about on the road along with a few stray foxes and wombats. A bit precarious driving out our way at any time, but winter seems to be unpredictable with darkness coming in early.

The winter solstice has just passed on the 21st of June which means it will start to get lighter as the months progress into spring, but for the month of July we will still have darkness after 5pm and heavy frosts predicted. This will not deter us though when we have the Commonwealth games in July to watch and cheer our fellow Aussies for support and good luck. This will be televised from July 28th for two weeks and we will have some special games days of our own to help celebrate this amazing sports event. NAIDOC week is another special week celebrating our Indigenous and Australian heritage from the 3rd July to 10th July with activities highlighting our history and culture.

Just digressing for a moment, I would like to go back to the start of the month to the 1st July onwards where a special showing of generational paintings of people 100 and over, will be on show at the Benalla Art Gallery. Not one but two of our centenarians from Cooinda, Sylvia Draeger and Jean Fuleky will be on display after having their portraits painted by last year's Archibald first prize winner Peter Wegner. Both ladies and their families are thrilled to have their picture on display for the few weeks in July for all to see, so please try to get to the Benalla Art Gallery for this amazing viewing of our Cooinda family.

Lastly, Kamahl will be coming to our screens with a special live online concert which we have booked for Tuesday 12th July to be screened in all areas. For everyone to enjoy. Have an amazing month.

Debra McCabe
Health & Wellbeing Coordinator





Upcoming Events



NAIDOC Week 3rd – 10th July

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life.

Sylvia Draegers 101st Birthday Party

Sylvia celebrates her 101st birthday on Sunday 10th July. We hope to have a special birthday morning tea on Friday 8th beforehand as most staff will be on board that day to help her celebrate and give her a good cheer.

Commonwealth Games

Excitement is building for the upcoming Commonwealth Games, starting as of 28th July for two weeks. We will have it televised for all residents who are interested, and our team will incorporate a few games of our own to keep in with the theme.

Monthly Birthday Party: Monthly birthday party will be celebrated on 27th July at 2pm in all areas. Come along and enjoy good company and delicious birthday cake along with helping our birthday residents to celebrate another year.

Music with Chris Keist and David

We have recently had the pleasure for the first time of duo Chris and David playing their specialized instruments for our residents at Coinda. Chris & David will make a regular appearance on our monthly program starting on Friday 15th July.

Kamahl special online show

To be televised on 12th July at 2pm in all areas. Kamahl will be live on line with a Christmas in July theme. So, we will try to match up to his Christmas spirit with our own Christmas tinsel.





Monthly Noticeboard

Resident Visitors to Room

Regular updates continue to be sent to all your loved ones to let them know what the latest government directives, when they occur, regarding visiting arrangements.

Kiosk/Library Trolley

Once again, we have adapted our kiosk to ever changing times with a portable trolley which is taken around to everyone weekly, laden with delectable goodies and handy bits and pieces for your personal use. We have also incorporated a weekly Library Trolley for your enjoyment.

Spiritual

Please refer to our monthly program to see when all church services will be on or see any of the Pink Team to help with your enquiries.

Cooinda Achievers Trading Table

The Trading Table has replaced the cake stall for the time being until we return to normal practices. We have had a great response from residents and staff alike with the setting up of our tables in different areas of Cooina selling different types of goodies. All proceeds go to our Cooina Achievers Club.

Hairdresser

We are very pleased our Hairdressing Salon is back up and running at full capacity with the on boarding of newest hairdresser, Deb McGuffie, as well as our regular hairdresser Donna Ward. Deb will be available every Tuesday and Wednesday and Donna has added every second Thursday as well as her regular weekly Friday to her schedule.

Bus Outings

Bus outings are arranged each month for all residents to enjoy. Dates for these trips can be found on monthly activity program.

Exercises

The Pink Team are always finding different ways to make our exercise program more fun and interesting. Come along and join in. Once again you can find the dates for the exercises on our monthly program.

Woolwinders & Knitting group

There is always room for more participants to our ever growing group. Look on our program for upcoming activity.



**Happy Birthday to our residents
Having a birthday in the month of July 2022**

Monthly Birthday party with be on Wednesday 27th July 2022

In all areas at 2pm

Bette Crockford



Pat Cooke



Cath Dobson



Allie McLeod



**Mary Walton
& Joan Robins**



Debs Jokes

Helicopter Ride

Walter took his wife Ethel to the state fair every year, and every time he would say to her, "Ethel, you know that I'd love to go for a ride in that helicopter." But Ethel would always reply, "I know that Walter, but that helicopter ride is 50 dollars, and 50 dollars is 50 dollars."

Finally, they went to the fair, and Walter said to Ethel, "Ethel, you know I'm 87 years old now. If I don't ride that helicopter this year, I may never get another chance." Once again Ethel replied, "Walter, you know that helicopter is 50 dollars, and 50 dollars is 50 dollars."

This time the helicopter pilot overheard the couple's conversation and said, "Listen folks, I'll make a deal with you. I'll take both of you for a ride; if you can both stay quiet for the entire ride and not say a word, I won't charge you! But if you say just one word, it's 50 dollars."

Walter and Ethel agreed and up they went in the helicopter. The pilot performed all kinds of fancy moves and tricks, but not a word was said by either Walter or Ethel. The pilot did his death-defying tricks repeatedly, but still there wasn't so much as one word said.

When they finally landed, the pilot turned to Walter and said, "Wow! I've got to hand it to you. I did everything I could to get you to scream or shout out, but you didn't. I'm really impressed!"

Walter replied, "Well to be honest I almost said something when Ethel fell out but, you know, 50 dollars is 50 dollars!"

Driving Test

A teenage boy had just passed his driving test and asks his dad to drive his car. The Dad said he'd make a deal with his son, "You bring your grades up from a C to a B average, study your Bible a little and get your hair cut. Then we'll talk about the car" The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks, the dad said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair."

His Dad replied, "Did you also notice that they all walked everywhere they went?"



Tricky Jar – Clean Joke

An 85-year-old man goes to see his doctor for his regular physical exam. The doctor says that the man needs to provide a sperm sample and gives him a jar saying, “Take this jar home with you and come back tomorrow with a sperm sample.”

The next day the old man goes back to the doctors and gives him the jar, which is as clean and empty as when the doctor gave it to him.

So, the doctor asks what happened and why there is no sperm sample in the jar. The old man says, “Well, doc, it’s like this... first I tried with my right hand, but nothing. Then I tried with my left hand, but still nothing. Then I asked my wife for help. She tried with her right hand – nothing; then with her left, still nothing. She tried with her mouth, first with the teeth in, then with her teeth out, still nothing. We even called up Maisie, the lady next door and she tried too, first with both hands, then an armpit, and she even tried squeezing it between her knees, but still nothing.”

The doctor is really shocked by all this and asks incredulously, “You asked your neighbour???”

The old man replies, “**Yep, not one of us could get the jar open.**”

Art Collector

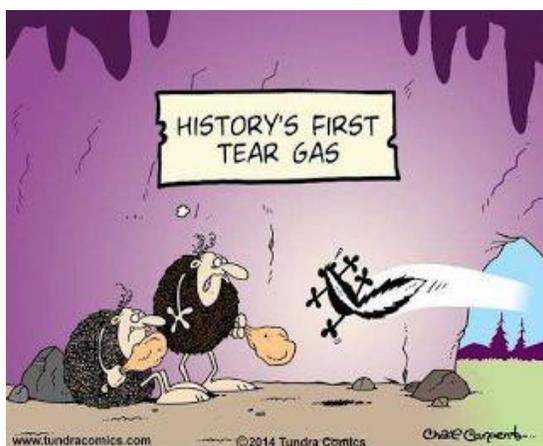
A New York attorney representing a wealthy art collector called his client and said to him, “Saul, I have some good news and I have some bad news.”

The art collector replied, “I’ve had an awful day; let’s hear the good news first.”

The attorney said, “Well, I met with your wife today, and she informed me that she invested \$5,000 in two pictures that she thinks will bring a minimum of \$15-20 million. I think she could be right.”

Saul replied enthusiastically, “Well done! My wife is a brilliant businesswoman! You’ve just made my day. Now I know I can handle the bad news. What is it?”

The attorney replied, “The pictures are of you with your secretary.”



Dear Dad

Dear Dad,

It is with great regret and sadness that I'm writing you. I had to elope with my new girlfriend because I wanted to avoid a scene with Mom and you.

I have been finding real passion with Susie and she is so nice. But I knew you would not approve of her because of all her piercing, tattoos, tight motorcycle clothes and the fact that she is much older than I am.

But it's not only the passion. Dad she's pregnant.

Don't worry though, Susie said that we will be very happy. She owns a trailer in the woods and has a stack of firewood for the whole winter. We share a dream of having many more children.

Susie has also opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with the other people that live nearby for cocaine and ecstasy.

In the meantime, we will pray that science will find a cure for AIDS so that Susie can get better. She deserves it.

Don't worry Dad. I'm 15 and I know how to take care of myself.

Someday I'm sure that we will be back to visit so that you can get to know your grandchildren.

Love, Your son Tim.

P.S. Dad, none of the above is true. I'm over at Jimmy's house.

I just wanted to remind you that there are worse things in life than a lousy report card ... That's in my desk drawer.

I love you.



Word Search

OLYMPIC SPORTS



J O Z B A S E B A L L Q Y U
T V Q K E C F A R C H E R Y
V R Y Z U Q C O D I V I N G
O B A G M R U U O R T G S G
L A C M H W R E S T L I N G
L D H Y P O F O S L B I I P
E M T Z H O C Q Y T C A X A
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Badminton

Fencing

Gymnastics

Athletics

Canoeing

Wrestling

Yachting

Volleyball

Taekwondo

Trampolining

Diving

Hockey

Football

Archery

Baseball

Equestrian



Cooinda Staff

Movements June 2022

Say hello to the Newbies



FSA

Karen Newton



FSA

Danielle Roberts



Robyn Hargreaves



PCA

Grace Allen



Bree Kotvas PCA Ass

Sadly Leaving



Carol Plum

FSA

Sadly, we say goodbye to Pat McLennan and Esther Howden who passed away during the month of June. We have set up a memorial photo near the front reception "Staff Sign In"-Attestation, with a message box for anyone wanting to write a special message to our recently departed friends. We will also set up message boxes in AGW & LW for both residents and staff. If unsure where these are situated, please ask the pink team who will be able to help you. RIP



Welcome

We welcome all people visiting for respite, who are having a holiday with us during the month of July, and a big welcome to those who have just made Cooinda their home. Could everyone please introduce yourself and help make them feel at home, so they enjoy their stay with us.

It's been said that **'Laughter Is the Best Medicine.'** Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Here's to living a longer, healthier, and happier life! Once again stay safe and healthy and remember to laugh and smile once a day to help keep the doctor away. We hope you enjoy your activities on the program this month. Keep on smiling from the Pink Team.

Health and Wellbeing Team
Debra, Val, Lu, Karen,
Lauren, Wendy and all our
volunteer helpers

