Issue #230 NOVEMBER 2026

Retirees W.a Joseph Banks Aged Care

EDITOR: Julie Aitken



Funny Bone





Hello, Everyone!

NOTICES FOR NOVEMBER

Melbourne Cup: *Tuesday 3 November*
Documentary on the BIG SCREEN: *Tuesday 3 November*
Pamper Session: *Wednesday 4 November*
North Harrisdale Primary School Vist: *Thursday 5 November*
Visit from Zuko: *Sunday 8 November*
Catholic Mass: *Tuesday 10 November*
Pamper Session: *Wednesday 11 November*
Remembrance Day: *Wednesday 11 November*
North Harrisdale Primary School Visit: *Thursday 12 November*
Hairdresser: *Tuesday 17 November*
Pamper Session: *Wednesday 18 November*
Anglican Church Service: *Wednesday 18 November*
Concert – Jay Western: *Friday 20 November*
Cooking With Wilma: *Sunday 22 November*
Armchair Travel: *Tuesday 24 November*
Relatives, Residents' Meeting: *Wednesday 25 November*
Card Making with Julie: *Wednesday 25 November*
Movie on the BIG SCREEN: *Friday 27 November*

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.**

DEFINITION OF DETERMINATION

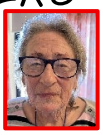
Steven Bradbury is inspirational. He trained 5 hours a day, 6 days a week for 14 years to become an Olympic speed skater. He had an accident prior to the 2002 Winter Olympics in Salt Lake City, USA, when an opponent's skate sliced an artery in his leg and he nearly bled to death on the ice. Losing 4 litres of blood and 131 stitches later, he went head first into the barrier and broke his neck, requiring a halo brace screwed into his skull. Working his backside off to be at the next Olympics, he felt he couldn't take the gold medal after the rest of the field crashed out … but he could take it for all the hard work he had put into the lead up to that race.
And we think we've got it tough!

HERE ARE THE WINNERS



of the

OCTOBER QUIZ



Shirley B and Cherie L

Quiz # 210: It's Show Time!!

1. Merry Go Round 2. Alpaca 3. Log Chop 4. Pin Wheel 5. Sheep Dog Trials 6. Dogs 7. Showbags 8. Ferris Wheel 9. Side Show Alley 10. Cats 11. Show Jumping 12. Fairy Floss 13. Turkey 14. Animal Nursery 15. Tractors 16. Toffee Apple

Good luck with your lucky scratchy, Shirley and Cherie!

Be sure to put in your entries this month, everyone! You could win a scratchie!

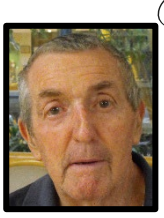
To our newest Residents,

Mary B, Elwyn R, Joyce & Robert P





Vale



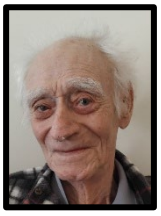


Terry G

Who passed away Monday 5th October 2026, Aged 80 years



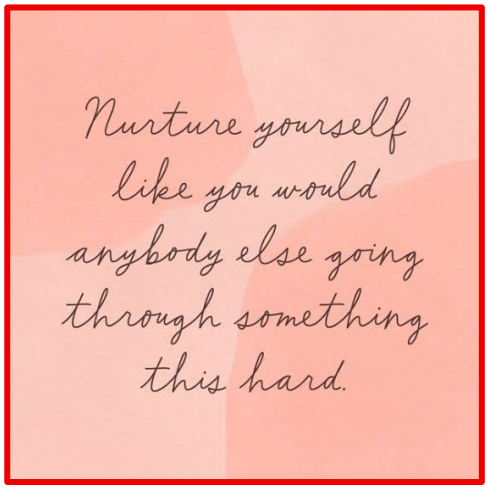
And



Roy P

Who passed away Wednesday 28th October 2026, Aged 95 years

Deepest sympathy to the family and friends of Terry and Roy



Frank Hayes, an Irish horse trainer, stableman and jockey, is globally recognized for a single, bizarre historical event. On 4 June 1923, at Belmont Park, New York, he suffered a fatal heart attack mid-race but remained in the saddle. His horse, Sweet Kiss, went on to win the race, making Hayes the only jockey in recorded history to win a competitive race posthumously.

At the Accra Turf Club in Ghana, jockeys faced a notoriously dangeous, jinxed bend on the course where horses and riders kept spilling out. Fed up with the recurring chaos and convinced the turn was cursed, local jockeys went on strike until track authorities agreed to sacrifice a cow on the bend to cleanse the bad mojo.



From the Manager

Dear Residents, Families and Staff,
As we welcome the warmer months and look forward to enjoying more time together as a community, I would like to extend a warm welcome to all our residents, families, and visitors. Your presence, support, and involvement help make Joseph Banks a place that truly feels like home, and we greatly value the relationships we share with each of you.

I am delighted to share that our **influenza outbreak has now officially been declared closed**. Thank you all for your patience, understanding, and cooperation throughout this period. Your commitment to infection prevention measures and support for one another played an important role in helping us protect the health and wellbeing of our community.

I would also like to express my sincere gratitude to our staff for their dedication, compassion, and professionalism during the outbreak. Despite the challenges, our team continued to provide excellent care and support to residents every day.

I am pleased to share a few updates from around the facility:

- **New carpet installation planning** is currently underway throughout the facility. These upgrades will provide a fresh, comfortable, and welcoming environment for our residents, families, and staff.
- We would like to thank **Kevin** from Fresh Fields for his contribution and support during his time with us. We wish him every success in his future endeavours.
- Please join me in warmly welcoming **Paul**, our new **Fresh Fields Manager**. We look forward to working with Paul and continuing to enhance the dining experience for our residents.

Thank you once again for your ongoing support, kindness, and partnership. Together, we continue to create a safe, caring, and vibrant community where residents can thrive, and families always feel welcome.

Warm regards,

Smita McAlees
Facility Manager
November 2026

Horse Sense is the thing a horse has which keeps it from betting on people.



Remembrance Day is observed annually on 11 November to honour all military personnel who have died or suffered in the line of duty. Held on the anniversary of the 1918 Armistice that ended fighting on the Western Front during World War I, it is traditionally marked by **one minute of silence at the 11th hour of the 11th day of the 11th month.**

Unlike Anzac Day, Remembrance Day focuses heavily on a shared global and Commonwealth history of solemn reflection rather than unique national founding narratives. In Australia, it is not a public holiday, but formal community services are held nationwide.

The day was originally called **Armistice Day**, first designated by King George V in 1919 to remember the massive loss of life during World War I. Following World War II, the Australian and British governments agreed to rename it Remembrance Day to officially encompass those killed in both World Wars. Today, the day commemorates Australian lives lost or affected in all wars, conflicts, and peacekeeping operations.

THE BANKS



Once again, this time on 6 October, the residents of the Village offered a beautiful morning tea for the Joseph Banks Residents





LEISURELY WALKS



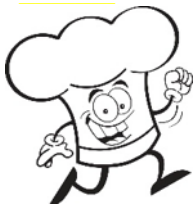
Every Monday morning, a group of residents enjoy a morning walk to the local pond.











On Tuesday 6 October, Residents helped make cupcakes for morning tea.









Cactus and succulent plants sometimes look a little uninteresting all year … and then they produce the most exquisite flowers for all to enjoy.



Did you know that in the Neuadd Arms Hotel in Llanwrtyd Wells, Wales, in June 1980, the pub's landlord started the now internationally acclaimed event Man vs Horse, which is run over a rugged course of about 35 kms and usually involves 60 horses and 1000 runners. It took 25 years before a runner finally beat the horses in 2004, 2007, 2022 and 2023.

SEATED MOVEMENT

Seated movement is on every Monday morning from 10am.











Seated movements offer a safe, low-impact way for older adults to build strength, improve flexibility, and support circulation without the risk of standing falls.



PAMPER TIME

Every Wednesday, there is a Lifestyle member available who happily polishes nails for Residents.

News and Brews

This activity was held for the first time on the 9th of October. Residents discuss current affairs subjects over a cuppa.



ZUKO

Zuko, JB's favourite dog, turned five years old on the 11th October, so a surprise birthday party was held for him at JB.

















The Anglican Church Service was held on Wednesday 7 October.

Catholic church was held on the 21st.





Australian Government
Aged Care Quality and Safety Commission

Engage
Empower
Safeguard

What is person-centred care?

Everyone in aged care has the right to be safe, treated with dignity and respect, and receive high quality care and services.

Person-centred care supports you to be an active partner in your care.

Work with your provider to ensure you receive care that meets your needs by telling your providers your goals and which relationships and activities are important to you – so you can live the life you choose.

To provide person-centred care, your provider will:



There are many ways your provider can support you to live the life you choose. Talk to your aged care provider about your options.

For more information, visit agedcarequality.gov.au or call 1800 951 822

Oktoberfest celebrations were held on Friday 16 October. There was German beer tasting, Krankies on the BBQ, German gummy bears and a game of Beer pong.





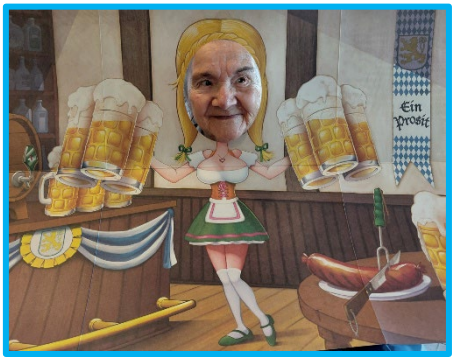




















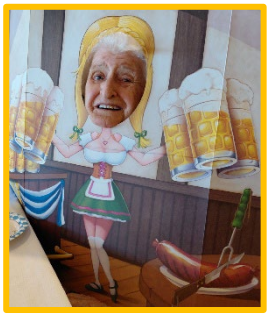






Continued on Page 10 …

Oktoberfest continued …









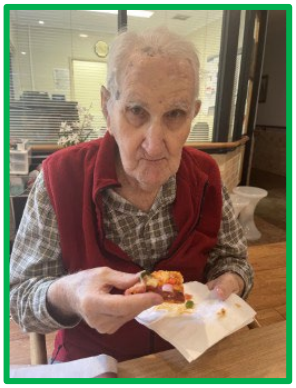






On Sunday 18 October, it was time to cook pizza.




The Art Group gathered on Wednesday 21st October when the subject was a lighthouse.








the art group

TABLETOP GAMES

Always popular, the table games pictured here are Rummicub and Number Dice.




The Annual Canning Show will be held on the weekend of 6 and 7 November at the Cannington Exhibition Centre and Showgrounds. In early October, in time for lodgement by 6 October, JB Residents put their entry together.





Visit from North Harrisdale Primary School Children



On Thursday 22 October, children from the North Harrisdale Primary School visited JB to enjoy an afternoon with the Residents.







And in return, JB Residents were invited to visit the North Harrisdale Primary School for Grandparents' Day on Monday 26 October. Students and Residents alike enjoyed colouring activities together. Residents were then offered morning tea.









What to know about seasonal influenza

Influenza or "the flu", is an illness caused by seasonal influenza viruses. These viruses are spread from one person to another.

How to recognize the flu?



Sudden high fever



Headache



Cough or sore throat



Muscle pain

What to do when you have the flu?



Cover your cough or sneeze with your arm/elbow or tissue



Wash your hands frequently



Get plenty of rest



Drink plenty of water and eat nutritious food



Seek medical advice if you are not getting better or if you are in a high risk group

World Health Organization



Badminton

is a popular indoor sport at JB and this time, it was played on Tuesday 27 October.



Happy Birthday, Lorna!





Celebrations were in order on Thursday 29 October when Lorna celebrated her 97th birthday!



Enjoying the weather and the beauty of Nature.



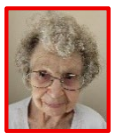
Will be visiting on **Tuesday, 17th November 2026, between 10:00 am and 2:00 pm**, bringing along a lovely selection of gifts available for purchase.

A table will be set up in the front foyer for anyone who would like to browse through the items at their leisure.

We will also bring a selection of gifts on a trolley to visit those who may not be able to come to the foyer, ensuring that no one misses out on the opportunity to shop!

Happy Christmas shopping !






Happy Birthday!

Celebrating a Birthday in ***November*** are:

1 November: Lucia K **5 November: Mary H** **7 November: Jennifer H**
8 November: Gladys S **8 November: Rosetta G** **13 November: Eunice R** **14 November: John N**

… AND REMEMBER …

One of the best parts of growing older? You can flirt all you like since you've become harmless!

Special Days in NOVEMBER

1 Nov	All Saints' Day
3 Nov	Melbourne Cup Day
3 Nov	National Sandwich Day
11 Nov	Remembrance Day
14 Nov	World Diabetes Day
16 Nov	International Odd Socks Day
18 Nov	Mickey Mouse' Birthday
20 Nov	Universal Children's Day
21 Nov	World Hello Day
27 Nov	Black Friday / No Purchase Day

WORD SEARCH HALLOWEEN

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

BAT
BLOOD
BONES
BROOMSTICK
COBWEB
COFFIN
CORPSE
DEAD
GHOST
GHOSTLY
GHOUL
GRIM
GRUESOME
HALLOWEEN
HEADSTONE
MIDNIGHT
MONSTER
MUMMY
PHANTOM
PITCHFORK
PUMPKIN
SCARE
SHOCK
SKELETON
SKULL
SPOOK
SPIDER
VAMPIRE
WITCH
ZOMBIE





It would be wrong not to mention Australian jockey, Les Boots, when it comes to bizarre tales of horse racing. Boots was dubbed the world's worst jockey due to his propensity to fall off his rides. In fact, in 39 races, Boots somehow managed to fall 40, yes 40, times. He fell off one horse at Cheltenham twice – once going "out the straight" and again at the "half-mile" point. Boots even fell out of the ambulance he was rushed to hospital in following his second fall, after sustaining a suspected broken leg – you couldn't make it up!I



Quiz No 211: Halloween

Can you name these Halloween activities and hand them to Tanya by 25th November to win a prize?



1. G _ _ _ _



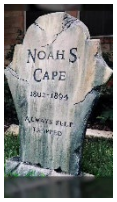
2. S _ _ _ _ _ _ _



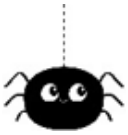
3. W _ _ _ _



4. P _ _ _ _ _ _



5. H _ _ _ _ _ _ _



6.S _ _ _ _ _



7. S _ _ _ _



8. P _ _ _ _ _ _ _ _



9. M _ _ _ _



10. C _ _ _ _ _



11. G_ _ _ _ _ _



12. F _ _ _ _



13. D _ _ _ _



14. C _ _ _ _



15. C _ _ _ _ _ _ _



16. B _ _ _ _ C _ _

Good Luck!!

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

There was nothing extraordinary about the 1928 Grand National but it's still one which lingers long in memory and not just because the winner was a 100/1 long-shot either.

Irish-trained Tipperary Tim travelled to Aintree with very little expectation at the start of the 42-horse race. Tipperary Tim was so unfancied that he was ridden by an amateur jockey by the name of William Dutton, who worked as an assistant solicitor in Chester by day. Yet following an extraordinary turn of events which saw all other 41 horses eventually fall at fences, Tipperary Tim was the last horse standing to cross the finish line alone in first place. In Oz, we'd call that a Steven Bradbury!!