

The Carrington Courier

Volume 15, Issue 2.

The Carrington residents' newsletter produced by Carrington Computer Club for Seniors.

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Alf And Lillian's Diamond Wedding

Alf and Lillian Schulstad, of Room 244 at Mary MacKillop Hostel, have recently celebrated 60 years of marriage.

Lillian was a girl from the country, growing up on a farm out of Cowra, and Alf was the son of a coal mining family in Lithgow.

They met in Sydney after the war and were married at Rockdale Salvation Army on 26th February 1949.

They lived in Penshurst for most of their married lives, then Leumeah, Narellan, and now Camden. Alf and Lillian are much loved by their two children, their five grandchildren and their seven great grandchildren. They have always had a great faith in God and continue to acknowledge Him in their lives.

Alf and Lillian moved to Carrington last year and are enjoying being here. The family organized a special luncheon for family and close friends on Saturday, 28th February, to celebrate this wonderful and very special occasion.

Ruth Gardner.



The copy deadline for the April issue is Wednesday, 18th March at 3 p.m. (See Page 8 for further details.)

From The Desk Of The CEO

Grasmere Terrace facility is now in a commissioning phase. Building work and installation of all services has been completed and furnishing of the entire building is taking place.

An open day was held on Thursday, 26th February, giving members of our community, residents and staff the opportunity to visit the new facility and experience Grasmere Terrace.

It is expected that high care residents will relocate to the new facility from 19th March onwards and admission of new residents in the low care suites will begin on Monday, 23rd March. During the next few weeks the building certification process will take place prior to occupation.

The new independent living units project is well under way. Construction commenced early in January with the frames already erected on a few units.

The construction of the extension to the main kitchen and laundry is almost complete. Over the next few weeks internal refurbishment of the kitchen and laundry will commence, together with initial work to widen the road and entry to the maintenance department.

The planning and design for the refurbishment of the ground floor of Carrington House has commenced. This project will take up to seven months to complete.

Over the past few weeks new appointments of senior staff were made. I would like to welcome Carol Gibson, our new finance manager, replacing Stephen McVernon, who resigned last December. I also welcome Phil Brown, manager of Grasmere Terrace, and Amanda Parker, administrative officer, Grasmere Terrace.

Phil comes to Carrington from the hospital system where he was in charge of different intensive care units as well as having long experience in quality and patient safety.

Phil and Amada will be joined by Margaret Fitzpatrick from Paling Court as the new team leader in Grasmere Terrace.

Finally I would like to acknowledge our head gardener, Joe Galea, and the entire maintenance team who have been very busy in constructing the soft landscape of Grasmere Terrace, both internal and external. Shortly you will have the opportunity to experience the beauty of their work first hand. Well done and congratulations to the team for their excellent work.

Until next time, stay safe.

Raad Richards, Chief Executive Officer.

Aquarobics

Marie, our new instructress, is now also available on Mondays at 1 o'clock for a second aqua exercise group.

We are able to choose from one of two days or twice a week for this wonderful gentle exercise time. So remember, Mondays and Thursdays at 1 p.m. for 45 minutes at a cost of \$7 per session.

There is no actual swimming, just exercising to gentle relaxing music with lots of laughter and fun.

Contacts are Jenny Kennedy on 4655 2876 or Laurel Charles on 4655 8264.

Maintenance Direct Debits

Following are the dates for direct debits from self-care residents' bank accounts to cover maintenance payments for 2009:

26th February, 26th March, 29th April, 28th May, 25th June, 30th July, 27th August, 24th September, 29th October, 26th November, 31st December.

Carole Cleminson, Village Manager.

Thought For The Month

Do you remember the old chorus we used to sing in Sunday School?

*The best book to read is the Bible,
The best book to read is the Bible.
If you read it every day
It will help you on your way,
Oh, the best book to read is the Bible.*

*The best friend to have is Jesus,
The best friend to have is Jesus.
He will hear you when you call,
He will help you when you fall.
Oh, the best friend to have is Jesus.*

*The best thing to do is to trust Him,
The best thing to do is to trust Him,
And if you on Him depend,
He will keep you to the end,
Oh, the best thing to do is to trust Him.*

Hal and Flo Anderson, Unit 167.

News From The Village Manager's Desk

Welcome to Mr and Mrs Bruckard, who have officially moved into Self-Care Unit 76. Anne and Ossie are very excited and are looking forward to a wonderful life in our village.

Maintenance has been extremely busy with Grasmere Terrace and they have certainly worked hard. They have maintained our requisitions well under extremely hectic schedules. They are back on deck with plans to catch up on village jobs, particularly the gardening that has been slightly delayed. I would like to thank all the team members for their diligence and particularly the support they give me and our self-care residents.

We had our first Fair meeting for this year on Wednesday, 18th February. Thank you to the same beautiful faces and a few new ones. We are under way with preparations and look forward to a great year. The next Fair meeting is on 8th April at 10 a.m. in the training room.

Attention: Gwyneth Fail, from Unit 11, is the coordinator of the basket stall at this year's Fair. She is asking for help in making up baskets on Monday, 16th March, between 10 a.m. and mid-day at Paling Court. Anyone in the village can help and this would be greatly appreciated as Gwyneth's eyesight is not the best. Thank you for your anticipated support.

Also a suggestion was made that if anyone has spare baskets at home and would like to decorate or donate, we would still really appreciate family or staff members supporting Carrington Village and Gwyneth with donations. Baskets can be completed or just given empty or with a few new items. We will be more than happy to wrap—every little bit helps.

Our thoughts go to Mr and Mrs Lopez, from bed-sit 61A, who have unfortunately had to leave our village for permanent high care support in another village. Our best wishes and love are sent to this dear couple.

Please inform me if your next of kin changes. I need to send information to Tunstall so they can update their records.

At the next residents' meeting on Monday, 9th March, I will have emergency fridge forms if you need to update information. Please let me know if you have been to hospital and you need a new form before the residents' meeting.

Sandra Bruce in reception near my office also has forms. However, it is not the responsibility of the hostels to supply forms, so please call Carole on 4659 0305.

New signs will be going up at the pool to encourage every person using the pool to mop up after they have used the pool. Also we will inform everyone when the *Encore* ladies will have use of the pool. This will occur in the middle of the year on a Wednesday.

Till next time, blessings.

Carole Cleminson, Village Manager.

Art Group

The art group resumed meeting in the downstairs hall at Paling Court Hostel in February between 9 a.m. and 11.30. All residents interested in various forms of art, such as painting in water colours, oils or acrylics, drawing, porcelain painting, glass painting or any other form of art, are welcome.

Please note these sessions are not teaching classes but help is provided if required.

We would welcome all residents who paint and who may be able to guide someone who needs some help.

Come and share with other like-minded residents and have a chat over morning tea. *Jean Olsen.*

Band Music At Paling Court

The Campbelltown Salvation Army Band will entertain at Carrington this year on Sunday, 22nd March, and Sunday, 20th September. They will perform in the downstairs hall at Paling Court at 2 o'clock on these days and all residents are invited to be in the audience. Come along and show your support for the Sallies.

MINI MARKET

Pre-loved Clothing,

White Elephant and Jams

For residents and staff of Carrington

at

Paling Court Downstairs Hall

Friday, 6th March

1 p.m. till 3 p.m.

Leo's Views And Croquet News

There seems to be a new disease about. It's called "age-express" and it attacks people who are approaching the 90s. Every time you get up in the morning you feel six months older!

I went to Cobbitty for an Ausie barbeque. It was too hot for a barbecue so we cooked on an electric fry pan. It was down by the river so it was a few degrees cooler—instead of 42 it was only 40 degrees. In the interests of good health we drank a lot.

As I sat in my unit on the morning of Australia Day two of the happiest smiling faces appeared at my door to wish me a happy birthday for the day after. It was Margaret and John Commins with a couple of balloons and a card from the croquet club. Thank you all very much. I couldn't have better friends than the members of the croquet club and some other wonderful village residents.

The Ausie Day party was a great day and everyone enjoyed it—a great meal thanks to our no nonsense girls, Irene and Margaret and all the volunteers. I was glad to see Darrel there and on the way to recovery.

There is a small group of men who do a good job on our croquet court. It's a great help and is very much appreciated. We have an occasional get-together to do homage to Guinness, VB and other names, all responsible for a well-known beverage, known well throughout the world for their health-giving properties. Thanks gentlemen for your company.

When I got home, feeling on top of the world, I had a visit from my two great grandsons—the

darling little wreckers. Thank the Lord they don't come very often. I love 'em, but it takes me a long time to recover.

It was my pleasurable duty to have a chat with our wonderful Dave Mulley about a little matter of an electrical lead for our donated blower for our green. I think the date was 27th January. I hope you had a good holiday Dave and feel refreshed in both mind and memory as this small reminder won't be out until the March issue. I really expect our blower will be fully functioning well before then. By the way, I was wondering if our gardener, Joe, has left as I haven't seen him for ages.

The croquet club would like to wish all the people who are going or have gone on cruises, especially Pam and Beale, who will be missing for two months. Have a good safe holiday to you all.

Cheerio for now and God bless.

Leo Probert.

Copy Deadlines

For the benefit of anyone wishing to submit a copy to *The Carrington Courier*, we advise that the deadline date for the April edition is Wednesday, 18th March.

The deadline is usually found in three places in *The Courier*—at the bottom of Page 1, in more detail in a panel on another page (in this issue it is on Page 8) and in the activities calendar.

Stirred Memories

The publication of Edward Longley's recollections of a stay at Carrington Convalescent Hospital in 1928 has stirred some interest.

Ian MacFetters in Unit 32 has sent *The Courier* some old photos of highland gatherings in Lithgow and Cowra about the years 1928-1930 in the hope that someone here at Carrington can identify people in them. If you came from Lithgow about that time, you might like to get in touch with Ian and have a look at his collection of records and photos. Two of his photos are reproduced on Page 10, but the picture quality is not good.

The Courier would be interested in any other stories relating to Carrington in ages past. So if anyone has something to share, send it in to us.

GARDEN CLUB

Next Meeting:

Monday, 2nd March, at 10 a.m.

in downstairs hall at Paling Court.

Guest speaker: Graham Loiterton.

Morning Tea: Coral Gaunt and Laurel Charles.

Competition Table:

- * Flower, one cut, any variety.
- * Flower, three cuts, any variety.
- * Arrangement, own choice.
- * Vegetable, Fruit or Bunch of Herbs, any variety.
- * Pot Plant or Hanging Basket.

Enquiries: Doreen Wilkinson, President, Phone 4655 4847.

News From Mary MacKillop Hostel

Hi Everyone. So sorry we missed the last *Courier*, but Butterfingers emailed the letter to the wrong email address!

We have had a quiet start to the New Year, with most people on holidays. It won't be long until things become busy again.

January activities commenced on a quiet note with our normal activities being facilitated throughout the month. Families and friends were busily visiting their friends and relatives throughout the month.

Australia Day: If anyone visited Mary Mac they would have been greeted by our swagman who was on guard watching for sheep poachers. A few kookaburras and kangaroos were also close by, wonderfully painted by our residents.

February started off with the Friendship/Fellowship Group. This activity was introduced to the hostel by one of our residents. Once a week a small group comes together to share their week with each other. Well done!

Carpet Bowls: This has been a long time coming to our residents, but the afternoon was an enjoyable time with some of our more professional bowlers lending their advice and wisdom to the newcomers. Hopefully this activity will be on a regular monthly basis.

Entertainment with Ron Ashton: What a great afternoon! Our residents joined in with Ron singing all their old-time favourites.

Leather and Scents Sale: We had a great display of handbags, perfume and jewellery for staff and residents.

Bus Trips: Camellia and Grevillia both enjoyed a sightseeing trip to Cordeaux Dam in the morning. Some of our residents have commented that a picnic would be great to have out there. We may have to think about that one.

St. Valentines Day: Love was in the air! The hostel was decorated in red and white and each resident was given a lovely rose and enjoyed morning tea, which was made and decorated by Tammy and Rhonda.

Entertainment with June: June played all the old tunes so well known by our residents. She will be a regular monthly item here in Mary Mac.

Display of days gone by: Old items, which were

on loan from staff and families, were displayed. Fond memories and reminiscing were constant throughout the afternoon's activity.

Bus Trip to Mittagong: Fifteen residents were invited out for lunch and a quick game on the pokies. All enjoyed the day and are looking forward to the next trip.

Shrove Tuesday: The pancakes were great!

Proposed changes to our Diversional Therapy Programme: The activity programme for Camellia and Grevillia has currently been under a trial period for two weeks.

Following feedback from residents' families and subsequent evaluation of our programme, we are endeavouring to trial a new programme which involves morning activities.

Documentation has proven residents suffering dementia benefit more from morning activities. Afternoon activities are beneficial for smaller groups who tend to become unsettled at this time. Due to an identified change in residents' needs, we have designed a programme to improve their quality of life.

We will follow up with the evaluation of our proposed programme in the next newsletter.

Bushfire Appeal: Dora and Bette are holding a raffle for the Victorian Bushfire Appeal. If anyone is interested in purchasing a ticket, please see Tammy or Rhonda if Dora or Bette are unavailable. Tickets are \$2 each.

Coming up in March:

6th, Carpet Bowls for, Camellia and Grevillia is at 9 a.m. and mainstream is 1 p.m.

9th, Shopping Bus (Narellan Town Centre) for Mary Mac. residents (date to be confirmed).

11th, Bus Trip, Camellia.

15th to 22nd, Seniors' Week.

17th, St Patrick's Day, jokes and celebrations.

18th, Seniors' Concert, entertainment in the Recreation Centre.

20th, Barbeque for Seniors' Week.

Mid March, (date to be confirmed), Fashion Parade and Sale with Millers and Katies.

21st, Camden Valley Country Music Club.

23rd, Bus trip and luncheon.

25th, Bus trip, Grevillia.

Entertainment with June on a date to be confirmed.

Self-Care Social Club

We had a wonderful Australia Day with 112 residents attending. The trivia was a great success, but we think we will have to set easier questions! Everything was going smoothly until there was a last-minute hitch with the sound system, but Phil, with his vast experience, managed to save the day.

Frederick, the entertainer, did very well, but the music was not to everyone's taste. Well, we do try, but we can't please everyone all the time! We did please our lovely Marj Fryer, however, who had celebrated her 99th birthday earlier in January!

A word about seating: There was some confusion about lack of seats, which mainly came about because when asked if empty seats were free, we were told that they were being saved for others, only to find that those "others" were already seated somewhere else! Also, we ask that you not put your hat, coat, handbag or whatever on the seat next to you if you are not keeping it for someone. This is how mistakes arose, too.

By the time you read this, our first film afternoon will be over, but please make a note of the following dates:

28th March: Twilight film and barbecue. 9th April: Autumn dinner. 7th May: Bailey's Fashions.

Fay is enjoying wearing her new "hat," and Margaret Hunter and Jeannette Middlemiss are "in training" and showing great potential. Our very best wishes go to our friend Margaret Crocker, who has not been well. Take care, Margaret, and to you and everyone, we say, as usual: Stay well and stay happy.

*Irene Warwick, Unit 89, 4655 1119,
Fay O'Bree, Unit 119, 4655 7348.*

TOASTMASTERS

Camden Toastmasters meet on the second and fourth Monday of the month in the downstairs hall at Paling Court at 7 p.m. for a 7.30 start.

A cordial invitation is extended to anyone interested in improving his or her speaking skills.

Please contact:

Jock Wylie on 4655 6979 or

Ashlea Fisher-Sharpe on 4655 3438

Enjoyable Trip To Picton

On Tuesday, 10th of last month, Carrington Nursing Home had a trip to Picton for lunch. I was invited as well to be with my husband, Fred, who lives in the nursing home.

My! What an eye opener—one male driver, two lovely lady staff members, 12 residents, one visitor, three transfer wheel chairs and five lock down wheel chairs.

It took half an hour to load the bus as all the wheel chairs had to be clamped to the floor, which meant staff squatting and crawling around the bus floor to anchor everything down for safety. That's no easy task as it's hard work and one needs to be physically fit.

When we arrived at the restaurant it took another half an hour to unload and get everyone seated and made comfortable. Staff made sure we had drinking water and drinks of our choice on the tables.

Staff ordered our meals and assisted residents to the toilets. They cut the food for those who needed help and continually kept an eye on everyone and made sure we received our dessert and that everyone was happy.

I am pleased I accepted the invitation as I saw for myself how everyone was treated with kindness and respect.

Why am I writing this, you may ask? It's to let everyone know that if my life takes me down this path, being dependent on another, I've nothing to fear.

My home is at Carrington with their policies of "care in place", dedicated staff and management.

I have visited a dementia section where I saw residents loved and hugged, lots of smiles, treated with respect and all dressed nicely and happy.

So I say to myself what have I to fear for the future? Carrington is a lovely place to call "home!"

Everyone enjoyed the day out thanks to the driver, who got us there and home again safely, and the wonderful staff. Many thanks.

Georgina Watts (Fred's wife).

Keep The Rain Off

At the last residents' meeting the Carrington Umbrella was shown to those attending. Of ample size with wooden handles, these umbrellas are divided into dark blue and white panels and have the word "Carrington" on two sides.

They are priced at \$17 and can be obtained from Liz Crowe, upstairs in the administration building. They would make an ideal accessory for those keen golfers using the geriatric Carrington Greens golf course!

Shredded Paper Disposal

All your shredded paper can be put to good use if you are willing to help one who cares for animals.

Phil Spencer, a retired coal miner, collects old pillow cases and shredded paper to make up little mattresses for animals at the local and district pounds.

Phil went to the pound in Campbelltown and became the new owner of a small dog which was to be put to sleep if no one came to his rescue. He said that the animals were all shivering and mournful looking as they were sleeping on cold concrete.

He brought his new friend home and as he knuckled down to the job of making him comfortable in his new kennel he realised that he could use some of his spare time making mattresses for other unfortunate animals.

Phil supplies all the pounds free of charge and can certainly use every bit of shredded paper and old pillow cases he can get. He also collects old towels and blankets.

If you are looking for a good use for any of these items, Phil's your man. You can phone him on 4655 2537. His address is 6 Kelloway Avenue, Camden.

For Carrington residents Mick Freestone will pick up from your place on Wednesdays or Fridays by contacting him on 4655 9815.

"Thanks for the electric guitar you gave me for Christmas," little Chris Cody said to his uncle the first time he saw him after the holidays. "It's the best present I ever got." "That's great," said his uncle. "Do you know how to play it?" "Oh, I don't play it," the little fellow said. "My Mum gives me a dollar a day not to play it and my Dad gives me five dollars a week not to play it at night."

Golf Course Chatter

Good Day again everyone. I'm writing this on 18th February. The blessing of the refreshing rain means the golf course is looking great, for which we give thanks.

So far this month the best scores recorded have been quite modest, therefore beatable! The best round for men has been 41 and the best for the ladies, 47.

Opportunity knocks to lodge better scores for March (till the copy deadline date for submission to *The Carrington Courier*) and feature in the mid-year finals in July.

Remember, all the equipment you require to have a round is available, free of charge, just for the asking. Simply phone 4655 3438.

Finally, there is a great book available at Camden Library, simply titled "100 Golfing Tips", which will perhaps inspire other golfers to strive to improve their game, as it has for Ashlea and me. It gives clear basic hints with illustrations on improving one's game.

We hope to see more Carrington residents around the course enjoying the unique facility of our geriatric Carrington Greens.

Robert Fisher-Sharpe.

FROZEN MEALS

Carrington kitchen supplies a small range of frozen meals to self-care residents. They are:

- **Beef and vegetable casserole.**
- **Chicken casserole.**
- **Crumbed fish dinner.**
- **Roast beef dinner.**
- **Roast chicken dinner.**
- **Roast lamb dinner.**

These meals can be ordered using a frozen meal order form available at Paling Court or Mary MacKillop reception desks at a cost of **\$5**. The meals are delivered on Tuesdays between 9 and 10 a.m.

Emergency sit-down meals can be provided on short notice at Mary MacKillop Hostel by arrangement with

Angela Potter on 4659 0328

The cost is **\$6.50** for a meal and sweets.

A New Year— A New Beginning

A new calendar is hanging on the wall,
Untouched, unmarked by ought at all.
A new diary, its pages as yet unscored
Awaiting the year's events to record.

The year ahead is a pathway yet untried,
Like a map unknown, except by God.
It is a field to plough, with furrows straight and true.
A mountain to climb, its reward the view!

It is like a garden for us to tend through the seasons,
Or a puzzle book without answers or given reasons.
It is a challenge—a second chance—a new beginning,
An opportunity given us—ripe for the winning.

We don't know what the future holds,
But we do know Who the future moulds.
Before us His days, weeks, a whole new year.
With God leading us, what have we to fear?

Phyllis Fox, Leumeah.

Different Roads

Which way? What way? Left or right?
None present their end in sight.
Some look stony, some smooth and straight,
Some are open and plain, some hidden behind a gate.

If I choose one, the other is left behind.
If I take the straight, it may begin to wind.
Fellow travellers on the way advise,
But how can I tell if they are wise?

I have a Book that shows me daily where to go,
To solve the problems I need to know.
It introduces me to the Heavenly Guide
Who will direct my path and help me decide.

Which way? What way? No problem now.
He has been before me and He will show me how.
He knows the way, for He is The Way
And by my side He'll forever stay.

Phyllis Fox, Leumeah.

Loss Of TV Reception

A great clap of thunder and an apparent bolt of lightning was all it took to wipe out village residents' TV reception in Carrington on Friday night, 20th February.

A lot of unhappy people were left facing a weekend without their favourite programmes and shows. No doubt the collections of DVDs were rifled through to take the place of live TV, or perhaps a good book was found to fill the void. Those people with satellite dishes would have been happier than most of us.

Many Different Roads

After encountering the Christ Child
The Magi, in a dream clear and mild,
Were instructed not in Bethlehem to stay,
But to return home by a different way.

There are many different roads we can take,
Many different decisions we must make.
Some are physical and plain to see,
Some are spiritual—just for you or me.

There are highways, low ways, or in between.
Some seem strange where we've never been.
There are busy streets and quiet country lanes,
And cross roads with conflicting vanes!

The road we are treading now we call today,
But we cannot linger here or stay.
It leads us on—tomorrow is around the bend.
Will it upward climb or descend?

One thing on earth is very sure,
One road we cannot travel any more.
For guidance and wisdom we must pray,
For no road leads back to yesterday!

It is just as well, on earth, for us
That in the maze, confusion and fuss
We have a Heavenly Guide Who goes before,
Of this we can be very sure!

Phyllis Fox, Leumeah.

April Copy Deadline

*The cut off date is Wednesday, 18th March,
at 3 p.m. and the editor's email address is:*

gordon.stewart1@bigpond.com

*His mail box is 120 on the wall to the left of the
main entrance to Mary MacKillop Hostel.*

A wife came home to find her husband stalking around the kitchen with a fly swatter. She said "What are you doing?" "Killing flies", he said. She enquired, "Have you had any luck?" He said, "Yes, two females and three males". Curious she asked, "How can you tell which is which?" He said, "Three were on the beer can and two were on the phone".

Do You Need A Taxi?

Camden Area Cabs, is Camden area's own cab service. It is on call 24 hours, seven days a week and offers a prompt local, friendly service. The fleet is modern with passenger comfort catered for and includes maxi cabs which are wheelchair accessible .

More information can be obtained by phoning 4677 1564, but bookings should be made on this number—13 38 34.

Safety In The Village

Please ensure that seat belts are worn, not only out on the roads, but when driving in the village and be mindful of the 20 kilometers per hour speed restriction in the village.

Outgoing Mail

Residents are again reminded that there is no need to make the journey to Camden just to post mail.

Remember that there is now an outgoing mail box on the wall outside Mary MacKillop Hostel for you to use and it is cleared every day at 1.30 p.m. The mail is taken to the administration office and then collected by Australia Post. The Australia Post driver takes the mail directly to the mail exchange at Minto for sorting and distribution.

Residents' Meetings For The Year

Residents' meetings will be held in the Recreation Centre at 9.30 a.m. on the Mondays of 9th March, 15th June, 28th September and 14th December. These meetings give residents the opportunity to hear what is going on in the village and to ask questions of management.

Mark the dates on your calendars and in your diaries so as to keep the dates clear.

DVD Library

A DVD library is in the Mary MacKillop Hostel kiosk and has a great selection of top shows and movies for residents to borrow. You are welcome to check these out and you might just find the one that interests you. The borrowing fee won't break the bank either.

Of course the service is only available during the hours that the kiosk is open.

Addressing Mail

Businesses now request that mail addresses be limited to three lines with no need for punctuation. If anyone has had problems, the sample below shows the accepted form of address for our village (substitute your unit number or room number for 999 in the example):

**Carrington Village
S.C. 999/90 Werombi Road
Grasmere NSW 2570.**

Groceries Owners Found

Last month we reported that some groceries were wrongly delivered to Unit 85. We are pleased to report this month that the mystery has been solved and the rightful owners were only a couple of doors away. So all's well.

Bible Study

Bible study is held at Jean Olsen's unit (number 64) on the second and fourth Monday of the month at 10.30 a.m. However, the residents' meeting for March also falls on the second Monday, which means that Bible study will commence at 11 o'clock on this occasion.

All are welcome and for further information, please contact Jean Olsen on 4655 6978.

Carrington Singers

Carrington Singers meet for practice each Friday afternoon at 2 o'clock in the Recreation Centre. Anyone wishing to be a part of the group should contact Marguerite Giles on 4655 2860. You would be most welcome.

Information Changed?

It is important for the information on residents' transfer slips is kept up to date. If next-of-kin contact details change because of their moving house or changing telephone numbers, the village manager needs to be informed so she can amend her records.

It is important also to keep your transfer slip on the fridge. You will require this information for the ambulance and hospital should you need their help. It is also a good idea to photo-copy the transfer slip before going to hospital so that the copy can go on the fridge in place of the one which you take to the hospital and probably won't have it returned to you.

Probably Lithgow Highland Society about 1928-1930



*This photo was taken at the Cowra gathering in 1930.
If you think you know someone, please see Ian MacFetters in Unit 32.*



*Someone may recognise a member of the above group. If so, Ian MacFetters in Unit 32 would like to know.
His father was connected with Lithgow Highland Society back in the 1920s and 1930s.*

VILLAGE ACTIVITIES CALENDAR FOR MARCH

Sunday, 1st

9.15 a.m. Anglican Communion, Paling.

Monday, 2nd

10.00 a.m. Garden Club, Paling Court.
1.00 p.m. Aquarobics, Pool.
1.30 p.m. Computer Club, Rec. Centre.

Tuesday, 3rd

9.30 a.m. Craft, Mary MacKillop.
10.00 a.m. Activity Group, Rec. Centre.
1.30 p.m. Dr. Arnaudon, Paling Court.
3.00 p.m. Dr. Arnaudon, Mary MacKillop.

Wednesday, 4th

9.00 a.m. Croquet.
10.00 a.m. Informal Bowls Practice.
10.00 a.m. Catholic Communion,
Mary MacKillop.
10.30 a.m. Catholic Communion, Day Care.
10.30 a.m. Catholic Communion, Paling.
1.00 p.m. Tai Chi, Recreation Centre.
3.00 p.m. Men's Happy Hour.

Thursday, 5th

8.40 a.m. Camden/Narellan Bus.
9.00 a.m. Lawn Bowls.
1.00 p.m. Dr. Ban, Mary MacKillop.
1.00 p.m. Aquarobics, Pool.
3.00 p.m. Dr. Ban, Paling Court.

Friday, 6th

9.00 a.m. Art Classes, Paling Court.
1.00 p.m. Mini Market, Paling Court.
2.00 p.m. Carrington Singers, Rec. Centre.
2.20 p.m. Catholic Rosary, Mary Mac.

Saturday, 7th

9.00 a.m. Lawn Bowls.
9.00 a.m. Croquet.

Sunday, 8th

9.15 a.m. Anglican Communion, Paling.

Monday, 9th

9.30 a.m. Residents' Meeting, Rec. Centre.
11.00 a.m. Bible Study, Jean Olsen's, U. 64.
1.00 p.m. Aquarobics, Pool.
7.00 p.m. Toastmasters at Paling Court.

Tuesday, 10th

9.30 a.m. Craft, Mary MacKillop.
10.00 a.m. Activity Group, Rec. Centre.
1.30 p.m. Dr. Arnaudon, Paling Court.
3.00 p.m. Dr. Arnaudon, Mary Mac.

Wednesday, 11th

9.00 a.m. Croquet.
10.00 a.m. Informal Bowls Practice.
10.00 a.m. Catholic Communion,
Mary MacKillop.
10.30 a.m. Catholic Communion, Day Care.
10.30 a.m. Catholic Communion, Paling.
1.00 p.m. Tai Chi, Recreation Centre.
3.00 p.m. Men's Happy Hour.

Thursday, 12th

8.40 a.m. Camden/Narellan Bus.
9.00 a.m. Lawn Bowls.
1.00 p.m. Dr. Ban, Mary MacKillop.
1.00 p.m. Aquarobics, Pool.
3.00 p.m. Dr. Ban, Paling Court.

Friday, 13th

9.00 a.m. Art Classes, Paling Court.
2.00 p.m. Carrington Singers,
Recreation Centre.
2.20 p.m. Catholic Rosary,
Mary MacKillop.

Saturday, 14th

9.00 a.m. Lawn Bowls.
9.00 a.m. Croquet.

Sunday, 15th

9.15 a.m. Anglican Communion,
Paling Court.

Monday, 16th

1.00 p.m. Aquarobics, Pool.

Tuesday, 17th

9.30 a.m. Craft, Mary MacKillop.
10.00 a.m. Activity Group, Rec. Centre.
1.30 p.m. Dr. Arnaudon, Paling Court.
3.00 p.m. Dr. Arnaudon, Mary Mac.

Wednesday, 18th

9.00 a.m. Croquet.
10.00 a.m. Catholic Communion,
Mary MacKillop.
10.00 a.m. Informal Bowls Practice.
10.30 a.m. Catholic Communion, Day Care.
10.30 a.m. Catholic Communion, Paling.
1.00 p.m. Tai Chi, Recreation Centre.
3.00 p.m. **Courier Copy Deadline.**

Thursday, 19th

8.40 a.m. Camden/Narellan Bus.
9.00 a.m. Lawn Bowls.
9.15 a.m. Anglican Communion, Paling.
10.30 a.m. Anglican Service in Day Care.
1.00 p.m. Dr. Ban, Mary MacKillop.
1.00 p.m. Aquarobics, Pool.
3.00 p.m. Dr. Ban, Paling Court.

Friday, 20th

9.00 a.m. Art Classes, Paling Court.
2.00 p.m. Carrington Singers, Rec. Centre.
2.20 p.m. Catholic Rosary, Mary Mac.

Saturday, 21st

9.00 a.m. Lawn Bowls.
9.00 a.m. Croquet.

Sunday, 22nd

9.15 a.m. Anglican Communion, Paling.
2.00 p.m. Salvation Army Band,
Downstairs, Paling Court.

Monday, 23rd

10.30 a.m. Bible Study, Jean Olsen's, U. 64.
1.00 p.m. Aquarobics, Pool.
7.00 p.m. Toastmasters at Paling Court.

Tuesday, 24th

9.30 a.m. Craft, Mary MacKillop.
10.00 a.m. Activity Group, Rec. Centre.
1.30 p.m. Dr. Arnaudon, Paling Court.
3.00 p.m. Dr. Arnaudon, Mary MacKillop.

Wednesday, 25th

9.00 a.m. Croquet.
10.00 a.m. Informal Bowls Practice.
10.30 a.m. Catholic Mass in Chapel.
1.00 p.m. Tai Chi, Recreation Centre.
3.00 p.m. RSL Meeting, Rec. Centre.

Thursday, 26th

8.40 a.m. Camden/Narellan/C'town Bus.
9.00 a.m. Lawn Bowls.
10.30 a.m. Baptist Friendship Morning,
Day Care.
1.00 p.m. Dr. Ban, Mary MacKillop.
1.00 p.m. Aquarobics, Pool.
3.00 p.m. Dr. Ban, Paling Court.

Friday, 27th

9.00 a.m. Art Classes, Paling Court.
2.00 p.m. Carrington Singers, Rec. Centre.
2.20 p.m. Catholic Rosary, Mary Mac.

Saturday, 28th

9.00 a.m. Lawn Bowls.
9.00 a.m. Croquet.

Sunday, 29th

9.15 a.m. Anglican Communion, Paling.

Monday, 30th

1.00 p.m. Aquarobics, Pool.

Tuesday, 31st

9.30 a.m. Craft, Mary MacKillop.
10.00 a.m. Activity Group, Rec. Centre.
1.30 p.m. Dr. Arnaudon, Paling Court.
3.00 p.m. Dr. Arnaudon, Mary Mac.

Diary Dates: Please mark your diaries with these future activities:

Wednesday, 1st April:
Men's Happy Hour.
Friday, 3rd April: Mini Market.
Monday, 18th May:
Combined Devotional Morning.
Sunday, 20th September:
Salvation Army Band.
Saturday, 8th August: Carrington Fair.



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