

# Juliana Village Association **RESIDENTS' NEWSLETTER** **December** **2022**

The Country in Focus  
is the Netherlands



## IN THIS ISSUE

GM's Desk .....	2
Meet the Team Member ...	3
Month in Review.....	4
A Poem to Share .....	5
Upcoming Events .....	6
Noticeboard .....	7-8
December Birthdays ....	9
Fun Facts	10-17
Jokes	18-22
Culture in Focus .....	23-34
Word Search .....	35-37

### December Programs

Georges Centre	38
Level 1	39
Level 2	40
LOGEMAN COURT	41

# GM's Desk



Another busy month, and now with December we look forward to seeing more summery days. As many of you know, D'harawal are the traditional owners of land on which Juliana Village is built. Interestingly, in the D'harawal calendar, November and December, is the Parra'dowee season, referring to weather being warm and wet, stable and the start of the summer heat. December is also the time for many of us to think about Christmas, holidays, and reflect on the past 12 months.

Here in Juliana Village, we have spent the past few weeks, sprucing and tidying, getting lots of jobs done. We also warmly welcome several staff members who have come back to join us. Being a preferred place of employment is a great compliment to all of us, and testament to the positive workplace culture, teamwork and professional excellence that we diligently work to maintain.

Similarly, you may have noticed, many new residents are moving into Juliana Village. And, though we don't advertise, it is through referrals that the Juliana Village has gained a reputation for being a lovely home environment.

So, thank you to everyone for your smiles, openness, and genuine contribution to making Juliana Village special for all who are part of our community.

*Kath Tierney*  
Acting General Manager

## December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**

## Quote of the Day

Just one small positive thought in the morning can change your whole day.

– Dalai Lama



## Meet the Team Member

Hello, my name is Jackie Porter  
I began my role here in the RAO Department,  
October this year.

**My Career:** I have worked in Real Estate and several years in HR.

What I enjoy most about my role is getting to know residents and chatting to them about their day.

I like to talk to Residents & listen to them talk about their families and what they enjoy doing.

I like doing the Exercise class with residents and Quiz Group.

We always learn new things about each other and enjoy a laugh.

I enjoy Pilates, Walking, Swimming, Gardening & Exploring different places.

**My Strengths:** I am calm under pressure and can “think on my feet”.

**Culture & Family:** I was born in Hertfordshire and lived in Cambridge from the age of 5. From the age of 21, I have travelled overseas & lived in Countries such as Holland, Saudi Arabia, Singapore, Indonesia, Malaysia and have settled in Australia. I have lived in Australia for over 15 years & this is now my permanent home with my Husband & 2 Daughters.

# Month in Review

## MELBOURNE CUP DAY

Residents and Staff enjoyed the celebrations of Melbourne Cup Day. There was a Themed Quiz with our Entertainer Lyndsay Gardener, delicious food & drinks and prizes for best dressed. RAO's Wendy & Olivia taking part in a Walker Race



**Thank you to Vlad**, our new resident from Sharpe House who came to play the piano for us at Happy Hour in November. Residents cheered & clapped him after each piece he played.



## **Resident Blue Tongue**

Residents like to feed their Bruinsma neighbours, here at the Village. Pictured is Val, with a morning snack for one of the younger blue tongues.



## Help Wanted by Timothy Tocher

Santa needs new reindeer.  
The first bunch has grown old.  
Dasher has arthritis;  
Comet hates the cold.  
Prancer's sick of staring  
at Dancer's big behind.  
Cupid married Blitzen  
So Dunder lost his mind.  
Dancer's mad at Vixen  
for stepping on his toes.  
Vixen's being thrown out—  
she laughed at Rudolph's nose.  
If you are a reindeer  
we hope you will apply.  
There is just one tricky part:  
You must know how to fly.

# BUS TRIPS IN DECEMBER

**Morning Tea Outing** – Monday 12th Dec, bus departs at 10am

**Southgate Shopping Trip** -Monday 19th Dec, bus departs at 10am

Due to unforeseen circumstances, Future Bus Trips and Events may be cancelled.

## Regular Events

**HAPPY HOUR** -Thursday 8th Dec at 1:30pm, Georges Centre

**BIRTHDAY PARTY** -Thursday 22nd Dec at 1:30pm, Georges Centre

### Special Days

Mon 5<sup>th</sup> Intl. Volunteer Day

Sun 25<sup>th</sup> Christmas Day

Mon 26<sup>th</sup> Boxing Day

Tue 27<sup>th</sup> Public Holiday

## Events this month

SINTERKLAAS Morning Tea in GC - **Cancelled**

**Christmas Concert at Sutherland Arts Centre at 7th Dec-Tickets are \$15 pp-Bookings to be made with RAO Staff.**

JV Residents Christmas Party -**Thursday 15<sup>th</sup> Dec at 12pm**

Christmas Lights Bus Tour - **Thurs 15th Dec, Bus departs at 8pm-Bookings to be made with RAO Staff.**

Independent Living Residents Christmas Party in Logeman Court -**Friday 16<sup>th</sup> Dec**

**Christmas Devotion Service: Wednesday 21st Dec at 1:30pm in GC**

\*\*\*\*\* Activities and Events may be subject to change due to unforeseen circumstances and Residents will be informed in due course, as they occur.

# Noticeboard

## CHAPLAINS

Mike is in Monday & Tuesdays

Anne-Marie is in Wednesdays & Thursdays

## CATHOLIC MASS WITH FATHER JOHN

**When:** Tuesday 6th Dec

**Where:** Sharpe House on Level 1,

## LIBRARY SERVICE

We have a mobile library service that chooses & delivers library books, CD's, DVD's & Magazines for resident's. If you would like this service, please talk to a staff member, & advise them that you wish to join.

**Next Delivery:** Tue 13th Dec

## BEAUTICIAN

Vanessa will be providing in-room facials, manicures & waxing (eyebrows, chin & lip) services on **Wed 14th Dec from 9am**

## CONTINUOUS IMPROVEMENT

Residents, Families and Staff are reminded that Continuous Improvement forms are specifically designed for receiving feedback, suggestions, complaints & compliments. There are several locations throughout the Village to access these forms. The feedback given in these forms are an integral part of continuing to improve the provision of services and the very best of care for our residents. The forms are located outside the lift on L1 & 2, the Georges Centre & beside noticeboard in the Dining Room L1.

## SELF CARE CATCH UP

Dining Room, L1 -Afternoon Tea Catch up for Residents from Self Care.

**Friday 9th Dec at 2:30pm**

## HAIRDRESSER

Luisa our Hairdresser is available Tuesday's. If you would like an appointment, please advise Nurses Station or RAO staff and they will ensure you are booked in. Services include Perms, Haircuts, Colours, Blow waves & beard trimming.

**Additional December Bookings Available:**

## VILLAGE SHOP

Opening Hrs- 2:30-3:30pm  
(Monday -Friday)

# Noticeboard

## LAUGH WITH ME- YOGA

Laughter Yoga with Cesar on Level 2  
**Thursday 8th & 22nd Dec at 11am**

## WALKING GROUP

Each Thursday ( Dry Weather Permitting),  
Meet outside the dining room on L1  
at 1:00pm

## TEAMRIFIC INTERACTIVE GAMES

Residents compete against other retirement villages around Australia to win prizes and credits towards prizes.

**Quiz – Tue 6th Dec at 11am**

**Word Flip - Wed 14th Dec at 11am**

## POETRY GROUP

Residents gather to share their favourite poems or ones they have written. Other residents come to listen.

All are welcome....

**Tuesday 13<sup>th</sup> Dec at 1:30pm**

## PRECIOUS PATS-PET THERAPY

Lana, Lumen, Sophie & Molly join residents **Tuesdays at 10:30am** for cuddles & pats.

## RETRO SHOW- PET THERAPY

Retro performs tricks for residents on Level 2 -Sharpe House on **Fridays at 11:00am.**

## ART THERAPY CLASSES

Residents engage in art therapy class with Artist; Alison Duff -**Thurs 13th Dec at 11am in Level 1, Dining Room**



# December Birthdays

In December, we celebrate birthdays with:

## Independent Living Residents

3rd Mieke Eder  
20th Maureen Gilholme  
27th Joyce Tucker  
31st Dulcie Huff

## Bruinsma & Sharpe House

14<sup>th</sup> Anje Ralston

## Staff

2nd Sue Browning  
9th Galina Li  
28th Leanne Sullivan  
30th Rita Nepal

Join us at the Birthday Party in the Georges Centre on **Thursday 22nd of December at 1:30pm to Celebrate!!**



**Sagittarius (Nov 23 - Dec 21)**

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

**Capricorn (Dec 22 – Jan 19)**

Capricorns are responsible, disciplined and are good managers.

**Did you know? Eating KFC for Christmas is a Japanese tradition.**

An estimated 3.6 million Japanese families treat themselves to Kentucky Fried Chicken at Christmastime, according to the BBC. It all started with a 1974 marketing campaign called "Kentucky for Christmas" and eventually morphed into a nationwide tradition.

## Fun Facts about Christmas

- 1377 – During a Christmas feast hosted by King Richard the II of England in 1377, three hundred sheep and twenty-eight oxen were consumed.
- 1640 – Scotland abolished the observance of Christmas (until 1958 when it became a legal holiday).
- Franklin Pierce (1853-1857) is believed to have been the first President to put a Christmas tree in the White House.
- Christmas trees were banned by President Teddy Roosevelt in the White House in 1901 because the President was concerned about the environmental effects, but his sons decorated a small tree cut on the White House grounds and hid it in a closet until Christmas morning.
- 1915 – Hallmark introduced their first Christmas cards.
- Boston, Massachusetts receives a tree from Nova Scotia, Canada because of the support given to the city of Halifax in 1917 when they experienced an explosion and fire disaster.
- The people of London receive a tree for Trafalgar Square from the people of Oslo, Norway every year to thank them for their assistance during World War II.
- During World War II, the Bicycle playing card company made decks of cards and gave them to the prisoners of war in Germany with hidden escape routes revealed when the cards were soaked in water as Christmas presents.
- 1962 – the United States issued the first Christmas postage stamp.

## Christmas Tree Facts

- It is believed Germany began the tradition of the Christmas tree. Additionally, tinsel, which was once made of actual silver, is traced to 1610 in Germany.
- Christmas trees are grown in all 50 states including Hawaii and Alaska, but California, Oregon, Pennsylvania, Michigan, North Carolina, Washington, and Wisconsin are the top Christmas tree producing states in the U.S.
- Christmas trees have been sold in the United States since 1850.
- Every year, Europeans decorate about 50 million live Christmas trees and the United States about 35 million.
- It takes on average 6-8 years for a Christmas tree to be fully grown, but it can take as long as fifteen years.
- Rio de Janeiro, Brazil has the largest floating Christmas tree in the world; it is 278 feet tall.
- The tallest living Christmas tree in America is the 161-foot tree in Coeur d'Alene, Idaho. The star placed at the top is ten feet tall!

## Christmas Food and Drink Facts

- A “grog” is any drink made with rum; hence the name for the egg, cream, nutmeg, and rum drink “eggnog” which originated in 1607 in Jamestown, Virginia.

- Each year, approximately ten million Christmas turkeys are eaten in the U.K. and 22 million in the United States.
- Today, wassail is hot apple cider with honey and spices, but the drink came from the Middle Ages, when it was originally made with wine, ale, or hard cider topped with stale bread or beaten eggs. Neighbours would visit on Christmas Eve and drink to each other's health (ves heill meant "in good health" in Old Norse).
- One can eat more than 7,000 calories at Christmas when you add up the turkey, dressing, mashed and sweet potatoes, other sides, pie, rolls, and drinks.
- Ever wonder about the string on a box of animal crackers? Introduced around Christmas in 1902, the string was intended to be used to hang the cracker boxes on your Christmas tree.
- A "sugar plum" featured in Christmas poems and songs was a type of candy with dried fruit, usually a plum, and spices rolled into a ball and coated with chocolate or hard sugar candy.
- Fruitcakes last a long time intentionally. They were originally baked at the end of harvest and some of the cake was saved to be eaten at the beginning to the harvest

the following year as people thought that would bring a good crop. It is the sugar and alcohol combination that helps them last so long.

## Christmas Facts About Santa and His Reindeer

- Rudolph the Reindeer was created by the U.S. department store Montgomery Ward to get children to buy Christmas colouring books, however, his nose was not red as they did not want him to appear as a chronic alcoholic.
- All of the items in the song “The Twelve Days of Christmas” total 354 gifts.
- Brenda Lee was only thirteen years old when she recorded “Rockin’ Around the Christmas Tree” in 1958.
- Charles Dickens’s A Christmas Carol was written in six weeks. On the internet, IMDB lists 202 various A Christmas Carol film adaptations, including films with non-traditional stories.
- In Dublin in 1742 the Christmas oratorio, The Messiah, by George Frederick Handel was first performed.
- Paul McCartney’s “A Wonderful Christmas Time” is in the animated “Rudolph the Red-nosed Reindeer.”
- Stanley Weintraub wrote about a famous Christmas truce in 1914 during World War I when the Germans and British exchanged gifts and played football in his book Silent Night: The Story of the World War I Christmas Truce.



- The song “We Wish You a Merry Christmas” originally was sung by servants to demand alcoholic drinks from their masters. “We won’t go until we get some, so bring some out here.”
- Bing Crosby’s “White Christmas” is the best-selling Christmas song with more than more than 50 million copies sold around the world.

## Religious Christmas Facts

- Many people abbreviate Christmas “Xmas,” which is based upon X being the first letter of Jesus Christ’s name in Greek.
- First recorded in 1038, old English provided the word Christmas from Cristes mæsse, which means “Christ Mass.”
- A Christmas wreath with holly represents the blood Jesus shed (the red berries) and the crown of thorns.
- The Bible indicates a plurality of wise men, but it is tradition that says there were three, probably as a result of three gifts being given – gold, frankincense, and myrrh.
- The three traditional colours used for most Christmas decorations have religious significance. Red if for the blood of Jesus Christ, green symbolises His resurrection, and gold His status as the King of kings.

- Christmas is not a Biblical holy day as it is not mentioned in the Bible. In fact, many of the symbols and customs we associate with Christmas began with winter solstice rituals and pagan festivals.
- The account of Jesus' birth, life, death, and resurrection – what is often referred to as “The Christmas Story” appears in the New Testament Gospels of Matthew and Mark.
- The Latin word natalis, which means “day of birth,” is the origin the word Noel.

## Fun Facts About Christmas

- About \$1,000 is spent on Christmas gifts each year by the average American family.
- In 1836 Alabama was the first U.S. state to set Christmas as a legal holiday and in 1907 Oklahoma was the last.
- Children who write letters to Santa Clause in the United States have their letters delivered to Santa Clause, Indiana.
- It is believed that Sir Henry Cole of London, England sold the first Christmas cards in 1843. Only one thousand cards were sold.
- Over three billion Christmas cards are sold in the U.K. and the U.S. each year.
- Many people think Black Friday is the busiest shopping day of the year in the United States. However, the busiest shopping days of the year are the Friday and Saturday before Christmas.

- Queen Victoria's husband, Prince Albert, was German and is credited with establishing the popularity of the Christmas tree in England in the mid-nineteenth century.
- The Rubik Cube, the largest selling Christmas toy in 1980, sold for \$1.99, but now sells for nearly \$10.
- The origin of stockings being hung on Christmas came from the Dutch custom of leaving shoes full of food for St. Nicolas' donkey which would then be filled with small gifts by St. Nicholas.
- The United States Post Office anticipated delivering more than 15 billion pieces of holiday mail, including more than 850 million packages.
- The Christkindlesmarkt in Nuremberg, Germany, first held in 1570, is one of Europe's oldest Christmas markets and claims to be the largest in Europe. It sells gluhwein (spiced, mulled wine), sweets, sausages, and Christmas decorations and ornaments.
- Twenty-eight sets of LEGOS are sold every second during the Christmas season.
- During the Christmas season each year more than 1.76 billion candy canes are made.
- Retailers anticipated people in the U.S. would spend a total of \$465 billion which would create 4.6 million jobs if the money was spend entirely on U.S. made products.
- While shopping during the Christmas season, shoppers use their Visa cards more than six thousand times every minute.

# Funny Christmas Facts

- If you are really into recycling, you can eat your Christmas tree. The needles provide vitamin C. You can also eat pine nuts, if your tree comes with pinecones! Some Christmas trees become food for zoo animals.
- Santa's elves can be traced back to the "nature folk" of pagan religions.
- Mistletoe was an ancient symbol of virility, so someone stood under it if they were available to the opposite sex.
- Ukrainian Christmas tree decorations often include an artificial spider and web because they believe a spider web found on Christmas morning brings good luck.
- Letters to Santa Clause from millions of kids all over the world go to a Canadian Post Office if the zip code is HOH OHO ("Ho, Ho, Ho").
- People used to tell [scary ghost stories](#) on Christmas Eve a century ago.
- In the 1800s, artificial Christmas trees were made from dyed goose feathers or the stuff hula skirts were made from – green raffia.
- The Addis Brush Company made pine-like "branches" using the machines created to make toilet brushes. Used for artificial trees, they could hold heavy decorations and were not flammable.
- December 25 to January 5, referred to as "Christmastide" or "Twelve Holy Days," is the derivation of the song "The Twelve Days of Christmas."

# 46 Funny, Christmas Jokes That Will Get You In The Holiday Spirit

1. How did the ornament get addicted to Christmas?

He was hooked on trees his whole life.

2. Why was Santa's little helper depressed?

Because he had very low elf esteem.

3. What does the Grinch do with a baseball bat?

Hits a gnome and runs.

4. What do you call a broke Santa Claus?

Saint-nickel-less.

5. What do you call a kid who doesn't believe in Santa?

A rebel without a Claus.

6. Why did Frosty ask for a divorce?

His wife was a total flake.

7. Why does Scrooge love reindeer so much?

Because every single buck is dear to him!

8. What do you get when you cross a duck with Santa?

A Christmas quacker.

9. What's Santa's favourite snack food?



Crisp Pringles.

**10. Why do mummies like Christmas so much?**

They're into all the wrapping.

**11. How much did Santa pay for his sleigh?**

Nothing. It was on the house!

**12. How do you help someone who's lost their Christmas spirit?**

Nurse them back to elf.

**13. What do you call an elf wearing ear muffs?**

Anything you want. He can't hear you!

**14. What nationality is Santa Claus?**

North Polish.

**15. What do you call a blind reindeer?**

I have no eye deer.

**16. What do you call an obnoxious reindeer?**

Rude-olph.

**17. How is Christmas exactly like your job?**

You do all the work and some fat guy in a suit gets all the credit.

**18. What's every elf's favourite type of music?**

Wrap.

**19. What do you call a scary looking reindeer?**

A cariboo.

**20. What do you get when you cross a snowman and a vampire?**

Frostbite.

**21. What's the absolute best Christmas present?**

A broken drum—you can't beat it!

**22. What do reindeers say before they tell you a joke?**

This one's gonna sleigh you!

**23. What do you call Santa's little helpers?**

Subordinate clauses.

**24. What did Adam say to his wife on Christmas?**

It's finally Christmas, Eve!

**25. What's the difference between the Christmas alphabet and the ordinary alphabet?**

The Christmas alphabet has No-el.

**26. How do you know when Santa's around?**

You can always sense his *presents*.

**27. What do you call an elf that can sing and dance?**

Elfis.

**28. Where does santa keep all his money?**

At the local snow bank.

**29. Why did the Grinch go to the liquor store?**

He was searching for some holiday spirit.

**30. Why don't crabs celebrate Christmas?**

Because they're shell-fish.

**31. What's every parent's favourite Christmas Carol?**

Silent Night.

**32. What do snowmen eat for breakfast?**

Frosted Flakes or Ice Crispies.

**33. What do you call Santa when he takes a break?**

Santa Pause.

**34. Why is Santa kind of scared of chimneys?**

Because he's so claus-trophobic.

**35. What do elves learn in school?**

The elfa-bet.

**36. Why couldn't the skeleton go to the Christmas party?**

He had no body to go with.

**37. What do you call a cat on the beach on Christmas Day?**

Sandyclaws.

**38. Why do Christmas trees like the past so much?**

Because the present's beneath them.

**39. Why is Santa so good at karate?**

Cause he's got a black belt.

**40. What part of the body do you only see around Christmas?**

The mistletoe.

**41. Where does mistletoe go to get famous?**

Holly-wood!

**42. Why is Santa always cast as the lead in the local musical?**

Because he has such good *presents*.

**43. What do you get when you deep fry Santa?**

Crisp Cringle.

**44. Why does Santa always enter through the chimney?**

Because it soots him.

**45. How do sheep say Merry Christmas in Mexico?**

Fleece Navidad.

**46. What's Santa's favourite lollies?**

Jolly ranchers.

Source: [www.answerroot.com/web?q=best%20christmas](http://www.answerroot.com/web?q=best%20christmas)


## Country in focus is **NETHERLANDS**

**What do the colours mean:** The red band symbolises bravery, strength, valour, and hardiness; the white band, peace and honesty; and the blue band represents vigilance, truth, loyalty, perseverance, and justice.

- **Location:** The Netherlands are a country on the North Sea coast west of Germany. The land has a total area of 41,543 km<sup>2</sup> (16,040 mi<sup>2</sup>) and a total coastline of 451 km (280.2 mi). This land area is approximately 165% of the area of Maryland. The Netherlands are thus the 22nd smallest country in Europe and ranked 135th in the world. An exceptionally high proportion of residents (93%) belong to the urban population.
- **Capital:** Amsterdam; note - The Hague is the seat of government
- **National anthem:** "**Wilhelmus van Nassouwe**", usually known just as "**Wilhelmus**" (Dutch: Het Wilhelmus; pronounced [hɛt vɪl'ɦɛlmʏs]; English translation: "The William"), is the national anthem of both the Netherlands and the Kingdom of the Netherlands. It dates back to at least 1572, making it the oldest national anthem in use today, provided that the latter is defined as consisting of both a melody and lyrics.
- **Ethnicity:** Dutch 76.9%, EU 6.4%, Turkish 2.4%, Moroccan 2.3%, Indonesian 2.1%, German 2.1%, Surinamese 2%, Polish 1%, other 4.8% (est 2018-Source: [www.cia.gov](http://www.cia.gov)).
- **Population:** The current population of **the Netherlands** is **17,224,899** as of Saturday, November 19, 2022, based on Worldometer elaboration of the latest United Nations data.
- **GDP** (Gross Domestic Profit -measures the monetary value of final goods and services—that is, those that are bought by the final user—produced in a country in a given period of time (say a quarter or a year). It counts all of the output generated within the borders of a country.  
Netherlands gdp growth rate for 2021 was **5.04%**, a **8.83% increase** from 2020 Source:[www.macrotrends.net](http://www.macrotrends.net)



- **Climate:** The Netherlands enjoys a moderate maritime (or oceanic) climate. This type of climate generally features mild winters and cool summers. Precipitation, such as rain, is common throughout the year, which means there is no dry season.
- **Time Zone:** Sydney NSW is 10 hours ahead of Netherlands
- **Currency:** Euro ( EUR )
- **Government:** Parliamentary constitutional monarchy; part of the Kingdom of the Netherlands
- **Economy:** The Netherlands is ranked as sixth most competitive economy in the world.



# Interesting Facts About the Netherlands

## 1. Don't call the Netherlands 'Holland'

People are often confused about whether to refer to 'the Netherlands' or 'Holland' when talking about the low-lying country. To clarify, the Netherlands consists of 12 provinces, and Holland is an area that is made up of two provinces: North-Holland (*Noord-Holland*) and South-Holland (*Zuid-Holland*). Historically, Holland was the area that contributed the most to the Dutch kingdom's economy and wealth; thus, becoming a common name to indicate the entire country, although used incorrectly. That was until January 2020 when the Dutch government officially **dropped its country's nickname**, 'Holland', referring to itself as the Netherlands, in an effort to rebrand its international image.

## 2. The Netherlands has the highest population density in Europe



Based on **United Nations data**, the total population of the Netherlands is 17,188,024 million as at Nov 1<sup>st</sup> 2021. The total land area of the country is 41,543 km<sup>2</sup>. This makes the

Netherlands the most densely populated country in the EU and one of the most densely populated countries in the world. Interestingly, around 92.5% of the population lives in is urban areas. And more than 40% of the total population of the country live in the

Randstad; an agglomeration of the cities of Amsterdam, Rotterdam, The Hague, and Utrecht.



### 3. The Netherlands is the lowest-lying country in Europe

Over a quarter (26%) of the Netherlands is sitting [below sea level](#). What's more, some 60% of the population is currently living 5m below sea level. The highest point in the country is a hill in [Vaalsberg in South Limburg](#) which sits at 322.5m above sea



level. The lowest point, meanwhile, is [Zuidplaspolder](#), which is 7m below sea level. Amsterdam's Schiphol Airport is also 5m below sea level. Luckily for people living in the Netherlands, the Dutch are pretty savvy when it comes to pumping the land dry using an intricate system of windmills, pumping stations, polders, and dikes.

### 4. The Netherlands is the sixth happiest country in the world

The Netherlands ranks as the world's sixth happiest country, according to the 2020 [World Happiness Report](#). The annual study ranks 156 countries, taking into account factors such as healthy life expectancy, freedom, trust, corruption, and social support. And it appears that the jovial Dutch have plenty to be thankful for, scoring high levels of social and institutional trust, as well as social connection. Interestingly, the country also ranks significantly higher than its neighbours, Germany (17th) and Belgium (20th). According to the report, only Finland, Denmark, Switzerland, Iceland, and Norway are happier nations.

## **5. The Dutch are the healthiest in the world when it comes to diet**

As well as being one of the happiest nations on the planet, the Dutch are also one of the healthiest when it comes to diet and nutrition.

In the [Oxfam Food Index](#) of 125 countries, they rank number one for having the most plentiful, nutritious, healthy, and affordable food; above France and Switzerland. Despite the nation's cravings for some pretty naughty [Dutch snack foods](#), it seems that residents are actually pretty good when it comes to eating their greens. And that makes sense, given that the Netherlands is the [second-largest exporter of vegetables](#) in the world.

## **6. The Dutch are the most physically active European country**

As well as scoring major points for health and happiness, the Dutch are also the most physically active population in Europe. According to the [Euro Barometer](#), around 56% of Dutch people play sports on a weekly basis, compared to the European average of 40%. This is largely owing to the fantastic infrastructure throughout the country, which allows people to walk and cycle for work or fun. The famously flat country boasts 20,000km of *fietspaden* (bicycle paths) making [cycling in the Netherlands](#) an extremely pleasant activity.

## **7. The Dutch invented the first stock market in the world**

Now, here's a rather surprising fact about the Netherlands. Amazingly, the first stock market in the world was invented by Dutch legislators and businessmen back in 1602.



This was done as a means of funding the [Dutch East India Company](#) and its long trade-based voyages from the Netherlands.

The Amsterdam Stock Exchange was also created in the same year, and many consider this to be the oldest 'modern' exchange in the world. The Dutch were also the first to develop [Fairtrade certification](#), launching the Max Havelaar certificate in the 1980s.

## 8. There are more bicycles in the Netherlands than people



There are [over 22 million bicycles](#) in the country and only 17 million residents. This includes the clever (if not so elegant) *bakfiets* which combine a bike with a large container at the front to transport children, pets, and

shopping. [Some sources](#) claim that the Dutch cycle an average distance of 2.9km per day and use bicycles for more than a quarter of all trips. This compares to just 2% in the United Kingdom. Others suggest that on average, a Dutch person cycles 1,000km a year in about 250 to 300 trips. The downside of having so many bikes is that theft is very high; particularly in Amsterdam where it is [the most common crime](#). Over 100,000 bikes are reported stolen each year in the Netherlands, so be careful where you park your wheels.

## The Netherlands has the highest English-proficiency in the world



According to the [EF English Proficiency Index](#), the Dutch are top of the class in English, narrowly beating Denmark and Sweden. Between 90 and 93% of the population can speak English as a second language.

As if that wasn't impressive enough, around 94% of Dutch people can speak two languages, which is well above the EU average of 54%.

## 10. One-fifth of the population in the Netherlands is foreign-born



More than three million of the country's residents come from a [non-Dutch background](#), accounting for roughly one in five people. Furthermore, more than half of the country's

immigrants (1.7 million people) are of non-Western origin. They mainly come from Turkey, Surinam, Morocco, Antilles, and Aruba. This multicultural mix is particularly felt in Amsterdam and Rotterdam, where almost one in three people are of non-Western origin.



# Traditional & Famous Dutch Food

## **Stroopwafel**



Famous and popular pastry from The Netherlands.

A 'stroopwafel' is a unique kind of cookie. It is a waffle made from baked batter and sliced horizontally.

The two thin layers of the waffle are filled with special sweet and sticky syrup (the 'stroop') in between. The stiff batter for the waffles is made from butter, flour, yeast, milk, brown sugar and eggs. The 'stroopwafel' originates from Gouda, a place south of Amsterdam. It was first made during the late 18th or early 19th century by a baker using leftovers from the bakery, such as breadcrumbs and sweetened it with.

## **Kroket**



The 'kroket' is a deep-fried roll with meat ragout inside, covered in breadcrumbs. The common English translation of 'kroket' is croquette.

The original Dutch 'kroket' is made from beef or veal, but there are many different flavours like chicken satay, shrimps, goulash or even a vegetarian 'kroket'. You can eat a 'kroket' as a snack, but most of the time they are served on sliced white bread or hamburger buns with mustard on the side.

## **Patat**



The Dutch version of French Fries has many different words:

'Friet', 'Frites', 'Patat' or 'Vlaamse frieten'. They are thicker than the normal French Fries and invented in the northern part of Belgium. The

Dutch really like them especially with a lot of toppings such as mayonnaise, tomato ketchup, curry or peanut sauce. A famous combination of toppings is mayonnaise, raw chopped onions and peanut sauce and is called a 'patatje oorlog' ('fries at war').

## **Poffertjes**



A traditional Dutch batter treat is 'poffertjes'. They look like baby pancakes but much fluffier. They are made with yeast and buckwheat flour and typically served with a lump of butter and powdered sugar.

Fresh 'poffertjes' are often made at an outdoor stand during winter.

# LANDMARKS IN THE NETHERLANDS



## **Delta Project**

Delta Project or Delta Works are a series of constructions built between 1950 and 1997 in the provinces of Zeeland and South Holland to protect large areas of land from the sea.

The works consist of dams, sluices, locks, dikes, and storm surge barriers. They have

been declared one of the Seven Wonders of the Modern World by the American Society of Civil Engineers.



## **Maastricht Vrijthof**

The Vrijthof is the best-known city square in Maastricht, a city in the southernmost part of the Netherlands. It features the massive Saint Servatius Church and Saint Jan's Cathedral. The Vrijthof regularly hosts large festivals at various times throughout the year, including autumn & winter festivals.



## **Kinderdijk**

More than 1,000 old windmills still exist in the Netherlands. The largest concentration of Dutch windmills can be found near the village of Kinderdijk ("Children's dike"). To drain the excess water from the polders, which are situated below sea-levels, 19 windmills were built around 1740. They have

been well preserved to the present day and are now popular tourist attractions in the Netherlands.





### **Hoge Veluwe**

The Hoge Veluwe National Park is one of the largest continuous nature reserves in the Netherlands, consisting of heathlands, sand dunes, and woodlands.



### **Keukenhof Gardens**

Keukenhof Gardens is the world's largest flower garden, approximately seven million flower bulbs are planted annually in the park with not only tulips, but also hyacinths, daffodils and other spring flowers on display. The gardens are open from the last week in March to mid-May.

Keukenhof is one of the most visit tourist attractions in the Netherlands.



### **Delft City Hall**

The City Hall in Delft is a Renaissance style building, originally designed by the Dutch architect Hendrick de Keyser, it was restored in the 20<sup>th</sup> century to back to its Renaissance appearance.



### **Leiden Canals**

Leiden is known for the oldest university in the Netherlands, the birthplace of Rembrandt and its beautiful canals. The two branches of the Old Rhine enter Leiden on the east and unite in the city centre which also contains several

smaller canals. The old center of Leiden is one of the largest 17th century town centre's in the Netherlands, second only to Amsterdam.



## Canals of Amsterdam



Amsterdam began building its famous canals in the 17th century during the Dutch Golden Age. The three main canals, Herengracht, Prinsengracht, and Keizersgracht form concentric belts around the city, known as the grachtengordel. Today there are over 100 km (60 miles) of canals and 1,500 bridges.

Alongside the main canals are 1550 monumental buildings.

## The Dutch Royal Family



### **The Dutch King Willem-Alexander & Queen Máxim of the Netherlands with their Daughters**

(From Left to Right)

Princesses Catherina-Amalia, Alexia and Ariane.

Princess Amalia was born in The Hague on 7 December 2003. She is the firstborn of the Prince of Orange and Princess Máxima, her official name is Catharina-Amalia Beatrix Carmen Victoria Princess of the Netherlands, Princess of Oranje-Nassau. Since her father became the king, the princess is the first in line to the throne.

Princess Amalia has two younger sisters, the Princesses Alexia and Ariane. Alexia was born on 26 June 2005 and Ariane on 10 April 2007. All three were born at the Bronovo Hospital in **The Hague**.

## The Tradition of SINTERKAAS

For most children in The Netherlands, the most important day during December is the 5th . This was when Sinterklaas (St. Nicholas) brings them their presents!

St. Nicholas' day is on the 6th December, but in The Netherlands, the major celebrations are held on the 5th December. On the morning of St. Nicholas' Day, Sinterklaas travels to a city or town in The Netherlands, wearing his red bishop's robes. He travels with his servants called 'Zwarte Pieten' ('Black Peter'). When Sinterklaas and the Black Peter come ashore from the boat, all of the local church bells ring in celebration. Sinterklaas then leads a procession through the town, riding a white horse. If he visits Amsterdam, he meets the Queen in the Palace.

On December, 5th children leave clogs or shoes out, by the fireplace or sometimes a windowsill, and sing Sinterklaas songs. They hope that Sinterklaas will come during the night with some presents. They also believe that if they leave some hay and carrots in their shoes for Sinterklaas's horse, they will be left some sweets. They're told that, during the night, Sinterklaas rides on the roofs on his horse and that a 'Zwarte Piet' will then climb down the chimney (or through a window) and put the presents and/or candy in their shoes.

Children are told that the Zwarte Pieten keep a record of all the things they have done in the past year. Good children will get presents from Sinterklaas, but bad children will be put in a sack and the Zwarte Pieten would take them to Spain for a year to teach them how to behave! Special biscuits and sweets are also eaten at the party. One type of biscuit is called 'letter blanket' or 'banketletter' (meaning letter cake), which is made from marzipan or pastry. The biscuits are made in the shapes of the first letter of the people's names that are at the party.



# CHRISTMAS SCRAMBLER



UNSCRAMBLE THE WORDS BELOW.



1. ahrtew

\_\_\_\_\_

2. tnigergse

\_\_\_\_\_

3. rmyer

\_\_\_\_\_

4. ofyrs

\_\_\_\_\_

5. tayrp

\_\_\_\_\_

6. ttosneaip

\_\_\_\_\_

7. eretalcbe

\_\_\_\_\_

8. soanse

\_\_\_\_\_

9. maiyfl

\_\_\_\_\_

10. ljloy

\_\_\_\_\_

11. tipisr

\_\_\_\_\_

12. tiotsemle

\_\_\_\_\_

13. rete

\_\_\_\_\_

14. hlaodyi

\_\_\_\_\_

15. eeirerdn

\_\_\_\_\_

16. cyinehm

\_\_\_\_\_

17. elsve

\_\_\_\_\_

18. aasnt

\_\_\_\_\_

19. cngtkoiss

\_\_\_\_\_

20. sdel

\_\_\_\_\_



WWW.THRIFTYMOOMASTIPS.COM

## My Christmas Scrambler Answers

1. Wreath 2. Greetings 3. Merry 4. Frosty 5. Party 6. Poinsettia 7. Celebrate 8. Season 9. Family 10. Jolly 11. Spirit  
 12. Mistletoe 13. Tree 14. Holiday 15. Reindeer 16. Chimney 17. Elves 18. Santa 19. Stocking 20. Sled



# The Netherlands

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

Flood  
 Densely Populated  
 Cucumbers  
 Cheese  
 New Amsderdam  
 Clogs  
 I Will Maintain  
 Tulip

Sea Level  
 Canals  
 Tomatoes  
 Windmills  
 Low Country  
 Dutch  
 Lion  
 White

Low  
 Monarchy  
 Holland  
 Same Sex Marriage  
 Amsderdam  
 Euro  
 Netherlands

Dikes  
 Flowers  
 Bicycle  
 The Hague  
 Blue  
 Europe  
 Red

# tulips

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

amsterdam

belgium

hoorn

kinderdijk

rotterdam

antwerp

bruges

ijsselmerlake

netherlands

tulipsandwindmills

arnhem

ghent

keukenhofgardens

rijkmuseum

## GEORGES CENTRE PROGRAM - DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>
<b>Activity Location Key</b> L1-Sharpe House, Level 1			10:00 Exercises 11:00 Quiz Painting & Christmas Craft 1:00 Walking Group 1:30 Quoits	10:00 Exercises 11:00 Quiz & Painting 1:30 Ice cream & MOVIE	10:00 Exercises 11:00 Quiz & Painting 1:30 Bingo
<b>5</b>	<b>6</b>	<b>7- Bus Trip at 10am</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:00 Exercises 11:00 Quiz & Painting 1:30 Devotion Service	10:00 Exercises 11:00 Teamrific Quiz & Painting Fr John Catholic Service in SH1 1:30 Poetry Group	10:00 Exercises 11:00 Quiz Painting & Christmas Craft 1:30 BINGO	10:00 Exercises 11:00 Laughter Yoga on L2 Quiz, Painting & Christmas Craft 1:00 Walking Group 1:30 Happy Hr	10:00 Exercises 11:00 Quiz & Painting 1:30 Ice cream & MOVIE	10:00 Exercises 11:00 Quiz & Painting 1:30 Bingo
<b>12- Bus Trip at 10am</b>	<b>13-Library Day</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:00 Exercises 11:00 Quiz & Painting 1:30 Devotion Service	10:00 Exercises 11:00 Art Class in Dining Room on L1 Quiz & Painting 1:30 Movie with Icecream	10:00 Exercises 11:00 Teamrific Wordflip & Painting 1:30 BINGO	GEORGES CENTRE CLOSED. Residents Christmas Party in Main Dining Room at 12pm 8pm- Christmas Lights Bus Tour	10:00 Exercises 11:00 Quiz & Painting 1:30 Ice cream & MOVIE	10:00 Exercises 11:00 Quiz & Painting 1:30 Bingo
<b>19 Southgate Shopping Trip at 10am.</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10:00 Exercises 11:00 Quiz & Painting Group 1:30 Devotion Service	10:00 Exercises 11:00 Quiz & Painting 1:30 Music with Mike on L2	10:00 Exercises 11:00 Quiz Painting & Christmas Craft 1:30 Christmas Devotion with Chaplain Anne-Marie	10:00 Exercises 11:00 Laughter Yoga on L2 Quiz & Painting 1:00 Walking Group 1:30 Birthday Party	10:00 Exercises 11:00 Quiz & Painting 1:30 Ice cream & MOVIE	10:00 Exercises 11:00 Quiz & Painting 1:30 Bingo
<b>26-Boxing Day (Public Holiday).</b>	<b>27 (Public Holiday).</b>	<b>28 Staff Picnic Day</b>	<b>29 RAO Team Meeting at 10am</b>	<b>30</b>	<b>30</b>
10:00: Exercises 11:00 :GC -Closes	GC is CLOSED 1:30pm- BINGO	10:00 Exercises 11:00 GC-Closes	10:00 GC Closed 1:00 Walking Group 1:30 Darts	10:00 Exercises 11:00 Quiz & Painting 1:30 Ice cream & MOVIE	10:00 Exercises 11:00 Quiz & Painting 1:30 Bingo

**SHARPE HOUSE LEVEL 1 PROGRAM - DECEMBER 2022**




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
<p><b>Activity Location Key</b>                      GC- Georges Centre                      L1-Sharpe House                      Level 1                      L2-Sharpe House                      Level 2</p>			10:00 Exercises in GC 11:00 Quiz Painting & Christmas Craft in GC 1:00 Walking Group 1:30 Quoits in GC	10:00 Exercises in GC 11:00 Quiz & Painting 1:30 Ice cream & Movie in GC 1:1 with RAO
<b>5</b>	<b>6</b>	<b>7-Bus Trip at 10am</b>	<b>8</b>	<b>9</b>
10:00 Exercises in GC 1:1 with RAO 11:00 Quiz & Painting Group in GC 1:30 Munchie Mondays (Room to Room) Devotion Service in GC	10:00 Exercises in GC 11am- Interactive Teamrific Quiz & Painting.Fr John Catholic Service in SH1 1:30 Poetry Group in GC	10:00 Exercises in GC 11:00 Quiz & Painting in GC 1:1 with Chaplain 1:30 Bingo in GC	10:00 Exercises in GC 1:1 with RAO 11:00 Laughter Yoga L2 1:00 Walking Group 1:30 Happy Hr in GC Mobile Happy Hr	10:00 Exercises in GC 11:00 Quiz & Painting 1:30 Ice cream & Movie in GC 1:1 with RAO
<b>12-Bus Trip at 10am</b>	<b>13- Library Day</b>	<b>14</b>	<b>15</b>	<b>16</b>
10:00 Exercises in GC 1:1 with RAO 10:30 Quiz & Painting Group in GC 1:30 Munchie Mondays (Room to Room) Devotion Service in GC	10:00 Exercises in GC 11:00 Quiz & Painting Group in GC 1:30 Movie with Ice Cream in GC	10:00 Exercises in GC 11:00 Quiz & Painting Group in GC 1:1 with Chaplain 1:30 Bingo in GC	<b>Residents Christmas Party                      in Main Dining Room, L1 at                      12pm.</b> Christmas Lights Bus Tour, leaving at 8pm from GC	10:00 Exercises in GC 11:00 Quiz & Painting 1:30 Ice cream & Movie in GC 1:1 with RAO
<b>19-Shopping Trip 10am</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10:00 Exercises in GC 1:1 with RAO 1:30 Munchie Mondays Devotion Service in GC	10:00 Exercises in GC 10:30 Precious Pats Visit 11:00 Art Class with Alison in Dining Room, L1 1:30 Music with Mike, L2	10:00 Exercises in GC 11:00 Quiz & Painting Group in GC 1:30 Christmas Devotion with Chaplain Anne-Marie in Georges Centre	10:00 Exercises in GC 1:1 with RAO 11:00 Laughter Yoga L2 1:00 Walking Group 1:30 Birthday Party in GC	10:00 Exercises in GC 11:00 Quiz & Painting 1:30 Ice cream & Movie in GC 1:1 with RAO
<b>26 Boxing Day (Public Holiday).</b>	<b>27 ( Public Holiday ).</b>	<b>28 Staff Picnic Day</b>	<b>29-RAO Team Meeting at 10am</b>	<b>30</b>
10:00 Exercises in GC	1:30- BINGO in GC	10:00 Exercises in GC	1:00 Walking Group 1:30 Darts in GC	10:00 Exercises in GC 11:00 Quiz & Painting Group 1:30 Ice cream & Movie in GC 1:1 with RAO



## PROGRAM for Shape House Level 2- December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
<b>Activity Location Key</b> GC- Georges Centre L1-Sharpe House Level 1 L2-Sharpe House Level 2			10:00 Exercises 10:30 Quiz/Board Game & Painting 1:30 1:1 with RAO	10:00 Exercises 11:00 <b>Retro Show</b> Quiz/Board Game & Painting 1:30 1:1 with RAO MOVIE
<b>5-</b> Morning Tea Trip @ 10am	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10.00 Exercises 11.00 Quiz/Board Game & Painting 1:30 Devotion Service in GC 1:1 with RAO	10.00 Exercises 11.00 Quiz/Board Game & Painting Fr John Catholic Service in SH1 1:30 Poetry Group in GC 1:1 with RAO	10:00 Exercises 11:00 Quiz/Board Game & Painting 1:30 BINGO in GC 1:1 with RAO	10:00 Exercises 10:30 Quiz/Board Game & Painting 11:00 Laughter Yoga 1:30 Mobile Happy Hr *Happy Hr in GC	10:00 Exercises 11:00 <b>Retro Show</b> Quiz/Board Game & Painting 1:30 1:1 with RAO MOVIE
<b>12</b>	<b>13-</b> Library Day	<b>14</b>	<b>15</b>	<b>16</b>
10.00 Exercises 10:30 Kris Bird Show in GC 11.00 Quiz/Board Game & Painting 1:30 Devotion Service in GC 1:1 with RAO	10.00 Exercises 11.00 Quiz/Board Game & Painting 1:30 Movie with Ice Cream in GC	10.00 Exercises 11.00 Board Game 1:30 BINGO in GC 1:1 with RAO	Residents Christmas Party in Main Dining Room at 12pm Christmas Lights Bus Tour at 8pm.	10:00 Exercises 11:00 <b>Retro Show</b> Quiz/Board Game & Painting 1:30 1:1 with RAO MOVIE
<b>19</b> Shopping Trip 10am	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10.00 Exercises 11.00 Quiz/Board Game & Painting 1:30 Devotion Service in GC 1:1 with RAO	10.00 Exercises 11.00 Precious Pats- Pet Therapy Dogs Quiz/Board Game & Painting 1:30 Music with Mike	10.00 Exercises 11.00 Board Game 1:30 Christmas Devotion with Chaplain Anne-Marie in Georges Centre 1:1 with RAO	10:00 Exercises 10:30 Quiz/Board Game & Painting 11:00 Laughter Yoga 1:30 Birthday Party in GC	10:00 Exercises 11:00 <b>Retro Show</b> Quiz/Board Game & Painting 1:30 1:1 with RAO MOVIE
<b>26</b> Boxing Day (Public Holiday).	<b>27</b> (Public Holiday).	<b>28</b> Staff Picnic Day	<b>29</b> RAO Team Meeting at 10am	<b>30</b>
10:00 Exercises in GC 11.30 Quiz/Board Game & Painting	10.00 Exercises 11.00 Quiz/Board Game & Painting 1:30-BINGO in GC	10.00 Exercises in GC 11.30 Quiz/Board Game & Painting, 1:1 with RAO	10:30 Painting 1:30 Darts in GC	10:00 Exercises 11:00 <b>Retro Show</b> Quiz/Board Game & Painting 1:30 1:1 with RAO MOVIE

# LOGEMAN COURT PROGRAM- December

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am	<b>Exercises</b>						
11am				 <b>Quits / Boules/Darts</b>			
1pm	 <b>Bible Study with Mike</b>			 <b>Bible Study with Anne Marie</b>			
2pm	 <b>GANASTA</b>	 <b>Cards</b>					 <b>Cards</b>
3pm			 <b>Film</b> (Once a fortnight )				
3:30pm	<b>Book Study</b>  (1 <sup>st</sup> Monday of the Month ).						
5pm			 <b>HAPPY HOUR</b>				