

**Issue #210
MARCH
2025**



The Joseph Banks



**EDITOR:
Julie
Aitken**

Funny Bone



Hello, Everyone!

MARCH MISCHIEF

- Knitting Group / Word Games: Wednesday 5 March**
- International Women's Day: Friday 7 March**
- Concert: Skiffle Music Group: Friday 7 March**
- Catholic Mass: Wednesday 12 March**
- Seated Yoga: Thursday 13 March**
- Happy Hour: Friday 14 March**
- St Patrick's Day: Beer Tasting, Quiz: Monday 17 March**
- Chair Hockey: Tuesday 18 March**
- Seaside Singers: Wednesday 19 March**
- Harrisdale Primary School Visit: Thursday 20 March**
- Movie on Big Screen: Friday 21 March**
- Consumers' Meeting: Wednesday 26 March**
- Gardening: Thursday 27 March**
- Jewellery Making: Friday 28 March**

And, of course, all the usual activities including art & craft, board games, bingo, physio chi, exercise & news, pet therapy and quiz time.

"Doing nothing is hard... you never know when you're done!"





THERE WERE NO WINNERS
of the

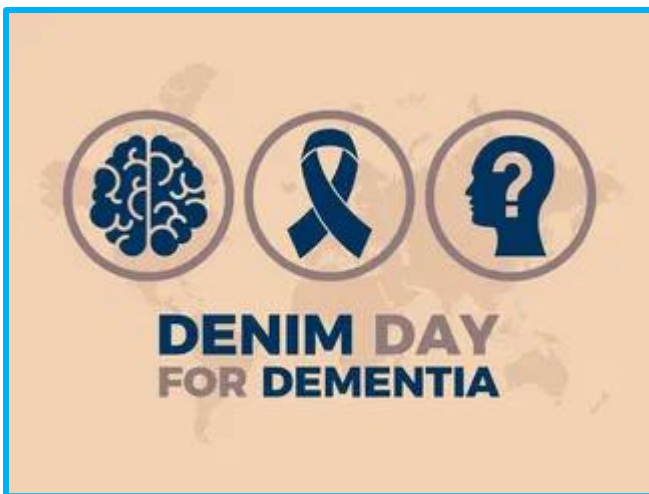
FEBRUARY QUIZ

Come on, Everyone!! Put your thinking caps on and shake up those little grey cells!
Be sure to put in your entries this month!

THE IDES OF MARCH

The Ides of March is the day on the Roman Calendar which roughly is the midpoint of the month. On our Gregorian Calendar, that corresponds to 15 March. In 44 BC, it became notorious as the date of the assassination of Julius Caesar, which made the Ides of March a turning point in Roman history, associated with misfortune and doom – at least for Julius Caesar!

**BE SURE TO WEAR SOME DENIM
ON 7TH MARCH.
IT'S ...**



I'm giving up negativity for Lent.
We'll see how long that lasts ...



Gale



Maureen W



Who passed away
Friday 7 February 2025,
aged 87 years

and

Dhanji K



Who passed away
Tuesday 18 February 2025,
aged 88 years



Deepest sympathy to the family and
friends of Maureen and Dhanji





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Happy Hour

Happy Hour, on 5 February, was filled with classic old-time songs and plenty of dancing.



arts & crafts

On 7 February, Craft sessions, as expected, were busy with lots of hearts!





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11 February was the day everyone enjoyed homemade pancakes topped with plenty of maple syrup, ice-cream and a dollop of cream! YUM!



Last month, Art Class was all about sunflowers – true Picassos in the making! Now, the question is: “What will March have in store for us?”





MONTHLY MASS

Mass is always held on the second Wednesday of each month



Valentine's Day was celebrated with indulgent chocolate, creamy chocolate milkshakes and a concert filled with love songs by Jenelle.





PEANUT BUTTER COOKIES



Ingredients

- 1 cup Peanut Butter
- 1 cup white sugar
- 1 egg

Method

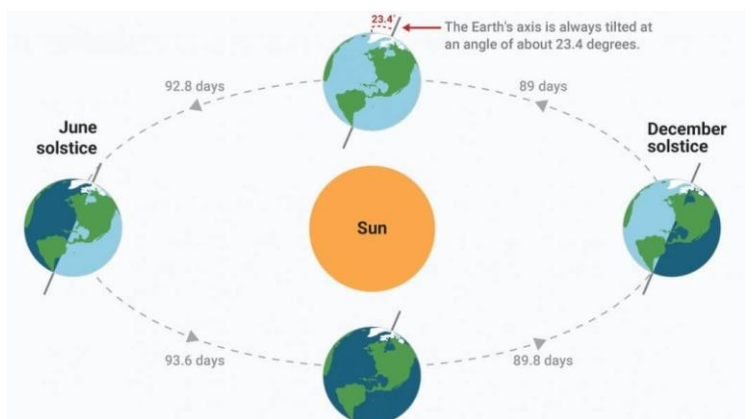
- Mix all ingredients together
- Roll into balls
- Press down with a fork
- Pre-heat oven to 350 degrees F (175 degrees C)
- Bake for 10 minutes



On 20 March 2025, at 6.30pm in the Southern Hemisphere, we celebrate the Autumn Equinox. That's one of two days in the year when the day and the night are of equal length. The autumnal equinox is an important marker for gardeners because from now on, the days will be shorter than the nights and shortening fast as we head towards the season of frost and colder temperatures. In Autumn, chooks start

to go off the lay in preparation for winter moulting.

The other equinox is the Spring equinox in September, when we pass the balance point again on the way towards the long days of Summer





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ADVOCARE®

Advocare is the independent Peak Body for Seniors in WA. Their services are free, confidential and unbiased. They empower older people by giving them information and choice to make informed decisions to live the life they want on their terms.

Representatives from Advocare visited Joseph Banks on Wednesday 19 February to provide that information of JB Residents.



Bingo is always a favourite with the crowd, especially when there is chocolate for the prizes!





Happy Birthday, Joyce!



THANK YOU!

Bingo One of JB's wonderful family members came to join Residents and help make beautiful cards.

THANK YOU!

A very BIG from everyone at JB.





Vanessa

On Friday 28 February, Vanessa came to JB to entertain with a mixture of English and Italian songs. She was very well received.



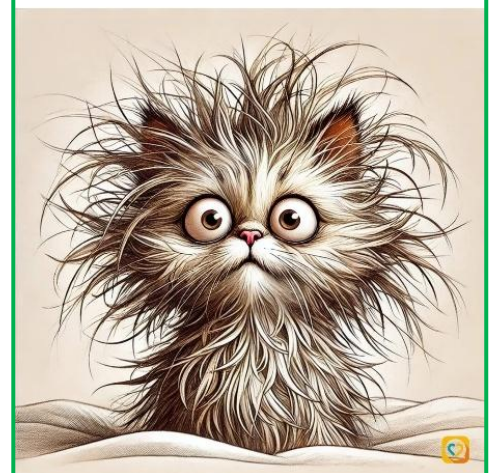
Lent begins on Ash Wednesday, 5 March, in preparation for Easter. It echoes the 40 days Jesus spent fasting in the desert. Christians observe this period by prayer, fasting & self-denial.

What are YOU giving up for Lent?

Don't forget the Irish on St Patrick's Day, 17 March!

My entire life can be summed up in one sentence...

'Well, that didn't go as planned'





Happy Birthday!

Celebrating a Birthday in **MARCH** are:

11 March: Beryl D



16 March: Delia P



19 March: Norma L



29 March: Cherie L

The truth about women our age



We've seen it all. We've done it all. We've been around the block. We're living large. We're so in charge. Old ladies? What a crock!

We've just begun to have our fun! We've earned each little wrinkle. Say it loud! We're downright proud, and when we laugh, we tinkle.

Real women feel it's no big deal to add another candle-- We're old! We're bold! We're solid gold... There's nothing we can't handle!

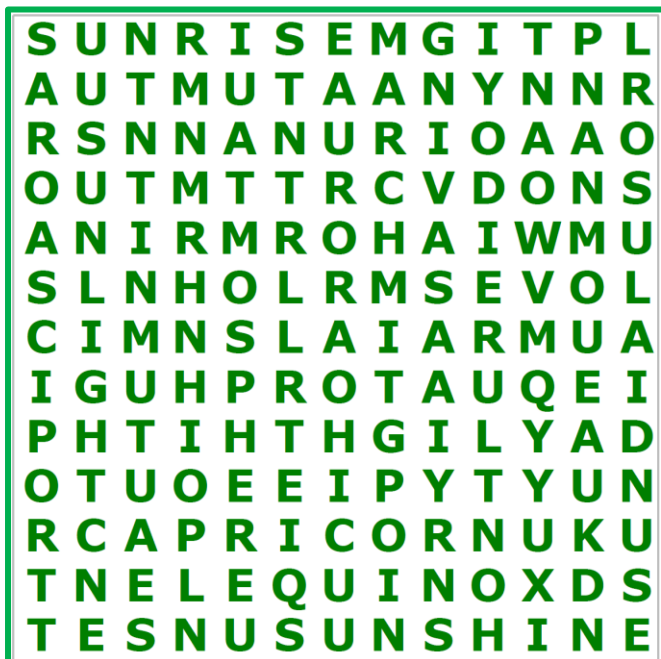
...AND REMEMBER ...

They say with age comes wisdom, so therefore, you don't have wrinkles, you have Wise Cracks ... and your grey hair is simply Wisdom Glitter!!

Special Days in MARCH

- 1 March Ramadan begins
- 5 March Ash Wednesday
- 7 March National Dress in Blue Day
- 7 March Denim Day for Dementia
- 8 March International Women's Day

- 15 March The Ides of March
- 17 March St Patrick's Day
- 20 March Autumnal Equinox
- 21 March World Poetry Day
- 27 March International Whiskey Day



- | | |
|------------|----------|
| ASTROLOGY | MOON |
| ATMOSPHERE | RAMADAN |
| AURORA | SAVING |
| AUTUMN | SKY |
| CAPRICORN | SUN |
| CLIMATE | SUNDIAL |
| DAYLIGHT | SUNLIGHT |
| EQUATOR | SUNRISE |
| EQUINOX | SUNSET |
| LATITUDE | SUNSHINE |
| LENT | TROPICS |
| MARCH | WEATHER |



Quiz No 191 : **CYCLONE SEASON**

Name these storm effects and hand them to Tanya by 25th March to win a prize



1. R _ _ _



2. W _ _ _



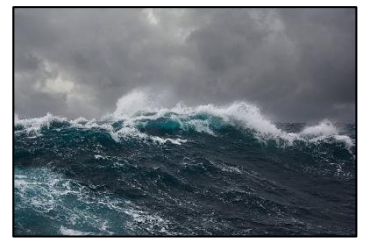
3. H _ _ _



4. C _ _ _ _



5. C _ _ _ _



6. O _ _ _ _



7. Ts _ _ _ _ _



8. F _ _ _ _ _



9. L _ _ _ _ _



10. S _ _ _ _ _



11. R _ _ _ _ _



12. C _ _ _ _ - U _

Good Luck!!

Name..... Room number.....