

Care and Share at Home

What began as a 99-year-old Army veteran walking laps of his garden for charity has evolved into a story that has captured the hearts of the world desperate for **positive news**. Capt Tom Moore's initial hopes of raising £1,000 by lapping his Bedfordshire garden 100 times with the aid of his walker before his 100th birthday seem like a distant memory, with the total now surpassing a staggering \$AUD50m. He has now been made an honorary Colonel & received 90,000 cards



WRITING LETTERS AND NOTES

We have enclosed a Card for you to send to someone special. Australia Post is enjoying a resurgence as we take up the old past time of letter writing once again. Why don't you tell someone how much you love or appreciate them, or send them your news? This could be the beginning of a beautiful new (old) hobby - messages by hand.



Jigsaw Puzzles

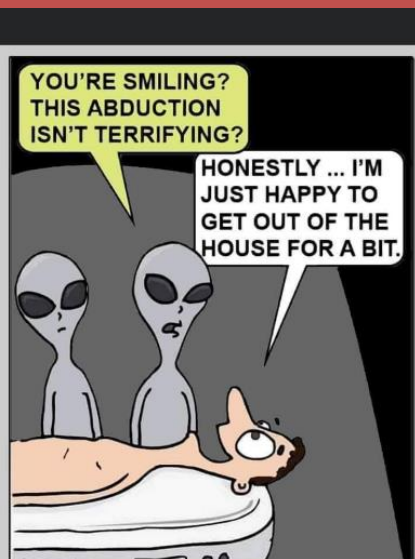
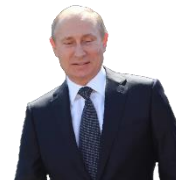
We have some Jigsaw Puzzles for people to borrow. Please let us know if you would like to avail of this offer



*National COVID Older Persons Information Line
1800 171 866*

THIS WEEK IN HISTORY

- 1824** Ludwig van Beethoven's 9th (Chorale) Symphony, premieres in Vienna, often regarded as his greatest work.
- 1840** Composer Tchaikovsky is born.
- 1912** Columbia University approves plans for awarding the Pulitzer Prize in several categories, after being established by Joseph Pulitzer.
- 1941** Glenn Miller and His Orchestra record Chattanooga Choo Choo.
- 1946** Sony is founded. It is now one of the leading manufacturers of electronic products.
- 1966** #1 Hit: The Mamas & the Papas - Monday, Monday
- 1998** Mercedes-Benz buys Chrysler in the largest industrial merger in history.
- 2000** Vladimir Putin becomes President of Russia.



hyOUR THANKS

THANK YOU

Our thanks go to our volunteers Naomi and Chris for the giving of their time to help us during our Program activities. We appreciate you



There was an elderly lady standing on the street. She had both hands holding on to her hat, while the wind was blowing her dress up around her waist. A dignified gentleman came up and said 'Madam, you should be ashamed of yourself, letting your skirt blow around like that. It's very indecent, and both your hands are holding on to your hat!' She replied 'Look, mister, everything I have down there is over 70 years old. This hat is brand new!'



THE WEEK AHEAD

We have enclosed a Diary for you to use. You may like to use it for recording your moments of:

- # Gratitude - record 3 things you are grateful for each day (we enclosed some hints previously)
 - # Thoughts during COVID-19 about things that surprise you like your resilience or what you can cope without
 - # Journal your insights into living through such a period in history
 - # You may have other ideas
- How are your Post-it Notes going?

"It's the menopause. I've got my own climate."
Julie Walters, Actress

"How pleasant is the day when we give up striving to be young - or slender."
William James, Psychologist/Philosopher

"Courage is being scared to death but saddling up anyway". -- John Wayne

