

Welcome to Edition Five of our Doutta Galla Queens Park Retirement Living newsletter. Stay up to date with the news and activities going on in and around the Village.



Kay and Cuc at the festival!

Doutta Galla attends Moonee Valley Festival

Doutta Galla had a wonderful time interacting with the community at the vibrant Moonee Valley Fest on Saturday February 24th over the road at Queens Park. Organised by Moonee Valley City Council, the event gave us the opportunity to have numerous conversations, answer questions, and say hello to many residents from the Village! It was fantastic to engage with many individuals interested in aged care, whether for themselves or their loved ones.

We extend our heartfelt thanks to Mayor Cr Cuc Lam from the Maribyrnong City Council for her support and Mayor Cr Pierce Tyson from Moonee Valley City Council for taking the time to visit during a bustling day.



Amaretti cookies

Time required 30 mins | 16 servings

Ingredients

- 2 large egg whites
- 200g almond meal
- 150g caster sugar (plus extra for coating)
- 1 tbsp Amaretto liqueur

Directions

Preheat the oven to 170°C/150°C fan. Line your baking sheet with baking paper.

Put your egg whites into a large bowl and beat on a medium speed until they form a firm peak.

Put the almond meal and caster sugar into a large bowl. Gently fold in the beaten egg white and then add in the Amaretto liquor and keep stirring until you have a smooth paste.

Put the additional caster sugar onto a separate plate. Next break the mixture into 16 little balls (around 2-3cm in diameter) and roll each ball in the caster sugar before placing them on the baking tray. Allow about 3cm between each ball as they will spread a little in the oven.

Place in the oven and cook for 15-17 minutes. Take them out of the oven, leave to cool. These delicious treats are usually also rolled in icing sugar before baked.

This recipe is from: www.charlotteslivelykitchen.com

Healthy Ageing Program 2024

The Healthy Ageing exercise programs by Moonee Valley City Council are priced at \$8.50 per session for individuals aged 65 and above registered with My Aged Care, or \$16.80 per session for those not falling under this category. For more details on activities and session schedules, see below.

- **Mondays**
 - Strength Training from 9.30am-10.30am at Nancye Kirchner Neighbourhood Centre
 - Strength Training from 9:00am - 10:00am at Niddrie Community Hub
 - Strength Training from 10:00am - 11:00am at Niddrie Community Hub
- **Tuesdays**
 - Zumba from 9.30am-10.30am at Nancye Kirchner Neighbourhood Centre
- **Wednesdays**
 - Strength Training from 9.00am-10.00am at Niddrie Community Hub
 - Strength Training from 10:00am - 11:00am at Niddrie Community Hub
 - Tai Chi from 4.00pm-5.00pm at Crown St Stables
- **Thursdays**
 - Strength Training from 9.30am-10.30am at Kellaway Avenue Neighbourhood Centre
 - Strong Movers from 10:30am - 11:30am at Kellaway Avenue Neighbourhood Centre
 - Pilates from 9:30am - 10:30am at Niddrie Community Hub
- **Fridays**
 - Yoga from 9.15am-10.15am at Ascot Vale Neighbourhood Centre
 - Yoga from 10:30am-11:30am at Ascot Vale Neighbourhood Centre
 - Tai Chi from 9.30am-10.30am at Kellaway Avenue Neighbourhood Centre
 - Tai Chi from 10:45am-11.45am at Kellaway Avenue Neighbourhood Centre

For more info, contact the Council's Healthy Ageing Officer at 9243 8794 or visit mvcc.vic.gov.au



Unlocking Lifelong Learning with U3A: University of the Third Age

The U3A is a global initiative for retirees to connect, engage in activities, form friendships, and enjoy life. It offers diverse courses from crosswords to yoga, art classes, and more. Members can stay active and engaged with various daytime activities.

Explore www.u3amelbcity.org.au for course details and events.

Resident Profile: Meet Mick.



Mick holds the title of longest-standing resident at Queens Park Independent Living Unit. As of last month, Mick has now called the place home for an impressive 24 years, moving in back when the building was brand new.

Coburg's Sacred Heart Hospital is where Mick's story began. One of 10 children, he grew up close by, familiar with the streets of Strathmore and Essendon.

These days, Mick enjoys exploring his neighbourhood, often venturing to Moonee Ponds Central shopping centre. Dan Dan's Café is a regular stop, where a hot chocolate is his treat of choice.

But Queens Park offers more than just a convenient location for Mick. He cherishes the strong sense of community among the residents. Mick's dedication to the area extends beyond his own living space.

He played a pivotal role in saving the original caretaker's cottage from demolition. Thanks to his efforts, which included collecting three pages of petition signatures, the building was transformed into a beloved park café.

Housekeeping & Safety Snippets

Common Areas

On Level 3 residents of the village can enjoy the common lounge and dining areas. These areas are provided for residents to enjoy with other residents and/or guests.

Entry Passcodes

A gentle reminder - residents should not share entrance passcode with anyone. All visitors need to be buzzed in via the intercom.

Questions or feedback? Contact Client Liaison Officer Kay Van Heurck directly on 0411 835 337 or kvanheurck@dgas.org.au

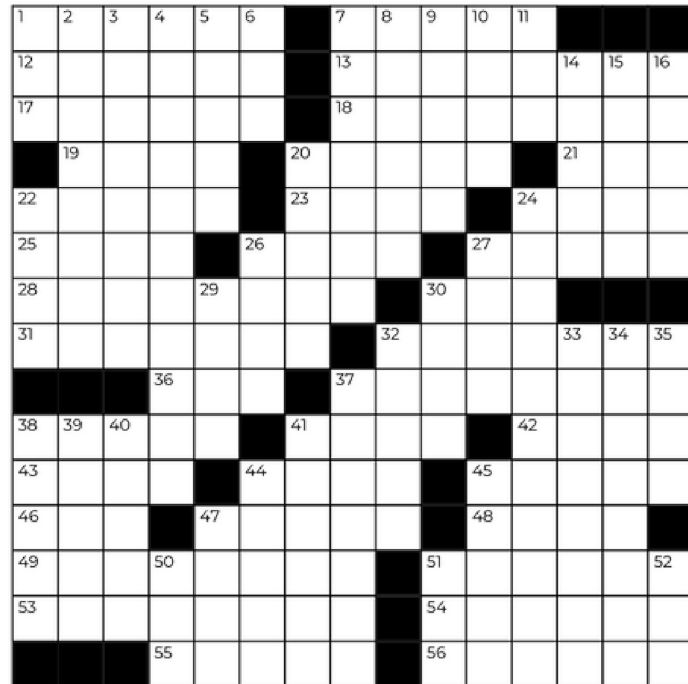
Time out

Crossword

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Across

- 1. One-upped
- 7. Stair part
- 12. Disinclined
- 13. Like many Disney films
- 17. Indicate
- 18. Rub the wrong way
- 19. Disturb
- 20. Stevie Wonder's "My Cherie ____"
- 21. Destroy the interior of
- 22. Marine mammal
- 23. Kind of tide
- 24. Awaited
- 25. Tune for two
- 26. Rip apart
- 27. Underground worker



- 28. Christmas decoration
- 30. NYC sight
- 31. Meditation location
- 32. Bathroom units
- 36. Suffix with "skeptic"
- 37. Snack time for some
- 38. Assumed name
- 41. RC, e.g.
- 42. Arch type
- 43. Batter's ploy
- 44. Duck's home
- 45. Flash memory precursor
- 46. Star on Broadway
- 47. Sweater size
- 48. God with a hammer

- 49. One who's owed
- 51. Elizabeth II's husband
- 53. Camper's supply
- 54. "Catch-22" author
- 55. Panama passage
- 56. Black-tie

Down

- 1. Youngest Lincoln
- 2. Introductory musical piece
- 3. Regretful
- 4. Working class
- 5. Perfume ingredient
- 6. Sandra of "Gidget"
- 7. Clothing

- 8. Bit of progress
- 9. Pancake topping (var.)
- 10. Mideast chief
- 11. Stool pigeon
- 14. Add at the end
- 15. Musical composition
- 16. Block
- 20. Regarding, old-style
- 22. Glade's target
- 24. Library regular
- 26. Quantity of paper
- 27. Land or stream starter
- 29. Predicament
- 30. Musical conclusion
- 32. Spanish squiggle

- 33. Chinese food appetizers
- 34. Scientific ideas
- 35. Petunia part
- 37. AKC reject
- 38. Taken ____
- 39. Filthy money
- 40. Place in a grave
- 41. Mexican beer
- 44. Eucharist plate
- 45. Early anesthetic
- 47. One of the Simpsons
- 50. Elmer, to Bugs
- 51. High degree
- 52. Be a busybody

Queens Park Retirement Village residents can have one free lunch per week and purchase additional meals for \$15 each on weekdays. Contact Residential Home Administration Officer at 03 9372 8888 for details or bookings.



"Age wrinkles the body. Quitting wrinkles the soul." - Douglas MacArthur