Indigo North Health inc

Glenview Grapevine

September 2022

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Indigo North Health

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AUGUST IN REVIEW

TILE ART

Residents had the opportunity to create their own unique tile art piece in August. These beautiful pieces will be used to decorate the outdoor garden area in the near future.

KNITTING AND CROCHET GROUP

The knitting and crochet group returned in August, with the ladies creating squares to form part of a larger piece.

SCENIC BUS TOUR

The scenic bus tours took us to witness the glorious colour of the canola now out in bloom. Some were also surprised at the water soaked grounds surrounding Rutherglen after a very wet and cold August.

AUGUST IN REVIEW

Peter was very excited to harvest the first home grown produce from the gardening club. This was provided to our kitchen to use in resident meals.

Students and staff joined in an impromptu Rock n Roll dance with residents earlier this month, much to everyone's delight.

Scenic Tours in the local area are always a favourite activity. Getting out and about and sharing stories, local history and memories!

Upcoming Events

Father's Day
Sunday 4th September

New – Prayer Circle
Friday 9th, 16th and 30th September 11:00am; Hostel Lounge

Who Wants To Be A Millionaire?
Friday 2nd, 16th & 30th of September 11:00am; Main Lounge

Rutherglen Museum
Thursday 8th of September 1:15pm; Rutherglen

Bird and Bike Lunch outing- Chiltern
Thursday 15th of September 11:00am; Chiltern

Multicultural Day - Oktoberfest
Saturday 17th of September, 2:00pm

AFL Grand final
Saturday 24th of September, 2.30pm, Main Lounge

Music Appreciation – Classical Month
Sunday 18th of September, 1:00pm, Main Lounge

Special Days

7th	Brazilian Independence
11th	Assisted Living Week
12th	Chocolate Milkshake Day
16th	Mexican Independence
17th	Oktoberfest
19th	Talk Like a Pirate Day
21st	International Peace Day
21st	World Gratitude Day
24th	Native American Day
25th	Comic Book Day
25th	Rosh HaShanah
28th	Confucius' Birthday
30th	World Maritime Day

Regular Events

- Carpet Bowls every Wednesday from 2pm
- Happy Hour every Saturday 2:15pm
- Gardening Club every Monday 2.45pm
- Men's Shed returns Monday 12th & 26th September
- Bingo! Tuesdays and Thursdays from 2.45pm

September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 * September Anytime * Classical Music Month	2	3
4 Fathers Day	5 Labor Day	6	7 Brazilian Independence Day	8	9	10
11 National Assisted Living Week	12 Chocolate Milkshake Day	13	14	15	16 Mexican Independence Day	17 Oktoberfest
18	19 Respect the Aged Day (Japan) Talk like a Pirate Day	20	21 Peace Day World Gratitude Day	22	23 Spring Autumn	24 AFL Grand Final
25 Comic Book Day Rosh HaShanah - Jewish New Year	26	27	28 Confucius' Birthday	29	30 World Maritime Day	

September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period 😉
Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

If the wind will not serve, take to the oars

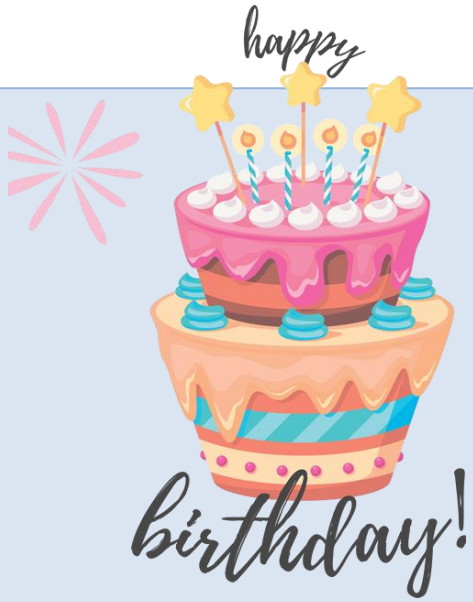
- Latin proverb

September Birthdays

In September, we celebrate birthdays with:

- **Mary Fitzgerald – 9th September**
- **Beryl Cooper – 18th September**
- **Maureen Jepson – 19th September**
- **Freda Bartel – 28th September**

Please join us in the dining room for cake for morning tea in September to celebrate!



Freddie Mercury, Musician, 5th September, 1946
Buddy Holly, Musician, 7th September 1936
Peter Sellers, Actor, 8th September 1925
Agatha Christie, Writer, 15th September 1890
Lauren Bacall, Actor, 16h September 1924
Lance Armstrong, Cyclist, 18th September 1971
Stephen King, Author, 21st September 1947
Andrea Bocelli, Singer, 22nd September, 1958
Bruce Springsteen, Singer, 23rd September 1949
Michael Douglas, Actor, 25th September 1944

Virgo (Aug 22 - Sep 22)
Virgos are logical, practical, and systematic in their approach to life. They are perfectionists at heart.

Libra (Sep 23 - Oct 22)
Librans are often considered the nicest and most charming personality in the world!

September in History: **The Great Fire of London, September 2 1666**
The Great Fire of London began in a bakery in Pudding Lane near the Tower.
The fire gutted the medieval City of London inside the old Roman city wall. Over the next three days more than 13,000 houses were destroyed, although only six lives were believed lost.

Poem to Share

“Hope” is the thing with feathers

“Hope” is the thing with feathers –

That perches in the soul –

And sings the tune without the words –

And never stops – at all –

And sweetest – in the Gale – is heard –

And sore must be the storm –

That could abash the little Bird

That kept so many warm –

I’ve heard it in the chilliest land –

And on the strangest Sea –

Yet – never – in Extremity,

It asked a crumb – of me.

- Emily Dickinson

Noticeboard

NEW RESIDENTS

A very warm welcome to:

- **Mr Thomas Grantham**
- **Mr Ron Eggleston**

We hope that you enjoy your time here!

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.

There are feedback forms available from reception and in the dining room. 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.

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

- **Mr Eric Craine**

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. We would also like to encourage historic stories of Rutherglen and surrounds.

Please hand in your submission to reception, or email us anytime at k.thompson@inh.org.au

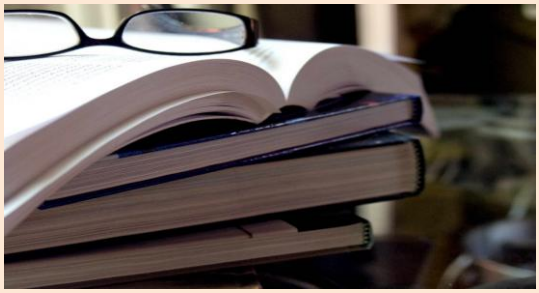
Thank you!

Noticeboard

LIBRARY SERVICE

We have a number of books available in the Main Lounge for residents to read. Please help yourself to any book and return to the shelves once finished.

If you are an avid reader and wish to join the Rutherglen Library, please ask Leisure and Lifestyle staff to assist.



CULTURAL CELEBRATION

In the month of September we celebrate Oktoberfest on Saturday 17th and AFL Grandfinal Saturday 24th. Watch your calendar for related activities.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

RESIDENT HAIRDRESSER & BARBER

Glenview hairdresser Kellie is available fortnightly on Tuesdays. Barber Tim is offering his services on a monthly basis. To book your appointment please speak with staff.

Laughing Matters

MY RESUME...

My first job was working in an orange juice factory, but I got canned ...couldn't concentrate.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the axe.

After that I tried to be a tailor, but I just wasn't suited for it ... mainly because it was a so-so job.

Next I tried working in a muffler factory but that was too exhausting.

Then I tried to be a chef -- figured it would add a little spice too my life, but I just didn't have the thyme.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I studied a long time to become a doctor, but I didn't have any patience.

Next was a job in a shoe factory; I tried but I just didn't fit in.

I became a professional fisherman, but discovered that I couldn't live on my net income.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

So then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work I finally got a job as a historian until I realized there was no future in it.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.
SO I RETIRED AND I FOUND I AM PERFECT FOR THE JOB!

Word Search

TREASURE ISLAND

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

Shark
Buccaneer
Spyglass
Octopus
Shipwreck
Skeleton
Captain
Island
Jewellery
Clipper
Treasure
Marooned
Mystery
Diving
Galleon
Ashore
Schooner
Cargo
Flotsam
Gold