

Juliana Village Activities Program – April 2017

# JULIANA VILLAGE RESIDENTS' NEWSLETTER



April 2017

## Juliana Village Activities Program – April 2017



### *Diary dates to remember...*

- Mon 3<sup>rd</sup> - Easter Raffle Tickets go on sale
- Tue 4<sup>th</sup> - Singing with Joy & Men's Shed at 10:30am  
- Julia's Flutes at 2pm  
- Library Day
- Wed 5<sup>th</sup> - Communion Service with Tony at 2pm
- Thur 6<sup>th</sup> - Zumba in Sharpe House Level 2 at 9:30am  
Hairdresser Day  
Farewell Afternoon Tea for Dianne the Hairdressers last day at 2:00pm
- Fri 7<sup>th</sup> - Short Bus Trip, leaving at 1:30pm with Activus
- Mon 10<sup>th</sup> - Renata doing Nails  
- Monthly Shopping Trip, Bus leaves at 10:30am to Southgate Shopping Centre With Activus.
- Tue 11<sup>th</sup> - Singing with Joy & Men's Shed at 10:30am
- Wed 12<sup>th</sup> - Zumba in the Georges Centre at 9:30am  
Devotion Service with Tony at 2pm
- Thur 13<sup>th</sup> - Easter Raffle & Pet Naming Competition is drawn in dining room at lunch time.  
Hairdresser Day
- Tue 18<sup>th</sup> - Singing with Joy & Men's Shed at 10:30am  
- Library Day  
- Music with Jenni at 2:00pm
- Wed 19<sup>th</sup> - Monthly Lunch Outing: Picnic in Kurnell ( Fish & Chips in the Park), Bus leaves at 10:30am with Activus.
- Thurs 20<sup>th</sup> - Hairdresser Day  
- Birthday Party with Special Guests - "Line Dancers".
- Fri 21<sup>st</sup> - Short Bus Trip, Bus leaves at 1:30pm with Activus.
- Mon 24<sup>th</sup> - Renata doing Nails  
- Anzac Day Service in the Georges Centre at 10:30am
- Tue 25<sup>th</sup> - ANZAC DAY- Public Holiday
- Wed 26<sup>th</sup> - Podiatry Day
- Thurs 27<sup>th</sup> - Hairdresser Day  
- Happy Hour at 2:00pm
- Fri 28<sup>th</sup> - Residents Committee Meeting at 2pm

Please see the notice board for unforeseen changes to this program

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APRIL BIRTHDAYS



Hostel and Sharpe House:

4<sup>th</sup> Leslie Ward  
8<sup>th</sup> Charles Lawrence  
16<sup>th</sup> Elaine Jennings

Self-Care:

22<sup>nd</sup> Trish Nyberg  
27<sup>th</sup> Hazel Holmes  
29<sup>th</sup> Pam Franco

Staff birthdays:

15<sup>th</sup> Tony Everett  
17<sup>th</sup> Tracey Flynn

Famous People:



1<sup>st</sup> Susan Boyle



3<sup>rd</sup> Eddie Murphy



7<sup>th</sup> Russell Crowe



16<sup>th</sup> Charlie Chaplin



25<sup>th</sup> Al Pacino

## For your information:



### **Devotional Services**

*Our Chaplain, Tony Everett is here Monday to Wednesday and 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 are always published in our 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 Nursing staff member 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. Rose from the office clears this mail box throughout the week. If you have any questions regarding your mail please speak to Rose in the main office.



### **St Luke's Church**

The Ladies from St Luke's will no longer be conducting services at Juliana Village in the Georges Centre. In place of this group will be additional activities with Jeanette.

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### Morning & Afternoon Tea in the George's Centre



Morning & afternoon tea is served for anyone that is in the Georges 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 3:00pm each day. 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.



### *Welcome to our new Hairdresser:*

This month we welcome our new Hairdresser. Jean has extensive experience in Aged Care & Hairdressing and she will be available every Thursday for colours, perms, haircuts, blow drying & styling.



### Residents Committee Donation For Residents



Our Staff & Residents would like to express a big Thank you to our resident's committee for their generous donation of a pet therapy dog & cat. These mechanised animals are fitted out with many functions. They have the ability to make realistic sounds (meowing, purring, barking & panting) and demonstrate movements (wagging tail, moving head & body parts) in response to resident's touch.

Now all these pets need is a name  Which is why we are having a competition, residents are opted to choose a name for a dog & cat. In the Georges Centre is a box labelled for the competition. There is a pen & paper, residents are encouraged to select an appropriate name for both pets. This competition will be drawn on Thursday 13<sup>th</sup> April at lunch time in the main dining room.

## *Mrs Tingate's High Tea*



*Dear Residents,  
you are invited to our Mother's Day celebration.*

WHEN: Thursday, 11<sup>th</sup> May 2017  
WHERE: The George's Centre  
TIME: 2pm to 3pm  
WHAT: High tea

*All are welcome! To allow us to cater sufficiently, please let the activity staff know if you would like to come along, by no later than Friday 21<sup>st</sup> April.*



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Colouring by: Antonia Tagliapietra (Sylvio's Wife).

### **EASTER HAMPER RAFFLE...**

We are having an Easter Hamper Raffle – The tickets will go on sale Monday 3<sup>rd</sup> April and the winners will be announced during lunch time on the Thursday 13<sup>th</sup> April.

### **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.

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*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.

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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.

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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*

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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

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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*

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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.



## 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 B W A N U S V T K O A E E N

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



**A NIGHT'S SLEEP**

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On a long walk in the woods, Johnny found himself out late and decided to look for a place to rest the night. He finally found a hut in the middle of the woods and knocked on the door. An old man answered, and he agreed to give Johnny a bed for the night on one condition: the man's teenaged daughter would be in the other bed, and Johnny was not to touch her or disturb her sleep in any way. Johnny agreed, but changed his mind when he saw how beautiful the sleeping girl was and, while she didn't respond to his caresses, she didn't push him away either. The next morning, Johnny awoke alone, but he figured the girl had gone to do her chores and he eagerly awaited her return. Instead the old man walked in, wiping the tears from his eyes. "What's wrong?" asked Johnny. "Oh, I've just come back from the cemetery -- we had my little girl's funeral this morning. But thank you so much for sitting up with her body last night."

### **A WRINKLE IN TIME**

A little girl got on her grandpa's lap and said, "Did God make me?"

"Yes," the grandpa replied.

"Did God make you too?"

"Yes," the grandpa said.

"Well," the little girl said, looking at his wrinkles and thinning hair. "He sure is doing a better job nowadays!"

## The culture of the month is: **NEW ZEALAND**



### Our Culture

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New Zealand has a very unique and dynamic culture. The culture of its indigenous Maori people affects the language, the arts, and even the accents of all New Zealanders. Their place in the South Pacific, and their love of the outdoors, sport, and the arts make New Zealanders and their culture unique in the world.

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### Maori Tourism

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No visit to New Zealand would be complete without experiencing the culture, traditions or activities of the Maori people. The Maori Tourism section offers a variety of experiences...

### Maori Culture

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New Zealand's indigenous Maori people have a unique and fascinating language and culture, which plays a major role in New Zealand life

### The People

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Though a diverse and multicultural people, there are many qualities, including friendliness, individuality, invention and self-reliance, that you'll find in most New Zealanders. It's our national character!

### Arts

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The influence of Maori, Pacific Island, European and Asian cultures makes the arts in New Zealand colourful, unique and vibrant - definitely something to look out for!

### Places to see in New Zealand....



**The Bay of Islands** is one of the best places to go in New Zealand for fishing, sailing, and other watersports. The Bay of Islands is about three hours by car from Auckland. This gorgeous region is made up of 144 islands between Cape Brett and the Purerua Peninsula.

What's there to do in the Bay of Islands? Get on or in the water! Try scuba diving with **Paihia Dive's** intro-to-diving course. You will be ferried far out into the bay to explore a whole new underwater world. You'll get to view dolphins and whales from the boat and, if conditions allow, swim with wild

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dolphins. Don't leave the Bay of Islands without seeing the Hole in the Rock, an opening in a rock formation that you can sail through when the tide is right.



### Milford Sound, New Zealand

Rudyard Kipling called Milford Sound the "eighth wonder of the world," and if you visit this region of New Zealand, you'll see why. Formed by glaciers during the Ice Age, the landscape around Milford Sound still bears evidence of its creation in the form of epic scenery: Cliffs rise from

fjords crowned by mountains and waterfalls. The best way to see Milford Sound is via boat. Take a sightseeing cruise on the fjord to see waterfalls and wildlife such as dolphins and penguins. Or navigate the waters under your own steam on a kayaking tour.

Once you've experienced the water from the surface, go underneath with a visit to the Milford Discovery Centre and Underwater Observatory. This is the only floating, underwater observatory in New Zealand, and visitors can go more than 30 feet deep (while staying dry) and get 360 degrees of the underwater environment.



### **Auckland, New Zealand**

**As both the largest city in New Zealand and its international air-travel hub, Auckland is one of the best places to go in New Zealand. Many international flights arrive in New Zealand through Auckland Airport, which makes it an ideal city from which to start your exploration of New Zealand.**

**Spend at least a day or two in Auckland—named one of the top 10 cities in the world by Lonely Planet—before venturing further afield in New Zealand. Here are our suggestions for what to see and do in Auckland: Get some culture by visiting one of the many museums in Auckland, such as the Auckland Art Gallery. The Auckland Art Gallery is the largest art institution in New Zealand, featuring more than 15,000 works of historic, modern, and contemporary art.**

**If the weather is nice, take a stroll through the 185-acre Auckland Domain park. If you're visiting on a Saturday, include a stop at the nearby Parnell Farmers' Market, which sells fresh produce in the morning. Auckland is also home to a host of multicultural bars and restaurants serving up all types of cuisine, so be sure to dine in downtown Auckland (and go out for a cocktail or two to check out the nightlife).**

**If you're looking for adventure activities in Auckland, consider the Auckland Bridge Climb. And if you're really brave, try the Auckland Bridge bungee jump.**



### **Waiheke Island, New Zealand**

**Just a little more than 30 minutes by boat from downtown Auckland is Waiheke Island, one of the best places to go in New Zealand. For a small island in the middle of Hauraki Gulf, Waiheke Island sure is home to a lot of vineyards. To sample as many of them as you can on your visit to Waiheke Island,**

**you'll want to find someone else to drive. Our pick is Waiheke Island Wine Tours, whose expert local guides will shuttle you around to three vineyards**

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**to sample 14 different wines. All that wine from the vineyards of Waiheke Island will make you hungry. When it's time to eat, book your lunch or dinner at the Mudbrick Vineyard Restaurant, a gorgeous eatery with sprawling views of the vineyard and the sea. For a really special meal, book the Mudbrick Vineyard Restaurant's tasting menu, a seven-course event with wine pairings. It's definitely worth staying overnight on Waiheke Island, too. Of course, there's more to do on Waiheke Island than just drink wine! Waiheke Island is also famous for its vibrant art community, beaches, forests, and olive groves. We recommend booking a culture tour, scenic flight, or hiking trip while you're there to really see why Waiheke Island is one of the best places to go in New Zealand.**



### **Christchurch, New Zealand**

**Despite being rocked by four large earthquakes between September 2010 and December 2011, Christchurch has made a true comeback. Visitors to Christchurch will see evidence of the city's rebirth everywhere, including new buildings made out of old shipping containers, such as the aptly named Revival Bar and**

**the Re:START mall. Of course, many of Christchurch's original attractions are still standing.**

**One of the best places to visit is the Christchurch Botanic Gardens, a sprawling network of conservatories, walking tracks, and horticultural displays. The gardens also feature some of the largest, tallest, and oldest trees in New Zealand.**

**Take in the new and the old of Christchurch from above with a journey on the Christchurch Gondola. This cable car lifts you on a scenic ride to the top of Mt. Cavendish.**



### **White Island, New Zealand**

**White Island is the most active volcano in New Zealand. Get up close and personal with White Island by taking a scenic helicopter ride with Volcanic Air Safaris. Your White Island tour won't be a leisurely stroll: Because this is a very active volcano, you'll have to wear a**

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**hard hat and gas mask. You may even see volcanologists monitoring the volcano.**

**Although the volcano is commonly known as White Island, its full name is Te Puia o Whakaari, a Maori name that translates to "The Dramatic Volcano." The island was first called White Island by Captain Cook in 1769 because every time he sailed near it, it appeared to be covered in a cloud of white steam. (Cook never realized it was a volcano.)**

**If a helicopter tour of White Island is not your thing, there are a number of other ways to explore the volcano. You can take a boat to White Island or get a bird's-eye view of it on a scenic flight. You can even go scuba diving around White Island for a look at the volcano's underwater vents.**



### **[Te Whakarewarewa Geothermal Valley, New Zealand](#)**

**No list of the best places to go in New Zealand would be complete without mentioning Te Puia, the New Zealand Maori Arts and Crafts Institute located in Rotorua's Te Whakarewarewa Geothermal Valley.**

**At this Maori heritage center, you can get an authentic "steambox" meal prepared using ancient geothermal cooking techniques. You'll also experience a Maori welcome ceremony and traditional song and dance performance.**

**The Te Whakarewarewa Geothermal Valley is also home to a number of active geysers, including Pohutu, the largest active geyser in the southern hemisphere. Mud pools are another natural attraction in the geothermal valley: These boiling pools reach temperatures of more than 200 degrees Fahrenheit.**

# New Zealand Word Search



Alps  
Aotearoa  
beehive  
fern  
island  
kiwi  
Maori  
mountains  
pavlova  
rugby  
tuatara  
volcano  
waitangi  
Wellington



## King's Birthday in the Netherlands

The King's official birthday (King's Day, Koningsdag) in the Netherlands is celebrated each year with parties, street markets, concerts and special events for the royal family on April 27.



### **What Do People Do?**

In many towns and cities, particularly Amsterdam, Arnhem, Utrecht and The Hague, the King's Day celebrations begin on the evening before the day. Some people set up stalls to sell second-hand goods and King's Day themed products in many city and town centres.

The day features official musical performances on King's Day. Many people spontaneously sing "Het Wilhelmus". This is a poem written in 1574 and describes the life of William of Orange (William the Silent) and his fight for the Dutch people. It is written as if William of Orange is introducing himself to the Dutch people. Versions are also played by bands performing at King's Day events and on radio stations.

Each year, the royal family visits one or a few places on King's Day. They are entertained with displays and performances around local historic events. Royal family members generally join in with the games in a good natured way and greet thousands of people who turn out to see them.

### **Public Life**

King's Day is an official public holiday in the Netherlands. Banks, post offices, and many businesses are closed. Opening hours in stores vary. Some stores are open as usual, some are open for part of the day, and some are closed all day. Public transport runs to a normal or special timetable and there are extra train services to take people home from large celebrations. However, buses and trams in the centre of large cities may have different or shortened routes to avoid the crowds. Restaurants may be shut, open as usual or only serving special "King's Day" meals. Cafes and restaurants may close earlier than usual.

Due to mass celebration, it is difficult to reach many addresses in the centre of large cities, especially Amsterdam by most forms of transport. Apart

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from minor criminal acts such as pick pocketing and urinating in public, King's Day events are usually very peaceful. If King's Day falls on a Sunday, the celebrations take place on the Saturday before that Sunday.

### **Background**

The monarch's birthday has been a festive celebration in the Netherlands for many years. Queen's Day was celebrated in 1890 after princess Wilhelmina became queen following the death of her father. Queen Juliana, Wilhelmina's daughter, was crowned in 1948 and from 1949, the Queen's Day celebrations honoured her birthday on April 30. Queen Juliana's daughter Beatrix became queen on April 30, 1980. Her birthday is on January 31, but Queen's Day remained on April 30 – coinciding with Queen Beatrix's own coronation day and her mother's birthday.

In 2013 it was announced that as of 2014, Queen's Day in the Netherlands would become King's Day, to be celebrated on April 27 rather than on April 30. This announcement followed the queen's abdication from the throne in favour of her eldest son Willem Alexander, whose birthday is on April 27.

### **Symbols**

The national flag of the Netherlands is a horizontal tricolour flag with red at the top, white in the middle and blue at the bottom. On some feast days, an orange strip of cloth, known as a wimpel, is hung above the national flag.

This is a symbol for the Dutch royal family, which uses the name "House of Orange-Nassau". The national flag and the colours red, white, blue and orange are widely displayed on King's Day. Many people make a special

effort to wear an orange item of clothing, to dye their hair orange or to colour their faces orange. Accessories that combine the colour orange with some symbol of the royal family, such as a crown or a lion, are especially popular.

## **ANZAC DAY**

**Tuesday 25 April 2017**

## **Juliana Village Activities Program – April 2017**

Anzac Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day on which we remember all Australians who served and died in war and on operational service. The spirit of Anzac, with its qualities of courage, mateship, and sacrifice, continues to have meaning and relevance for our sense of national identity.

In Canberra the Australian War Memorial, in close cooperation with the Returned and Services League of Australia ACT, will host the following:

[Dawn Service, National Ceremony](#)

[Last Post Ceremony](#)

### **What is Anzac Day?**

Anzac Day, 25 April, is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

### **What does ANZAC stand for?**

ANZAC stands for Australian and New Zealand Army Corps. The soldiers in those forces quickly became known as Anzacs, and the pride they took in that name endures to this day.



### **Why is this day special to Australians?**

When war broke out in 1914 Australia had been a federated nation for only 13 years, and its government was eager to establish a reputation among the nations of the world. When Britain declared war in August 1914 Australia was automatically placed on the side of the Commonwealth. In 1915 Australian and New Zealand soldiers formed part of the expedition that set out to capture the Gallipoli peninsula in order to open the Dardanelles to the allied navies. The ultimate objective was to capture Constantinople (now Istanbul), the capital of the Ottoman Empire, an ally of Germany.

The Australian and New Zealand forces landed on Gallipoli on 25 April, meeting fierce resistance from the Ottoman Turkish defenders. What had been planned as a bold stroke to knock Turkey out of the war quickly became a stalemate, and the campaign dragged on for eight months. At the end of 1915

## **Juliana Village Activities Program – April 2017**

the allied forces were evacuated from the peninsula, with both sides having suffered heavy casualties and endured great hardships. More than 8,000 Australian soldiers had died in the campaign. Gallipoli had a profound impact on Australians at home, and 25 April soon became the day on which Australians remembered the sacrifice of those who died in the war. Although the Gallipoli campaign failed in its military objectives, the actions of Australian and New Zealand forces during the campaign left a powerful legacy. What became known as the “Anzac legend” became an important part of the identity of both nations, shaping the ways in which they viewed both their past and their future.

### **Early commemorations**

In 1916 the first Anzac Day commemorations were held on 25 April. The day was marked by a wide variety of ceremonies and services across Australia, a march through London, and a sports day in the Australian camp in Egypt. In London more than 2,000 Australian and New Zealand troops marched through the streets; a London newspaper headline dubbed them “the knights of Gallipoli”. Marches were held all over Australia; in the Sydney march convoys of cars carried soldiers wounded on Gallipoli and their nurses. For the remaining years of the war Anzac Day was used as an occasion for patriotic rallies and recruiting campaigns, and parades of serving members of the AIF were held in most cities.

During the 1920s Anzac Day became established as a national day of commemoration for the more than 60,000 Australians who had died during the war. In 1927, for the first time, every state observed some form of public holiday on Anzac Day. By the mid-1930s all the rituals we now associate with the day – dawn vigils, marches, memorial services, reunions, two-up games – were firmly established as part of Anzac Day culture.

Later, Anzac Day also served to commemorate the lives of Australians who died in the Second World War, and in subsequent years the meaning of the day has been further broadened to include those who lost their lives in all the military and peacekeeping operations in which Australia has been involved.

Anzac Day was first commemorated at the Memorial in 1942. At the time, government orders prohibited large public gatherings in case of a Japanese air attack, so it was a small occasion with neither a march nor a memorial service. Since then, Anzac Day has been commemorated at the Memorial every year.

### **What does it mean today?**

Australians recognise 25 April as a day of national remembrance, which takes two forms. Commemorative services are held across the nation at dawn – the

## **Juliana Village Activities Program – April 2017**

time of the original landing, while later in the day, former servicemen and servicewomen meet to take part in marches through the country's major cities and in many smaller centres. Commemorative ceremonies are more formal, and are held at war memorials around the country. In these ways, Anzac Day is a time at which Australians reflect on the many different meanings of war.

### **The Dawn Service**

It is often suggested that the Dawn Service observed on Anzac Day has its origins in a military routine still followed by the Australian Army. The half-light of dawn was one of the times favoured for launching an attack. Soldiers in defensive positions were woken in the dark before dawn, so by the time first light crept across the battlefield they were awake, alert, and manning their weapons; this is still known as the "stand-to". As dusk is equally favourable for battle, the stand-to was repeated at sunset.

After the First World War, returned soldiers sought the comradeship they had felt in those quiet, peaceful moments before dawn. A dawn vigil became the basis for commemoration in several places after the war. It is difficult to say when the first dawn services were held, as many were instigated by veterans, clergymen, and civilians from all over the country. A dawn requiem mass was held at Albany as early as 1918, and a wreath laying and commemoration took place at dawn in Toowoomba the following year. In 1927 a group of returned men returning at dawn from an Anzac Day function held the night before came upon an elderly woman laying flowers at the as yet unfinished Sydney Cenotaph. Joining her in this private remembrance, the men later resolved to institute a dawn service the following year.

Some 150 people gathered at the Cenotaph in 1928 for a wreath laying and two minutes' silence. This is generally regarded as the beginning of organised dawn services.

Over the years the ceremonies have developed into their modern forms and have seen an increased association with the dawn landings of 25 April 1915.

Today's dawn services include the presence of a chaplain, but generally not of dignitaries. Originally, the services were simple, and usually followed the military routine. Before dawn, those who had gathered would stand while two minutes' silence was held. At the end of this time a lone bugler would play the Last Post and then conclude the service with Reveille, the bugler's call to wake up.

## Juliana Village Activities Program – April 2017

In recent times more families and young people have taken part in dawn services across Australia. Reflecting this change, some services have become more elaborate, incorporating hymns, readings, pipers, and rifle volleys. Other services, though, have retained the simple format of the dawn stand-to familiar to so many soldiers.



## Juliana Village Activities Program - April 2016

Time						Saturday 1 <sup>st</sup>	Sunday 2 <sup>nd</sup>
9:30am						Exercises	
10:00am						Morning Tea	
10:30am						 <b>Quiz</b> with Jeanette	 Remember When ... & <b>Quiz</b> with Jeanette
1:45pm - 3:00pm						<b>BINGO</b>  With Jeanette 1:30pm	 Movie - Sharpe House 1:30pm & <b>BINGO</b>  1:30pm - George's Centre
<i>Logeman Court Common Room</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.

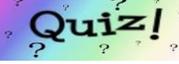
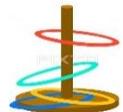
## Juliana Village Activities Program - April 2016

Time	Monday 3 <sup>rd</sup>	Tuesday 4 <sup>th</sup>	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup>	Friday 7 <sup>th</sup>	Saturday 8 <sup>th</sup>	Sunday 9 <sup>th</sup>
	<b>Bible Study</b>  9.00-9.30am	<b>Library Day</b>  <b>Bible Study</b>  9.00-9.30am	<b>Bible Study</b>  9.00-9.30am	<b>Hairdresser Day</b> 			
9:30am	Exercises	Exercises with Jackie	Exercises	Exercises with Jackie	Exercises	Exercises	
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10:30am	<b>Mixed activities</b> 	 <b>Singing with Joy</b>  &  <b>MEN'S SHED</b> With Tony 10:00am - 12pm	<b>PAINTING</b>  & 	<b>Quiz Time with Margaret</b>  & <b>PAINTING</b> 	<b>Painting with Janine</b> 	 <b>Quiz</b> With <b>JEANETTE</b>	 <b>Remember When ..</b> at 10:30am & <b>BINGO</b>  at 11:00am with <b>Jeanette</b>
1:45pm - 3:00pm	<b>BINGO</b> with Lorna  at 1:45PM	<b>Julia's Flute Pieces</b>  at 2pm	<b>Devotional with Tony</b> <b>Communion Service</b> at 1:45pm 	<b>FAREWELL</b> <b>Afternoon Tea for Dianne our Hairdresser</b> 	<b>Short Bus Trip</b> at 1:30pm 	<b>BINGO</b>  at 1:30pm	<b>Movie</b>  at 1:30pm
Logeman Court Common Room		<b>Praise &amp; Devotional with Tony 1:30pm</b> <i>*Mah-Jongg with Judy at 2:15pm*</i>	<b>Self-Care Happy Hour 5pm</b> 	<b>Afternoon Tea 1.30pm</b> 			

**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.

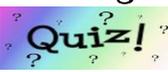
## Juliana Village Activities Program - April 2016

Time	Monday 10 <sup>th</sup> <i>Bible Study</i>  9.00-9.30am  Renata Doing Nails	Tuesday 11 <sup>th</sup> <i>Bible Study</i>  9.00-9.30am	Wednesday 12 <sup>th</sup> <i>Bible Study</i>  9.00-9.30am	Thursday 13 <sup>th</sup> Hairdresser Day  <i>Easter Morning Tea</i> 	Friday 14 <sup>th</sup> GOOD FRIDAY <b>Public Holiday</b>	Sat 15 <sup>th</sup> Easter Saturday  <b>Public Holiday</b>	Sun 16 <sup>th</sup> Easter Sunday  <b>Public Holiday</b>
9:30am	Exercises	Exercises with Jackie	<b>ZUMBA Exercises</b>	Exercises with Jackie		Exercises	
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea		Morning Tea	
10:30am	Monthly Shopping Trip at 10:30am to Southgate Shopping Centre 	 Singing with Joy  &  With Tony 10:00am - 12pm	<b>PAINTING</b>  <b>AND</b> 	Quiz Time with Margaret  & PAINTING 	No Activities	 <b>Quiz</b>	 Remember When ... &  <b>Quiz</b>
1:45pm - 3:00pm	<b>BINGO</b> with Lorna 	QUOITS  at 2:00pm	Devotional with Tony at 1:45pm 	Reminiscing The 1940's  at 2:00pm		<b>BINGO</b>  at 1:30pm	 Movie in Sharpe House 1:30pm & <b>BINGO</b> 1:30pm - George's Centre
Logeman Court Common Room		Praise & Devotional with Tony 1:30pm  *Mah-Jongg with Judy at 2:15pm*	Self-Care Happy Hour 5pm 	Afternoon Tea 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 - April 2016

Time	Monday 17 <sup>th</sup> Public Holiday	Tuesday 18 <sup>th</sup> Library Day  Bible Study 9.00-9.30am	Wednesday 19 <sup>th</sup>  Bible Study 9.00-9.30am	Thursday 20 <sup>th</sup> Hairdresser Day 	Friday 21 <sup>st</sup>	Saturday 22 <sup>nd</sup>	Sunday 23 <sup>rd</sup>
9:30am	Exercises	Exercises with Jackie	Exercises	Exercises with Jackie	Exercises	Exercises	
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10:30am	 Quiz! with Jeanette	 Singing with Joy &  With Tony 10:00am - 12pm	<i>Monthly Bus Trip Fish &amp; Chips in The National Park - Kurnell *Bus leaves at 10:30am</i>  <b>Picnic</b> \$10.00 Per Person	Quiz Time with Margaret  & PAINTING 	Painting with Janine  	 Quiz With JEANETTE	 Remember When .. at 10:30am & BINGO  at 11:00am with Jeanette
1:45pm - 3:00pm	<i>Movie</i>  at 1:45pm	Music Therapy with Jenni 2pm 	 Basketball at 2pm	Birthday Party  With Special Guests- "The Line Dancers" at 2:00pm	<i>Short Bus Trip at 1:30pm</i> 	<b>BINGO</b>  at 1:30pm	<b>Movie</b>  at 1:30pm
Logeman Court Common Room		Praise & Devotional with Tony 1:30pm *Mah-Jongg with Judy at 2:15pm*	Self- Care Happy Hour 5pm 	Afternoon Tea 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 - April 2016

Time	Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Sat 29 <sup>th</sup>	Sun 30 <sup>th</sup>
	<p style="text-align: center;"><i>Bible Study</i></p>  <p style="text-align: center;">9.00-9.30am</p> <p>Renata Doing Nails</p>	 <p style="text-align: center;"><b>ANZAC DAY</b></p> <p style="text-align: center;">Public Holiday</p>	<p style="text-align: center;"><b>PODIATRY DAY</b></p>  <p style="text-align: center;">Bible Study</p> <p style="text-align: center;">9.00-9.30am</p>	<p style="text-align: center;">Hairdresser Day</p>  <p style="text-align: center;">The Dutch King's Birthday</p> 			<p style="text-align: center;">Dutch Queen's Birthday</p> 
9:30am	Exercises	No Exercises	Exercises	Exercises with Jackie	Exercises	Exercises	
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10:30am	<p style="text-align: center;"><b>ANZAC SERVICE</b></p> <p style="text-align: center;">IN GEORGES CENTRE AT 10:30AM</p> 	<p style="text-align: center;">Watching Anzac Service</p>  <p style="text-align: center;">In Georges Centre</p>	 <p style="text-align: center;"><b>Quiz!</b></p> <p style="text-align: center;">&amp; Painting</p> 	<p style="text-align: center;">Quiz Time with Margaret</p>  <p style="text-align: center;">&amp; PAINTING</p> 	<p style="text-align: center;">Painting with Janine</p>  	 <p style="text-align: center;">With JEANETTE</p>	 <p style="text-align: center;">Remember When ... &amp; <b>Quiz</b></p> <p style="text-align: center;">With Jeanette</p>
1:45pm - 3:00pm	<p style="text-align: center;"><b>BINGO</b></p> <p style="text-align: center;">with Lorna</p> 	<p style="text-align: center;">Movie in Georges Centre with Jeanette at 2:00pm</p> 	<p style="text-align: center;">Devotional with Tony at 1:45pm</p> 	<p style="text-align: center;">Happy Hour</p> 	<p style="text-align: center;"><i>Residents Committee Meeting at 2:00pm</i></p>	<p style="text-align: center;"><b>BINGO</b></p>  <p style="text-align: center;">at 1:30pm</p>	 <p style="text-align: center;">Movie in Sharpe House 1:30pm &amp; <b>BINGO</b> 1:30pm - George's Centre</p>
Logeman Court Common Room			<p style="text-align: center;">Self- Care Happy Hour 5pm</p> 	<p style="text-align: center;">Afternoon Tea 1.30pm</p> 			

**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 - April 2016

TIME						Saturday 1 <sup>st</sup>	Sunday 2 <sup>nd</sup>
9.45am							
10:15am						Morning Tea	Morning Tea
10:30am						Residents Choice: 	Residents Choice: 
11:00am						MUSIC 	MUSIC 
1.00pm						REST TIME	
FROM 1.20pm 2.00pm						Residents Choice : Movie 	Residents Choice : Movie 

**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 - April 2016

TIME	Monday 3 <sup>rd</sup>	Tuesday 4 <sup>th</sup>	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup>	Friday 7 <sup>th</sup>	Saturday 8 <sup>th</sup>	Sunday 9 <sup>th</sup>
	 <p><i>Chaplain is in today</i></p>	<p><b>Library Day</b> </p>  <p><i>Chaplain is in today</i></p>	 <p><i>Chaplain is in today</i></p>	<p><b>Hairstresser Day</b> </p> <p>ZUMBA at 9:30am</p>			
9.45am	Exercises	Exercises	Exercises	Exercises	Exercises		
10.15am	Morning Tea	Morning Tea Jeanette's Café	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
	<p><b>Residents Choice</b></p> 		<p><b>Residents Choice</b></p> 	<p><b>ZUMBA</b> </p>	<p><b>Residents Choice</b></p> 	<p>Music</p> 	<p>Music</p> 
10:30am	<p><b>Ball Games</b></p> 	<p><b>Ball Games</b></p> 	<p><b>Ball Games</b></p> 	<p><b>Residents Choice</b></p> 	<p><b>Ball Games</b></p> 	<p><b>Residents Choice</b></p> 	<p><b>Residents Choice</b></p> 
11.00am	<p><b>Quiz!</b></p>  <p>with Jeanette</p>	<p>Precious Pats with Vallette</p>  <p>11:00am</p>	<p><b>Pet Therapy With Lorraine &amp; Retro</b></p> 	<p><b>Sing-a-long</b></p> 	<p><b>Mixed Activities</b></p> 		
1.00pm	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	
FROM 1.20pm TO 2.00pm	<p><b>1:1 Time with Jeanette..... Nails/ Massage</b></p>	<p><b>BINGO</b></p> 	<p>Movie &amp; Pet Therapy (Soft Toy Therapy) with Leanne.</p> 	<p>Musical Movie</p>  <p>* Farewell Afternoon Tea for Dianne (Hairstresser).</p>	<p><b>MUSICAL DVD</b></p> 	<p><b>MOVIE</b></p> 	<p><b>MOVIE</b></p> 

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

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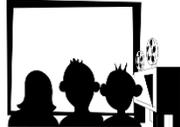
## Juliana Village Activities Program - April 2016

Time	Monday 10 <sup>th</sup> <b>BINGO</b>  Renata Doing Nails  <i>Chaplain is in today</i> <small>*Monthly Shopping Trip to Southgate Shopping Centre</small>	Tuesday 11 <sup>th</sup>  <i>Chaplain is in today</i>	Wednesday 12 <sup>th</sup>  <i>Chaplain is in today</i>	Thursday 13 <sup>th</sup> <b>Hairdresser Day</b>  <i>Easter Morning Tea</i> 	Friday 14 <sup>th</sup> <b>Public Holiday</b>	Saturday 15 <sup>th</sup> Easter Saturday  <b>Public Holiday</b>	Sunday 16 <sup>th</sup> Easter Sunday  <b>Public Holiday</b>
9:45am	<b>Exercises</b>	<b>Exercises</b>	<b>Exercises</b>	<b>Exercises</b>			
10:15am	<b>Morning Tea</b>	<b>Morning Tea:</b> Jeanette's Café 	<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>	
10:30am	<b>Ball Games</b> 	<b>Ball Games</b> 	<b>Ball Games</b> 	<b>Music:</b> 	<b>Music:</b> 		
11:00am	 <b>Quiz!</b> with Jeanette & Flower Arranging 	<b>Precious Pats with Vallette</b> 	<b>Pet Therapy with Retro &amp; Lorraine</b> 	<b>Sing-a-long</b> 	<b>Residents Choice</b> 	<b>Residents Choice</b> 	<b>Residents Choice</b> 
1:00PM	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	<b>REST TIME</b>	
FROM 1.20pm 2.00pm	<b>1:1 Time with Jeanette &amp; Nails/ Massage</b> 	<b>Music Therapy with Jenni</b>  2pm	<b>BINGO</b>  at 1:45pm with Leanne	<b>Darts</b> 	<b>MOVIE</b> 	<b>MOVIE</b> 	

**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 - April 2016

TIME	Monday 17 <sup>th</sup> Public Holiday	Tuesday 18 <sup>th</sup> Library Day   <i>Chaplain is in today</i>	Wednesday 19 <sup>th</sup> Monthly Lunch Outing to Kurnell *Bookings to be made at The Georges Centre  <i>Chaplain is in today</i>	Thursday 20 <sup>th</sup> Hairdresser Day 	Friday 21 <sup>st</sup>	Saturday 22 <sup>nd</sup>	Sunday 23 <sup>rd</sup>
9.45am	Exercises	Exercises	Exercises	Exercises	Exercises		
10: 15am	Morning Tea	Morning Tea : Jeanette's Café 	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10: 30am	Residents Choice : 		Ball Games 	Ball Games 	Ball Games 	Music 	Music 
11:00am	Music 	Precious Pats with Vallette  11:00am	Pet Therapy with Retro & Lorraine 	Sing-a-long 	Mixed Activities 	Residents Choice : 	Residents Choice: 
1.00pm	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME
FROM 1.20pm 2.00pm	Residents Choice : <i>Movie</i> 	<b>BINGO</b>  with Jeanette at 1:45pm	Musical DVD/Movie & 1:1 Time with Leanne 	1:1 Time with Leanne & <i>Movie</i> 	 Pet Therapy & 1:1 Time with Leanne...	<i>Movie</i> 	<i>Movie</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 - April 2016

TIME	Monday 24 <sup>th</sup>  Chaplain is in today	Tuesday 25 <sup>th</sup> <b>Public Holiday</b>  Chaplain is in today	Wednesday 26 <sup>th</sup>  Chaplain is in today	Thursday 27 <sup>th</sup> Hairdresser Day  Dutch King's Birthday	Friday 28 <sup>th</sup>	Saturday 29 <sup>th</sup>	Sunday 30 <sup>th</sup> Dutch Queen's Birthday
9.45am	Exercises	Exercises	Exercises	Exercises	Exercises		
10: 15am	Morning Tea	Morning Tea:	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10:30am	ANZAC SERVICE IN GEORGES CENTRE AT 10:30AM  Ball Games & <b>Quiz!</b> with Jeanette	Watching Anzac Service on TV in Sharpe House , Level 2  <b>ANZAC</b> <i>Lest we forget</i>	Residents Choice : 	Residents Choice : 	Mixed Activities 	Music 	Music 
11.00am	 Pet Therapy & 1:1 Time with Leanne...	MUSIC 	Pet Therapy With Lorraine & Retro 	Sing-a-long 	MUSIC 	Residents Choice : 	Residents Choice : 
1.00pm	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME	REST TIME
FROM 1.20pm 2.00pm	Music Therapy with Jenni  2pm	Residents Choice: Movie 	BINGO  at 1:45pm with Leanne	Musical DVD/Movie & 1:1 Time with Leanne 	 Pet Therapy & 1:1 Time with Leanne...	MOVIE 	MOVIE 

**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.