



November Newsletter 2020

November looks to be another busy, but different month, full of surprises around every corner. Our usual November activities will look slightly different this year, with the Melbourne Cup being attended by only Horse Trainers/Owners and Jockeys, whilst the whole world looks on the most watched horse race via Virtual Televised Technology. We will also face a different looking Remembrance Day with limited attendance by people allowed at all Flag ceremonies, but still memorable to everyone, and once again available via Televised programs.

Sadly, the Annual Benalla Festival has unfortunately fallen victim to COVID-19 with the cancellation of all Festival activities until next year, which brings us to our very own programs which have been modified to adapt to these strange times. We will be endeavoring to bring the Bus out of hibernation and dust off some of the cobwebs hopefully by the end of November, just in time for a Christmas drive. We also have Friday 13th thrown into this month's lively agenda, so lots of black cats and ladders to avoid and any superstitious notions instilled into us since our child hood, like not stepping on the cracks in the footpath, breaking mirrors, or the number 13. Take your pick.

Residents have all been busy putting together their Christmas Skit for the end of year concert. Once again we weren't sure whether this would be possible, but our Residents are not to be deterred, and forged ahead with lots of fun and laughter involved in making a wonderful end to what has been a crazy, mixed up year.

Remember to laugh once a day - as it will keep the doctor away.

Debra McCabe
Health & Wellbeing Coordinator





Up Coming Events



Monthly Birthday Party to be held Monday 16th November at 2pm in the AGW and LW Activity room.

Melbourne Cup Public Holiday Melbourne cup celebrations will be held on Monday 2nd November at 2pm in the AG Activity room. We will be planning for a special day of fashions on the field a Cup sweep with an assortment of Racing Activities with lots of prizes. See Activity staff if you would like to be in one of the sweeps; we are running a \$5.00, \$2.00 and \$1.00 sweep and will be drawn on our activity afternoon of the 2nd.

Remembrance Day This special day will be celebrated with the flag ceremony on Wednesday 11th November at 11am at the Rec Room Quadrangle. Please see the Pink Team for the purchase of Red Poppies.

Friday 13th – Black Cat Day This is the day when everyone gets to let their hair down and get crazy and dress up in black. Black cats, ladders and superstition, are the order of the day, so join in and have some fun with the pink team.

Large Print Calendar

REMINDER Vision Australia Calendars for 2021

Last call for anyone wanting to purchase a large print calendar. Please see front office, as we will be placing orders very soon.

Achievers Club

Thank you to all who cooked and purchased goodies from our stall, your support is greatly appreciated.

Resident Rehearsals for the Christmas Concert Skit

Watch the program for dates and times as we will be having some practice days with the residents for our Christmas Skit. Please see Pink Activity Team for more information.



Monthly Noticeboard

Resident Shopping

Weekly shopping orders are taken every Monday morning for residents by the Pink Team and shopping is done every Thursday morning at the local Woolworths supermarket and quarantined 24 hours before being distributed each Friday morning.

Kiosk Trolley/Library

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

Spiritual

Morning Mass is available to all Residents most Wednesday mornings with the Pink Team. 1.1 Communion with Residents will be available most Sundays with Marg Daw There is also Spiritual/ Meditation sessions throughout our monthly program. Sunday TV programs are also selected for Church services to be shown throughout the day.

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 Cooinda selling different types of goodies.



All proceeds go to our Achievers Club.

Hair dresser

Terri McHugh will be available throughout October. Please see Pink Team to help put you on Terri's Booking Sheet.



**Happy Birthday to our Residents having
a birthday for the month of November**

Hostel	AGW	LW	NMW
			

Monthly Birthday Party will be on Monday 16th at 2pm in AGW and LW Activity Rooms

Caulfield Cup Sweep Winners

\$5 Sweep

1st Irma Grosser

2nd Kaye Grosser

3rd Dawn Berry

\$5.00 Sweep

1st Brian Morrison

2nd Sandra Havlicek (Cleaner)

3rd Judy Morrison

\$2 Sweep

1st Spike Jones

2nd Bev Carter

3rd Marg Stocker

\$1.00 Sweep

1st Bonnie Jones

2nd Kate Townsend

3rd Joan Fluck

Congratulations to all our winners



Time to Shine



This Month we have put the spotlight on Alanna Burnell, our new Human Resources Administrator. Alanna has been with us for only 3 months, but has already stepped up to the plate with her skills and knowledge for her area of expertise. Alanna has shown such an amazing spirit of friendliness and professionalism along with her happy smile, making us feel she is approachable about any staff concerns. We welcome Alanna to Cooida.



Continuous Improvement

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints. The blue and pink feedback forms are available at Cooida Reception, at each entrance to all areas, the Health & Wellbeing Office and on the Cooida website. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Can you Contribute?

Contributions to our newsletter are encouraged and appreciated! Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.



Debs Jokes

Shop Lifting

An old lady gets caught shoplifting. On court day the lady and her husband who goes with her stands before the judge and he says to her, "Why did you shoplift?" And she says "I was hungry." The judge says "What did you take?" She replies, "A can of peaches." So the judge trying to figure out how to punish her says, "How many peaches where in the can?" The lady says "6" so the judge says ok then 1 day per peach in jail that will be 6 days' time served. The judge says would anyone like to say anything and her husband says your honor, "She stole a can of peas too"



Gone Fishing

A young guy from Texas moves to California and goes to a big department store looking for a job. The manager says, "Do you have any sales experience?" The kid says, "Yeah, I was a salesman back home in Texas." Well, the boss liked the kid, so he gave him the job. "You start tomorrow. I'll come down after we close and see how you did." His first day on the job was rough but he got through it. After the store was locked up, the boss came down. "How many sales did you make today?" The kid says, "One." The boss says, "Just one? Our sales people average 20 or 30 sales a day. How much was the sale for?" Kid says, "\$101,237.64." Boss says, "\$101,237.64? What did you sell him?" Kid says, "First I sold him a small fish hook. Then I sold him a medium fish hook. Then I sold him a larger fish hook. Then I sold him a new fishing rod. Then I asked him where he was going fishing, and he said down at the coast, so I told him he was going to need a boat, so we went down to the boat department, and I sold him that twin engine Chris Craft. Then he said he didn't think his Honda Civic would pull it, so I took him down to the automotive department and sold him that 4X4 Blazer." The boss said, "A guy came in here to buy a fish hook and you sold him a boat and truck?" Kid says, "No, he came in here to buy a box of tampons for his wife, and I said, "Well, since your weekend's shot, you might as well go fishing."





Friday 13th Sale

A small business owner was dismayed when a brand new corporate chain much like his own opened up next door and erected a huge sign which read BEST BLACK FRIDAY DEALS. He was horrified when another competitor opened up on his right, and announced its arrival with an even larger sign, reading LOWEST BLACK FRIDAY PRICES. The small business owner panicked, until he got an idea. He put the biggest sign of all over his own shop-it read... MAIN ENTRANCE.

Fallen

An old priest who became sick of all the people in his parish who kept confessing to adultery. One Sunday, in the pulpit, he said, "If I hear one more person confess to adultery, I'll leave the priesthood!" Well, everyone liked him, so they came up with a code word. Someone who had committed adultery would say they had "fallen". This seemed to satisfy the old priest and things went well, until the priest died at a ripe old age. About a week after the new priest arrived, he visited the Mayor of the town and seemed very concerned. The priest said, "You have to do something about the sidewalks in town. When people come into the confessional, they keep talking about having fallen." The Mayor started to laugh, realizing that no-one had told the new priest about the code word. Before the mayor could explain, the priest shook an accusing finger at the mayor and said, "I don't know what you're laughing about, your wife fell two times this week."

Carpet Laying

A carpet layer had just finished installing carpet for a lady. He stepped out for a smoke, only to realize that he had lost his cigarettes. In the middle the room, under the carpet, was a bump. "No sense pulling up the entire floor for one pack smokes," he said to himself. He proceeded to take his hammer and flatten the hump. As he was cleaning up, the lady came in. "Here," she said, handing him his pack of cigarettes. "I found them in the hallway." "Now," she said, "if only I could find my sweet little hamster."





God will save me

It had been raining for days and days, and a local river crested, flooding many houses. The waters rose so high that one man was forced to climb onto the roof of his house. As the waters rose higher and higher, a man in a rowboat appeared, and told him to get in. "No," replied the man on the roof. "I have faith in the Lord; the Lord will save me." So the man in the rowboat went away. The man on the roof prayed for God to save him. The waters rose higher and higher, and suddenly a speedboat appeared. "Climb in!" shouted a man in the boat. "No," replied the man on the roof. "I have faith in the Lord; the Lord will save me." So the man in the speedboat went away. The man on the roof prayed for God to save him. The waters continued to rise. A helicopter appeared and over the loudspeaker, the pilot announced he would lower a rope to the man on the roof. "No," replied the man on the roof. "I have faith in the Lord; the Lord will save me." So the helicopter went away. The man on the roof prayed for God to save him. The waters rose higher and higher, and eventually they rose so high that the man on the roof was washed away, and alas, the poor man drowned. Upon arriving in heaven, the man marched straight over to God. "Heavenly Father," he said, "I had faith in you, I prayed to you to save me, and yet you did nothing. Why?" God gave him a puzzled look, and replied "I sent you two boats and a helicopter, what more did you expect?"

One Room Only

By the time the sailor pulled into a little town every hotel room was taken. "You've got to have a room somewhere," he pleaded. "Or just a bed, I don't care where." "Well, I do have a double room with one occupant -- an Air Force guy," admitted the manager, "and he might be glad to split the cost. But to tell you the truth, he snores so loudly that people in adjoining rooms have complained in the past. I'm not sure it'd be worth it to you." "No problem," the tired Navy man assured him. "I'll take it." The next morning, the sailor came down to breakfast bright-eyed and bushy tailed. "How'd you sleep?" asked the manager. "Never better." The manager was impressed. "No problem with the other guy snoring?" "Nope. I shut him up in no time," said the Navy guy. "How'd you manage that?" asked the manager. "He was already in bed, snoring away, when I came in the room," the sailor explained. "I went over, gave him a kiss on the cheek, and said, 'Goodnight beautiful,' ...And he sat up all night watching me."



Golf Word Search

Find the words related to golf hidden in the puzzle.

O	H	N	M	T	L	N	R	S	H	A	N	K	V	W	R	P	ACE
Q	C	O	L	E	G	N	I	W	S	K	C	A	B	O	R	X	APPROACH
E	S	H	O	L	Q	R	I	F	C	O	U	R	S	E	F	J	BACKSPIN
K	X	M	Z	K	A	T	A	H	M	E	R	O	F	H	E	X	BACKSWING
S	E	C	H	I	P	B	E	P	W	F	V	E	S	O	Y	S	BIRDIE
S	E	V	I	R	D	R	F	I	Z	K	C	R	K	A	M	W	BITE
P	X	Q	B	G	F	E	V	L	D	F	K	X	W	A	B	I	BOGEY
U	R	N	A	M	Y	F	M	P	O	R	A	R	E	P	M	N	BREAK
T	H	W	C	U	F	F	B	T	M	G	I	C	A	D	H	G	BUNKER
T	A	B	K	L	Q	U	X	V	J	A	I	B	I	W	H	F	CHIP
S	Z	X	S	L	H	D	P	S	F	L	Q	V	D	Z	W	L	CHUNK
A	A	Z	P	I	E	B	W	E	S	M	O	W	O	U	P	U	CLUB
N	R	Z	I	G	Z	L	U	E	A	T	B	P	U	Q	F	Q	COURSE
D	D	N	N	A	D	L	G	N	Z	O	T	P	T	A	H	P	DIVOT
T	H	A	M	N	H	T	F	A	K	E	C	L	P	N	V	A	DRIVE
R	E	R	C	T	W	Y	Y	S	E	E	G	P	B	O	C	C	DUFFER
A	T	I	W	E	S	E	S	N	E	E	R	G	P	L	D	I	EAGLE
P	I	P	H	Y	Z	G	R	U	R	O	B	U	I	H	C	D	FAIRWAY
T	B	K	Y	G	X	O	P	Y	A	X	Y	N	P	L	A	N	FORE
L	V	R	A	J	U	B	M	C	C	A	E	U	U	Z	H	A	GOLFBALL
C	I	O	Y	E	G	O	H	H	L	I	L	B	I	S	R	H	GREENS
P	N	S	H	X	R	U	R	W	D	L	C	H	U	N	K	R	HANDICAP
P	Q	Q	A	N	K	B	I	V	J	E	G	D	E	W	T	U	HAZARD

All About Puzzles
puzzles.about.com



Staff Movements

Meet our
Newbies
Say Goodbye

to



Sylvia Simon

PCA



Lee-Ann Walch

Community Care
Service Manager



Erin Woodhams
14-08-2020

Admin Assistant

Quick Pics of the Month

Bonnie Jones Winner of the Footy Tipping



Cam helping out on Pink Day



Butterfly Scrap Art



Wynn in the Pink



Gill enjoying the sun



Poppies





Sadly, we say goodbye to John O'Loughlin, who passed away during the month of October. We have set up a memorial photo in Coinda's Hair Dressing Salon with a message box for anyone wanting to write a special message to John's family. If unsure where these are situated please ask the pink team who will be able to help you. RIP



WELCOME

We would like to welcome anyone visiting for respite and having a holiday with us. We hope you enjoy your stay and we look forward to seeing you around the village.

We hope you enjoy November's activities and always remember our motto "**We don't stop playing because we get old; we get old because we stop playing**"

Keep on smiling from the Health & Wellbeing Team

Deb, Val, Karen,

Maree, Lu, Joyce, Michelle

And all our wonderful volunteers

