

JULIANA VILLAGE

RESIDENTS' NEWSLETTER



March 2016

Diary dates to remember...

1st *First day of Autumn:*



1st *Music Therapy with Jenni 2pm on level 2*

2nd *Cultural Day – “Irish Culture”*

2nd *Devotional Service with Tony 2pm*

4th *Coffee & Shop Short bus trip 1:30pm*

7th *Monthly Shopping Trip to South Gate 10:30am to 1pm*

8th *Library Day*

9th *Devotional Service with Tony 2pm*

11th *Short bus trip 1:30pm*

13th *St Luke’s Church 2:00pm*

14th *Renata the Beautician – Doing Nails today*

14th *Bob the Memory Man – George’s Centre 10:30am*

14th *Easter Raffle tickets go on sale*

15th *Music Therapy with Jenni at 2pm in George’s Centre*

16th *Monthly bus trip to Audley Weir café \$28per person depart at 9:45am*

17th *Happy St Patrick’s Day!*

22nd *Library Day*

22nd *Easter Raffle prize winner announced at Lunch Time*

22nd *Music Therapy with Jenni 2pm on level 2*

- 23rd** *Entertainment by The Sylvantones 1:30pm*
- 24th** *Monthly Birthday Party 2pm – Line Dancing*
- 25th** *Good Friday – Happy Easter*
- 25th** *Resident's Council meeting to be advised*
- 27th** *St Luke's Church 2pm*
- 28th** *Easter Monday*
- 29th** *Renata the Beautician – waxing today*
- 30th** *Devotional Service with Tony 2pm*
- 31st** *Happy Hour - 2pm George's Centre*

Please see the notice board for unforeseen changes to this program

MARCH BIRTHDAYS



Hostel and Sharpe House:

- 1st Therese Byrnes
- 6th Sylvia Robinson
- 6th Joy Williams
- 12th Ron Foster
- 20th Barrie Smith
- 21st Nancy Roy
- 24th Ivan Slatina

Self-Care:

- 1st Willem Smits
- 10th Catherina Nieuwland
- 11th Elly Verschoof
- 18th Catharina Kers



Staff birthdays:

8th Daniel Reina
11th Julie Montoya
17th Toni Uyguangco
23rd Ross Fuller
25th Snethalatha George

Famous People:

2nd Daniel Craig/Bon Jovi
10th Chuck Norris
14th Albert Einstein
19th Bruce Willis

For your information:

Church and Spiritual Services at Juliana Village:

For your spiritual needs we have St Luke's Anglican Church come to the village every second Sunday to give a service at 2pm.

In addition to this we have a Chaplain, Tony Everett, who is here Monday to Wednesday and who also gives a devotional service most Wednesday afternoons. Tony also holds bible studies in his Chapel from 9am to 9:30am on Monday to Wednesday.

These times can always be found in the monthly program.

Library services and general reading...

For your convenience the Sutherland Library service comes to the Village every fortnight to bring books to the residents who have requested them. If you would like to start receiving books as well, please speak to an Activities Staff member or advise a Nurse and they will advise us. If the fortnightly service is not for you but you enjoy reading the occasional book, then come along to the George's Centre and have a browse through our overflowing book shelf which has many good books which are kindly donated by residents and

families all the time so you are sure to pick up a new release or two.
You are free to take these books at any time.

Your Mail

Dear residents, for your convenience, there is an outgoing mail box situated in the Bruinsma Hostel mail box area.

Please place any letters that you would like posted, into this box. Jeanine from the office clears this mail box throughout the week. If you have any questions regarding your mail please speak to Jeanine in the main office.



Morning and Afternoon Tea in the George's Centre



Morning tea is served for anyone that is in the George's Centre at approximately 10am each day. If you are from the Hostel and would like a cup of tea but do not wish to participate in the activities, you are still more than welcome to come in for a cup of tea...the more the merrier!

Afternoon tea is served in the George's Centre between 2:30pm and 3pm each day with the exception of every second Sunday when St Luke's Church is here. Sharpe house residents are served tea in their rooms or the lounge area by nursing staff in the mornings and afternoons. Anyone is free to go to the Sharpe House

level 1 lounge for a cup of tea in the afternoons at 2:30pm if they so wish.

Friday afternoon Activities in the George's Centre

There will no longer be an activity on Friday afternoons in the George's Centre while the bus trip is taking place. Activities will be held upstairs on level 2 should you wish to join or a movie may be put on in the Sharpe House Level 1 lounge area – this will be advised.

If you have any questions at all regarding this, please see the activities staff who will be happy to help you.

Easter Raffle...

We are having an Easter Raffle – please look out for posters showing the prizes shortly. You can also come and take a look at the prizes in the George's centre in a week or so. The tickets will go on sale on the 14th March and the winners will be announced during lunch time on the 22nd March.

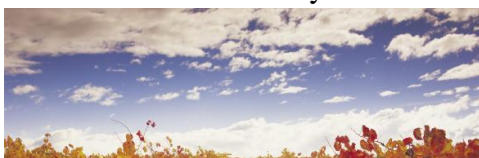


Autumn is here...

This is what our Australian Autumn can bring

YOU: Take an adventure along the scenic Brisbane River. Experience life as a drover on a cattle drive, along South Australia's historic Oodnadatta Track. Head to lush Litchfield National Park in the Northern Territory or to Western Australia's Kununurra for the huge Ord Valley Muster. White water raft on Tasmania's wild-west coast or fish and camp along the Murrumbidgee River Corridor, near Canberra. Autumn is also jam-packed with events, from food and wine festivals to fashion weeks and Melbourne's Grand Prix.

Yarra Valley



Tasmania's Wild West Coast



Circle Tasmania



Great walks of Australia



Great Alpine Way



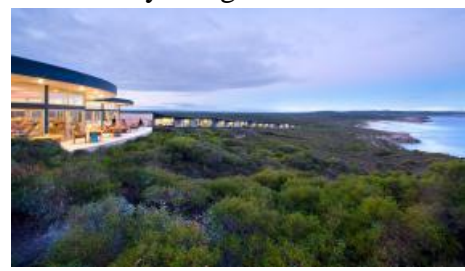
The Murrumbidgee Corridor



Litchfield National Park



Luxury Lodges of Australia



Ultimate Winery experiences



An interesting read.....Indigenous seasonal calendars

Indigenous people's knowledge about the weather, and their descriptions of the seasons and climatic conditions is recognised today in work with scientists and the Australian Bureau of Meteorology (BOM). For the Jawoyn people, from around Katherine near south east Arnhem Land in the Northern Territory, six seasons are described in the tropical zone in which they live:

- *January–February: Summer (temperate zone), Wet (tropical zone), Jiorrk, the wet season*
- *March: Autumn (temperate zone), Wet (tropical zone) Bungarung, the end of the rains*
- *April–May: Autumn (temperate zone), Dry (tropical zone) Jungalk, the hot start of the dry*
- *June–July–August: Winter (temperate zone), Dry (tropical zone), Malaparr, the cooler, dry*
- *September–October: Spring (temperate zone), Dry (tropical zone), Worrwopmi, the humid time*
- *November–December: Spring/Summer (temperate zone), Wet (tropical zone), Wakaringding, the first rains*

These descriptions can be useful as they are more detailed and therefore more informative about what the weather is like to experience.

Autumn



Descending leaves fall to the ground,
Twirling, twisting, round and round,
Autumn season is almost here,
The smell of freshness is oh so near.



The crisp, cool breeze,
Shakes the leaves from the trees,
Autumn takes away the green,
Golden-bronze and brown is all that can be seen.



The Magic in the Moment

The wind began to blow
And shook the trees
Heads turned up in unison
Witnessing a season of change

The leaves were freed from their branches
Floating and swinging through the air
Painting the sky with golden colors
Dancing their way to the ground

The wind blew again
And the trees shook
Whispers in the wind:
"It's good luck to catch a leaf!"

Searching and turning
Arms opening wide
Hands held high
Watching the leaves dance in the sky

They swirled, turned and swept me
Off my feet
Dodging and scooping
The magic in the moment



Life is better when you're laughing....

How to avoid a fine

Ireland Calling

An elderly gent bought a sports car and drove along reaching 120mph. "Amazing!" he thought. Then he saw a police car behind him, blue lights flashing. "I can get away from him," he thought as he reached 150. Then he thought, "I'm too old for this nonsense!" So he pulled over to the side of the road. Pulling in behind him, the police officer walked up, and said, "Sir, my shift ends in 10 minutes. If you can give me a reason why you were speeding I've never heard before, I'll let you go."

The old man said, "Years ago my wife ran off with a policeman."

Three Irishmen become stranded on a tiny island off the coast of Galway. As they start to panic, a leprechaun appears and offers each of them a wish. The first man asks for the ability to swim, He is transformed into an athlete and swims to the mainland. The second man asks to become an engineer. He too is transformed and builds a boat and sails to the mainland. The third man asks to be more intelligent. The leprechaun turns him into a woman and she walks across the bridge.

A stranger went into a small country store. There was a notice on the door warning, "Danger! Beware of dog!" Inside, he saw a harmless old dog asleep on the floor next to the counter.

"Is that the dog we're to beware of?"

"Yes, that's him."

"That certainly doesn't look like a dangerous dog. Why did you put up that sign?"

"Because before I posted that sign, people kept tripping over him."

The culture of the month is: Ireland

CULTURE & SOCIETY

Irish culture has many different meanings. There is no set definition of Irish culture but there are a few symbols which are unique to Ireland. Ireland is often called the 'land of saints and scholars' referring to the golden age of monastic learning, or 'the emerald isle' referring to the green landscape.

The Irish Flag

The flag was first introduced by Thomas Francis Meagher in 1848 who based it on the French tricolour. However, it was not until after the Easter Rising of 1916, when it was raised above the General Post Office in Dublin, that the tricolour came to be regarded as the national flag. The flag was adopted in 1919 by the Irish Republic during its war of independence and subsequently by the Irish Free State. It was given constitutional status under the 1937 Constitution, which established the Republic of Ireland.



The green section in the flag symbolises the older majority Gaelic tradition of Ireland, made up mainly of Roman Catholics. The orange represents the mainly Protestant minority. The white in the centre signifies a lasting truce between the two cultures and living together in peace.

The Constitution

Bunreacht na hÉireann, the Constitution of Ireland, is the basic law of Ireland. No law can be passed which does not agree with it. The Constitution can be changed only by a referendum in which every citizen of Ireland, over the age of 18, is entitled to vote. The Constitution was passed in a referendum on the 1st July 1937.

The National Anthem

Amhrán na bhFiann or The Soldier's Song is the national anthem of the Republic of Ireland. The anthem was written in English by Peadar Kearney in 1907, and the Irish lyrics, were written by Liam Ó Rinn. The song became the official state anthem in 1926.

The song is regarded by some nationalists as the national anthem of the whole of Ireland, and it is therefore sung, for example, at Gaelic Athletic Association matches held anywhere on the island. The anthem consists of 3 verses and a chorus but generally only the chorus is sung.

Some Unionists however, reject this use of Amhrán na bhFiann, and at international games played by teams that represent both the Republic of Ireland and Northern Ireland the song Ireland's Call is sung instead of, or as well as, Amhrán na bhFiann.

Popular Songs

An unofficial anthem which is sung at many sporting events is The Fields of Athenry. It tells the story of a man who is convicted of stealing food during the Great Famine who is convicted and transported to Australia.

The national symbol

The harp is a symbol of the Irish State. It is used by Government Departments and Offices. It also appears on all Irish coins. The harp is engraved on the seal of office of the President and it is also on the flag of the President of Ireland.

The national holiday and the shamrock

March 17th is St. Patrick's Day and it is the National Holiday in Ireland. St. Patrick is credited with bringing Christianity to Ireland and March 17th is the date that St. Patrick is said to have died. St. Patrick's Day parades are held in most towns in Ireland and in a number of countries throughout the world to celebrate the national holiday. Many people wear a plant called 'shamrock' on St. Patrick's Day. It is an unofficial but perhaps more recognised symbol of Ireland. It is said that St. Patrick used the three leaves of the shamrock to explain the Christian concept of the Trinity.

Popular Culture

Popular culture in Ireland is very similar to many other Western countries in terms of TV, cinema and popular music and literature. However, one aspect of popular culture in Ireland that makes it somewhat different to other cultures is pub culture.

The term 'pub' refers to a 'public house' or bar. While there is a recognised issue of over-consumption of alcohol in Ireland, pub culture is about more than just drinking. Typically pubs are important meeting places, where people can gather and meet their neighbours and friends in a relaxed atmosphere. The character of pubs varies widely according to the customers they serve, and the area they are in. Since 2004 it is illegal to smoke in an enclosed place of work in Ireland, including pubs.

Geography

Many Irish people view themselves and others in terms of what part of Ireland they are from. Ireland is divided into 32 counties. This is most evident during inter-county GAA (Gaelic Athletic Association) matches, where fans dress in the specific colours of their county. The Republic of Ireland consists of 26 counties, and Northern Ireland of six. It is also

traditionally divided into the four provinces of Connaught, Leinster, Munster and Ulster. Ulster contains 9 counties, 6 of which are in Northern Ireland and 3 of which are in the Republic of Ireland.

Republic of Ireland

- Dublin
- Wicklow
- Wexford
- Carlow
- Kildare
- Meath
- Louth
- Monaghan
- Cavan
- Longford
- Westmeath
- Offaly
- Laois
- Kilkenny
- Waterford
- Cork
- Kerry
- Limerick
- Tipperary
- Clare
- Galway
- Mayo
- Roscommon
- Sligo
- Leitrim
- Donegal



Northern Ireland

- Fermanagh
- Tyrone
- Derry
- Antrim
- Down
- Armagh





A few important points about Ireland's geography

- Ireland's highest mountain is Carrantuoohill in County Kerry
- Ireland's longest river is the Shannon
- Ireland's largest lake is Lough Neagh in Ulster

Irish society and migration

Traditionally Irish society has been one of emigration. For hundreds of years more Irish people left Ireland than immigrated to Ireland. The most notable periods of emigration were following the famine in 1845 and more recently in the 1950s and 1980s when large numbers of Irish emigrated to look for a better life. This has changed since the late 1990s when the economy of Ireland improved dramatically.

Since then many people have immigrated to Ireland. The Census in 2006 estimated that 1 in 10 people in Ireland were not Irish citizens; this figure included a significant proportion of UK citizens.

Although emigration has been a constant feature of Irish society, the late 1990s also saw a trend of Irish emigrants returning home to live in Ireland. Many millions of people

around the world particularly in the UK, USA, Australia, Canada and New Zealand claim Irish ancestry. For many generations most Irish people have had family that live in other countries, something that is now also characteristic of immigrants to Ireland.

Customs

Like any other country there are customs and traditions which are particular to Ireland.

Greeting people

Irish people have the reputation of being very friendly. Generally people will shake hands when they meet for the first time. Friends will hug or just say hello. Sometimes people will kiss on the cheek if they know each other well. People generally make eye contact because it is a sign of trust and that you are interested in what they are saying.

Time keeping

Sometimes it may seem as if time keeping is not very important in Ireland. Generally when someone arranges to meet you at 8pm this will usually mean 8.15pm or later. Irish people, in general, are very relaxed about time.



In the Irish Landscape....

The Giant's Causeway has been formed as a result of volcanic eruption. The Giant's Causeway is located in County Antrim, the northeast coast of Northern Ireland. The Giant's Causeway has also been included in the world heritage sites of UNESCO since 1986. The Giant's Causeway is a huge area where you can observe 40,000 interlocking basalt columns. The structures including Organ and Giant's Boot have reached the current form by several million years of weathering. The top of the columns gradually, in the form of stepping stones finally lead into the sea and

disappear. The Columns of Giant's Causeway are hexagonal in shape mostly but you can also find others with four, five, seven or eight sides. The tallest column is 12 meters (39 ft) in height. Another notable feature is the presence of solidified lava in the cliffs. The solidified lava is thick and covers 28 metres (92 ft) of the place. The sight of Giant's Causeway is popular with the tourists since 19th Century.



St. Patrick's
Patrick's
Day March 17

St Patrick's Day is an annual observance that is popular in Australia on March 17. This event serves as a tribute to Ireland and one of its patron saints, St Patrick.

What Do People Do?

Many Australians come together on St Patrick's Day to celebrate Irish culture and remember St Patrick's life and achievements. Some businesses and organizations hold St Patrick's Day breakfasts and lunches where lucky door prizes are given and Irish food and drinks are served. Many pubs, particularly Irish pubs, hold St Patrick's Day parties in the evenings, where local bands play Irish music and green drinks are served.

St Patrick Day parades are held in cities such as Sydney and Brisbane. These parades feature people clad in traditional Irish costumes or dressed in green, as well as floats displaying the Irish flag. Some people dress as leprechauns while others wear green wigs. Many Irish associations and historical societies hold events that give people the chance to learn about the history of Irish immigration and settlement in Australia.

Public Life

St Patrick's Day is not a public holiday in Australia but it is a popular event so many restaurants and pubs, particularly those with an Irish theme, are busy on the day. Parking and traffic may be temporarily affected by St Patrick's Day parades, particularly along the main streets in some cities and towns.



Background

Many Australians remember the Irish settlement and culture on St Patrick's Day. The Irish were among the first Europeans to settle in Australia. They comprised a portion of the convict settlement population in the late 1700s. More than 300,000 other Irish settlers (not convicts) migrated to Australia between 1840 and 1914. Many Irish immigrants came to Australia to escape famine in their homeland. About 30 percent of Australians are believed to have some Irish ancestry today.

One way of preserving Irish traditions and customs in Australia is celebrating St Patrick's Day each year. St Patrick is one of Ireland's patron saints. He died on March 17 in or around the year 493. He worked as a missionary in Ireland and it is believed that he banished "snakes" from the country although the term may have referred to druids or pagan worshippers.



Symbols

Many people wear the colour green on St Patrick's Day. They may also wear a symbol of Ireland, such as a brooch in the shape of a shamrock or a harp. Images of leprechauns or a pot of gold are seen in promotional material for St Patrick's Day. The Irish flag and balloons in flag's colours (green, white and orange) are also visible during events and activities on the day.



HAPPY EASTER TO YOU ALL.



Easter commemorates the resurrection (return to life) of Jesus Christ following his death by crucifixion. It is the most significant event of the Christian calendar.



On Good Friday, Jesus Christ was executed by crucifixion. His body was taken down from the cross, and buried in a cave. The tomb was guarded and an enormous stone was put over the entrance, so that no-one could steal the body. On the following Sunday, some women visited the grave and found that the stone had been moved, and that the tomb was empty. Jesus himself was seen that day, and for days afterwards by many people. His followers realised that God had raised

Jesus from the dead.

Easter celebrates the promise of life in the face of death. Easter celebrations also reflect on peace and forgiveness which has come out of aggression. It is also a time for thinking about suffering, injustice and hardship. During Good Friday services Christians meditate on Jesus's suffering and on his words spoken from the cross: 'Father, forgive them; for they do not know what they are doing.' (New International Version, Luke 23: 34).

Origins, dates and days of Easter

The date on which Easter falls varies from year to year. Easter falls on the Sunday after the ecclesiastical Full Moon that falls on or after March 21. Easter is therefore observed between late March and late April and can extend to early May in the Eastern Christian churches.

A system for calculating the dates for Easter was begun around 532 AD when a Scythian monk named Dionysius Exiguus reconciled the Eastern and Western church calendars with the Julian calendar, established by Julius Caesar. Dionysius Exiguus established the date of Christ's circumcision at 1 January, 1 AD, or Anno Domini, translated as 'the year of our Lord'. While this calendar was adopted by the Church, the old Julian calendar remained in civil use for another thousand years. Eventually, these were reconciled with the current Gregorian calendar, adopted in 1582.

We know that Easter was being observed as early as 180 years AD. The first black African Pope, Pope Victor (189–199 AD) decreed that Easter should be celebrated on a Sunday. However, churches in different regions, such as those represented by a synod of Asiatic bishops, celebrated Easter on different dates, not always on Sundays. The Council of Nicea (AD 325) finally clarified this by stating that Easter would be celebrated on Sundays.

A Christian scholar, the Venerable Bede (672–735 AD), first asserted that Easter was named after Eostre, the Great Mother Goddess of the Saxon people in Northern Europe. Her name was derived from the ancient word for spring, *eastre*. Pagan festivals associated with birth, the renewal of life, fertility and sunrise date back long before Christianity. Pagan religions in the Mediterranean area are recorded as having a major seasonal day of religious celebration at or following the Spring Equinox. Many of the present-day customs of Easter have their origins in these festivals.



Religious observances

There are a number of observances and feast days related to Easter. Palm Sunday celebrates Jesus's triumphant entry into Jerusalem. In many churches, during Palm Sunday services, large palm branches

are carried in processions. Members of the congregation also hold small crosses made of palm leaf. The palm leaves are a reminder of when the people of Jerusalem waved palm leaves when Jesus arrived in Jerusalem, and to remember the cross on which he died. The crosses used in the Palm Sunday service are converted to ashes for later use in Ash Wednesday services.

Ash Wednesday draws on the ancient Biblical traditions of covering one's head with ashes, wearing sackcloth, and fasting. The use of ashes, made by burning palm crosses from the previous Palm Sunday, is very symbolic. Some churches hold special services at which worshippers are marked on the forehead with a cross of ashes as a symbol of penitence and mortality.

Lent is the period of forty days which comes before Easter, beginning on Ash Wednesday. Lent is observed as a time for prayer and penance recalling the events leading up to Jesus' crucifixion. Only a small number of people today fast for the whole of Lent, although some maintain the practice on Ash Wednesday and Good Friday. Purple drapes and altar frontals are used in some churches throughout Lent, because it is associated with mourning and so anticipates the pain and suffering of the crucifixion. Purple is also the colour associated with royalty, and celebrates Christ's resurrection and sovereignty. Most Christians regard Jesus' time 40 days fasting in the wilderness as the key event for the duration of Lent.

Christians remember Maundy Thursday as the day of the Last Supper, when Jesus washed the feet of his disciples and established the ceremony known as the Eucharist. The night of Maundy Thursday is the night on which Jesus was betrayed by Judas in the Garden of Gethsemane. Roman Catholic church services feature a ceremony in which the priest washes the feet of 12 people to commemorate Jesus washing the feet of his disciples. Good Friday, the Friday before Easter, commemorates the crucifixion of Jesus and is a day of mourning in church.

Easter Sunday is the commemoration of the resurrection of Jesus Christ and is celebrated with great enjoyment by Christians. Churches are usually filled with flowers and the celebrations include the singing of special hymns.

Ascension Day marks the last earthly appearance of Christ after his resurrection. Christians believe Christ ascended into heaven. It is celebrated 40 days after Easter.

Pentecost is celebrated on the seventh Sunday after Easter. Pentecost comes from a Jewish harvest festival called Shavuot. The apostles of Jesus were celebrating this festival when the Holy Spirit descended on them. Pentecost marks the birth of the Christian Church.



Easter traditions – Shrove Tuesday or Pancake Day

Shrove Tuesday is the last day before Lent. In earlier days there were many foods that observant Christians would not eat during Lent such as meat and fish, eggs, and milky

foods. So that no food was wasted, families would have a feast on the shroving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off.

Pancakes became associated with Shrove Tuesday because they were a dish that could use up perishable foodstuffs such as eggs, fats and milk, with just the addition of flour. Pancake races are thought to have begun in 1445. A woman who was busy cooking pancakes in her kitchen lost track of the time on Shrove Tuesday and when she heard the church bell ringing, she woman raced out of her house and ran all the way to church; still holding her frying pan and wearing her apron.

Many Australian groups and communities make and share pancakes on Shrove Tuesday. Selling pancakes to raise money for charity is also a popular activity.

Hot Cross Buns



Hot cross buns are sweet, spiced buns made with dried fruit and leavened with yeast. A cross, the symbol of Christ, is placed on top of the buns, either with pastry or a simple mixture of flour and water. The buns are traditionally eaten on Good Friday, however in Australia they are available in bakeries and stores many weeks before Easter.

A recent variation on the traditional fruit bun has become popular in Australia. A chocolate version is made with the same spiced mixture, but cocoa is added to the dough and chocolate chips replace the dried fruit.

Easter Eggs

Eggs, symbolising new life, have long been associated with the Easter festival. Chocolate Easter eggs, are a favourite part of Easter in Australia. Some families and community groups organise Easter egg hunts for children in parks and recreational areas. Easter eggs are traditionally eaten on Easter Sunday, however stores start stocking Easter treats well before the Easter holiday period.

The Easter Bunny

Early on Easter Sunday morning, the Easter Bunny 'delivers' chocolate Easter eggs to children in Australia, as he does in many parts of the world. The rabbit and the hare have long been associated with fertility, and have therefore been associated with spring and spring festivals. The rabbit as a symbol of Easter seems to have originated in Germany where it was first recorded in writings in the 16th century. The first edible Easter bunnies, made from sugared pastry, were made in Germany in the 19th century.

The Easter Bilby



Rabbits are an introduced species in Australia and are unpopular because of the damage they do to the land. In 1991 a campaign was started by the Anti-Rabbit Research Foundation to replace the Easter Bunny with the Easter Bilby (an endangered species). Author Jeni Bright wrote a children's story called *Burra Nimu the Easter Bilby* to support the campaign.

Greek Orthodox Easter traditions

The celebrations for Greek Easter begin two months before Christian Easter celebrations with Mardi Gras. The Carnival or *Apokria* season starts on the Sunday of Teloni and Farisou and ends on Shrovetide Sunday with the *Burning of the Carnival King*, which involves setting fire to an enormous papier-mache effigy of Judas.

For Greeks, Clean Monday is one of the most festive holidays of the year. As Lent begins, children and their parents go to fly kites and feast at local tavernas or outdoor picnics. On Holy Thursday the bright dyed red eggs that are symbolic of Easter in Greece are prepared. Tradition says that the Virgin Mother, Mary, dyed eggs this colour to celebrate the Resurrection of Christ and to celebrate life. On Good Friday or Great Friday, flags at homes and government buildings are set at half-mast to mark the mournful day. Celebrations continue with the cracking of eggs and The Resurrection Table. The dyed red Easter eggs that are found on the Resurrection Table become pieces of a traditional game. Each person takes an egg and challengers attempt to crack each other's eggs, which are meant to symbolise Christ breaking from the Tomb. The person whose egg lasts the longest is assured good luck for the rest of the year.

Blessing of the Fleet



The Ulladulla Blessing of the Fleet Festival at Easter on the New South Wales south coast is an old tradition which originated in Sicily to ensure that the fishermen would return to port and have a bountiful catch.

In 1956, Italian fishermen and their families organised Ulladulla's first Blessing of the Fleet, with St. Peter being chosen as the patron Saint of Fishermen. Activities included the spaghetti-eating contest, climbing of the greasy pole, apple on a string, greasy pig and the naming of the Fishermen's Princess, traditions which still continue.

The Easter holiday in Australia – The four-day 'weekend'

In addition to its religious significance, Easter in Australia is enjoyed as a four-day holiday weekend starting on Good Friday and ending on Easter Monday.

This extra-long weekend is an opportunity for Australians to take a mini-holiday, or get together with family and friends. Easter often coincides with school holidays, so many people with school aged children incorporate Easter into a longer family holiday. Easter is the busiest time for domestic air travel in Australia, and a very popular time for gatherings such as weddings and christenings.

Sydney Royal Easter Show



The Sydney Royal Easter Show is Australia's largest annual event and celebrates all everything from our bush heritage to the vitality of city life. It takes place annually at Sydney Olympic Park over a two-week period which includes the Easter long weekend.

The Show is part of the long tradition of agricultural shows that are held in towns and cities across Australia. At these shows, rural and farming communities showcase their livestock and produce, and exhibitors, organisations and companies provide people in urban areas with a glimpse of rural life.

Shows are also a time for competition, spectacle and entertainment. The Sydney Royal Easter Show includes the Sydney Royal Rodeo, and the visitors to the show can enjoy the latest on offer in the way of extreme rides and attractions.

Festivals

There are many festivals held over the Easter holiday in Australia. Performers and audiences travel long distances to attend music festivals as diverse as the National Folk Festival in Canberra, the East Coast International Blues & Roots Festival at Byron Bay in northern New South Wales, and the Easterfest (previously Australian Gospel Music Festival in Toowoomba in Queensland.



There are also festivals with a more local or regional nature such as the Bendigo Easter Festival, in Victoria.

Sport

The football season is well under way by Easter and all football codes schedule major league matches over the Easter holiday period which are well attended.

The Brisbane to Gladstone Yacht Race, a 308 nautical mile ocean race, is Queensland's premier blue water classic and one of Australia's major sporting events over the Easter weekend. For horse racing fans there is a four-day Easter Racing Carnival at Randwick Racecourse in Sydney, Caulfield Racecourse in Melbourne holds an Easter Saturday Meeting and an Easter Monday Meeting, and other cities and regional centres also schedule racing events at this time of year. The Tasmania Three Peaks Race, a four-day, non-stop 335 nautical mile sailing and endurance running race around Tasmania's east coast every Easter attracts contestants from around the world. Teams of two runners leave their yachts at three points on the coast for 133 km of running. Each run involves scaling a rugged mountain peak. The Stawell Easter Gift began as an athletics competition between miners in the Victorian goldfields in 1878, and has run for all but four years since its inception. This event is Australia's 'best-known, richest and oldest professional footrace' and is held every Easter in the small town of Stawell, located near the Grampians National Park in Victoria.



Something to colour in.....

Word search puzzle

Easter Sunrise Surprise



He is not here; he has risen! Luke 24:6a (NIV)

The puzzle is based on Luke 24:1-12 (NIV).

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

living
women
faces
morning

tomb
first
stone
week

rolled
spices
entered
body

risen
away
ground
fright

dead
bowed
remember
day

Juliana Village Activities Program - March 2016

Time		Tuesday 1 st Autumn begins today Bible study 9:00 – 9:30am	Wednesday 2 nd Bible study 9:00 – 9:30am	Thursday 3 rd Hairdresser Day	Friday 4 th	Saturday 5 th	Sunday 6 th
9:30am		Exercises	Exercises	Exercises	Exercises	Exercises	
10:00am		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10:30am		10:00 to 12pm Men's shed with Tony Mullet Throwing Game 	Craft Activities "Irish Culture"  Painting an Irish landscape	Quiz Time with Margaret 	Painting with Tanine 	Q U I Z	Remember when... 
1:45pm – 3:00pm		Chair Basketball	Devotional with Tony 	Quoits	Coffee & Shop Short bus trip 1:30pm <i>No activities</i>	B I N G O	Movie in Sharpe House BINGO

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.



Juliana Village Activities Program - March 2016

					<i>please see newsletter for more information</i>	O 1:30pm	1:30PM
<i>Logeman Court Common Room</i>			<i>Happy Hour & Craft 5pm</i>	<i>Afternoon Tea 1.30pm</i> 			
Time	Monday 7th	Tuesday 8th Library Day	Wednesday 9th	Thursday 10th Hairdresser Day	Friday 11th	Saturday 12th	Sunda y 13th
	Bible study 9:00 – 9:30am	Bible study 9:00 – 9:30am	Bible study 9:00 – 9:30am				
9:30am	Exercises	Exercises	Exercises	Exercises	Exercises	Exercises	
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.





Juliana Village Activities Program - March 2016

10:30am	Mixed activities Shopping trip to Southgate 10:30am to 1pm	10:00 to 12pm Men's shed with Tony Darts	Easter Craft Craft Activities 	Quiz Time with Margaret 	Painting with Janine 	Mixed activities with Galina	
1:45pm – 3:00pm	BINGO 	Movie - to be advised	Devotional with Tony 	Crochet and Knitting club – all welcome! 	Short bus trip 1:30pm <i>No activities please see newsletter for more information</i>	B I N G O 1:30pm	St Luke's Church At 2:00pm
<i>Logeman Court Common Room</i>		<i>Praise & Devotional with Tony 1:30pm to 2pm</i>	<i>Self-Care Happy Hour & Craft 5pm</i>	Afternoon Tea 1.30pm 			
Time	Monday 14 th Renata is doing nails today	Tuesday 15 th Bible study 9:00 – 9:30am	Wednesday 16 th Bible study 9:00 –	Thursday 17 th Hairdresser St Patrick's Day	Friday 18 th	Sat 19 th	Sun 20 th

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

	Bible study 9:00 – 9:30am		9:30am				
9:30am	Exercises	Exercises	Exercises	Exercises	Exercises	Exercises	Exercises
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10:30am	Easter Raffle tickets go on sale today Bob the Memory Man 10:30	10:00 to 12pm Men's shed with Tony <i>Word Games</i>	St Patrick's Day Craft & Monthly bus trip to Audley Weir Café \$28	Quiz Time with Margaret 	Painting  with Janine	Q U I Z	remember when ... 
1:45pm – 3:00pm	BINGO 	Music Therapy with Jenni 2:00pm	Mixed Activities – free choice	Poetry Club... A Chat with a cuppa	Coffee & Shop Short bus trip 1:30pm <i>No activities please see newsletter for</i>	B I N G O 1:30pm	Movie in Sharpe House BINGO 1:30PM

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

					<i>more information</i>		
<i>Logeman Court Common Room</i>		<i>Praise & Devotional with Tony 1:30pm to 2pm</i>	<i>Self-Care Happy Hour & Craft 5pm</i>	<i>Afternoon Tea 1.30pm</i> 			

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

Time	Monday 21 st	Tuesday 22 nd Library Day	Wednesday 23 rd	Thursday 24 th Hairdresser Day	Friday 25 th	Saturday 26 th Easter	Sunday 27 th Easter
	Bible study 9:00 – 9:30am	Bible study 9:00 – 9:30am	Bible study 9:00 – 9:30am		Easter Good Friday		
9:30am	Exercises	Exercises	Exercises	Exercises		Exercises	Exercises
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea		Morning Tea	Morning Tea
10:30am	 Flower arranging Easter baskets	10:00 to 12pm Men's shed with Tony <i>Easter Bingo Game</i> Easter Raffle prize winners announced at Lunch time	Craft Activities 	Quiz Time with Margaret 	Easter Public Holiday <i>Janine will be here to do painting with you. ☺</i>	Q U I Z	Remember When... 11:00am Fun Easter Bingo
1:45pm – 3:00pm	BINGO 	Balloon Tennis	The Sylvantones 1:30pm	Monthly Birthday Party with Line Dancing 2pm		B I N G O 1:30pm	St Luke's Church At 2:00pm

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM – 3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

<i>Logeman Court Common room</i>		<i>Praise & Devotional with Tony 1:30pm to 2pm</i>	<i>Self-Care Happy Hour & Craft 5pm</i>			
Time	Monday 28th Easter Monday	Tuesday 29th Renata is Waxing today Bible study 9:00 – 9:30am	Wednesday 30th Bible study 9:00 – 9:30am	Thursday 31st Hairdresser Day		
9:30am	Exercises	Exercises	Exercises	Exercises		
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea		
10:30am	Activities With Jeanette	10:00 to 12pm Men's shed with Tony Trivia game	Craft Activities 	Quiz Time with Margaret 		
1:45pm – 3:00pm	BINGO 	Quoits	Devotional with Tony 	Happy Hour 		

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.30PM / AFTERNOON TEA 2.30PM – 3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

<i>Logeman Court Common Room</i>		<i>Praise & Devotional with Tony 1:30pm to 2pm</i>	<i>Self-Care Happy Hour & Craft 5pm</i>				
TIME		Tuesday 1st Chaplain is in today	Wednesday 2nd Chaplain is in today	Thursday 3rd HAIRDRESSERS (Painting all day)	Friday 4th	Saturday 5th & Sunday 6th	
9.30am		Exercises	Exercises	Exercises	Exercises	Exercises	
10.00am		Morning Tea Ball games	Jeanette's Cafe 	News and Morning Tea 	News and Morning Tea 	Precious Pats 11am to 12pm 	



MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

11.00am			Pet therapy 	Ball games 	Craft Activities 	Movies  Residents choice
1.00pm		REST TIME	REST TIME	REST TIME	REST TIME	REST TIME
FROM 1.20pm 2.00pm		Music Therapy with Jenni 2pm	BINGO	1:30pm – 2pm Word Quizzes 2pm -3pm 1:1 time 3pm singalong	Mixed Activities	Music 
TIME	Monday 7th BINGO (PM) <i>Chaplain is in today</i>	Tuesday 8th Library Day <i>Chaplain is in today</i>	Wednesday 9th <i>Chaplain is in today</i>	Thursday 10th HAIRDRESSER'S (Painting all day)	Friday 11th	Saturday 12th & Sunday 13th (St Luke's 2pm)
9.30am	Exercises	Exercises	Exercises	Exercises	Exercises	Exercises

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

10.00a m	Morning Tea <i>Remember When... Group Discussion</i> Gardening	Morning Tea Ball games 	Jeanette's Cafe 	News and Morning Tea 	News and Morning Tea 	Movies  Residents choice
11.00a m	Ball Games "Sing along" 		Pet therapy 	Ball games 	Craft Activities 	
1.00pm	REST TIME		REST TIME	REST TIME	REST TIME	REST TIME
FROM 1.20pm 2.00pm	Movie & 1:1 time with Jeanette	Hand and Foot Massage & DVD	BINGO	1:30pm – 2pm Word Quizzes 2pm -3pm 1:1 time with Leanne 3pm singalong	Mixed Activities	Music 

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

Time	Monday 14 th BINGO (PM) <i>Chaplain is in today</i>	Tuesday 15 th <i>Chaplain is in today</i>	Wednesday 16 th <i>Chaplain is in today</i>	Thursday 17 th HAIRDRESSER'S (Painting all day) Monthly Birthday Party 2pm	Friday 18 th	Saturday 19 th & Sunday 20 th
9:30am	Exercises	Exercises	Exercises	Exercises	Exercises	Exercises
10:00am	Word Search and Group Discussion	Morning Tea Ball games 	Mixed activities	News and Morning Tea St partick's Day 	News and Morning Tea 	
11:am	Ball Games "Sing along" 		Pet therapy 	Ball games 	Craft Activities 	<i>Movies</i> Residents choice
1:00PM	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

FROM 1.20pm 2.00pm	Movie & <i>1:1 time with Jeanette</i>	Hand and Foot Massage & DVD	BINGO	1:30pm – 2pm Word Quizzes <i>2pm -3pm</i> <i>1:1 time with Leanne</i> 3pm singalong	Mixed Activities	Music 
TIME	Monday 21 st BINGO <i>Chaplain is in today</i>	Tuesday 22 nd Library Day <i>Chaplain is in today</i>	Wednesday 23 rd <i>Chaplain today</i> <i>“Sylvantones”</i>	Thursday 24 th HAIRDRESSER' S	Friday 25 th	Saturday 26 th & Sunday 27 th (St Luke's 2pm)
9.30am	Exercises	Exercises	Exercises	Exercises	Exercises	Exercises
10.00am	Morning Tea  Flower arranging	Morning Tea Ball games	Jeanette's Cafe 	(Painting all day) News and Morning Tea 	News and Morning Tea 	Precious Pats 11am to 12pm 
11.00am	Ball Games “Sing along” 		Pet therapy 	E  s	Craft Activities 	

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

						Residents choice
1.00pm	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME
FROM 1.20pm 2.00pm	<div style="background-color: #00B0F0; color: white; padding: 2px;">Movie</div> <p style="text-align: center;">& <i>1:1 time with Jeanette</i></p>	Music Therapy with Jenni 2pm	BINGO	1:30pm – 2pm Word Quizzes <i>2pm -3pm</i> <i>1:1 time with Leanne</i> 3pm singalong	Mixed Activities	Music 
TIME	Monday 28 th BINGO <i>Chaplain is in today</i>	Tuesday 29 th <i>Chaplain is in today</i>	Wednesday 30 th <i>Chaplain is in today</i>	Thursday 31 st HAIRDRESSER'S Happy Hour		
9.30am	Exercises	Exercises	Exercises	Exercises		
10.00am	Morning Tea <i>Remember When... Group Discussion</i>	Morning Tea Ball games 	Jeanette's Cafe 	(Painting all day) News and Morning Tea 		

MORNING TEA 10.00AM – 10

H 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.

Juliana Village Activities Program - March 2016

11.00am	Ball Games "Sing along" 		Pet therapy 	Ball games 		
1.00pm	REST TIME	REST TIME	REST TIME	REST TIME		
FROM 1.20pm 2.00pm	Movie & <i>1:1 time with Jeanette</i>	Music Therapy with Jenni 2pm	BINGO	1:30pm – 2pm Word Quizzes 2pm -3pm <i>1:1 time with Leanne</i> 3pm singalong		

MORNING TEA 10.00AM – 10.30AM / LUNCH 12.30PM – 1.00PM / AFTERNOON TEA 2.30PM -3.00PM / DINNER 5.15PM

The program is subject to change if needed.