



The Joseph Banks



EDITOR:
Julie
Aitken

Funny Bone

Hello, Everyone!

FEBRUARY FOLLIES

Concert: Chinese Dancers: Tuesday 3 February

Pamper Session: Wednesday 4 February

Catholic Mass: Wednesday 4 February

Global Quiz: Thursday 5 February

Concert: Jay Western: Friday 6 February

Morning Tea at The Banks: Tuesday 10 February

Pamper Session: Wednesday 11 February

Big Screen Movie "Emma": Friday 13 February

Valentine's Day: Saturday 14 February

Shrove /Pancake Tuesday: Tuesday 17 February

Pamper Session: Wednesday 18 February

Visit from Zuko: Sunday 22 February

Ballet for Wellbeing: Tuesday 24 February

Armchair Travel: Tuesday 24 February

Consumers & Relatives Meeting: Wednesday 24 February

Men's Group: Friday 27 February

Ladies' Group: Wednesday 24 February



And, of course, all the usual activities including art & craft, cooking, knitting group, board games, bingo, physio, exercise & news, pet therapy, Snoezelen, seated yoga, drumming, floor games, board games, Sing-a-long and quiz time.





HERE are THE WINNERS



of the
DECEMBER QUIZ



Edna W & Cherie L



Well done, Edna & Cherie!

Quiz # 201: **WHAT'S IN THAT?**

1. Bottles 2. Basket 3. Bucket 4. Box
5. Chest 6. Case 7. Cask 8. Carton 9. Tank
10. Tins 11. Thermos 12. Tureen 13. Steins
14. Satchel 15. Silo 16. Safe

Good luck with your Lucky Scratchie, Edna & Cherie.

Be sure to put in your entries this month, everyone!

To our newest
Residents,

**Maxwell S,
Jennifer W and
Charles S**

Welcome



Did you hear about the Chinese baby who was
born way too early?
His parents named him Sudden Lee.

Wale



Winnifred R



Who passed away
Friday 2 January 2026,
Aged 97 years

Deepest sympathy to the family
and friends of Winnifred

“

Grief is like the ocean:
it comes on waves
ebbing and flowing.
Sometimes the water
is calm, and sometimes
it is overwhelming.
All we can do is learn
to swim.



VICKI HARRISON

GH

Valentine's Day

Valentines of pink and red,
Special words of kindness said,
Small surprises, funny jokes,
Paper hearts and friendly notes,

The best part of this happy day,
Is that I get the chance to say,
Today and for the whole year too,
I'm glad I have a friend like you!

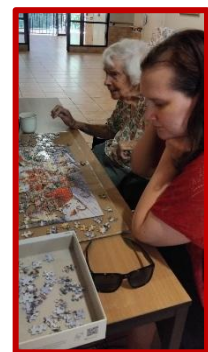


Aussie Craft

On the weekend of the 3rd January, Residents' craft session in January was Aussie-themed. Gumnut men were made with flying flags.



Jigsaws go well with teamwork and family.



FACIALS were the highlight of the month—and they didn't disappoint





COFFEE
CLUB

Coffee club was on the 9 January 2026, with lots of discussion around the table.



The BIG SCREEN MOVIE



The movie on the Big Screen on the 9th of January was "*Diana*".

A HELPING HAND FROM THE RESIDENTS



Residents have been helping around the facility, dusting and folding napkins. Helping in this way gives them a greater sense of belonging and provides motivation and a sense of purpose to one's daily life.



Some stories capture the eternal nature of love, even in the face of hardship and loss. **Romeo and Juliet** tells the tragic tale of two star-crossed lovers, whose love leads to a fatal conclusion, ultimately reconciling their warring families. Similarly, **The story of the Taj Mahal** recounts the love of Prince Khurram for Mumtaz Mahal, which transcended death as he built the Taj Mahal in her memory.



A few Residents cooked zucchini slice on the 13th January. It was a great team effort.



MORNING TEA

On the 14th January, Residents enjoyed morning tea with Anna and Beverly cooking most of the food that was served.

Unfortunately, Residents of the other aged care facility were unable to attend.



Douglas MacArthur once said, "We are not retreating, we are advancing in another direction."



Residents made bookmarks on Wednesday 14th January, which featured an Australia Day theme.

Crafts



AXE THROWING



Several Residents tried their hand at axe throwing, with surprisingly accurate results!

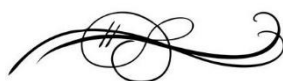




On 16th January, a game of Bocce was held - with the usual competitive streaks coming to the fore.



The JB Art group used the theme of Pink and Grey galahs and each picture came alive.



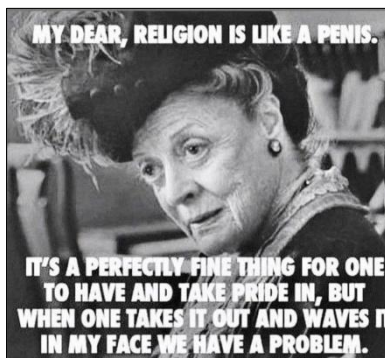


ITALIAN

Pina put her cooking skills to good use one January weekend, cooking pasta.



An elderly gentleman gets pulled up by a policeman. The policeman says, "The sign back there says 35 mph and you were doing 55 mph. The gentleman replied: I'm aware of that. My funeral is at 4pm and I figured if I beat the hearse, I'd get a good seat."





Happy hour,
sing-a-long on
the 16th January

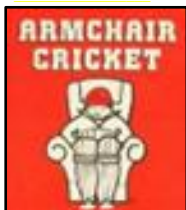


Australia Day was
celebrated with a
morning tea featuring
lamingtons and party
pies and knocking down
the Kangaroo with a
well-directed thong.



Unlike the brain, the stomach alerts you when it's empty ... !





ARMCHAIR CRICKET

Armchair cricket was played for the first time at JB on the 20th January.



PAVLOVA STACKING ON 26 JANUARY



Residents
enjoyed some
gardening on
29th January





HAPPY CHINESE NEW YEAR

The Year of the Horse in 2026 is characterised as the Year of the Fire Horse, symbolising vitality, speed and perseverance, and it begins on 17 February 2026.

The Horse is the seventh animal in the Chinese Zodiac, following the Snake and preceding the

Goat. The most recent years of the Horse include 2014, 2002, 1990, 1978, 1966 and 1954. The next Year of the Horse will be 2038.



Personality Traits: People born in the Year of the Horse are often seen as energetic, independent, and hardworking. They are known for their warm-heartedness and dynamic nature, which makes them natural leaders.

Symbolism: The Horse symbolizes success and good fortune in Chinese culture, often associated with the phrase "马到成功," meaning achieving success swiftly.

The Year of the Fire Horse begins on February 17, 2026, and ends on February 6, 2027. This is important for those born in January or February, as their zodiac sign may depend on the exact date of the Chinese New Year.

In summary, the Year of the Horse in 2026 is a time filled with potential for personal and professional growth, driven by the dynamic energy of the Fire element. Those born in this year are believed to embody the Horse's traits of independence and vitality, making it a significant year in the Chinese zodiac cycle.



SOME USEFUL PSYCHOLOGY TRICKS

1. **Insulted?** Smile. Say, "Interesting ... go on." Now they're uncomfortable.
 2. **If you think they're lying** ... say nothing. Just stare. Silence is pressure. They'll fold.
 3. **Arguing?** Drop your voice and stay calm. They'll stop talking to hear what you are saying. Apart from that, their rage makes you look stronger. He who loses control loses the argument.
 4. **Interrupted?** Freeze. Lock eyes. Keep talking like they don't exist. That's control.
- Try these tricks.** You'll be amazed at how easily they work when dealing with tricky people!





VALENTINE'S DAY

Valentine's Day, celebrated on February 14, has its origins in ancient Roman traditions and has evolved into a significant cultural celebration of love and affection.

Origins of Valentine's Day

Valentine's Day, also known as Saint Valentine's Day, originated as a Christian feast day honoring one or more early Christian martyrs named Valentine. The most commonly referenced Saint Valentine is believed to have been a priest in Rome during the 3rd century CE, who was martyred for defying Emperor Claudius II's ban on marriages for young men, believing that single men made better soldiers. According to legend, he continued to perform secret marriages for couples in love, which ultimately led to his arrest and execution.

Evolution into a Day of Love

By the 14th and 15th centuries, Valentine's Day became associated with romantic love, particularly in England and France. The belief that birds began to pair off around this time reinforced the idea that mid-February was a natural time for love. Poets like Geoffrey Chaucer romanticized the day, embedding it into European courtly culture.

Modern Celebrations

Today, Valentine's Day is celebrated in many countries around the world, primarily as a day for lovers to express their affection through gifts, cards, and romantic gestures. Common symbols of the holiday include hearts, doves, and Cupid, the Roman god of love. The tradition of exchanging Valentine's cards began in the 15th century, and by the 19th century, mass-produced cards became widely available.

In summary, Valentine's Day has transformed from a religious observance into a widely recognized celebration of love and affection, encompassing various customs and traditions that vary by culture and region.

So how will YOU celebrate Valentine's Day? Typical Valentine's Day activities include exchanging Valentine's Day gifts, such as chocolates, flowers, and jewellery, with loved ones. Some folks like to dine at a fancy restaurant or have a picnic in the park ... maybe a river cruise ... however you celebrate the Day and with whom you celebrate, have a wonderful day and ENJOY THE MOMENT.



Infomance

Story Behind Valentine's Day

In the 3rd century AD, St. Valentine, who was a priest, defied the order of the emperor Claudius & secretly performed Christian weddings for couples. He was martyred for his actions. Thus, He became the patron saint of Lovers, engaged couples and happy marriages

www.infomance.com



The lingerie store where my aunt works was crowded with shoppers selecting Valentine's Day gifts for their wives. A young businessman came to the register with a lacy black negligee. My aunt noticed that the next customer, an elderly farmer, was holding a long flannel nightgown and kept glancing at the younger man's sexier choice. When it was his turn, the farmer placed the nightgown on the counter, asking. "Would you have anything in black flannel?"





Happy Birthday!



Celebrating a Birthday in **FEBRUARY** are:



1 February: **Pat B**
 9 February: **Bruce C**
 10 February: **Maria J**
 12 February: **Marie N**



... AND REMEMBER ...

May you celebrate this birthday the way you celebrated the first:
 naked and screaming!

Special Days in FEBRUARY

4 Feb	National Homemade Soup Day	17 Feb	Random Acts of Kindness Day
6 Feb	Winter Olympic start	18 Feb	Ramadan Starts
8 Feb	National Kite Flying Day	18 Feb	Ash Wednesday
10 Feb	National Umbrella Day	21 Feb	International Mother Language Day
12 Feb	International Hug Day	22 Feb	Winter Olympics finish
14 Feb	Valentine's Day	23 Feb	National Banana Bread Day
17 Feb	Shrove /Pancake Tuesday	25 Feb	National Pink Shirt Day
17 Feb	Lunar New Year	28 Feb	Tooth Fairy Day

WORD SEARCH

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

CHINESE INVENTIONS

ALCOHOL	OIL WELL
CANALS	PAPER CUP
CHOPSTICKS	PAPER NAPKIN
COMPASS	PENDULUM
EXAMS	ROTARY FAN
FIRE CRACKERS	SEISMOMETER
GUNPOWDER	SNOW GAUGE
HEALTH BALLS	SKY LANTERN
HORSE COLLAR	STINKPOT
ICE CREAM	STIR FRY
INK STONE	TEA
LACQUER	TEAPOT
LANDMINE	TOFU
MAHJONG	TUNED BELLS
MATCHES	TUNG OIL



Are you a bank loan? Because you've certainly got my interest!



Quiz No 202:

CHINESE INVENTIONS

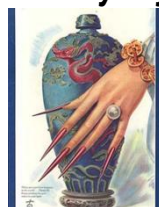
Can you name these inventions and hand them to Tanya by 25th February to win a prize?



1. U _ _ _ _ _



2. P _ _ _ _ _



3. N _ _ P _ _ _ _



4. T _ _ _ P _ _ _ _



5. A _ _ _ _ _



6. R _ _ _ _ _



7. K _ _ _ _



8. S _ _ _ _



9. W _ _ _ B _ _ _ _



10. T _ _ _ _ _



11. T _ _ _ B _ _ _ _



12. P _ _ _ _



13. D _ _ _ _ _



14. F _ _ _ R _ _ _ _



15. F _ _ _ _



16. A _ _ _ _ _

Good Luck!!

Name.....

Room number.....

I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally, he unearthed one of the rubber stamps I used to identify reference books. 'Since I couldn't find the right engagement ring,' he said, 'this will have to do,' and he firmly stamped my hand. Across my knuckles, in capital letters, it read

NOT FOR CIRCULATION