

Diggers Digest

MARCH 2024 - ISSUE 66

In this Issue

Hello from Lifestyle
Notice Board
Monthly Birthdays
Special Dates
Entertainment Dates
Bus Outing Dates
Physio & Special News
Care update
Poem & Brain Challenge



Lifestyle Update

Hello Residents, Families & Friends!

We are really looking forward to this month.

There is so much to celebrate! St. Patrick's Day, Easter, Seniors Week and International Women's Day. Along with all our regular happenings for March there won't be much time to sit idle. For our new residents, consider coming along to one of our special events or try your hand at a new activity, it's a good way to meet a new friend.

The Seniors Rights Service will be here on the 21st to talk about their services. Come along, it's informative and fun with a through games thrown in.

Seniors Weeks runs between the 18th & 24th March. There is plenty in the community you can attend with your families. Hopefully we will secure tickets to a special event at Corrimal library on 21st. More details closer to the event.

We would like to extend an invitation to your family to attend our Resident and Relatives Meeting, held on the last Tuesday of the month, 10.30am in the recreation room. It's a good opportunity to listen in, ask questions and meet our members.

International Women's day is on the 8th and to support the day we are asking you to wear something purple.

As with each month details of all our activities, bus trips and events are on the monthly activity program.

Stay Safe! Vikki, Mel Deb & Donna

March Birthdays

Ron Hamilton **8th**

Rose Wyatt **11th**

Heather Wegert **11th**

Eleanor Thornton **12th**

Danny Kendrick **12th**

Graham Nichols **13th**

Joseph Gavin **14th**

Betty Roskell **16th**

Barry Wilson **18th**

Michael Meehan **22nd**

Lorraine

Donaldson **27th**

Please join us in main dining room on the last Thursday in February to celebrate.

Specials dates in March

11th Heath Piper
Interactive Talks

15th St Patrick's Day
Happy Hour

21st Seniors Rights
Visit

Bus Outing Dates

Wednesday
6th, 13th, 20th, 27th,
See Mel

Thursday (Keira)
7th, 14th, 21st, 28th
See Donna



New Residents

A very warm welcome to our new residents Giovanni lafolla & Joseph Gavin

New Staff

We would also like to welcome to our new staff who have joined our team in the past 6 months.

R.I.P

We are happy to have no announcements for February.

Residents & Relatives Meeting

All residents and families are invited to attend our monthly Residents & Relatives Meeting held on the last Tuesday of the month in the recreation room at 1030am.

NEXT MEETING: 26th MARCH 2024

Early Bird Walk Group

Every Tuesday, Wednesday and Thursday Mornings straight after breakfast. Meet at Reception.

Wollongong Mobile Library Service

The mobile library delivers and picks up on the last Friday of the month. Membership form available from lifestyle.

Volunteers Welcome

Our organisation is looking for dedicated individuals with some time to spare to join us in our mission to make a positive impact on our elderly.

If you are caring, compassionate and have a passion for making a difference in people's lives • Recording life stories • 1:1 support and social groups • Walking program • Assist with activities and theme days • Bus outings • Craft groups

Please contact Vikki (Lifestyle Manager)
vikki.wilesmith@illawarradiggers.com.au



Special News: Farewell Charlie...

It is with sadness we say goodbye to our much loved barber, Charlie. After more than 25 yrs of service to the gentleman of Diggers, Charlie is hanging up his scissors and retiring. Having been a part of Illawarra Diggers since the very early years Charlie saw many changes, as residents and staff came and went, ladies became a part of the home, renovations were done and Covid hit. One thing that didn't change was the smile on Charlie's face or his fee. \$5.00 for a haircut, beard and eye brow trim. Charlie will be missed by us all and no more than Lois, who has spent one Friday a month organizing the men who were overdue for a little 'tidy up' to salon for Charlie to work his magic.

We wish you well Charlie and thankyou from the Diggers family, past and present.

Palm Sunday

24TH MARCH

Easter Church Services

Non-denominational Service
Pastor Matt Douglas will deliver an
Easter service on
Tuesday 19th March 2024
1030am in the Rec Room

Catholic Service & Light Lunch
Wednesday 20th March 2024
11am at the Catholic Church Corrimal
See Mel

Grooming Services

BARBER NEEDED

If anyone knows of a barber (maybe recently retired) who would be interested in taking on the role please contact Vikki (lifestyle).

Kim is available every Tuesday, by appointment.

There will be a few appointments left open each week for any of our men in need of a haircut.

Men's hair cut \$25.00.

All appointments through lifestyle.

Easter Rocky Road Fudge

Ingredients

2x180g blocks white chocolate, chopped

2x395g cans sweetened condensed milk

130g packet honey and sea salt roasted peanuts

1/2x280g packet marshmallow noodles, cut into 2cm lengths

350g block milk chocolate, chopped.

Method

Grease an 18cmx28cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

Place white chocolate and 1 can condensed milk in a microwave-safe bowl. Microwave on HIGH (100%) for 1 minute 30 seconds, stirring every 30 seconds, or until melted and smooth.

Donations

8ply Acrylic Wool Needed

Knitted or crochet rugs, beanie's and jumpers are still the focus of our charity work this year.

Thank you to residents Betty R, Heather J and Renee (RN) who are on board again this year to support "Roundabout" who we donate our knitted and crochet items too.

Roundabout is a worthwhile charity who believes "every child deserves a safe start and every family deserves dignity" providing underprivileged, families with high quality essential baby and children's items. Margaret S is actively involved in the CWA and we have now added this valued organisation to our donation list. Who also service the under privileged, refugees and disaster affect families.

Physio News

Morning Exercise Glass, Monday to Friday at 9am in the Recreation Room.

Come along and enjoy the gentle seat exercises suited for levels of fitness. Meet some new friends and have a cuppa after.

More from physio next month.

What do you call an Irish Spider?
Paddy Long Legs.

What does it mean when you find a horseshoe?
Some poor hose is going barefoot.





St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

Word	Clue	Answer
KARCHSOM	Clover-like plant	_____
ODLG	What Leprechauns keep in their pot	_____
REGEN	Colour of envy	_____
ELAPUNCHER	Mischievous elf	_____
IDLERAN	St. Patrick is from here	_____
ELBRYAN	This stone wants a kiss	_____
RHAP	National emblem of Ireland	_____
SEBFLAT	Capital of Northern Island	_____
KANESS	Slender Reptiles	_____
Charm	Third month of the year	_____
TRACKPI	Patron saint of Ireland	_____
SKIWHEY	A popular liquor in Ireland	_____
RICEMILK	Humorous verse	_____
OT TSU	Type of dark beer	_____
BUND IL	Capital of the Irish Republic	_____
GLENN DA	St. Patrick was a missionary here	_____
SINGESNU	A type of bitter stout	_____
RSHII	From Ireland	_____
TAPE	Fuel from boggy land	_____
BAWINOR	Colourful arc in the sky	_____

