

# NEWSREEL



## Inside this issue

Newsreel Welcome .....	1
From The Don's Desk .....	2
A Word With Cassy.....	3
Entertainment Highlights .....	4
Resident Relative Meeting .....	4
Coach Outing .....	4
Gardening News.....	5
Recipe Of The Month .....	5
Exercise Classes.....	6
Sudoku Puzzle.....	6

## Quote Of The Month



## FROM THE DON'S DESK

Hello and Goodbye

My last newsreel entry for Laurieton lakeside. It has been as privilege and a pleasure serving you over the last 20 plus years as a registered nurse, nurse manager and director of nursing. I am moving to Sydney to be closer to my family and possibly change my employment.

I am hoping to expand my horizons into education/ dog walking. Yes dogs are my joy!

We are currently compiling a short list of potential candidates for the director of nursing position and office manager-there are some exciting prospects.

Kristy Potts will be the facility manager and I am more than supportive of this engagement. She is already an enormous asset to the facility and has an extensive knowledge of what is required to maintain a quality home.

She will be supported by the proprietors and our excellent management staff and dedicated staff.

I will miss the relationships I have formed with many of you and your families and wish you all peace and love.

“We do not necessarily improve with age we become more like ourselves” (Peter Hall)

Goodbye, farewell, au Revoir, chow, Auf Wiedersehen, Yassou, Namaste, Tam biet, Tot Ziens, paalam

X x

### *LAKEVIEW WING*





## A WORD WITH

CASSY GREENTREE — CHAPLAIN

*WHERE THOU ART, THAT IS HOME*

*EMILY DICKINSON*



Pastoral Care Visits are planned weekly & Whenever required. Remember you do not have to be religious or even spiritual to speak with the chaplain; all you have to be is human. The chaplain represents a person that is non-religious, non-discriminatory and non-judgmental!

### Church Services

---

Anglican Mass - December 2nd 10.30am

Catholic Mass - December 9th 2.00pm



Contact with the churches or Ministers can be made through the Chaplain's , Director Of Nursing Julianne McKenzie , or Cassy Greentree at anytime.

## Entertainment Highlights

- 3RD THE MENS SHED CHOIR  
5TH THE GRANNIES  
6TH NAME THAT TUNE WITH GRAHAME  
9TH LAKESIDE CHOIR  
CHRISTMAS PERFORMANCE  
10TH BIRTHDAY PARTY WITH ROY  
11TH ALL STARS DANCE  
CHRISTMAS  
18TH CAROLS BY CANDLE LIGHT  
20TH CONSUMER CHRISTMAS PARTY  
23TH SLIDE SHOW THE YEAR THAT WAS 2019

## Resident/Relative Meetings

The next resident relative meeting will be held in the Activities centre at 2pm on the 16th December 2019. This is held once a month. Come along and meet other residents and relatives.

Meeting Minutes are available in each edition of the newsreel.

## Coach Outings

Outing this month will be held on the 12th December The coach will leave at 2pm sharp .

Coach outings are usually held each Thursday afternoon and are subject to change due to inclement weather. Please check dates and times with the activities staff.

**We are now offering Café coffee vouchers for the Lakeview Café at an extra cost, for all non extra service residents and all visitors.**

**You can purchase a book of ten for \$10 or one individual voucher at the cost of \$1.00.**

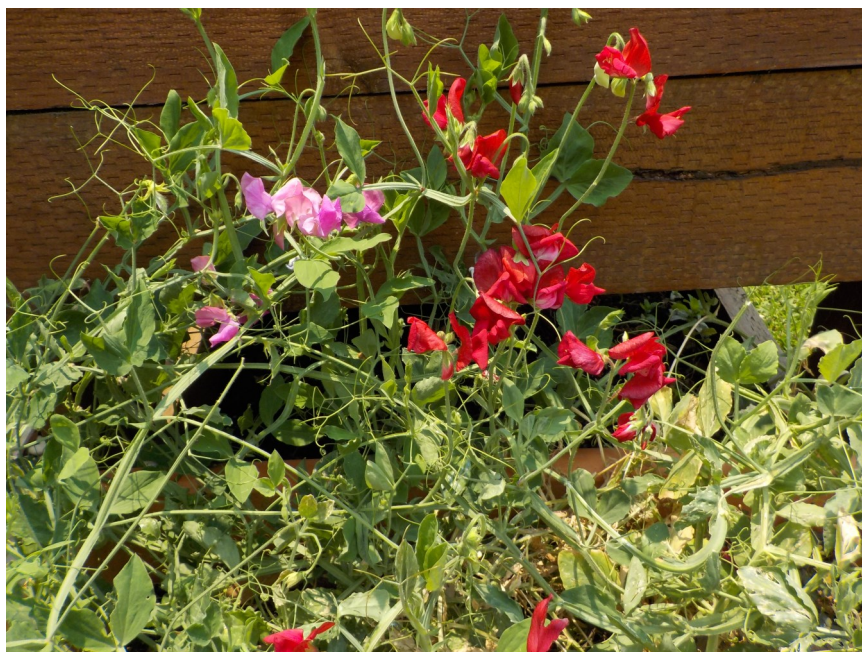
**Please see Simone in main reception to purchase.**



## Gardening News

Our gardens have been coping the best they can over this difficult season, no rain and strict water restrictions

Thank you to our maintenance staff for all they do to keep our home so beautifully maintained, it was a welcomed sight to see our sweet peas



## RECIPE OF THE MONTH, JAFFA BLISS BALLS

### Ingredients

1 cup mixed nuts
1 cup fresh dates, pitted
1/3 cup desiccated coconut, plus extra to coat
¼ cup raw cacao powder
1 tbs chia seeds
2 tbs honey
1½ tsp fresh orange juice and ½ tsp orange zest
½ tsp ground cinnamon
pinch of sea salt

### Method

1. Process nuts in a blender or food processor until fine crumbs form. Add dates and process to combine, then add remaining ingredients and process until mixture comes together.

2. Place extra coconut on a plate. Using clean hands, form mixture into balls. Roll balls in coconut to coat. Chill. Serve.

tips:

Add more honey or orange juice if the mixture is too dry. If mixture is too wet add more processed nuts. Adjust spice and zest amounts to taste.





## Stay active

Physio Exercise Class  
Tuesday, Thursday and  
Saturday's at 2pm.  
Walking Group every  
Wednesday at 2.00pm  
( Weather Permitting)  
Dance class Wednesday at 1.15pm.

**Remember;**  
Exercise is good for  
the Body & Soul.



## CONTACT US:

**Address:**  
349 Ocean Drive  
Laurieton 2443 NSW

**Postal Address:**  
PO Box 305  
Laurieton 2443 NSW

**PH: (02) 6559 8777**  
**Fax: (02) 6559 8877**

**Email:**  
[info@laurietonlakeside.com.au](mailto:info@laurietonlakeside.com.au)

## SUDOKU

Traditional Sudoku is a 9x9 puzzle grid made up of nine 3x3 regions. Each region, row, and column contains nine cells each. See the example below.

The numbers shown in the example are the "givens". These numbers can not be changed in any puzzle. You solve the puzzle by filling in the empty cells with a single number (from all the possible candidates) that doesn't violate Sudoku rules. There is only one correct number per cell. Scan the "givens" looking for the same number in different rows, columns, or regions. Eliminate cells for consideration by applying the Sudoku rules using these numbers. Complete the Sudoku puzzle so that each and every row, column, and region contains the numbers one through nine only once.

	7		5	3				
1	9	5	6					
				9	8		6	
	6		8					3
8		3	4					1
	2		7					6
				6		2	8	
4	1	9						5
	8						7	9