

December
2011

QUALITY AGED CARE

"The Art of Ageing Gracefully"



The Ardmillan Team wish you all a happy and safe festive season



Some Christmas traditions

The origin of **Santa Claus** began in the 4th century with Saint Nicholas, Bishop of Myra (now in Turkey). He was a generous man who loved children and this generosity started people thinking he could

perform miracles and as a result he became more popular. Saint Nicholas became the patron saint of Russia and was known for his long white beard, bishop's mitre and his red cape. All over Europe he was recognised as a patron saint and in the 12th century the church recognised an official holiday on December 6th in his honour where gift giving and charity was highlighted.

After the Reformation, European followers of St Nicholas were a lot less but in Holland the legend was kept alive and the spelling of his name changed to Sint Nikolaas and eventually transformed to Sinterklaas. Dutch children left their wooden shoes by the fireplace and Sinterklaas would leave treats in them if they had been good children. Dutch colonists brought this tradition with them to America in the 17th century and this is where the name Santa Claus started.

Christmas Stockings

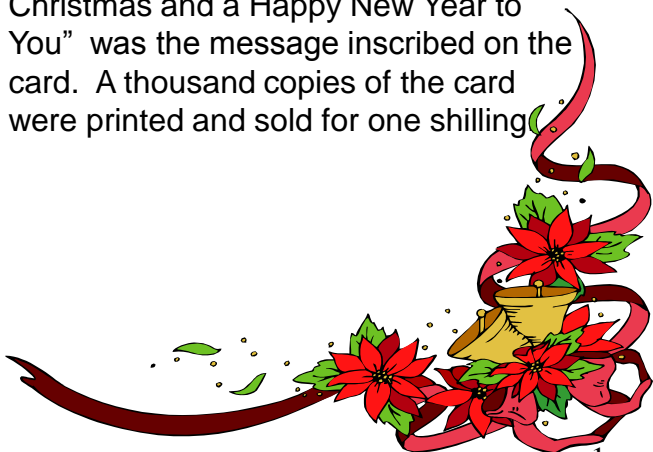
According to legend, a despondent nobleman who was grieving over the loss of his wife, squandered all his money thus leaving his three daughters without a dowry and consequently spinsterhood. The generous St Nicholas hearing of their plight, threw three small pouches of gold coins down the chimney



where they were caught by the girls' stockings which had been hung by the fireplace to dry.



A form of **Christmas Card** began in England when young boys practised their writing skills by creating a Christmas greeting to their parents, but it was Sir Henry Cole who is said to be the first send a Christmas Card. Sir Henry was a wealthy business man and found himself too busy in the Christmas season of 1843 to write individual Christmas greetings to all his friends, so commissioned John Calcott Horsley who was an artist to do the illustration for the card. The card (see above) showed a family enjoying Christmas and people performing acts of charity. "Merry Christmas and a Happy New Year to You" was the message inscribed on the card. A thousand copies of the card were printed and sold for one shilling.



Christmas Quiz

- Which of these is not one of Santa's reindeer? Dasher, Rudolph, Dixer, Donner
- What country do poinsettias originate from? Mexico, Spain, Brazil, USA
- In what period did December 25th become the traditional day to celebrate Christmas? 14th century, 1st century, 8th century, 4th century
- Who sang "White Christmas" in the 1942 film "Holiday Inn"? Bob Hope, Frank Sinatra, Louis Armstrong, Bing Crosby
- What country has St Nicholas as its patron saint? Russia, The Czech Republic, Poland, The Netherlands
- On the eleventh day of Christmas, what did my true love bring to me? 11 Lords a leaping, 11 pipers piping, 11 drummers drumming, 11 swans a swimming
- Good King Wenceslas was king of which country? Bohemia, Czechoslovakia, Poland, Hungary.
- Who was the first English Monarch to have a Christmas Tree? Queen Elizabeth 1st, King James vi, King George 11, Queen Victoria.

Just a reminder ... for residents to always sign out whenever they leave the premises and to sign back in upon returning.



Guests should sign in and out in the books available at reception in each wing

Christmas Recipes

Spiced Mixed Nuts

- Ingredients: 1 cup Raw Almonds
1 cup Cashew nuts
1 cup Macadamia Nuts
2 tablespoons oil
1 tablespoon curry powder
Salt and pepper



METHOD: Heat the oil in a large fry pan. Add the nuts and toss until just starting to brown. Pour into a bowl. Add the curry powder to the pan and stir for a minute. Return the nuts to the pan, toss and remove from the heat. Season with salt and pepper. Cool down completely and spoon into jars. Label and decorate.

These will keep in an airtight jar for 2 months

Easy Chocolate Fudge

- Ingredients: 60gr butter
500gr chocolate buds
1 can of condensed milk

METHOD: Bring a pot 1/3 full of water to the boil. Reduce to a simmer.

Grease a 7inch square tin and line with baking paper.

Place a large stainless bowl over the top. Place all the ingredients into the bowl and stir until smooth.

Pour the mix into the lined tin and allow to cool. Place into the fridge to set.

When set, cut into squares or fingers. Store in an airtight container in the fridge. If using as a gift, place some pieces into cello box or bag and decorate with Christmas ribbon.

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Outing to Flemington Heritage Centre

In October an outing was organized to the Flemington Heritage Centre at Flemington Racecourse. The Heritage Centre and Heritage Trail has been launched to commemorate the milestone 150th running of the Melbourne Cup. Those on the tour went behind the scenes to look at priceless artifacts from the VRC's archives, as well watching the excitement of Flemington come to life through various forms of multimedia. Walking through the gift shop and having lunch in the café was also very enjoyable.



Primary School concert

In October the residents were very fortunate to have been visited by the students from Moonee Ponds West Primary School. The students entertained the residents with a lovely concert in the level 2 foyer.

Morning Melodies

WOMEN OF THE 60s



A trip to the Clock Tower in Moonee Ponds on 25th October for Morning Melodies saw Gina Hogan and Greg Riddel taking everyone back to the fabulous music of the 60s. An enjoyable music morning was had by all who attended.

Cup Day Celebrations



A great time was had by all on Cup Day this year with drinks and nibbles served before a beautiful BBQ lunch which was enjoyed out on the terrace on Level 4.

Cup Day is all about fashions and hats, so here at Ardmillan we held our own "Fashions on the Field." The award for our best dressed lady went to Sheila, and the winners in the best hat competition were Jack and Doris. Congratulations to these fashion makers and to all who dressed up for the day.



Cup Day would not be complete without a Cup Sweep. The winners of the Ardmillan sweep were:

1st Tony 2nd: Sam 3rd Ken

4th Jack



Level 5E held their own sweep and the lucky winners were:

1st Ethel 2nd Des 3rd Doris



Christmas Activities

8th December: Penleigh and Essendon Grammar students perform Christmas Carols at 1.30pm in the foyer on Level 2.

11th December: Santa visits all levels from 11.00am.

11th December: Bronwyn and her friends – Shaking the Tree Choir performance. Level 2 foyer at 2.00pm.

13th December: Moonee Ponds West Primary School students will perform Christmas Carols for the residents in the foyer on Level 2 at 2.45pm.

13th December: Morning Melodies. Some residents will travel to Moonee Ponds Clock tower to celebrate Christmas with an inspirational morning of music and Christmas songs with Jonathan Welch AM, best known as the man behind the ABC's smash hit series "Choir of Hard Knocks".

15th December: Catholic Church Home Mass at 2.30pm. Level 5W Dining Room.

21st December: Anglican Church Home mass. 3.00pm. Level 5W Dining Room

25th December: Christmas Day Lunch. 12.30pm on Level 4 W Terrace.

26th December: Boxing Day BBQ with Roland Sing a long. 11.30am Level 4W Terrace, weather permitting, otherwise indoors.

Bunning's workshop for Christmas crafts. (date to be confirmed.)

Answers to Christmas Quiz

- | | |
|----------------|---------------------|
| 1. Pear Tree | 7. 11 Pipers Piping |
| 2. Dixen | 8. Bohemia |
| 3. Mexico | 9. Queen Victoria |
| 4. 4th Century | |
| 5. Bing Crosby | |
| 6. Russia | |

Thankyou!



to our residents and relatives for the numerous compliments

