

Eat • Talk • Belong

Newsletter no 15
July 2020

We are back.....

Reopening on July 8th

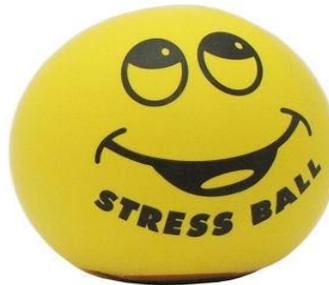
We have wonderful news..... HealthSA has relaxed restrictions so that we can now join once again. We are looking forward to seeing you all and catching up.

Care and Share reopen on Wednesday July the 8th for our first Program provision. Please come on your normal day. When we call between now and then we will confirm your first start date with you. We have missed you very much.

See you soon,
Janine and Staff

Care Pack Additions

This week we have added in your Care Pack a Squeeze Ball and Fidget Spinner. The Ball will assist you in strengthening your hand muscles and relieving stress. Please feel free to use it as often as you remember, even daily. Having strong hands and stress relief is so important to daily living.



The Spinner is a toy-like device that sits on a ball bearing and spins easily on your hand or a hard surface. By keeping your hands busy, they are supposed to ease stress, manage fidgeting, and help people focus. Good luck!

QUOTE OF THE WEEK

They say it is better to be poor and happy than rich and miserable, but how about a compromise like moderately rich and just moody?
-- Princess Diana



This week in History

Do you recall.....

1903 1st Tour de France bicycle race begins.

1937 England implements the world's first telephone emergency system.

1959 Mr Squiggle first airs on ABC TV in Australia.

1967 The Beatles' album Sgt Pepper's Lonely Hearts Club Band goes #1 in the US, where it stays for 15 weeks.

1972 #1 Hit: Neil Diamond - Song Sung Blue

1984 The PG-13 rating is introduced.

1997 UK returns Hong Kong and the New Territories to the People's Republic of China after more than 150 years.

HAPPY BIRTHDAY

Princess Diana
Princess & Activist
Born 1st July 1961
Died 1997 (36yo)



Diana Spencer

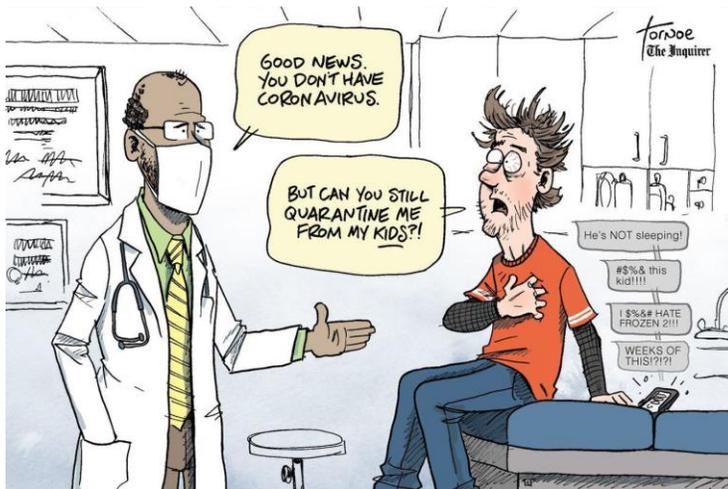
Princess & Activist

Born Diana Spencer, Princess Diana became Lady Diana Spencer after her father inherited the title of Earl Spencer in 1975. Her parents divorced when Diana was young, and her father won custody of the children.

She married the heir apparent to the British throne, Prince Charles, in 1981. Their wedding was broadcast to a global television audience of over 750 million people.

In 1982 they welcomed their first child, Prince William, who was followed by Prince Harry (born Henry) in 1984. Unfortunately, the marriage didn't last, and they divorced in 1996.

Diana died in 1997, after a car crash in Paris. She was 36. She is remembered as the "People's Princess" because of her widespread popularity and global humanitarian efforts.



When the dust finally settles, we will realize how little we need, how very much we actually have, and the value of human connection.

GoodLivingGuide.com

Just for laughs

Paddy says to Mick, "Christmas is on a Friday this year." Mick says, "Let's hope it's not the 13th."

Paddy and Mick find three hand grenades, so they take them to a police station.

Mick: "What if one explodes before we get there?"

Paddy: "We'll lie, and say we only found one".