

MERRY CHRISTMAS & A SAFE AND HAPPY NEW YEAR



It is amazing that so much goes on around me all day, every day, and yet when it comes time to write a bit for the newsletter I go

blank. We have entered into the silly season already, where has the time gone? Now is the time to rejoice and reflect at what an incredibly busy and exciting year we have all had in 2016. I would firstly like to give a warm welcome into the village community to Beverley Porteous A101 and Inge Krege A32, who both moved into Bellerive last month. Unfortunately we had to also farewell Margaret Sargent villa 24 who passed away on 31st October. Margaret was an active resident at Bellerive; moving in during March 2010 and being on both the resident committee and social committee in its early stages. Our thoughts and prayers go out the family and to those closest to Margaret during this difficult.

We would also ask those of you that are active and ride bicycles or you have family members that visit on bikes if you could please refrain from riding on the pathways within Bellerive. This is a safety measure for pedestrian's who may be walking along the paths throughout the village.

I would like to finish off by wishing you all on behalf of all the staff, the very best for Christmas and the New Year and to all of you that will be travelling a very safe journey. Peter and I will be away from the office from Christmas Eve and returning Tuesday 3rd

January, our friendly staff will be here to assist with any concerns you may have during our absence.

Kind regards Ruth

NEW STAFF MEMBER - ANDREA DELANGE



Hi Guys,

First of all, thank for making my first few shifts at Bellerive welcoming and enjoyable. Everybody has been lovely and so friendly. A bit about me; well I grew up in the beautiful New

Zealand until I finished my Bachelor degree in Social Sciences and decided to move abroad. I lived in Melbourne for a few years then decided to head over to London where my sister was living. I had the best few years in the UK, working odd jobs, travelling all over Europe and making some amazing friends.

After meeting a kiwi boy abroad, we both moved back to New Zealand after our visas expired but it wasn't long before we moved over to Canberra. Initially it was only a temporary move but nearly 4 years later and we are still here and really happy. I still love to travel and have recently been on a 7day cruise which was incredible. In my spare time I love to exercise, catch up with friends and am a volunteer at the Ronald McDonald House at Canberra Hospital which keeps me busy. I also started my Diploma in nursing this year which has been really interesting.

Thank you once again for your friendly and warm welcome to Bellerive, Merry Christmas.

SOCIAL CLUB EVENTS FOR DECEMBER



Melbourne Cup Luncheon

The Social Committee would like to thank those residents and their invited guests who attended the Melbourne Cup luncheon. A good day was had by all. Congratulations to all the winners on the day. For those who volunteered to wash and iron the tablecloths used on the day, thank you. One of the round tablecloths, much needed for use on round tables at future events, has gone missing. Perhaps someone who took it to wash has overlooked returning it.

Thank You

The Social Committee would like to thank all those residents and staff who have assisted them during the year at its various events. Special thanks also go to Brian Angel and Keith Sloane for their input at the Jazz nights and to John Fraser for his part in the musical trivia nights.

Upcoming Events for the Festive Season

Christmas Party

The Social Committee will be holding its annual Christmas Party on Saturday 17th December commencing at 6.00pm outside the Leisure Centre. Bring your own drinks and food to share. A notice will be at reception for residents to indicate their intention to attend and the type of food they propose to bring along. Volunteers are asked to be at the Leisure Centre at 5.00pm on the day to assist the committee members set up tables and chairs.

Christmas Eve

Residents are also invited to Christmas Eve drinks in the Leisure Centre on Saturday 24th December commencing at 7.00pm. This again will be bringing your own drinks and nibbles to share.

New Year's Eve

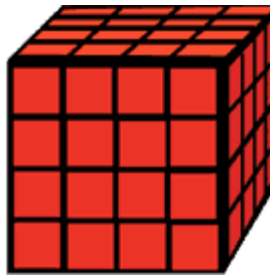
The Committee has also arranged to celebrate New Year's Eve in the Leisure Centre

commencing at 7.00pm. As previously done, it will be bring your own drinks and nibbles to share.

Christmas Basket Raffle

The Social Committee has arranged to hold a Christmas basket raffle which will be drawn at its Christmas Party. A basket will be placed in the Leisure Centre on Thursday 1st December for anyone wishing to donate Christmas festive items, etc. Raffle tickets will sell for \$1.00 each or 3 for \$2.00.

DECEMBER PUZZLE



Michael made a cake, in the shape of a perfect cube, for 64 guests at a recent party. The inside of the cake was sponge, and he iced the cake with red icing.

He didn't ice the bottom of the cake. Michael cut each side of the cake into four equal pieces, making a total of 64 pieces of cake (each exactly the same size). How many of the pieces of cake had at least 2 of their sides with icing

Answer revealed next month

Answer to November's puzzle revealed

Answer: 125.

- There are 61 squares of size 1x1.
- There are 39 squares of size 2x2.
- There are 20 squares of size 3x3.
- There are 5 squares of size 4x4.

Podiatry

Please join me in congratulating Jennifer & James on the impending birth of their first child. We will look forward to meeting the new addition in the New Year. To help Jennifer out James will be taking up some bookings as well in December. You can make booking on the following days:

James - Monday 5th & 19 December

Jennifer - Saturday 10th December

Jennifer will resume in the New Year on Saturday 7th January.

CHRISTMAS/ NEW YEAR ACTIVITY DATES

Hairdresser: closed 26 Dec - 3 Jan 2107 open on the 31 Dec by appointment only.

Maintenance: No Maintenance service from Sat 24 Dec resuming Monday 9 January 2017. In the event of an emergency please contact reception.

Tai Chi: No classes from 13 Dec resuming Monday 9 Jan 2017

Cafe: Closed from Sat 17 Dec opening 17 Jan

Chair Yoga: No classes from 15 Dec – resuming 12 January

Sketch Group: No classes from 22 Dec resuming early February

Podiatry: See included article

Walking Group: Continues as normal for all those wishing to walk off the Christmas pudding.

Remember the dates have changed for summer with the walkers leaving at 8:30am and the strollers leaving at 9am.

Massage: No massage service from the 7th December through to early February as Sue will be away.

Exercise Groups

Monday: No class on Monday 26th December and Monday 2nd January

Wednesday: Classes will be conducted by Cody while Sue is away. No classes from 22 Dec resuming on 11 Jan

Friday: No classes till sue returns early Feb.

Happy Hour: No happy hour on 26 Dec & 2 Jan

Guest Speaker: Guest Speaker Session will be in recess during December and January; recommencing in February.

Thank You

Bettye Miller would like to thank the person who found her black leather coin purse on the pathway near the Stanley and St Clair mail boxes, it is an irreplaceable item.



Narelle will now be available on Wednesdays leading up to Christmas but by appointment only, you can call Narelle on 655 or her mobile 0438 412 391.

The Hair Salon will be closed from Christmas day and reopening on Tuesday 3rd January 2017, she will make herself available though on Saturday 31st December by appointment only.

She will have a slight increase in price for a Ladies hair cut from \$28 to \$30, effective from the 1st January 2017, most other services will remain the same. A price list with her hours and services will be distributed to mailboxes in the next few weeks.

Bookings for Christmas appointments are filling up, so book early to avoid disappointment as some days in December are already booked out.

Narelle wishes you all a very happy and safe time over Christmas

CAFE UPDATES

Christmas day

Want something delicious on Christmas Day, but don't want to cook?

Rikki is putting together Christmas lunch platters to be collected from the cafe on Saturday 24/12 between 10am - 12pm

Menu - \$25pp - designed to be eaten cold

Turkey and cranberry terrine

Glazed ham slices & mustards

Smoked salmon & prawn salad

Roasted vegetable salad with apple & macadamia pesto

Bread roll, butter

Dessert - salted chocolate caramel tarts, fruit mince pies, brandy custard

Please book through the cafe - bookings close Saturday 17/12/16

News from the cafe.....

After an exhausting but satisfying year, the cafe will shut down over Christmas for a well earned break.

Close after lunch Saturday 17/12/16

Reopen Wednesday 11/1/17 bigger, and better than ever

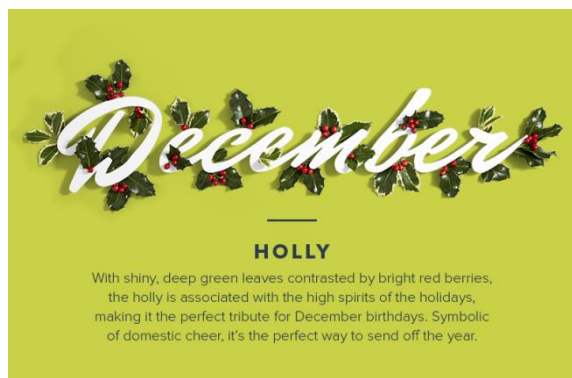
Don't forget about the frozen meals - there are plenty of goodies in there to keep you going over the Christmas break.

We'd like to take this opportunity to wish everyone a merry and festive Christmas and new year. Thank you for your ongoing support.

From all the Eatyourwords team

DECEMBER BIRTHDAYS!

Di Mildern	1
Mary Lalic	4
Heather Aspinall	7
Trudy Dinn	7
Merren Sloane	8
Carol Shean	9
Bryan Barlow	10
Michael Koodiaroff	11
Gerard Garty	13
Kath Hogan	13
Karl Guenther	20
Scott Chadwick	21
Monica Martyn	21
Geoff Cox	22
Helen Chadwick	23
Maureen Hoyland	24
Lou Lalic	25
Carol Cuzner	26
Inge Krege	29
Rhonda Lipton	31



Special Invitation to see AUTH-OR-IZE

Friday 9th December @ 10 departing Bellerive @ 9:30am Cost \$15 per head



Canberra Dance Development Centre (CDDC) is excited to invite you to experience our upcoming performance of AUTH-OR-IZE!

Experience CDDC full time students on stage at the ANU arts centre for an inspiring evening of classical ballet, theatrical dance and contemporary dance.

Booking close on Friday 2 Dec

HAPPY HOUR - EVERY MONDAY @ 4:30PM



Come along to our "Happy Hour Trivia". Be prepared with two questions or just join in answering.

5th – Music with John + clues

12th – Birds

19th – Christmas which can include Christmas traditions from around the world.

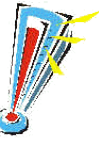
Bar B Q @ the Cotter



Here is a happy group of residents who attend the bus trip to the Cotter, the weather was perfect, company enjoyable and a great day had by all.

AVOIDING HEAT-RELATED STRESS

THE HEAT IS ON



What is heat-related stress?

Heat-related stress is an illness which usually occurs when a person is exposed to a hot environment which overwhelms their body's ability to maintain a normal temperature.

The early symptoms of heat-related stress include headaches, dizziness, faintness, nausea and vomiting.

Heat-related stress is a serious medical condition. If not recognised early and managed properly, people can potentially develop life-threatening illness (heat-stroke). Simple measures that can be applied by everyone significantly reduce the chance of becoming seriously unwell with heat-related stress. Heat-related stress can occur on normal summer days, but the risk of developing heat-related stress increases dramatically if outdoor temperatures rise above 35°C. relatively short exposure to extremely hot environments can also cause Heat-related stress. These include the interior of a hot car or periods of direct exposure to the sun. The risk of developing heat-related stress is highest during a 'heat-wave' where temperatures are above average for several sequential days and it remains hot overnight

What causes heat-related stress?

People adapt to heat by sweating, reducing their level of physical activity, and moving to a cool environment such as an air-conditioned building. If a person is not able to adapt in this way then their body temperature begins to rise and they become unwell.

Heat-related stress can occur in anyone but those most at risk include:

- young children and babies
- the elderly
- pregnant women
- obese individuals

- disabled individuals, particularly those with impaired mobility
- individuals on medications which promote fluid loss or reduce sweating
- individuals who exercise or work outdoors
- people who are not acclimatised to heat (e.g. overseas visitors)

How can heat-related stress be prevented?

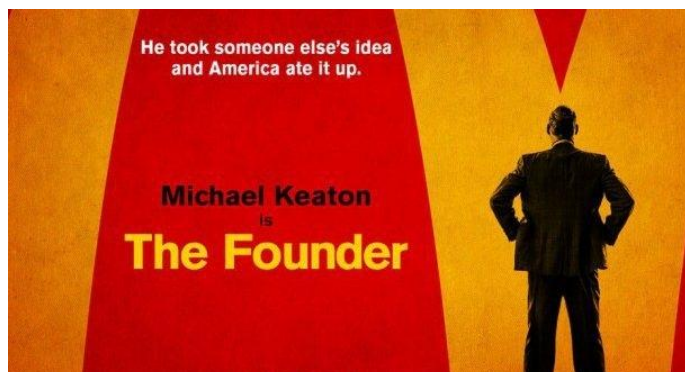
Individuals must protect themselves from the dangers of heat-related stress during hot summer days and heat-waves. The following measures should be followed to reduce the chance of suffering heat-related stress:

- **Drink plenty of fluids and avoid dehydration**
 - Dehydration reduces your body's ability to cool itself by sweating. Check with your doctor how much you should drink if you are on limited fluids or fluid pills.
 - Water is the best fluid to drink.
 - Avoid beverages which contain caffeine or alcohol.
- **Stay in a cool environment**
 - Stay indoors or in the shade wherever possible.
 - Sleep in the coolest part of the house.
 - Keep air circulating and use air conditioning if available. If you don't have air conditioning, consider visiting an air-conditioned facility such as a shopping centre or library.
- **Reduce physical activity**
 - Avoid strenuous physical activity.
- If activity is unavoidable, rest often and drink plenty of fluids.
- **Take extra measures to increase cooling**
 - Wear light-weight clothing.
 - Take a shower, bath or sponge bath.
 - Eat regular, light meals.

BUS TRIPS – DECEMBER 2016

Tuesday 6 December - Departs 10:15am – Pick up 2:15pm

Palace Cinema + Lunch – “The Founder”



The true story of how Ray Kroc (Michael Keaton) manoeuvred himself into a position to buy the 1950s burger operation of Mac and Dick McDonald and create a billion-dollar fast food empire. A biopic about the founder of one of the most popular companies the world has ever seen seems like such a no-brainer, it's amazing that nobody has thought of it before now. Cost is \$16.50 per person **payable to reception by Thursday 1st December**

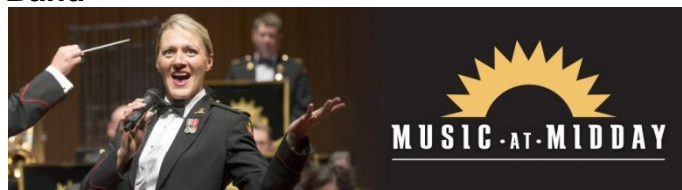
**Monday 12 December Depart: 10:00 am
Bredbo Christmas Barn and Lunch @ The Pancake Restaurant Bredbo**

In a retail world of sameness, we offer not only



UNBELIEVABLY large collection of exclusive, niche Christmas product, Our elves are committed to Christmas, join us, and be transported to another world, The Barn is a wonderland, a Christmas feast for the eyes, forests of trees, wreaths, and garlands, beautifully decorated, in all manner of themes and colors. After which wonder up to the famous Pancake and Crepe Restaurant for lunch.

**Friday 16 December- Departs 10:15 am
Music at Middy – Royal Military College Band**

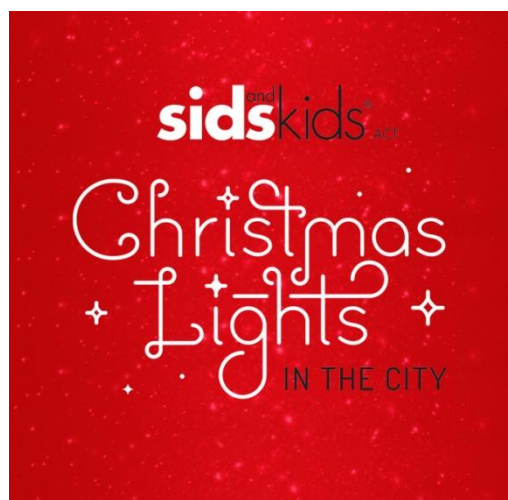


Canberra Theatre Centre is pleased to announce that the next Music at Middy concert will be held on **Friday 16 Decemer with** donations going to **Canteen**. Canberra Theatre Centre together with the Royal Military College Band host Music at Middy concerts six times a year with the support of Canberra Labour Club. The proceeds of the concerts support many local charities.

Gold Coin donation on arrival

**Monday 19 December Depart: 8:30 pm
Christmas in the City - Volunteer driver required**

This year, Christmas in the City is introducing a brand new series of food, drinks, music, handcrafted and arts markets and entertainment. The markets will replace the



tunnel of lights that ran along City Walk in 2015, and will raise vital funds for SIDS

an *and Kids* and their important contribution to our community. The Christmas Food Markets in Civic Square will be a foodies' dream, featuring a number of delicious culinary themed nights over the course of the week such as Burgers and Beers, Sweet Treats, Cocktails and Canapés and Street Food. Next to the food markets, along Ainslie Place, will be the inaugural Christmas Handcrafted Gifts and Arts Markets, offering a variety of unique local stallholders under a canopy of fairy lights

SUNDAY MOVIES FOR DECEMBER

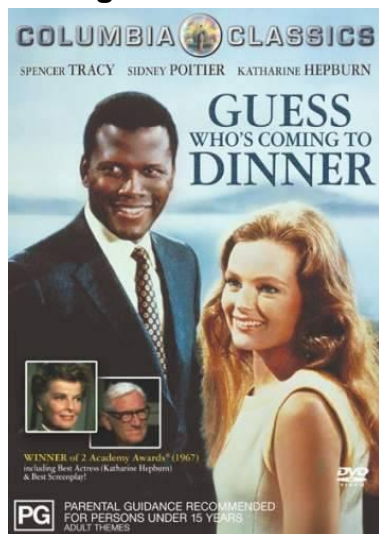
Bring your own drinks nibbles/popcorn.

Sunday 4 December – The Book Thief



In 1938, young orphan Liesel (Sophie Nélisse) arrives at the home of her new foster parents, Hans (Geoffrey Rush) and Rosa (Emily Watson). When Hans, a kindly housepainter, learns that Liesel cannot read, he teaches the child the wonders of the written language. Liesel grows to love books, even rescuing one from a Nazi bonfire. Though Liesel's new family barely scrape by, their situation becomes even more precarious when they secretly shelter a Jewish boy whose father once saved Hans' life.

Sunday 11 December – Guess Who's Coming to Dinner



Joanna Drayton a free-thinking white woman, and black doctor John Prentice (Sidney Poitier) become engaged, they travel to San Francisco to meet her parents. Matt Drayton (Spencer Tracy) and his wife Christina (Katharine Hepburn) are wealthy liberals who must confront the latent racism the coming marriage arouses. Also attending the Draytons' dinner are Prentice's parents (Roy E. Glenn Sr., Beah Richards), who vehemently disapprove of the relationship.

Sunday 18 December – The Lion in winter



It's Christmas 1183, and King Henry II (Peter O'Toole) is planning to announce his successor to the throne. The jockeying for the crown, though, is complex. Henry has three sons and wants his boy Prince John (Nigel Terry) to take over. Henry's wife, Queen Eleanor (Katharine Hepburn), has other ideas. She believes their son Prince Richard (Anthony Hopkins) should be king. As the family and various schemers gather for the holiday, each tries to make the indecisive king choose their option.

Sunday 25 December – Mrs Doubtfire



Troubled that he has little access to his children, divorced Daniel Hillard (Robin Williams) hatches an elaborate plan. With help from his creative brother Frank (Harvey Fierstein), he dresses as an older British woman and convinces his ex-wife, Miranda (Sally Field), to hire him as a nanny. "Mrs. Doubtfire" wins over the children and helps Daniel become a better parent -- but when both Daniel and his nanny persona must meet different parties at the same restaurant, his secrets may be exposed.

What's on ...

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8am Exercises 10am Hairdresser 11:30 Sketch group 2:15pm Chair Yoga Cafe – 10:30 - 3:30 5- 8 Hair dresser by appoint. 7pm Cards /Bridge	2 9 am Exercises 10 am Hairdresser Cafe – 10:30 - 3:30 6pm Cafe Christmas Dinner	3 10am Hairdresser Cafe – 10:30 - 3:30
4 2-3:30pm Craft 4pm Afternoon Movie “The Book Thief”	5 Massage by appt 9am Exercises 10:30 Podiatrist 1pm Mahjong 2pm Tai Chi classes 4.30pm Happy Hour “Music with John”	6 8:30 Walking Group 9Strollers 10am Hairdresser 10:15am Bus Trip Palace Cinema “The Founder” 2pm Mahjong	7 9am Exercises Cafe – 10:30 - 3:30 7pm Table Tennis & Carpet bowls	8 8am Exercise Class 10am Hairdresser 11:30 Sketch Group 2:15pm Chair Yoga Cafe – 10:30 - 3:30 5- 8 Hair dresser by appoint. 7pm Cards /Bridge	9 10 am Hairdresser Cafe – 10:30 - 3:30	10 10am Hairdresser Podiatrist Cafe – 10:30 - 3:30
11 2-3:30pm Craft 4pm Afternoon Movie “Guess who’s coming to dinner”	12 9am Exercises 10am Bus trip Christmas barn & pancake parlour 1pm Mahjong 2pm Tai Chi classes 4.30pm Happy Hour “Birds”	13 8:30 Walking Group 9Strollers 10am Hairdresser 2pm Mahjong	14 9am Exercises Cafe – 10:30 - 3:30 7pm Table Tennis & Carpet bowls	15 8am Exercise Class 10am Hairdresser 11:30 Sketch Group Cafe – 10:30 - 3:30 2:15pm Chair Yoga 5- 8 Hair dresser by appoint. 7pm Cards /Bridge	16 10 am Hairdresser 10:15 Bus trip - Music @ Midday Cafe – 10:30 - 3:30	17 10am Hairdresser Cafe – 10:30 - 3:30
18 10am Spring Fair 2-3:30pm Craft 4pm Afternoon Movie “The Lion in Winter”	19 9am Exercises 10:30 Podiatrist 1pm Mahjong 4.30pm Happy Hour “Christmas” 8:30pm Christmas in the city	20 8:30 Walking Group 9 Strollers 10am Hairdresser 2pm Mahjong	21 9am Exercises 7pm Table Tennis & Carpet bowls	22 8am Exercises 10am Hairdresser 5- 8 Hair dresser by appoint 7pm Cards /Bridge	23 10 am Hairdresser	24 10am Hairdresser
25 Christmas Day 4pm Movie “Mrs Doubtfire”	26 Boxing Day 1pm Mahjong	27 8:30 Walking Group 9 Strollers 2pm Mahjong	28 7pm Table Tennis & Carpet bowls	29 8am Exercise Class 7pm Cards /Bridge	30	31 Happy New Year Hairdresser by appointment only