

LISLE LIVING



A visitor to Leaweena Lodge – photo taken by Leuba of Leaweena Lodge

MONTHLY NEWSLETTER MARCH 2020



Please note that residents who have a Silver Chain alarm in their unit, please DO NOT connect to the internet if your phone/internet provider has told you to. These alarm systems run via a SIM card and do not need the internet. If your alarm has been connected to the internet, please remove that cord and test your alarm.

Mon	Tue	Wed	Thu	Fri
<p>2 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>3 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>4 <u>Keep fit</u> 9-10am Lisle Common Room <u>Social Committee</u> 2:30 Social Committee Afternoon Tea/Coffee - \$2 donation – Bring and Take Table</p>	<p>5 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>6 <u>Keep fit</u> 9-10am <u>Yoga</u> 10:30 – 12 Lisle Common Room <u>Hairdresser</u> Morning - Leaweena Common Room <u>Friday Evening Gathering</u> Lisle Common Room 5:30pm Bring drinks and nibble to share</p>
<p>9 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>10 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>11 <u>Keep fit</u> 9-10am Lisle Common Room <u>Quilting, knitting and crocheting</u> 10am-2pm Leaweena Common Room (Pat Ziegler) <u>Monthly Movie</u> 2pm – 4pm Lisle Common Room</p>	<p>12 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>13 <u>Keep fit</u> 9-10am <u>Yoga</u> 10:30 – 12 Lisle Common Room <u>Hairdresser</u> Morning - Leaweena Common Room <u>Friday Evening Gathering</u> Lisle Common Room 5:30pm Bring drinks and nibble to share</p>
<p>16 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>17 <u>Keep fit</u> 9-10am Lisle Common Room <u>Social Committee</u> 10:30am Social Committee Morning Tea/Coffee - \$2 donation</p>	<p>18 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>19 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>20 <u>Keep fit</u> 9-10am <u>Yoga</u> 10:30 – 12 Lisle Common Room <u>Hairdresser</u> Morning - Leaweena Common Room <u>Friday Evening Gathering</u> Lisle Common Room 5:30pm Bring drinks and nibble to share</p>
<p>23 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>24 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>25 <u>Keep fit</u> 9-10am Lisle Common Room <u>Quilting, knitting and crocheting</u> 10am-2pm Leaweena Common Room (Pat Ziegler)</p>	<p>26 <u>Keep fit</u> 9-10am Lisle Common Room <u>Book Club</u> 2pm Leaweena Common Room</p>	<p>27 <u>Keep fit</u> 9-10am <u>Yoga</u> 10:30 – 12 Lisle Common Room <u>Hairdresser</u> Morning - Leaweena Common Room <u>Happy Hour Quiz Night</u> 5:30pm Lisle Common Room \$2 donation. Bring drinks and nibbles</p>
<p>30 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>31 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>31 <u>Keep fit</u> 9-10am Lisle Common Room</p>	<p>Hairdresser – Gail Ph: 0418 849 689 Podiatry – Catherine Ph: 0412 382 366</p>	

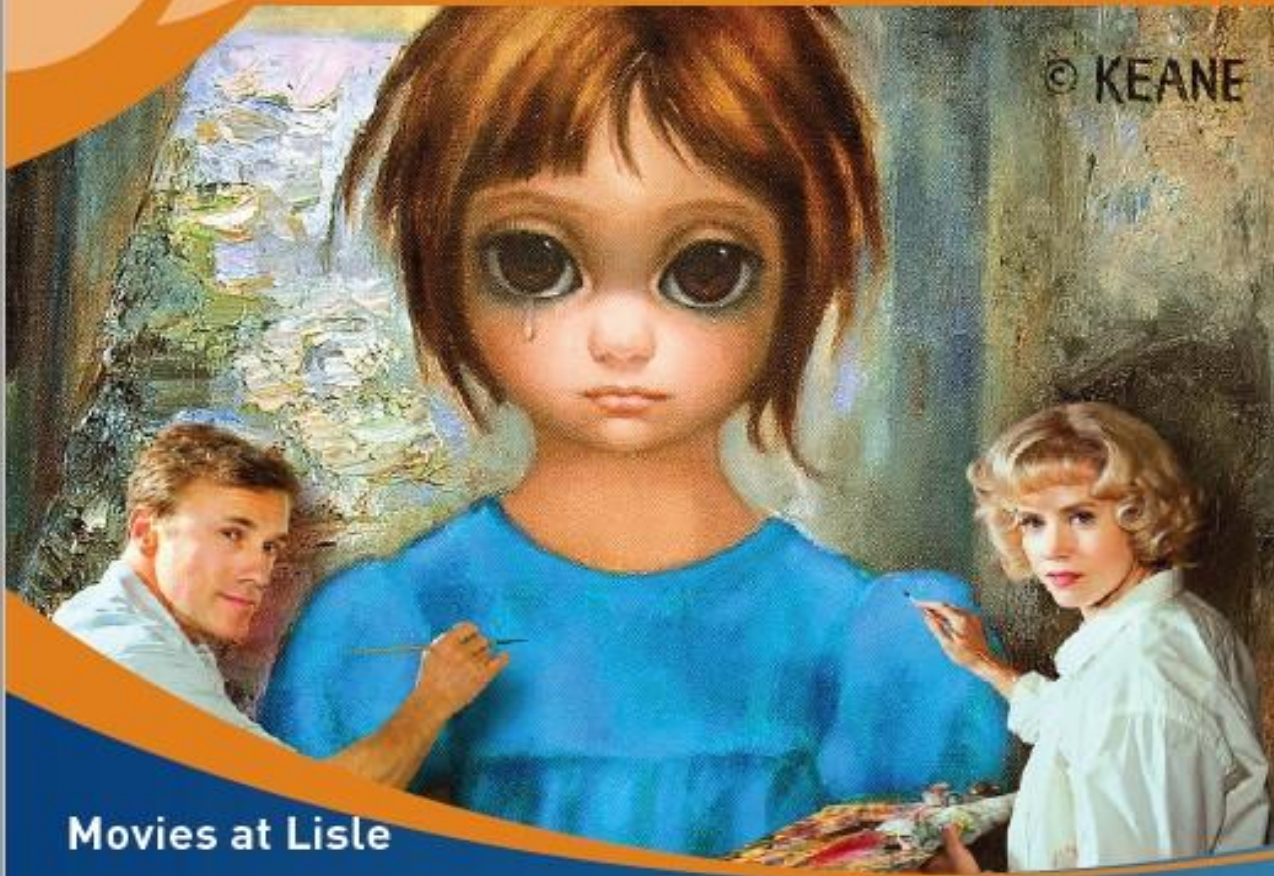


Darts will be held in the Leaweena Common Room Sunday 8th March at 5:30 pm. \$2 donation. Come and join us for a bit of fun and a laugh. You don't need to be a great thrower or even have a good eye. Everyone is welcome!

Movies at Lisle

Big Eyes

March 2020



Movies at Lisle

**Showing in the Recreation Room at Lisle Lodge
Just come along, no need to book!**

Wednesday 11 March

In the late 1950s and early '60s, artist Walter Keane achieves unbelievable fame and success with portraits of saucer-eyed waifs. However, no one realizes that his wife, Margaret, is the real painter behind the brush. Although Margaret is horrified to learn that Walter is passing off her work as his own, she is too meek to protest too loudly. When the marriage comes to an end and a lawsuit follows the truth finally comes to light.

2 pm to 4 pm

Cost: \$2 for afternoon tea

Come along to a **free afternoon tea** to meet Jennifer (research assistant) from Ear Science Institute Australia who will tell you all about their new study

Lisle Lodge Common Room

Thursday 12th March - 2.30pm

Improve your hearing

TO IMPROVE OUR RESEARCH

Free hearing aids for study participants!



Are you:

- Aged 69+?
- A fluent English speaker?
- Experiencing hearing loss in both ears?
- Interested in trying hearing aids for the first time?

You are invited to participate in a new research study that investigates whether the use of hearing aids to correct hearing loss, can also improve memory skills in older adults.

If you qualify for this study, we'll fit you with a pair of hearing aids and run a series of hearing and memory tests over the course of two years.



Have you been having troubles with your phone and internet?

Many residents have over the last few weeks experienced problems with their phone or internet service going down. This includes our office phone and internet.

What we know is that NBN were carrying out an upgrade to the network, we found this out by looking on their NBN outages website page.

A resident recently said that she had contacted her phone provider (iiNet) regarding her constant line dropouts and problems. The operative whilst on the phone to her, contacted NBN, who advised that they have finished their upgrade but without the right modem it won't work. So even though she received a new modem when she moved here, she is now getting a new replacement modem now which will accept the upgrades that NBN has made.

If you are still experiencing issues with your phone or internet, please contact your service provider and report the issue to them.

Thank you.

PORK WITH LEMON PEPPER GLAZE

Contributed by Maureen Caffin, Melvista Lodge



INGREDIENTS

600gms pork fillets

40gms butter

LEMON PEPPER GLAZE

2 tbs honey

½ cup of water

½ small chicken stock cube crumbled

1 tsp lemon pepper

2 tsp cornflour

¼ cup lemon juice

Cut pork into 2cm slices. Heat butter in pan. Add pork and cook until tender.

Lemon Pepper Glaze:

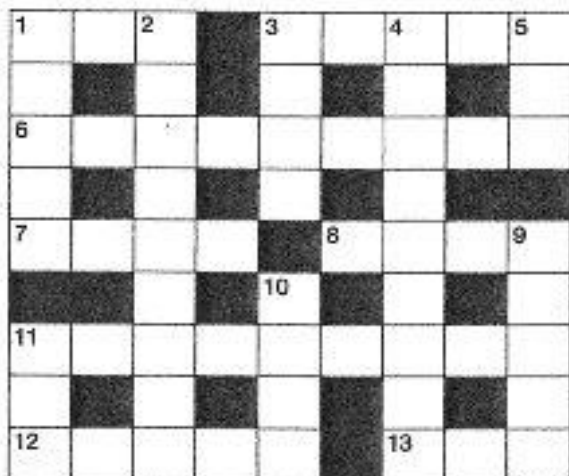
Combine honey, water, stock cube and pepper in a pan. Stir in blended cornflour and lemon juice. Stir over heat until glaze boils and thickens. Pour sauce over pork. Serve with vegetables or salad.

PUZZLE

TRIPLE CROSS

See how quickly you can zip your way through this trio of mini crosswords!

1



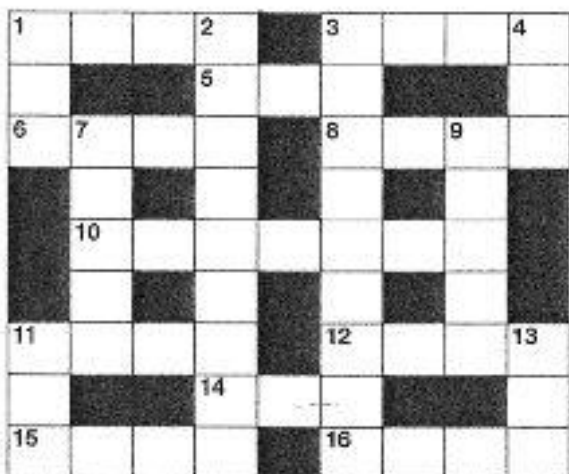
Across

- 1 Long-handled garden tool (3)
- 3 Become smaller or thinner at one end (5)
- 6 Make up something with an intention to deceive (9)
- 7 Knitting wool (4)
- 8 Bite on, nibble (4)
- 11 Beatles song about something 'singing in the dead of night' (9)
- 12 Sat for a portrait (5)
- 13 Charge or payment for professional services (3)

Down

- 1 Weighty, heavy (5)
- 2 Mortify (9)
- 3 Labour, work hard (4)
- 4 Person who brings a lawsuit (9)
- 5 Fish eggs (5)
- 9 Specialised type of golf club used to aid shots through the rough or sand (5)
- 10 Slide sideways while moving because of loss of traction (4)
- 11 Dance to pop music (3)

2



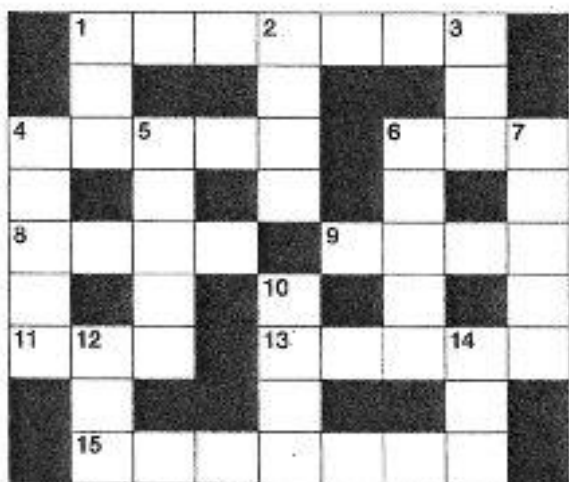
Across

- 1 Internet diary (4)
- 3 Pull with force, drag (4)
- 5 Fuss, bother (3)
- 6 Ring a -, seem familiar (4)
- 8 Participates in an auction (4)
- 10 Waxy sticks used for colouring in (7)
- 11 Part of a dollar (4)
- 12 Lads (5)
- 14 Regret (3)
- 15 Engaged in activity, occupied (4)
- 16 Depressed, dejected (4)

Down

- 1 Baby (3)
- 2 Chivalry (9)
- 3 Associated with an very friendly terms, fraternised (9)
- 4 - Vegas, US city (3)
- 7 Master of ceremonies, compere (5)
- 9 - Springfield, singer whose first hit was / Only Want To Be With You (5)
- 11 Young lion (3)
- 13 Male offspring (3)

3



Across

- 1 Feast (7)
- 4 Punctuation mark used to indicate a separation of elements in a sentence (5)
- 6 British broadcaster (1,1,1)
- 8 Very small quantity (4)
- 9 Pudding starch (4)
- 11 As well, also (5)
- 13 Dental string (5)
- 15 Fatty substance extracted from wool used in ointments and cosmetics (7)

Down

- 1 Spook's startling cry (3)
- 2 Pier, jetty (4)
- 3 Type of gambling (1,1,1)
- 4 - Eastwood, actor/director (5)
- 5 Maxim (5)
- 6 Well done! (5)
- 7 Marcia -, *Desperate Housewives* actress (5)
- 10 Frizzy '70s hair style (4)
- 12 Nocturnal bird (3)
- 14 Gluttony or wrath, eg (3)



IMPORTANT

An article was placed in a recent edition of the POST regarding bins which we think is important to highlight to residents. The article read:

BINS PROBE

Garbage bins in Subiaco, Mosman Park, Cottesloe and Claremont will be inspected and tagged to ensure residents are sorting their waste correctly.

The Western Metropolitan Regional Council is looking for casual "community waste educators: to look into bins just before collection and label them with appropriate information.

We will run a recycling advert page in every newsletter to help remind residents how to recycle as we are still finding contaminated bins.



Rubbish bin

- Food scraps
- Food wrappers
- Paper towels
- Serviettes
- Nappies
- Sponges
- Household rubbish
- Soft plastics without the recyclable symbol

Recycling bin

- Magazines
- Newspapers
- Milk & juice cartons
- Plastic containers with the symbols 1-7
- Steel tins & aluminium cans
- Cardboard and paper
- Glass bottles and jars
- Empty plastic bags

Greenwaste bin

- Leaves
- Twigs
- Flowers
- Twigs
- Weeds
- Prunings
- Grass clippings
- Small branches

Do the right thing and place your recyclables in your recycling bin!

Remember to **Reduce, Reuse and Recycle** at every opportunity

Thank you for your ongoing support to reduce waste in our community.



City of Nedlands

PUZZLE ANSWERS

GRID 1 Across 1 Hoe, 3 Taper, 6 Fabricate, 7 Yarn, 8 Gnaw, 11 Blackbird, 12 Posed, 13 Fee

Down 1 Hefty, 2 Embarrass. 3 Toil, 4 Plaintiff, 5 Roe, 9 Wedge, 10 Skip, 11 Bop

GRID 2 Across 1 Blog, 3 Haul, 5 Ado, 6 Bell, 8 Bids, 10 crayons, 11 Cent, 1 Boys, 14 Rue, 15 busy, 16 Down

Down 1 Bub, 2 Gallantry, 3 Hobnobbed, 4 Las, 7 Emcee, 9 Dusty, 11 Cub, 13 Son

GRID 3 Across 1 Banquet, 4 Comma, 6 BBC, 8 Iota, 9 Sago, 11 Too, 13 Floss, 15 Lanolin

Down 1 Boo, 2 Quay, 3 Tab, 4 Clint, 5 Motto, 6 Bravo, 7 Cross, 10 Afro, 12 Owl, 14 Sin