

# StJ's Village Voice

The perfect place to live

Newsletter of St John's Retirement Village

Issue No 95

December 2023



**"I will honour Christmas in my heart,  
and try to keep it all the year."**



Charles Dickens

Another quote from Charles Dickens:

***"But I am sure that I have always thought of Christmas time, when it has come round...as a good time; a kind, forgiving, charitable, pleasant time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely."***

I'm sure that nobody in this Village has "shut-up hearts". Our experience from our many years living here is that this is a very friendly and welcoming Village. A Village where the residents are friendly and the needs and wellbeing of residents are always uppermost in the minds of the Board, management and staff.

This was evident in our most enjoyable dinner, provided by the Board, on 23<sup>rd</sup> November. What a great night! Good food, great company, wonderful staff and plenty to entertain us. It was a marvellous night for St John's 'family'.



Owen, should this be on the "Enjoy a Chuckle" page?

Therefore we join with the board, management and staff in wishing our Village family a "kind, forgiving, charitable and pleasant time", and many blessings, this festive season.

Fred & Joan



## WELCOME NEW RESIDENTS

Tom Merks

Unit 7

Jacquie Booth

Unit 19

## Thought for the season

Christmas, here again.  
Let us raise a loving cup;  
Peace on earth, goodwill to men,  
and make them do the washing up. ~

Wendy Cope



## VILLAGE COMING EVENTS



### **NOTES FOR YOUR DIARY**

**Christmas Carols** : Tuesday 12<sup>th</sup> December 7pm bring a plate for supper. (AC)

**Men's Snooker/ Billiards**: Every Tuesday 2.30 to 4.30 pm (CC)

**Saturday afternoon Games**: 1.30 to 3.30pm 2<sup>nd</sup> & 4<sup>th</sup> Sat of each month (CC)

**St.J's Residents Market** : 10am to 12pm Last Friday of each month (AC)

**Scenic Bus Trip** : Each Tuesday afternoon. See notice board for details of venue, departure time and cost and put your name down on the list in the Library

**Sunday Fellowship Service** : Each Sunday 10.15 to 11.15am (CC)

### **REGULAR ACTIVITIES:** (Check Notice Board and Calendars for changes)

**Gentle Exercise Class**: Mondays at 10am (AC)    **Craft Group with Julie**: Thursday at 1pm.(AC)

**Scenic Bus Trip** : Tuesdays at 1pm    **Art Group**: Tuesdays at 9.30 (AC)

**Table Tennis & Carpet Bowls** : Wed at 2pm (AC)    **Knitting Group** : Wednesdays at 1-3 pm (AL)

**Sippers Club** : Fridays at 4.30pm (AC)    **Exercise with Judy**: Thursdays at 10am (AC)

**Fellowship Service** : Sundays at 10.15am (CC)    **Line Dancing**: Wednesdays at 10.00 to 10.30 (AC)

**Coffee Morning with Lesley**: Wednesdays 10.30 - 11.30am (Cafe)

**Location:** (AC) = Activity Centre ; (AL) = Apartments Lounge; (CC) = Community Centre

## KNITTING GROUP



Open Day was a successful day. A big thank you to all the helpers and to all that supported our stall. We were able to send a donation to Western Port Community Centre and also to the Frankston Hospital. They were very grateful.

(See certificate and letter on page 3)

**We would like to wish everyone a merry and safe Christmas and Happy New Year.**

*June Moran*



# Walk for a Cause



On November the 3<sup>rd</sup> and 4<sup>th</sup> I walked from Mount Eliza to Portsea, a distance of 48 kms. Why? It was a fundraising effort linked to the White Ribbon Campaign in support of women who have suffered domestic violence and to increase

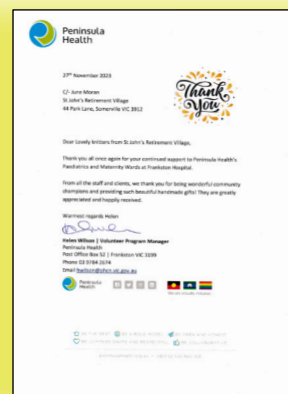
awareness of the gravity of this problem in our society. It was organised by a number of Uniting Churches on the Peninsula and they provided refreshments along the way. Around 25 people walked various sections of the route over the 2 days. Four people did the whole walk. I was one and another 80 year old lady from the Mornington Uniting Church which was a remarkable effort. We paused at various points along the way for quiet reflection. There was some breathtaking Peninsula scenery and very interesting conversations enjoyed by us all as we made our way, sometimes up and thankfully down or along the beach. Around \$3,000 was raised. It was worth the soreness of my arthritic big toes and calves!



*John Doyle (unit 301)*

**Do you attend Residents Meetings?** They are not boring, but a great way to - Meet new people - Know what's happening, and why things are happening in the Village - Hear the things that don't make it into the minutes - Enjoy the fellowship of other residents - and more. Meetings start at 2pm, on the second Monday of each month (except January) and usually go for an hour (or less). **SEE YOU THERE!**

**Certificate of appreciation and Letter of thanks to the Knitting Group from Frankston Hospital**







## A Message from the Village Manager

*As we get older it can be difficult to do the activities we once enjoyed. Whether you are someone affected by health issues or care for someone who is, some of the following ideas might interest you.*

*(most of these activities are available here in our Village. See page 2)*

- **Drawing & Painting:** *Unleashing your inner da Vinci is a great way to express yourself and can be performed solo or in a group. Art is a mentally stimulating activity, which can result in creative gifts for your friends and family.*
- **Sewing & Knitting:** *Sewing and knitting remain extremely popular activities, both for their meditative qualities and hand and finger dexterity.*
- **Making Cards:** *Everyone loves receiving mail. Making your own cards to send takes this a step further and allows you to put your own mark on a special gift.*
- **Photography:** *With the affordability of smartphones and digital cameras, photography has never been easier to learn. If you have a good eye, you can take creative snaps of landscapes, animals and people to record your memories and share with friends and family.*
- **Flower Arranging:** *Nothing brightens up a room and lifts spirits like a colourful bunch of flowers. What's more, this is an activity that can easily be enjoyed while sitting.*
- **Playing Games:** *Many of us are motivated by good-natured competition. Playing games is a wonderful group activity, which can be intellectually stimulating while not physically demanding.*
- **Reading:** *Is a wonderful cognitive activity. Perhaps you could create a book club to discuss your favourite novels.*
- **Film Night:** *Much like Christmas films that never seem to get old, a film club is always a crowd pleaser.*
- **Exercise Classes:** *Movement remains the best way to maintain mobility, which is essential as we age. Even if you struggle to get up from the chair, gentle exercises can help move your joints, strengthen your muscles and improve your function.*
- **Nature Trips:** *Studies show that humans respond positively to nature, lowering stress and increasing feelings of well-being. A walk in the countryside with a friend is perfect, but if you live in the city or suffer mobility problems, even sitting in the park can prove restorative.*
- **Yoga:** *Our muscles, joints tend to tighten up as we age, often in response to arthritis and pain. Gentle yoga can be a wonderful way to maintain mobility and help with activities of daily living.*
- **Meditation:** *There are numerous mental and physical benefits of meditation, from stress reduction, mood elevation and even improved heart health. Furthermore, it can help to put thoughts and emotions in context, an important skill for those facing health issues.*



***I would like to take this opportunity to wish you and your families a very merry Christmas and a safe and happy 2024.***

*Heather*





## STAFF PROFILE

**Employee Name: Melanie (Mel) Spencer**

**Employee Position: Administration**



- Q1. What is your favourite TV show? **Home & Away**
- Q2. What is the one thing you couldn't live without? **My Children**
- Q3. What is your greatest fear? **Snakes**
- Q4. If you could go anywhere in the world, where would you go?  
**Ireland (always wanted to go there)**
- Q5. What is your favourite thing to do in your spare time?  
**Relax & catch up with friends**
- Q6. What is your favourite food? **Cheese & Crackers**
- Q7. What is your favourite drink? **Moscato**
- Q8. Where is your favourite place to shop? **Kmart**
- Q9. What would be your ideal career (if you weren't working at St. John's)?  
**NDIS Support Co-Ordinator**
- Q10. What is the one thing you cannot resist? **Pink in Concert**
- Q11. What is the hardest thing you have ever had to do? **Child birth - 4 times!**
- Q12. If you could have dinner with any three people who would you choose?  
**Pink / Mark Wahlberg / RIP (Yellowstone)**
- Q13. What is the most prized possession you have? **My Children**
- Q14. Do you have a celebrity crush and if so who? **Pink**

**KNOCK, KNOCK! WHO'S THERE?  
SANTA. SANTA WHO?  
SANTA CHRISTMAS CARD TO YOU, DID YOU GET IT?**





# REFLECTIONS

Some of this has been written before, but we felt it was worth repeating

When we moved into the Village in December 2004, **Village Voice** was in the process of being revived by a small team of residents. The first issue we received was in March 2005. In that publication it was reported that the first issue of St. John's Newsletter had occurred in Spring 1992 and was then called "Update Times".

In the 2005 Manager's Report we were told that the Village was celebrating its 21<sup>st</sup> birthday that year, and that the new Community Centre which was officially opened on Sunday 23<sup>rd</sup> September 1984 was in the process of being refurbished and hoped to be reopened in September 2005. (It was officially opened by Hon. Greg Hunt on 9<sup>th</sup> October 2005.)

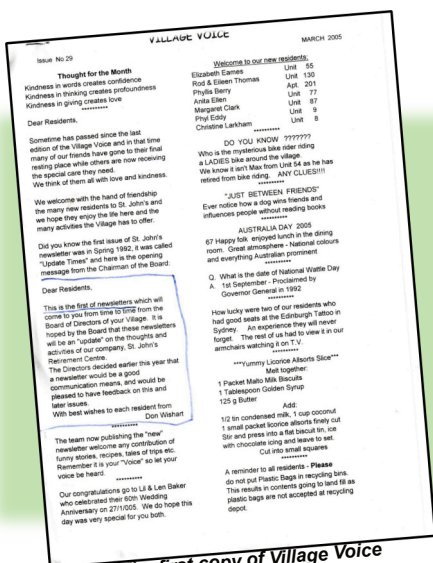
We took over, from the team who had been putting the publication together, in December 2008, so this is our 15<sup>th</sup> year of production.

In those early days we produced **Village Voice** on our computer and we printed it (*in black and white*) on the Village copier. It took almost a full day to print, collate, staple, and deliver it to each letterbox. Unfortunately the copier often got overheated and a few copies were less than perfect as a result. Since October 2015 we have been very pleased to have **Village Voice** printed in full colour.

We still produce each issue on our computer (*with a new version of the original desktop publishing program*), but it is then turned into a printable PDF (*Portable Document Format*) and emailed to the office, who send it on to the printer. Within a few days we have our copies delivered to the office and we usually deliver it to your letterbox the same day. **What a difference!**



Joan & Fred



The first copy of Village Voice we received (2005)



The first copy of Village Voice we produced, December (2008)



The first copy of Village Voice in colour (2015)

## Message from Helen Hurwood *(Pastoral Care Person)*



### *Remembering Christmas*

What do you remember about Christmas in the past?

Did you dress up as a shepherd, wiseman, angel or Mary & Joseph?

Did you wake up on Christmas morning to a stocking or pillowcase of presents as a kid?

Did you have special food shared with family and friends?

Do you tell your grandchildren the story of Jesus being born as a baby?

#### **Isaiah 9:6 KJV**

**For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.**

It's important to remember our past.

We recently had Remembrance Day – remembering those who have fought for our freedom. Where would we be if they hadn't?

It's important to remember where our values, our respect for human life and equality come from. Christmas reminds us.

It was Jesus' coming into the world as a tiny, helpless baby who showed us love, humility and ultimately the way to live and die. He healed, spoke to the sick, touched the lepers, ate with the outcast, cared for women. All these things were radical then and challenge us today.

So, in remembering Christmas we remember – it's because of Jesus.

How might we bring this story to life as we celebrate? How might we help pass the true story of Christmas on to next generations?







## *Lesley Taylor writes*



**W**hat a year! It has been a good year, a challenging year, happy year, sad year, fun year but we got through it 😊

### **Look back and celebrate all your achievements**

Sometimes it's easy to fall into the trap of only looking at the things you need to improve on. Instead of focusing solely on the things you couldn't get done, start thinking about all the positive differences that you were able to make in the year. It doesn't matter how big or small they were or even how many people you managed to impact.

Life sometimes gets in the way, and we may not have been able to do all the things that we wanted to do. Rather than think about all the things that you couldn't achieve in the year, think about what you did achieve. This could be attending a village function, meeting new friends/residents, doing some gardening, or enjoying village life.

### **You can organise your goals in 5 simple steps:**

1. Start by listing out the goals that you want to complete next year.
2. Add something new to your list. E.G taking time out for yourself.
3. Include any that you were unable to complete last year but still want to achieve.
4. Add in any additional goals you may have thought of this year.
5. Order your goals by importance and the impact it will have on your life.

I hope one of your goals is to attend or continue the many different things the village has to offer. Julie's Craft group, Art group, attending the Dining Room for a meal, Bus trips, Lesley's Wednesday coffee morning, the Men's Group, Heather's special lunches, Knitting group, Judy's gym class, Mondays gentle exercises, Monday dinner and trivia night, Men's snooker/billiards, Line dancing, Friday sippers, Coffee at the café, Bible study, Bingo, Sunday Fellowship Service, Sue's Movies, Sing-along, Afternoon games, Table tennis & Carpet bowls, Kinder children and Residents group, along with the activities the social Committee offer, special days and Open Days. . . . We offer a lot at this village. Please put some on your list to attend .

Don't spend Christmas alone. We have a very special day planned in the Apartment dining room. All welcome as well as your families. See notice boards for prices and menu options. Reach out if you need to have a chat, this time of the year can be challenging for some.

***Merry Christmas to all the wonderful residents and the amazing and caring staff.***

***I wish you a safe and Happy Christmas and New Year.***



Take care, love *Lesley*, Care & Wellness Manager.

## THE RIVERLAND REVISITED

In October this year we decided to revisit The Riverland in South Australia. On our previous trip just before the floods of 2022 we missed out on a tour of Gluepot Reserve, a place we had been looking forward to seeing.



Gluepot Reserve is an old sheep station now owned by Bird Life Australia and is known for its abundance of bird life.

There are a number of bird hides scattered throughout the area, it's amazing to see what happens if you sit quietly, watching and waiting. Your patience is rewarded when the

birds come in for a drink, so many different varieties of Australian Native Birds. Species that we'd never seen before.

One of the most memorable bird captures of our trip was to photograph the endangered Regent Parrot. *(See photos)*

Rod's challenge in retirement is to see how many different varieties of Australian Birds he can find, that day he was able to add another twelve to his list.

My aim is to sit alongside him and photograph as many as I can.

You'll often hear me saying..... "Rod what is the name of that bird." Who needs a bird encyclopedia when I have my own sitting beside me.

Having a quiet laugh to myself as I type.



*Rod and Trish Wilson*



### Please save your used stamps for charity

- Leave a margin around the stamp.
- Place them in the designated trays in the Library or the Activity Centre.

Colin Ware





## Enjoy a chuckle

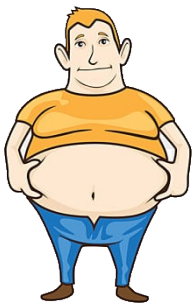


In World War Two, during the North Africa campaign, it was often necessary to work out an exact position by compass readings. An English patrol had been lost in the desert for several days. The officer in charge detailed a young second lieutenant to work out their exact position. Unfortunately, the lieutenant was hopeless at taking readings of this kind.

Not wishing to be shown up, he went ahead and took the reading, handing the map reference to his CO when he had finished.

The senior officer studied it carefully for a few minutes and then said, "Thank you lieutenant. I suggest we remove our helmets; according to your calculations we are now standing in the middle of St Paul's cathedral."

**Men who are getting on in years should console themselves with the thought that when they get too old to set bad examples, they can always start giving advice.**



The doctor had tried for years to persuade a very obese patient to do something about his weight. One day the man came to him to ask if he could recommend something to stop him sleeping with his mouth open.

"Certainly I can," said the doctor gravely, "It's your old problem - you must get your weight down."

"My weight?" the fat man protested, "What's my weight got to do with it?"

"Everything, my dear sir. Your skin is so tight that every time you close your eyes your mouth opens."

A young wife approached a post office counter and said :  
*"I wish to complain about the service."*  
*"What is the trouble, madam," enquired the assistant.*  
*"My husband is in Sydney on business, but the card he sent me is postmarked Surfer's Paradise."*







## Enjoy a chuckle



### Mother in law stories - (with apologies)

- My mother in law went on a special diet of coconut milk and green bananas. She hasn't lost any weight, but you should see the way she can climb trees.
- My mother in law had her face lifted, the plastic surgeon took one look at what was underneath and quickly let it drop again.
- If I cut myself, my mother in law comes and cries over me. She likes to get salt in the wound.



A furrier once tried to get a better fur coat by mating a mink with a gorilla. Sad to relate it didn't work - the sleeves were too long!

A young man employed by a very modest but large bank began to lead a rather lavish life, dressing flashily, buying an expensive car, and otherwise giving evidence of sudden wealth.

Finally the personnel manager decided to speak about the matter and asked, "How is it that you can spend what most certainly must be at least three times your salary each week?"

"Why it's simple," the clerk replied unabashed, "there are more than two hundred employees here and every payday I raffle off my salary at \$10 a ticket."

- What did the bald man say when he got a comb for Christmas? "I'll never part with it!"
- What did the wise men say after they offered up their gifts of gold and frankincense? Wait, there's myrrh.
- What is green, covered in Christmas lights and Christmas bulbs, and goes ribbit? A mistle-toad.



### Can you relate to these ?

- The older I get, the better I was
- Everything I can't find is in a totally secure place



## Photos from Residents



**Moya Macpherson** with her latest great grandchild, Billy Duncan Watt born 24th November (See Left photo)

With his two and half year old sister Coco Moya. (See right photo)

Their mother is Renee, youngest daughter of Moya's daughter, Robyn. Both are IVF babies and very special.



**Residents' Dinner being set up**  
Photo by Lesley



**The Board at Residents' Dinner**  
They look happy even though they paid the bill.  
Photo by Lesley



**Residents' Dinner**  
Photo by Helen Hurwood



## COMPUTER TIPS & TRICKS

**W**e have a cordless phone system in addition to our mobiles. Recently we couldn't dial out on the cordless phone. We attempted to ring the office, who heard a ring but there was nobody there! I checked the base station and each phone, without success. Then I remembered a power outage during the previous night. I **rebooted** my Telstra Gateway Modem and all was fixed. To do this, remove the power cable from your modem for 10 seconds, then plug it back in. Wait 1-2 minutes for the modem to settle and go 'green', then check to see if your devices are connecting. Any modem/router will work the same way.

Another problem was a printer not working. (my printers work with wifi). I discovered that for some reason the computer was no longer connected to wifi. I went to **settings - network & internet - show available networks** and reconnected. Sometimes you might need to re-enter the password (*usually found on the back, or underneath the modem*).