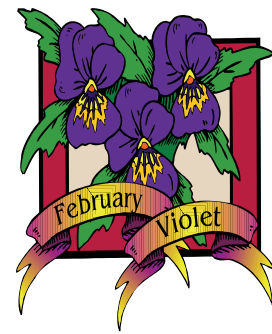


# St. Carthage's Seniors Day Club February Newsletter



## Welcome back for 2009

We would like to welcome everyone back to senior day club especially our wonderful volunteers.

## Possible Activities for 2009

Tri- monthly Coffee Morning  
Mondays RSL Club at Evans  
Head

Rocky Creek Dam

Movie Morning's at Jubilee Ave

Billinudgel for Lunch.

Wardell Pub

Lennox Head Fish and Chips

Wyreema Animal Nursery

Shaws Bay Fish and Chips

Deb Ball—September

Cawongla, Grafton

20th Anniversary of Senior Day  
Club

Shuffle Board and Bobs

Dec : 10th Thursday Christmas

21st Monday and Wed

Christmas Party

18th Italian Christmas Party

If you have any suggestions

please let Joan know.

## St. Carthages Community Care News

St. Carthages Community Care  
Welcomes our New Community  
Service Manager – Iris Ritt.

And new Assistant Co-ordinator –  
Annette Anderson.

## The Quickie Recipe

### Lamb A L'Orange

8 Lamb Chops

4tbsp white wine

120ml orange juice

4cloves of crushed garlic

Salt/pepper/1bay leaf ¼tsp oregano

Method: Brown chops and drain  
will. Mix wine, orange juice, bay  
leaf, garlic, salt & pepper. Place  
chops in a casserole dish and pour  
over sauce. Bake for 1 hour or until  
cooked Serve with seasonal  
vegetables.



## House Hold Tip

When washing floors, add a capful  
of citronella oil to a bucket of hot,  
sudsy water. Not only do the  
mopped areas smell great, but  
insects are kept at bay.

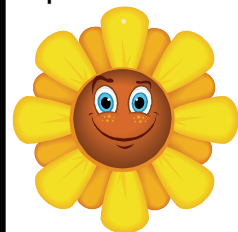
## Senior Day Club News

20 years ago  
on 30th January  
1989 Senior Day  
Club commenced  
from the PYC  
premises in  
Lismore.

We will be  
celebrating this  
wonderful  
occasion later on  
in the year with a  
big party.

## Words of Wisdom

“Being happy  
doesn't mean  
everything's  
perfect: it just  
means you've  
decided to see  
beyond the  
imperfections”





Phone Number for contacting Joan:

66 200008



“Welcome back to Seniors Day Club”

Ovarian Cancer Awareness Month

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<u>30th</u> <u>January</u> <u>1989</u> <u>Senior</u> <u>Day Club</u> <u>Started</u>		1
2 Reminiscing your holidays  Bingo	3	4 Memory Van 10.30 -11.30 World Cancer Day  Bingo	5 Movie Morning B'day party  Shuffle Board	6 Cards  Tombola	7	8
9 Rocky Creek Dam  	10 Staff meeting 2pm to 4pm Jubilee Ave	11 Valentines Theme Chocolate Cooking  <i>Anne Saul</i> <i>1pm-2pm</i>	12 Chocolate Cooking  Shuffle Board	13 Cards  Tombola	14	15
16 Bush Week Damper  Bingo	17	18 Rocky Creek Dam	19 Bush Week Scones  Shuffle Board	20 Rocky Creek Dam  	21	22
23 Birthday Party Gardening Photos  Shuffle Board	24 <u>Invite to</u> <u>Pancake Day</u> @ 43 Phillips St. Goonella- bah 10.30 to 12 noon	25 Birthday Party Gardening Photos  Shuffle Board	26 Laminating  Shuffle Board	27 Birthday Party Cards  Tombola	28	