

**Issue
#224
MAY
2026**



The Joseph Banks



**EDITOR:
Julie
Aitken**

Funny Bone



Hello, Everyone!

MAY MISCHIEF

Concert with Will: Friday 1 May
Concert with Seaside Singers: Monday 4 May
Pamper Session: Wednesday 6 May
Bus Outing: Friday 8 May
Cheese & Wine for Mother: Friday 8 May
Mother's Day Kittens Visit: Saturday 9 May
MOTHER'S DAY: Sunday 10 May
Catholic Mass: Wednesday 13 May
Pamper Session: Wednesday 13 May
Concert – Paul Robinson: Wednesday 13 May
Harrisdale Primary School Visit: Thursday 14 May
Global Quiz: Friday 15 May
Movie on the BIG Screen: Friday 15 May
Pamper Session: Wednesday 20 May
Anglican Church Service: Wednesday 20 May
Cooking With Wilma: Sunday 24 May
SORRY DAY: Tuesday 26 May
History of Australia Documentary: Tuesday 26 May
Consumers & Relatives Meeting: Wednesday 27 May
Men's Group: Friday 29 May
Ladies' Group: Friday 29 May
Visit from Zuko: Sunday 31 May

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.

Happy Mothers Day to all Mothers,

Grandmothers, Stepmothers,

Mothers-in-Law and

Great Grandmothers!





HERE IS THE WINNER

of the

APRIL QUIZ



J McL

Well done, Judith!

Quiz # 204: How Much is that Doggie?

1. Afghan Hound
2. Bulldog
3. Collie
4. Dalmatian
5. German Shepherd
6. Great Dane
7. Greyhound
8. Irish Setter
9. Jack Russell
10. Cocker Spaniel
11. Labrador
12. Maltese
13. Poodle
14. Dachshund
15. Silky Terrier
16. Blue Heeler

Good luck with your Lucky Scratchie, Judith.

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

To our newest Residents,

John F and Robert S

Welcome



A Banker is a fellow who lends you his umbrella when the sun is shining but wants it back again the minute it begins to rain.

Gale



Shirley F

Who passed away Monday 20 April 2026, Aged 88 years



Tjong H

Who passed away Friday 24 April 2026, Aged 93 years



And

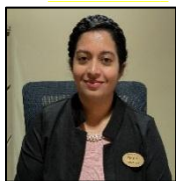
Lucy C

Who passed away Tuesday 28 April 2026, Aged 93 years



Deepest sympathy to the family and friends of Shirley, Tjong and Lucy





From the Manager

Dear Residents and Families,

I would like to share a few important updates from the facility.

Firstly, we are pleased to welcome our new General Manager, Jovy Tesani. We look forward to Jovy's leadership and continuing to provide a high standard of care and support to all residents.

Secondly, we will soon be saying farewell to Marino, our long-standing and much-loved Maintenance team member. Marino has been a valued part of our community for many years, and his dedication, hard work, and warm sense of humour have made a lasting impact. He will be greatly missed by both residents and staff.

As we approach the colder months, we kindly encourage residents to stay up to date with their Flu and COVID-19 vaccinations. This is an important step in helping to protect everyone within our community. Please speak with our clinical team if you would like further information or assistance.

The health, safety, and wellbeing of our residents remain our highest priority. Our team continues to closely monitor for any signs of illness, maintain strong infection control practices, and ensure all care is delivered in line with best practice standards.

Thank you for your continued trust and support.

Warm regards,

Smita McAlees
Service Manager

Recipe Corner: Quick One-Pot Chicken Stroganoff



Ingredients (10)

- 1 tbsp Classic Olive Oil
- 1 brown onion, halved, sliced
- 200g button mushrooms, sliced
- 2 garlic cloves, crushed
- 1 tbsp Coles Tomato Paste
- 1 tsp sweet paprika
- 300ml cooking cream
- 125ml (1/2 cup) [chicken](#) liquid stock
- 1 barbecue chicken, cut into portions
- 2 tbsp finely chopped fresh continental parsley leaves

Method

Step 1

Heat the oil in a large deep-frying pan over medium heat. Cook the onion, stirring occasionally, for 4-5 minutes or until golden brown. Stir in the mushroom, garlic, tomato paste and paprika. Cook, stirring, for about 30 seconds then gradually pour in the cooking cream and stock. Bring to a simmer then reduce heat to medium-low.

Step 2

Place the chicken in the sauce. Cover and cook for 3 minutes or until heated through.

Step 3

Scatter the parsley over the stroganoff just before serving.





CONCERT WITH CASS

The Concert with Cass was held at JB on Wednesday 1 April and, as usual, was a big hit with Residents.



Winners of the JB Easter Raffle



1st Prize- Priyanka

2nd Prize – Tess



The Raffle was drawn on Thursday 2 April.
Thank you to everyone who took part in the raffle!

THE TOILET PAPER DEBATE

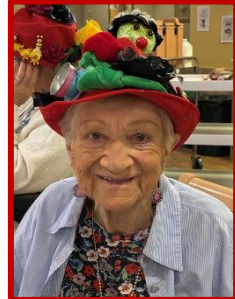
*Toilet paper should be dispensed from under the roll in months with 30 days
and from above the roll in months with 31 days.*

In February, everyone will just have to use the nearest roster station.



MAD HATTER'S HIGH TEA PARTY

On Thursday 2 April, Easter was celebrated with a Mad Hatter's High Tea Party, where both Staff and Residents joined in by wearing fancy dress or festive hats.





Chocolate Moulds

On Saturday 4 April, Residents made chocolate moulds to eat and give away.



shutterstock.com - 122752879



Then it was *Easter Day* and there were so many long-eared folks running around all over the facility that Joseph Banks was almost over-run with rabbits!

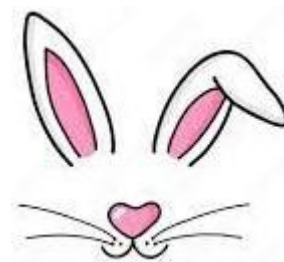


**One inmate to another in Long Bay Jail: "Do you want a ticket for the Warden's Ball?"
"Gawd, mate," came the reply. "I can't go to a Ball in this outfit!"
"It's not a dance, mate, it's a raffle!"**





Easter Eggs were given out on Easter Sunday.

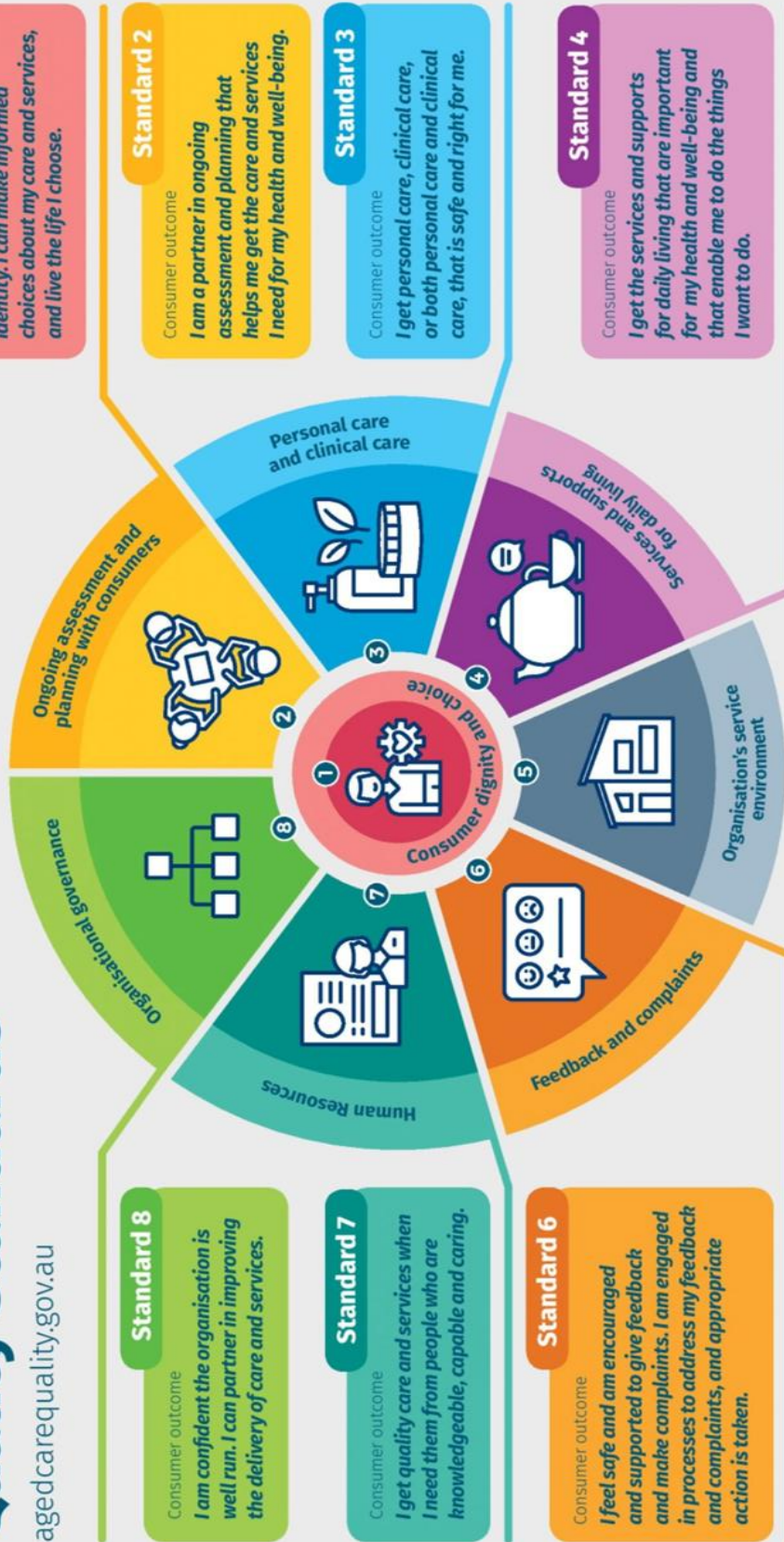


*The place where I work is air-conditioned.
In fact, I've never seen air in that condition!*



Aged Care Quality Standards

agedcarequality.gov.au



Australian Government
Aged Care Quality and Safety Commission

Engage
Empower
Safeguard



Australian Government
Aged Care Quality and Safety Commission



2. Clean your hands often



You should clean your hands before and after you prepare food and visit people, and after you use the toilet. Use soap and water and wash your hands after you use the toilet and if your hands are visibly dirty, otherwise use hand sanitiser to clean your hands.

3. Use protective equipment



Protective equipment can include masks, gowns, aprons, gloves and eye protection. Always check instructions on their use. If these items are required, talk to a staff member about how to use them properly so you and your loved ones are protected.

1. Stay at home if you feel unwell



Even if you only have mild symptoms of an infection staying at home is the best thing to do to protect everyone.

4. Follow cough etiquette



If you have to sneeze or cough, make sure that you sneeze or cough into your elbow. Dispose of dirty tissues in a bin. Always perform hand hygiene after coughing, sneezing and after using a tissue.

5. Let the service know if you develop symptoms of an infection within 5 days



If you develop symptoms of a viral, respiratory or gastrointestinal infection within 5 days of visiting, let the service know so that they have information to keep everyone safe.



Scan the code for a virtual introduction to infection prevention and control in aged care services.



FOOD TASTING

Once again, it was time to taste the options for the new menu. A few Residents were selected for the process of testing and the results of those tests are published on the following page.



The survey required Residents to comment on appearance, smell, flavour and texture, giving a final overall rating for each item. Results appear on the next page.



CATHOLIC MASS

On Sundays a representative of the Catholic Church comes to offer communion to JB's Catholic Residents.



Notice outside a church in Hawthorn:
"What would you do if God came to Hawthorn?"
Scrawled in graffiti underneath:
"Put Him in as full forward!"



The Joseph Banks Funny Bone May 2026



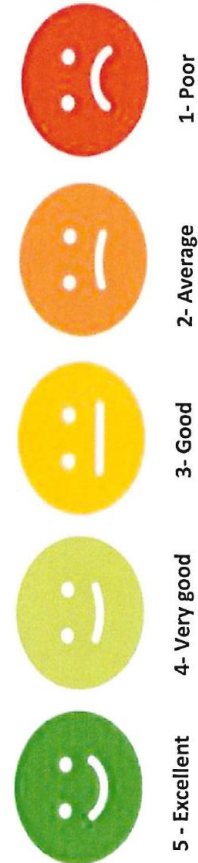
FRESH FIELDS NEW RECIPE SENSORY EVALUATION DATA

Attendees: **Home: Joseph Banks**

31/03/2026

MEAL ITEM	APPEARANCE	SMELL	FLAVOUR	TEXTURE	OVERALL RATING	COMMENTS
Cheesy Cauliflower Soup	4.2	3.4	3.9	4.2	4	Overall Yummy but less salt maybe? Salty. Quite Nice. Tasty. Its okay. Creamy, Salty & Cheesy! Yummy. Nice taste, creamy, slightly too thick. Too salty.
Beef Chorizo Casserole	4.5	4	3.4	4	3.6	Most Enjoyable. Little Salty. Bit Chewy. Bit bland. Strong flavour. Meat Chewy. Very tasty. Delicious. Usual food. Too salty.
Southern Fried Chicken Toppa	3.8	2.9	2.8	3.5	3.2	Salty & Spicy. Needs gravy. YUMMY - tastes like KFC. Too salty. Spicy. Needs more sauce.
Mac Cheese Bites	4	2.7	2.7	2.8	2.8	Gluggy & Tasteless. Not much flavour. Would be good for an afternoon tea. Tasteless.
Banana Raspberry Slice	4.6	3.7	4.1	4.1	3.8	Tasty. Very Nice. Good slice but a bit gluggy. Good. Sweet enough for me - I can really taste the banana flavour. Too heavy - stodgy. Gluggy. Too sweet.
Kit Kat Mousse	4.9	4.3	4.4	4.7	4.4	Loved it! Bit sweet. I LOVE KITKAT! Nic in small quantity. Fantastic! Nice but quite sweet. Too sweet.

SCORE RATING: _____





GLEN LEVI

On Wednesday 8 April, Glen Levi came once again to entertain the Residents.



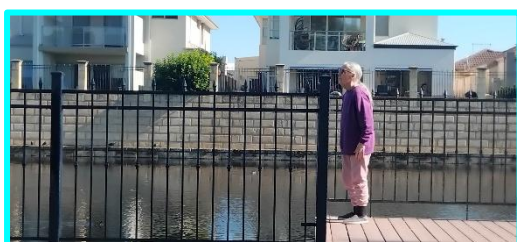
Crafts

Residents formed a group on Saturday 11 April to make poppies for ANZAC Day – with great results!



WALKING GROUP

A group of Residents enjoy going for a walk on a Monday morning. Here are some who ventured out to enjoy the scenery during April.





RAINBOW SUN CATCHERS

On 15 April, Residents made Sun Catchers from dried oranges and lemons.



WOODWORK

On the same day, 15 April, the men were busy doing woodwork



*Twins born in Britain during Queen Victoria's Jubilee year were named Jubilhe and Jubilshe
A couple in India named one of their twins Covid, the other, Corona.*

*Another set of twins born 25 April in Bunbury in the sixties were named Ann and Zac
Abcde - Yes, this is a name. According to the child's mother, it is pronounced Ab-si-dee*

Elon Musk and his partner Grimes named their eldest child X.

Kviilyn is supposedly an alternate spelling to the more common Caitlin.



STICK IT TO THE FLU

If you're 65+ protect yourself with a **FREE flu shot**



INFLUENZA can cause serious complications in older adults.

Ask about the flu vaccine today.

health.gov.au/flu





On 14 April, gardening was held in the gazebo, where Residents potted colour and an herb garden was planted.



ROBOT CAT



JB has recently been given an interactive cat from the "Forget Me Not" Op Shop in Kelmscott. The owner, Leanne King, raises money for Alzheimer's Australia and donates once a month. She also buys these robot cats from the Dementia Australia shop and donates to aged care facilities all around Australia and New Zealand.

*A very big **Thank You** to Leanne.*



Pet therapy has been found to provide numerous benefits for the elderly and individuals living with dementia. They can help reduce anxiety, improve mood, and provide a sense of comfort and companionship.

A Scotsman: A guy who goes to a wedding with a broom and brings home the rice for dinner.



Dana

On Friday, 17 April, Dana came along to entertain the Residents.



ITALIAN

Pina's family came in and cooked gnocchi for Residents on the weekend of 19 April,



Jewellery making

took place at JB on Thursday 30 April





The Joseph Banks **Funny Bone** May 2026



ANZAC biscuits were made on 21 April – and they were indeed very tasty.



On Friday 24 April, it was time for the **Big Screen Movie.**

This time it was that beloved musical, "South Pacific" starring Rossano Brazzi and Mitzi Gaynor.



TWO UP!

The traditional ANZAC Day game!





The Joseph Banks Funny Bone May 2026



The JB ANZAC Day service was held on 26 April this year and it was a huge success. Petty Officer Graham was present and recited the oath and the children of JRS singers performed the service.



LEST WE FORGET





Happy Birthday!



Celebrating a Birthday in **MAY** are:

11 May: **Maisey I**
15 May: **Anna M**
24 May: **Shirley B**
30 May: **Gertrude B**

11 May: **Frances W**
20 May: **Anthea S**
28 May: **Edith C**
31 May: **June B**



... AND REMEMBER ...

They say if you've got it, flaunt it! I know I used to have it!
But I don't know where the heck I put it!!



Special Days in MAY

- | | | | |
|--------|-------------------------------|--------|--------------------------|
| 2 May | World Brothers & Sisters Day | 17 May | World Baking Day |
| 3 May | World Laughter Day | 20 May | National Flower Day |
| 5 May | World Asthma Day | 21 May | International Tea Day |
| 10 May | MOTHER'S DAY | 24 May | National Tiara Day |
| 12 May | International Nurses' Day | 26 May | National Sorry Day |
| 15 May | International Day of Families | 28 May | International Burger Day |

WORD SEARCH

MOTHERS

M U D D E R D A M T E M Y
M I M M M L L U C E R I A
A A T I T A M M L A A M Y
T M M O T H E R L Y M M Y
E L D D O C Y L L O M M Y
R D N A L R E H T O M L M
N E A M A A Y H M A N O O
I Y A M M I E T M O O N M
T R M A T R I A R C H O R
Y A J M H T N T M A T R M
M K M O U A A A M H M T D
A A O R L M A T E R N A L
R D M U T T E R E T A M M

- | | |
|-----------|-------------|
| MA | MATRIARCH |
| MAAN | MATRIARCHAL |
| MADRE | MATRON |
| MAE | MATRONLY |
| MAJKA | ME |
| MAM | MOLLYCODDLE |
| MAMA | MOM |
| MAMAN | MOMMY |
| MAMMARY | MOR |
| MAMMY | MOTHER |
| MARE | MOTHERHOOD |
| MARTYR | MOTHERLAND |
| MATER | MOTHERLY |
| MATERNAL | MUDDER |
| MATERNITY | MUM |
| MATI | MUMMY |
| | MUTTER |



The older we get ... the earlier it gets late!





Quiz No 205: Mmmmm's the Word!

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



1. M _____



2. M _____



3. M _____



4. M _____



5. M _____



6. M _____



7. M _____



8. M _____



9. M _____



10. M _____



11. M _____



12. M _____



13. M _____



14. M _____



15. M _____



16. M _____

Good Luck!!

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



I got a new stick deodorant today.
The instructions said, "Remove cap and push up bottom."
I can barely walk.
But when I pass wind, the room smells lovely.



Reason for Bachelors to Vacuum: The Pope is coming for cocktails.

