



Elizabeth Lowe celebrating her winning scarf.



Winners Are Grinners

The Wagga Show was the place to be earlier last month. The sun was shining, there was excitement in the air and the Loreto Home of Compassion won a heap of prizes at the show. Bethany Place Men and Women had wins with their Taj Mahal and Statue of Liberty respectively. They also picked up third for their pen holder. The Craft group picked up a first for their mobile, peg board and third for their fruit trays. Marcia Harper got a first for her baby set and Elizabeth Lowe received first for her scarf. Well done everyone.

That was not the only competition during the month with our annual

Golden Hoop Extravaganza taking over our Tuesdays. It was very closely fought during the group stages and that did not stop in the finals with most of them being decided by no more than 3 points. Eventually Elizabeth Lowe took out the title in a convincing win over Alice Irvine (who turns 100 this month). Congratulations to all who entered.

Adrian is putting out the call that at Come-Along Café he will now wear your choice of apron. Aprons can be nominated by bringing them to Adrian before Café morning and will be voted by residents at exercise. Aprons will be returned clean.

BIRTHDAY SHOUT-OUTS

4th	Alice Irvine (100)
10th	Jean Korn
24th	Brian Flood
28th	Dorothy Waterford

MONTHLY HIGHLIGHTS

- 2nd- Loreto 500
- 8th-Who Am I?
- 15th - Come-Along Café
- 23rd - Thirsty Crow
- 29th- Giant Bingo
- 30th -Sweeps Open

Beau's Bulletin

by Beau the Dog



It's Spring and I have decided to train for a new job. I am inspired by Winx. I am going to be a racehorse. In 1 yrs time I want to race in the Melbourne Cup. I know what you are thinking, "Beau, you are a dog, you can't be a racehorse." I thought the same thing but while I had my holiday recently I saw Babe who was a pig that became a sheepdog, I also saw a zebra earn it's racing stripes. So I think a little dog like me could easily be a racehorse. So if you see me racing around the halls encourage me. Give me some tips. Help me become Odds on. I think I even have a racing name, Loreto's Boy. Happy racing.



BEAU

OCTOBERS' WEEKEND CHALLENGE

Welcome to the new monthly weekend challenge. This challenge can be done by yourself or with someone else helping. Each month I will give you a clue to solve. It may be to find something in the facility or it may be a famous person or place. Once you have solved the clue write your answer on a piece of paper and place it in the red box in Horrie Rex Dining room with your name and room number. Prizes for first 5 every month.

In what year did Tom Lennon start working for the Daily Advertiser?

(Hint: Tom is hanging around in a hallway to tell you)

Ensure you attend the Food Focus Group. This is a monthly opportunity for residents to have a say in the food they eat here at Loreto. Come along and have a chat with the Kitchen Team Leader on Wednesday the 24th at 1:30pm.

Remember that if your family want to receive the Chronicle by email ask them to email ahallam@forrestcentre.com.au

**You are reminded to
ensure your valuables
are locked safely away
in your lockable drawer.
See Reception**



COME-ALONG CAFE

**This month will be on the
15th. Invite your friends
to have a nice coffee. Go
on, call them now!**

**Invitations are now
available to invite a
friend. Collect them from
the table in Horrie Rex
Dining Room**

Items we accept as donations to
Activities

Prizes for bingo - Little items,
Men's items

Magazines and Non Fiction Books
for Library Trolley
CD's, DVD's of TV Shows



QUIET PLACE

By Pastoral Care Team



**Have you ever noticed how much more rewarding it is to give than receive?
This beautiful poem highlights this perfectly.**

The Things We Give Away

**When we give away a flower
Its fragrance stays behind
Like a special little “Thank You”
For doing something kind ...**

**When we give away a pleasant word
To cheer someone’s distress
The glow of it remains with us
To bring us happiness ...**

**When we give away a loving smile
To lighten someone’s heart
Our own is always lightened
By the love that we impart ...**

**In fact, the sweetest things of all
That bring us joy each day
Are not the ones we try to keep
But those we give away.**

Jean Kyler McManus

DAY TRIPS

Just a quick note about Daytrips.
Please feel free to suggest ideas both in and out of town. Also if you are interested in going on a trip please let Activity Staff know as early as possible. Make sure you also tell them if someone is coming with you.

16/10

OM:NI

Men are invited to join us at the RSL Village for Old Men:New Ideas.

23/10

Thirsty Crow Brewery

Come join us for an all in Pizza Lunch at Wagga’s only brewery.
Family welcome

29/10

Giant Bingo

Join us at Gumleigh Gardens to connect with other homes for a Giant game of Bingo. Prizes to be won.

Let Adrian know if you would like to attend

CIRCUIT CONNECTOR

THE LATEST ON THE VERANDAH CIRCUIT

by Beth Scott – LHOC Allied Health Team (Remedial Massage Therapist/Spark of Life Practitioner)

Hello to all the Loreto Home of Compassion community:

Residents, Staff, Family, Friends and Volunteers

Everyone in our Loreto community is welcome to take a few minutes to explore the features of the Verandah Circuit. If the weather is unfriendly check out the views from inside.

News/Update

Beautiful time of year to wander around the circuit. Plenty of surprises and something new to notice each time. Experience and have fun with the many opportunities integrated into the circuit incorporating the senses.... sight, sound, touch, smell, taste.

Look up, down and around. Have a play in the kinetic sand, encourage those upper body muscles and flexibility using the light dumbbells. See and hear the mobiles, [some made from cutlery], utilise the sound wall, rub the leaves and smell the many aromatic plants sprinkled through the circuit. Enjoy the view close up, middle distance [bubble fence] and across the greenery into the hills.

New flowers popping up definitely worth a look... purple lavender, white geraniums, yellow+pink freesias and creamy roses. Beautiful scented air. Enjoy Spring.

FYI - Some of the interesting things in this months calendar include 1st **International day of Older Persons** [U.N.] 5th is **Smile day** 7th **Daylight Savings** starts 10th **World Mental health day** 15th **Celebrating Rural Women** and on 28th its **Chocolate day**!

October suggestions for experiencing Circuit

Touch the various textures clay,coir,marble...

Smell the freesias

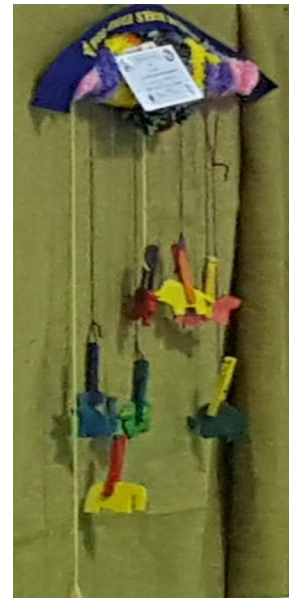
Find the cats

See the blossoms and new greenery on the bushes + trees

Hear the cascade of the tumblers on the kinetic sculpture

The circuit has integrated within its design and layout many opportunities to gently stimulate the senses. Making it a rejuvenating, calming experience and reflective space. Residents, family and visitors are welcome to utilise the verandah circuit anytime.

PLEASE NOTE THAT THE VERANDAH CIRCUIT IS TO BE USED UNDER SUPERVISION OF EITHER A STAFF OR FAMILY MEMBER - THANKS!



OUT AT THE SHOW





Weekly newsletter
with chances to
win more \$Loreto.

MELBOURNE CUP

A CHANCE TO WIN BEFORE THE CUP.

On October 3rd a horse will appear in the Horrie Rex Dining Room. Name the horse using an entry form found there and place it in the red box to open your account with \$L50,000. Unsuccessful entries win \$L10,000.

MELBOURNE CUP DAY WIL HAVE SWEEPS, HORSE RACING, HAT COMPETITION AND A BIG PARTY.



\$LORETO MONTH

NOVEMBER

IS COMING



Loreto Dollars provides a chance to earn Funny Money to be able to enter our Auction at the end of November.

There will be lots of prizes to win suitable for yourself or for Christmas presents for your loved ones. It all starts in November but look above for opportunities to win early.



OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		10:30 Mass 11:00 Exercise 1.30 Loreto 500 Car race	10:30 Exercise 11:00 Poetry 1.30 Horse making	10:30 Bingo 1:30 Bead Makers 4.45 Dining Room Trivia	10:30 Prayer Group 11:00 Remember When... 2.00 Singalong	Daylight Savings Tonight FREE TIME ACTIVITIES
7	8	9	10	11	12	13
10:30 Catholic Mass FREE TIME ACTIVITIES	10:30 Anglican Church 11:00 Exercise 1.30 Who Am I?	10:30 Mass 11:00 Exercise 1.30 Horse Shoe Making	10:30 Exercise 11:00 Poetry 1.30 Brain Strain	10:30 Bingo 1:30 Bead Makers 4.45 Dining Room Trivia	10:30 Prayer Group 11:00 Merry Movement 2.00 Singalong	FREE TIME ACTIVITIES
14	15	16	17	18	19	20
10:30 Catholic Mass FREE TIME ACTIVITIES	10:30 Anglican Church 11:00 Exercise 1.30 Come-Along Café	10.15 OMNI at RSL Village 10:30 Mass 11:00 Exercise 1.30 Outside Games	10:30 Exercise 11:00 Poetry 1.30 Activities Direction Discussion	10:30 Bingo 1:30 Bead Makers 4.45 Dining Room Trivia	10:30 Prayer Group 11:00 Remember When... 2.00 Singalong	FREE TIME ACTIVITIES
21	22	23	24	25	26	27
10:30 Catholic Mass FREE TIME ACTIVITIES	10:30 Anglican Church 11:00 Exercise 1.30 Outside Relaxation	10:30 Mass 11:00 Exercises 11.45 Thirsty Crow Brewery	10:30 Exercise 11:00 Poetry 1.30 Food Focus 2.00 Diary	10:30 Bingo 1:30 Bead Makers 4.45 Dining Room Trivia	10:30 Prayer Group 11:00 Merry Movement 2.00 Singalong	FREE TIME ACTIVITIES
28	29	30	31			
10:30 Catholic Mass FREE TIME ACTIVITIES	10.00 Giant Bingo at Gumleigh Gardens 10:30 Anglican Church 1:30 Memorial Service	10:30 Mass 11:00 Resident Meeting 1.30 Races Millinery Workshop	10:30 Exercise 11:00 Poetry 1.30 Races Millinery Workshop			