



# *Glenview Grapevine*

## *May 2023*

Indigo North Health Inc.  
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 Indigo North Health



### IN THIS ISSUE

Month in Review .....	2
Upcoming Events .....	4
May Calendar .....	5
May Birthdays .....	6
A Poem to Share .....	7
Noticeboard .....	8
Laughing Matters .....	10
Word Search .....	11

# ***April in Review***

## **Carpet Bowls**

The weekly game of carpet bowls continues to be a favourite activity with high levels of engagement. This was “The Shot of the Day” at our last match held in April.



## **Music Sessions on the Balcony**

Freda, Joan and Janet all enjoyed the music session on the balcony. Our music sessions allow everyone to play their chosen instruments whilst enjoying the glorious weather and morning tea together.



## **Anzac Day**

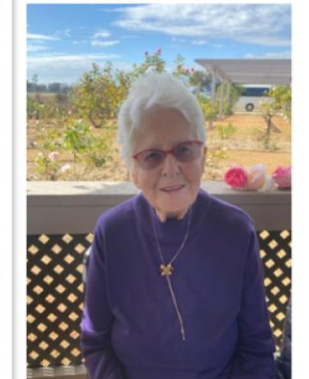
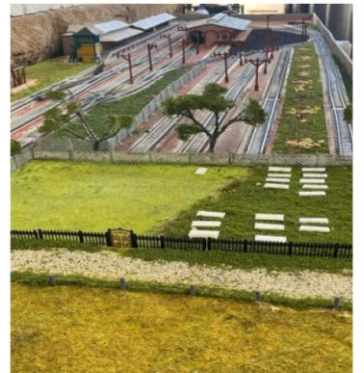
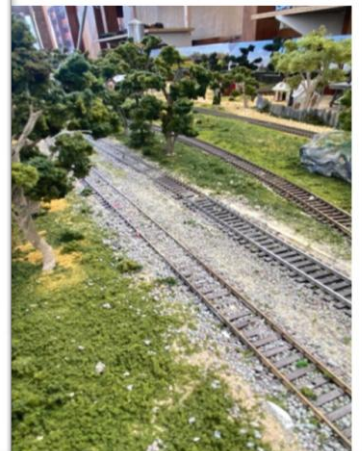
We would like to extend our gratitude to our local Rutherglen RSL Sub Branch members who hosted our Anzac service. Lest We Forget.





# **April in Review**

## **Chiltern Goods Shed and Rankin Farm Visits**





# Upcoming Events

## **Kings Coronation**

Saturday 6<sup>th</sup> May 8:15pm, Main Lounge

## **National Gallery of Victoria – Virtual Visit**

Wednesday 10<sup>th</sup> May 10:45am, Main Lounge

## **Men's Shed Chiltern**

Monday 8<sup>th</sup> & 22<sup>nd</sup> of May 11:00am

## **International Nurses Day**

Friday 12<sup>th</sup> of May

## **Mother's Day**

Sunday 14<sup>th</sup> of May

## **Barber Tim**

Monday 15<sup>th</sup> of May 9:00am

## **RSL Rhythm & Brews**

Wednesday 17<sup>th</sup> May 2.00pm, Dining Room












### **Special Days**

4 <sup>th</sup>	Space Day
5 <sup>th</sup>	Cinco de Mayo
6 <sup>th</sup>	Coronation Day
8 <sup>th</sup>	Victory in Europe Day
12 <sup>th</sup>	Intl. Nurses Day
13 <sup>th</sup>	Eurovision
13 <sup>th</sup>	Migratory Bird Day
14 <sup>th</sup>	Mother's Day
16 <sup>th</sup>	Cannes Film Festival
22 <sup>nd</sup>	Biological Diversity Day
23 <sup>rd</sup>	World Turtle Day
24 <sup>th</sup>	Scavenger Hunt Day
30 <sup>th</sup>	Memorial Day

# Regular Events

- Gardening Club Mondays 3:00pm
- Social Club – Tuesdays 11.00am
- Carpet Bowls 2.00pm Thursdays
- Bingo! Tuesdays and Fridays from 2.45pm
- Pastoral Care - Monday, Tuesday, Wednesday and Friday
- Happy Hour every Saturday 2:15pm

# May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
* May Anytime * 1	2	3	Space Day 4 	Cinco de Mayo 5 	Coronation Day 6 Kentucky Derby	7
National Nursing Home Week 8 Victory in Europe Day	9	10	11	Nurses day 12 	Eurovision 13  Migratory Bird Day	Mothers Day 14 
15	Cannes Film Festival 16 	17	18	19	20	21
Biological Diversity Day 22 	World Turtle Day 23 	National Scavenger Hunt Day 24 National Wyoming Day	25	26	27	28
Memorial Day 29 	30	31				

## May Trivia

The Month of May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**

Birthstone: **Emerald**

Flower: **Lily of the Valley**

# May Birthdays

In May, we celebrate birthdays with:

- **Lindsay Brown – 8<sup>th</sup> May**
- **Gary Grierson – 8<sup>th</sup> May**
- **Peter Lewis – 13<sup>th</sup> May**
- **Doug Hyslop – 16<sup>th</sup> May**
- **Mavis Kelley – 21<sup>st</sup> May**

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



Glenn Ford, Actor, 1st May 1916  
Bing Crosby, Singer, 2nd May 1904  
Lesley Gore, Singer, 2nd May 1946  
Audrey Hepburn, Actress, 4th May 1929  
Karl Marx, Philosopher, 5th May 1818  
Sigmund Freud, Psychiatrist, 6th May 1856  
Orson Welles, Actor, 6th May 1915  
Stevie Wonder, Singer, 13th May 1950  
Peggy Lee, Singer, 26th May 1920  
Clint Eastwood, Actor, 31st May 1930

## **Pisces (Apr 20 – May 20)**

Taureans are dependable, logical, and overall peaceful beings

## **Gemini (May 21 – Jun 20)**

Geminis love to learn and they never stop wondering about the unexplained

WOW!

## **First Telephone Phone Call**

In May of 1876, Alexander Graham Bell made the first successful telephone call, famously saying "Mr. Watson, come here, I want to see you."

# Poem to Share

## Life doesn't frighten me

Maya Angelou

Life doesn't frighten me,  
Not at all.  
I've known too many terrors,  
Seen too many falls.

Climbed too many mountains,  
Crossed too many seas,  
Felt the pain of heartbreak,  
And the sting of disease.

I've watched the earth shake,  
And the sky turn red.  
I've seen the mighty fall,  
And the brave lie dead.

But life doesn't frighten me,  
Not at all.  
I've learned to be courageous,  
And to rise when I fall.

For though life can be harsh,  
And the road can be rough,  
I know I have the strength,  
And the will to be tough.

So bring on the challenges,  
And the struggles that come.  
For life doesn't frighten me,  
Not at all, not one.

# Noticeboard



## NEW RESIDENTS

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A very warm welcome to:

- **Mr Gary Grierson**
- **Mrs Laurie Jasper**

We hope that you enjoy your time here!

## NEW STAFF

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A warm welcome also goes to the people who joined our team in the past month!

- **Ava Kilpatrick - Kitchen**

We hope that you enjoy your time here!

## IN MEMORIAM

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

- **Mrs Gloria Kercheval**
- **Mrs Roma Morris**
- **Mr Graeme Fraser**



## CONTINUOUS IMPROVEMENT

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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.

## CAN YOU CONTRIBUTE?

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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 you to share your historic pictures and knowledge of Rutherglen and surrounds.

Please hand in your submission to reception, or email us anytime at [k.thompson@inh.org.au](mailto:k.thompson@inh.org.au)



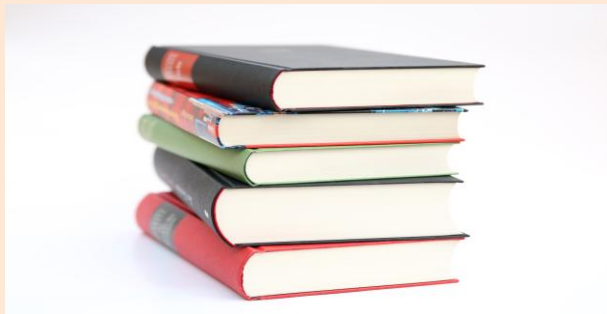
# Noticeboard



## LIBRARY SERVICE

Our Library is located in the main lounge, 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



## 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.

Thank  
You

## CULTURAL CELEBRATION

In the month of May we celebrate the Kings Coronation. The coronation will be televised from 8.15pm on Saturday 6<sup>th</sup> May. We will be holding a special royal quiz after Happy Hour.



## HAIRDRESSER

We have a hairdresser who attends every Monday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

# Laughing Matters



## Breakfast

A wife was making a breakfast of fried eggs for her husband.  
Suddenly, her husband burst into the kitchen.

'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh!  
You're cooking too many at once. TOO MANY!  
Turn them! TURN THEM NOW!  
We need more butter.  
Oh my gosh! WHERE are we going to get MORE BUTTER?  
They're going to STICK! Careful.  
CAREFUL! I said be CAREFUL!  
You NEVER listen to me when you're cooking! Never!  
Turn them! Hurry up!  
Are you CRAZY? Have you LOST your mind?  
Don't forget to salt them. You know you always forget to salt them.  
Use the salt. USE THE SALT! THE SALT!'

The wife stared at him:

'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

To which her husband calmly replied:

'I just wanted to show you what it feels like when I'm driving.'

## The English Professor

An English professor asked his students to add punctuate the following words:  
"woman without her man is nothing"

The males in the class wrote "Woman, without her man, is nothing."

The Females wrote "Woman! Without her, man is nothing."

## Word Search

**ABBA®**

THANK YOU FOR THE MUSIC!

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

Fernando  
Annifrid  
Eurovision  
Mamma  
Arrival

Sos  
Benny  
Hepstars  
Mia  
Abba

Agnetha  
Andersson  
Waterloo  
Dancing  
Eagle

Bjorn  
Sweden  
Chiquitita  
Queen  
Ring