



Whispers from the Willows NEWSLETTER

Welcome to our newsletter for January.

We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our January issue.

Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.

Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.



From the Admin Desk



Hi Everyone, and welcome to our January newsletter and the first for 2023.

As I'm sure you are all aware we have gone through our accreditation, and I am happy to report that we did very well. The star ratings are out, and we have received a 4-star rating which is a great outcome.

We loved having you all over to share our Christmas lunch with the residents and hopefully we'll have lots more celebrations this coming year. Wishing you and your families a Very Happy New Year and we hope you have a safe festive season.

Maryann Inbari - Operations Manager

From the Lifestyle Desk



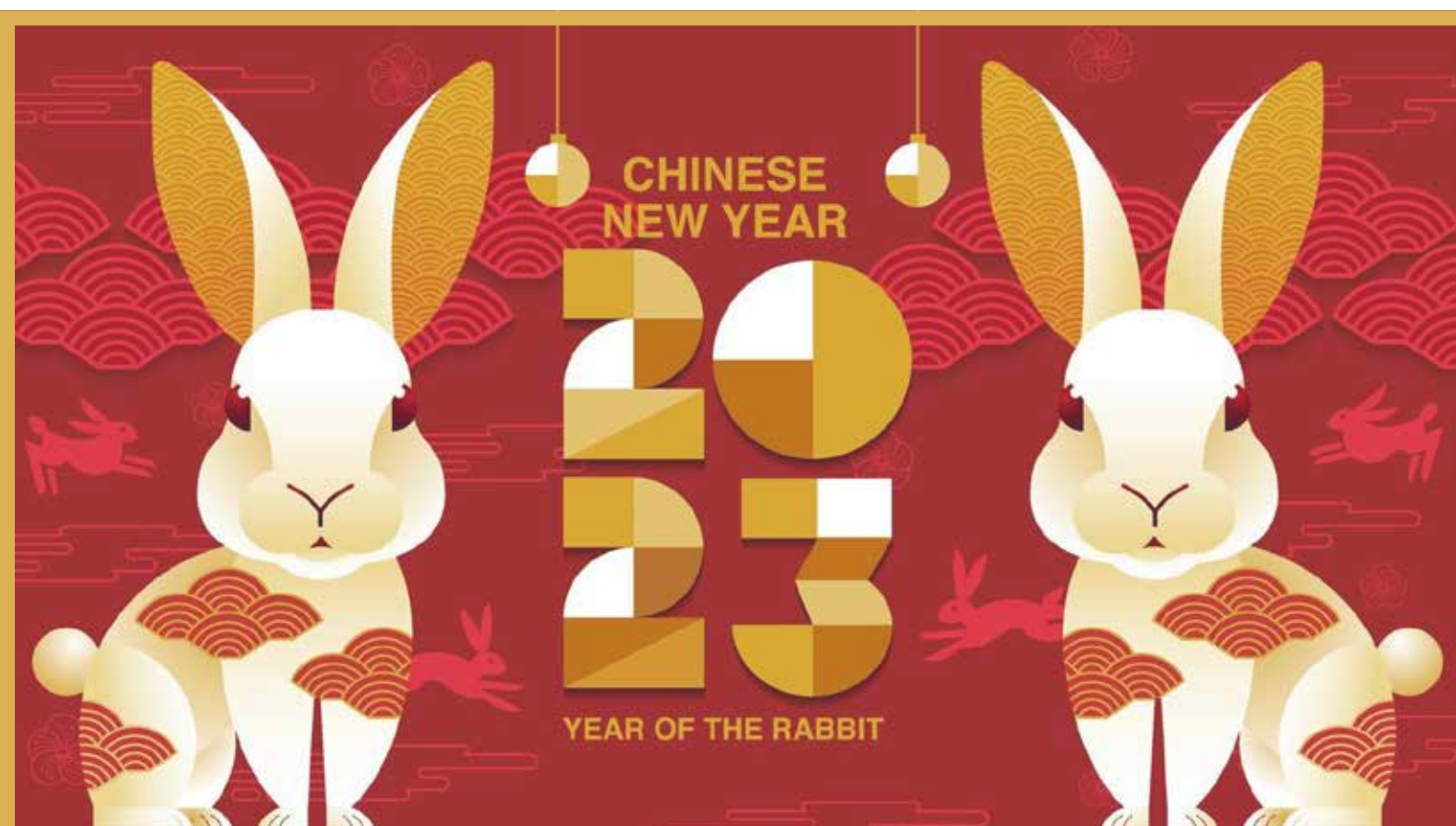
Hello everyone!

Welcome to our first edition of The Newsletter for 2023. We hope you have all had a wonderful Christmas and New Year and we're able to spend more time with your dear family and friends. We want to thank all of you who made 2022 such a great year for us and extend our thanks to all who made the Christmas and New Year's celebrations at The Willows. We are sure the celebrations were bittersweet for our residents who surely missed their loved ones but there were still smiles all around as they raised a toast with their friends and floor neighbours in the spirit of Christmas!

We look forward to a prosperous and successful 2023 and are keen to celebrate Australia Day with you this month. We have some great Aussie themed activities and culinary delights we are excited to share with you! Please don't forget to continue checking our notice boards for new and exciting activities. Also, if you have any suggestions on how we can improve our activities program, please do not hesitate to let one of us know.

Cheers,

David and Tess



THANK YOU!

To all our amazing staff at The Willows

As another difficult year is behind us,
we want to take this opportunity
to acknowledge the hard work,
resilience and commitment you have
shown both toward fellow colleagues
as well to our residents and families.
You have shown true commitment
and care this past year.

We want to wish you all a safe and happy
new year. Looking forward to a brighter
and more positive year ahead in 2023.

Take Care

SpinalCare



Some exercises you can do while sitting can also ease lower back pain.

- ✓ Start by simply pressing the lower back into the back of the chair and then sitting up straight again, repeated 5 times. This causes the lumbar spine to move from a position of extension (sitting upright), to one of flexion (pressing the low back into the chair).
- ✓ Actively lifting one knee at a time, or temporarily using a foot rest. Lifting the knees brings about hip flexion, a posterior tilt in the pelvis, and slight lumbar flexion. This is likely to be helpful if a person has been sitting in an upright posture.
- ✓ Twisting around in the chair whilst keeping the feet facing forwards helps mobilize the back into a rotatory movement. This also helps stretch muscles of the low back.
- ✓ Hip hitching – raise one side of the pelvis at a time. This encourages lateral flexion of the spine.
- ✓ Stretching the psoas muscle has been postulated to help alleviate low back pain as this muscle originates on the lumbar spine and it is argued that when sitting, psoas is held in a shortened position, pulling the lumbar vertebrae anteriorly. Stretching this muscle helps reduce tension in it, theoretically reducing pull on lumbar vertebrae.
- ✓ Moving the spine when sitting is not as effective at reducing symptoms as getting up and moving around.

Print this out and write your 3
most important goals for the New Year



JANUARY BIRTHDAY CELEBRATIONS
Teresa Gilio 8th



Mangoes

One of the most anticipated fruit seasons of them all, finally, the mango has returned to market! And, thanks to the many varieties grown in Australia, we can enjoy these tropical treasures all through the spring and summer.

All about

The bulk of our mangoes come from the sunshine-filled farms of the Northern Territory and Queensland, which is why we get to enjoy them from as early as September.

Go on, grab a mango and add a burst of sunshine to your next meal.

Here's how to tell them apart:

KENSINGTON PRIDE

These are the king of the mango family as they tick all the boxes. The Kensington has that iconic mango aroma, a sweet tangy flavour, and a rich yellow-hued flesh that is juicy and tender. A top all-rounder!

CALYPSO

These mangoes have a thin seed so you get more flesh. They don't contain stringy bits and are on the slightly firmer side. Fantastic for adding to a salad.

HONEY GOLD

The Honey Gold's skin is golden, as is the flesh. The flavour is sweet, sweet, sweet! - in a good way, they are absolutely delicious. These mangoes are usually quite generous in size and have a lovely aroma. Eat them as they are, and get ready for the juicy drips - or use them in salads, desserts or smoothies.

PALMER

Palmers have more of a reddish blush to their skin compared to most mango varieties. They are usually a little bit smaller. Once you cut one open, you'll find a firm and sweet yellow-orange flesh.

KEITT

The Keitt has a pinky-red blushed skin with yellow-orange flesh inside. They are generally on the more generous size with a sweet, yet milder, flavour.



Treating Your Injury: Ice Vs. Heat

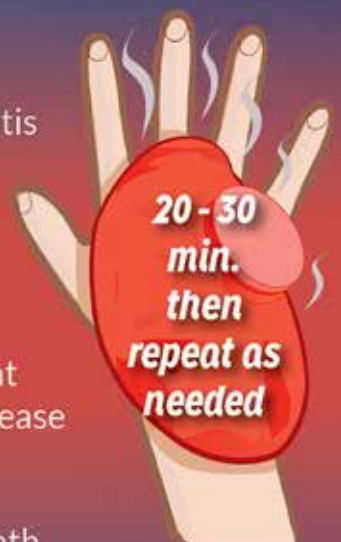


ICE:

- Best for acute injuries like bumps, sprains and strains to control swelling and pain
- Recovery tool after an intense workout
- Regular ice is safe directly on skin. When using reusable freezer packs, use a paper towel between the skin and the pack.

HEAT:

- Best for chronic injuries like tendonitis and arthritis
- "Warm up" tool before a workout
- Stretching after heat application can increase muscular flexibility
- Can include a hot bath



WHEN TO SEE A DOCTOR:

- Visible deformity, aside from normal swelling
- Feeling like a joint is unstable or about to pop out of place
- Inability to fully move, stand or walk
- Numbness, tingling, or weakness in arms or legs
- If pain worsens or doesn't resolve within 2-4 weeks

ADOPT THESE HEALTHY PET HABITS

Pets can be good for our health, but they can also carry germs that make people sick.

Pets can carry germs even if they look clean and healthy.
Learn how to enjoy pets while staying healthy!

Healthy Pet Habits



PICK THE RIGHT PET!

- Do your homework before getting a new pet.
- Some pets aren't safe for kids under 5, older adults, people with weakened immune systems, or pregnant women.

Healthy Pet Habits

KEEP IT CLEAN!

- Wash hands after touching, feeding, or caring for your pets.
- Scoop the poop: clean up after pets in your house, yard, and in public places.



Healthy Pet Habits

PLAY SAFELY!



- Don't kiss your pets or let them lick your face.
- Take care to avoid bites and scratches.
- Always supervise young children around pets.

Healthy Pet Habits

TAKE YOUR PET TO THE VET!



- Regular veterinary visits help keep pets healthy, which helps keep you healthy.
- Take your pet to the vet if you think it might be sick.

Remember, healthy pets = healthy people!



BENEFITS OF SWIMMING

If you're looking to start a new exercise routine or looking to change to something lower impact, swimming is a wonderful option. It is low impact and has a low risk of injury while working out all the muscle groups in the body. Read below for more of the health benefits of swimming for older adults.

- **Improves heart health.** Because swimming is a type of aerobic exercise, it makes your heart stronger and improves your endurance. It can also lower blood pressure and improve circulation, which helps your overall cardiovascular health.
- **Gentle on the joints.** Because swimming is low impact and not weight bearing, it's very easy on your joints. This is especially helpful for someone experiencing joint pain or discomfort.
- **Reduces osteoporosis risk.** Because swimming can improve bone mineral density (BMD), it can help fight osteoporosis. A third of women and a fifth of men over the age of 50 break a bone due to osteoporosis.
- **Flexibility.** Stretching before or after any exercise session can help you regain flexibility, but swimming itself can also help you to increase flexibility in your hips, legs, arms and neck while also helping to improve your posture and relieve or lessen back pain.
- **Improve muscle strength and tone.** Because swimming uses every muscle group, it can help improve your overall strength and muscle tone.
- **Boost mental health.** Swimming can reduce stress levels, boost your mood, and increase your brain function. Because water aerobics classes and other swimming activities are often done with a group of people, it can help you to avoid feeling isolated or lonely too.



Our Australian Native Bees

Globally there are approximately 20,000 different types of bees, and in Australia we have around 1,700 species of native bees, with more species being discovered each year. Our largest species is a Great Carpenter Bee, up to 24 mm long.

Our smallest species is a minute Quasihesma bee, less than 2 mm long. They can be furry or shiny, and they come in a startling range of colours: black, red, green, yellow... even with blue polka dots!

We have eleven species of social stingless bees which live in large nests inside hollow trees. These nests have a queen, workers and males, similar to the European honeybees. However, our stingless bees are tiny and black, just 3 to 4 mm long. They can be kept in small wooden hive boxes and they make a delicious tangy honey called Sugarbag.

The vast majority of Australia's native bees are solitary species that build small individual nests. Solitary native bees can sting but they are not aggressive. Some dig burrows for their nests in the ground whilst others use narrow holes in timber or pithy stems.

Our solitary bee species include blue banded bees, teddy bear bees, leafcutters, resin bees, cuckoo bees and masked bees.

Native bees are important pollinators of Australia's wildflowers. They also make an important contribution to Australian agriculture, through crop pollination. Populations of native bees can be threatened by land clearing and pesticide use. However, you can support them by planting bee-friendly gardens and setting up bee hotels.

Honeybees in Australia

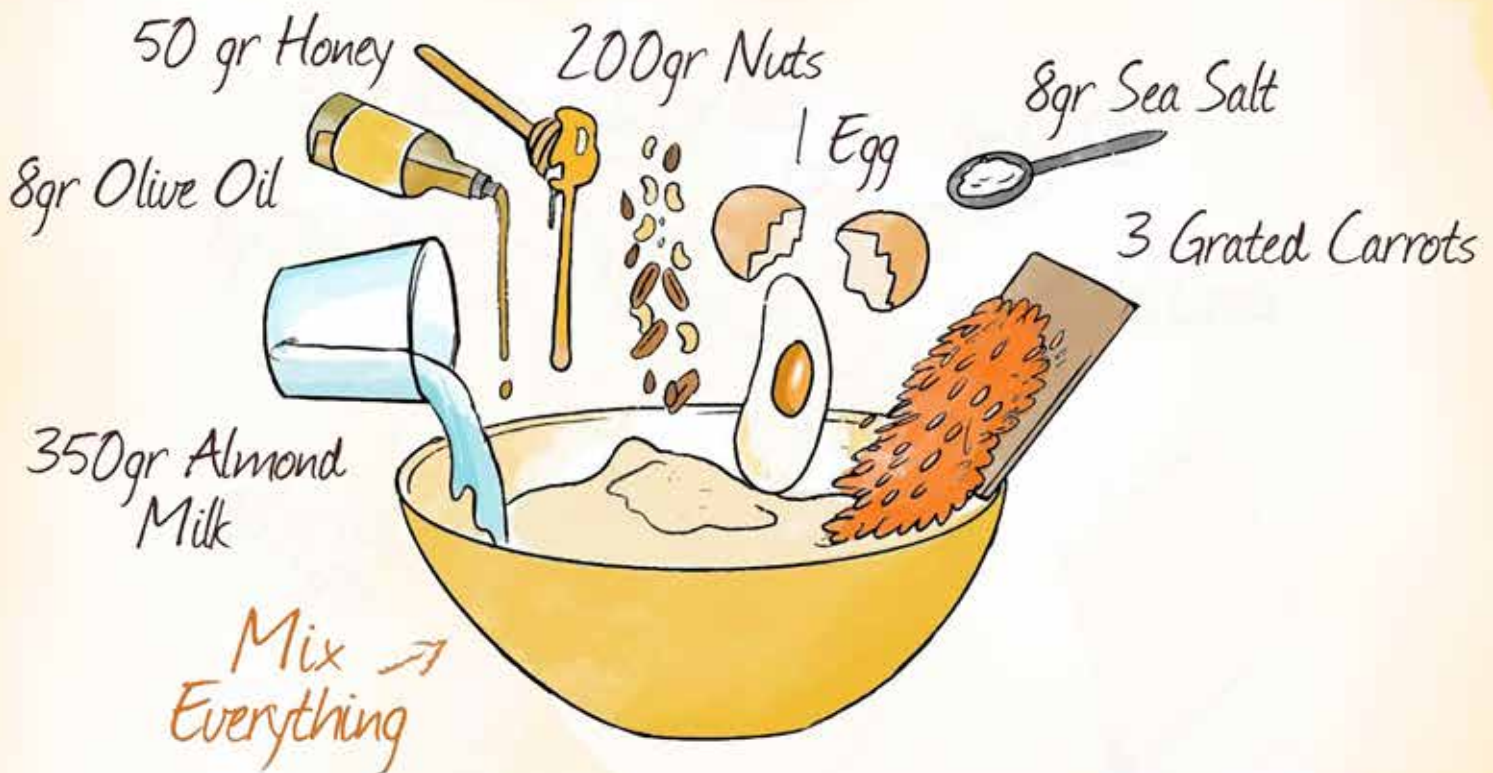
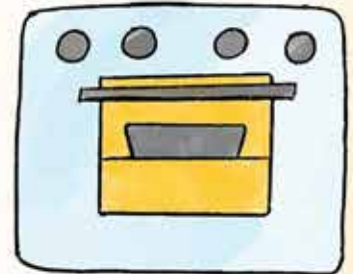
Scientifically known as *Apis mellifera*, Western (or European) honey bees are undoubtedly the most industrious creatures on the planet. They are also the most well-known bee, living together in a colony, and this colony lives in a nest. Some nests are wild, while others are kept by humans (we call them beekeepers) and live in beehives. The first honey bees arrived in Australia from England in 1822, aboard a ship called the "Isabella" and quickly adapted to our conditions here. Early settlers used bees for producing honey and pollinating their crops. Later, honey bees arrived from different parts of the world, such as Italy, Southeast and Central Europe, and North America. There are three sub-species of the European honey bee in Australia and most Australian beehives have a hybridisations of these species.



From the FOOD Studio



Healthy Carrot Cake



Spread in a container and let it rest for 2 hours

Bake the cake for 25 min at 220° C



Spread the Topping in the cake surface and serve...



For cake topping, mix 50gr coconut flour and 200gr Greek yogurt

... and Bon Appétit!

**WHAT'S
ON?**

**DURING
THE MONTH OF
JANUARY**

AUSTRALIA DAY PARTY

12.00pm Thursday 26th

ITALIAN GROUP

2.00pm Pizza Making, Wednesday 11th

BIRTHDAY CELEBRATION

2.00pm Friday 27th

ART GROUP THERAPY

2.00pm Sunday 8th, 15th & 22nd

MENS CLUB

2.00pm Friday 27th

LADIES GROUP

2.00pm Friday 2nd

ICE CREAM DAY

2.00pm Thursday 5th and 19th

SPIRITUAL SERVICES

Every Sunday 11.00am

VIDEO TV and LAPTOP

Catholic Mass, Italian, Arabic, Greek,
Orthodox, Tamil and Croatian Mass

HAPPY HOUR

2.00pm Friday 6th

BUS OUTING

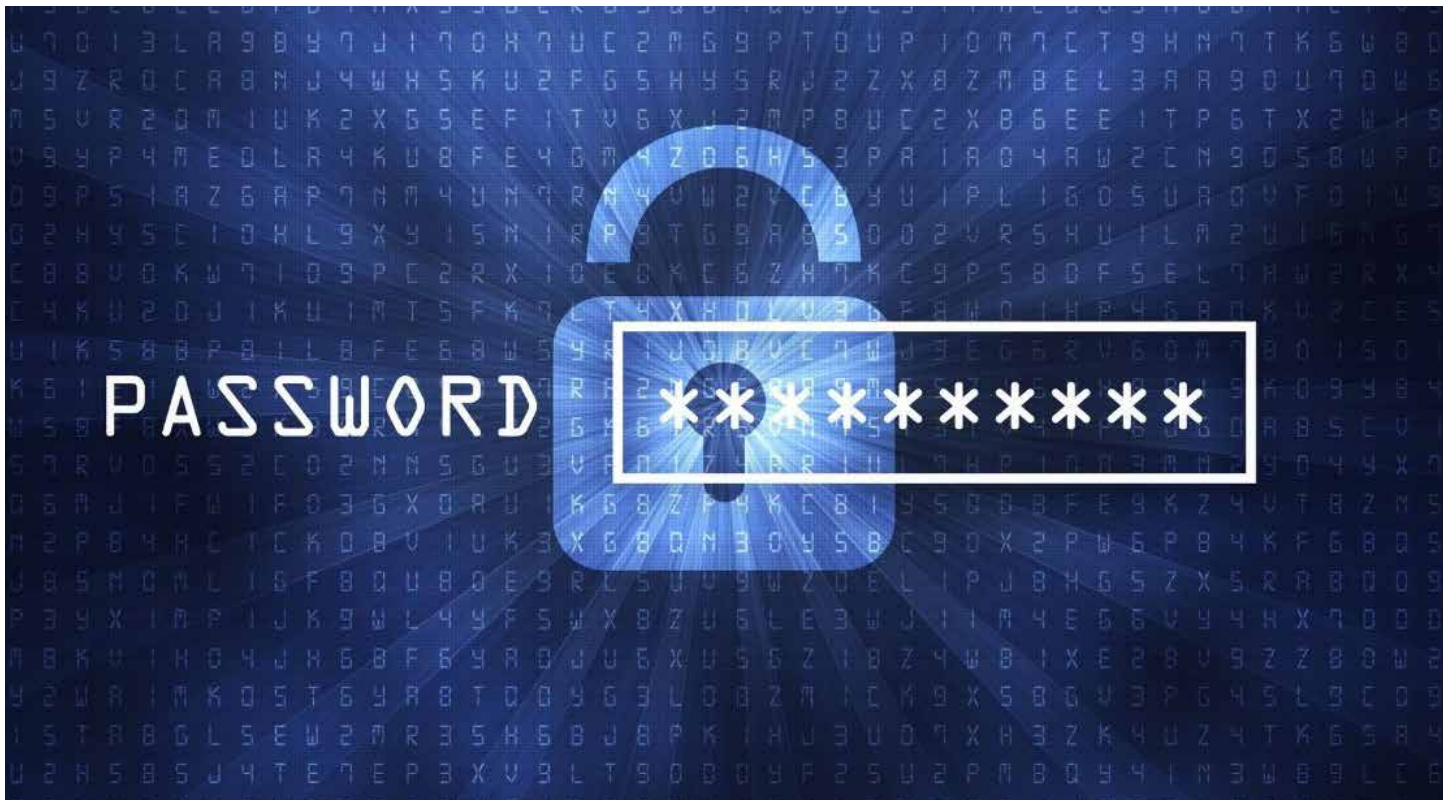
9.00am, Days to be confirmed

* Subject to change.





Happy
AUSTRALIA DAY
Thursday 26th January



Why you need to review your passwords now

by ABC News 17 October 2022, 10:35 pm

It may be the name of your pet, child or favourite TV show, or something more obscure, but for most of us, having (and sometimes failing) to commit a password to memory is a very familiar ritual.

Since the Optus breach, millions of Australians both directly or indirectly affected have had cause to reflect on cybersecurity and how safe we feel from threats like identity fraud.

Passwords were not among the customer details leaked as part of the data breach, but experts say having weak or repeated passwords could still leave people vulnerable, especially as scams ramp up. Other technology has already begun to replace passwords in some instances, but it's predicted they will stay with us for decades.

We asked the experts about the main issues with passwords and how technologies such as passkeys will play a bigger role in cybersecurity in the future.

What's wrong with passwords?

Major flaws with passwords are that people tend to choose easy, obvious combinations and use the same one across many sites. A list of the most popular passwords in 2021 included 123456, qwerty and the word password itself among the most commonly used.

When people choose a password to use for a particular site, a copy is stored on a remote server. That means if that site is breached, and that data is extracted ... then that password is known to a third party and potentially thousands or millions of people online if it's published in a public forum.

Hackers can take that password and try it on hundreds of other websites on the assumption that many people still use the same password on multiple websites. Using a password manager is a good way to keep track of unique passwords across dozens of sites and the increasing use of multi-factor authentication (MFA) was helping to improve people's security online.

MFA is a security measure that requires two or more proofs of identification, such as a pin, an SMS or email, to enable access to a site.

Only a small proportion of websites were using MFA despite the technology having been around for years.

How do passwords relate to the Optus breach?

Passwords may not have been part of the Optus data breach, but neglecting them could still pose a serious problem and leave people vulnerable.

Take a look at those accounts that are most critical to you - so that's your bank accounts, your superannuation, any brokerage accounts you have and your email accounts.

Take a look at the security that's set up on them. Have you updated your password?

If you haven't, change that password. Adding in MFA, where available, was wise.

The information leaked in the Optus breach - name, telephone number, email address and date of birth - was all information that could be used to reset an account.

Spam calls, junk calls and the general fraud are beginning already.

A third of the country now believes that their documentation and their identity has been stolen and that makes us easy targets for spam calls.

What might replace passwords?

Over the coming years and months, a new type of password, known as a passkey, will become more common as it is rolled out by the major tech companies.

Apple is the first company to introduce it as part of the 16th iteration of its mobile software - iOS 16, while other companies like Microsoft and Google are still developing their version.

Does that means passwords will disappear?

Despite their flaws, conventional passwords will be with us for a while yet.

Even though passkey technology was just on the cusp of becoming widespread.

Passkeys are one part of the next wave, but not the be all end all.

In years to come there will be something new and something better, because there will be attacks that we haven't yet considered.

This isn't going to solve all the problems but it's certainly going to solve one of the current problems that we have which is that we have too many passwords - and passwords suck.



Jar-Opening Trick

Do you often struggle to open a jar or a container? It happens to me all the time. Next time this happens, try running the lid under hot water for 30 seconds. Then, dry it so you can get a good grip.

It should open easily now.

House Tip

How do you get your house to smell beautiful? You can rub a drop of vanilla extract or another favourite scent on light bulbs.

It will make your whole house smell pretty delicious. How do you like that?

Memory Hack

Do you often misplace things? Oh my gosh, you too? One cool trick is to say out loud, "I'm putting my keys on the desk." This activity engages the language centres of your brain, so you're more likely to remember it later. Wow, so neat.

Honey Fact

Have you ever thrown out honey because you thought it was past its expiry? Guess what? Honey actually doesn't go bad. If it looks solid, it has crystallized and can become liquid again with just a little heat.

Food Storage Hack

Do you buy those boxes of spinach? I love spinach, but it does tend to wilt away pretty quickly. Now I wrap the inside of the box in a paper towel to absorb extra moisture, and it lasts way longer. So go ahead and try it.

Cleaning Hack

Did you know that toothpaste can be a great cleaning agent? It can help to get rid of tarnish on a lot of silverware. Don't believe me? Try rubbing it on a silver tray and see for yourself.

Laundry Tip

Do you like to iron your clothes? If you do, can you do mine too, ha, ha! Did you know you can steam clothing in the dryer with a few ice cubes to de-wrinkle them without having to iron them later? Wow, mind blown.

Peanut Butter Hack

How annoying is it when you open that jar of natural peanut butter and all the oil is at the top? Then you have to stir it all up every time you open it. Store the jar upside-down instead so the oil naturally settles on the bottom instead.

Moving Tip

If you're moving or storing some furniture, use cling wrap to make a packet of the hardware and then wrap it onto one of the pieces. That way, you won't have to wonder where it is later.

PANASONIC LIFTS THE LID ON LAUNDRY

THE LAUNDRY HABITS OF AUSTRALIANS REVEALED



89%

of Australian adults can't escape laundry responsibilities

More than
FIVE TIMES



as many men than women get out of doing the laundry altogether

1/3

of Australians wash their bed sheets every 3 weeks or less



1 IN 10

Australians never wash their quilts, pillows or cushions



15%

of young families (those with kids under 10 years) never wash their kids' stuffed toys

53%

have done the 'sniff test' to see if they could get away with re-wearing clothes



1/3



of Australians have either re-worn their underwear for a second or third day, worn speedos/swimmers or 'gone commando' when they ran out of clean underwear



1 IN 6

Australians have used dishwashing detergent or shower gel/shampoo to wash clothes when they have run out of laundry detergent



70%

of Australians don't dry clean their clothes

69%

of Australians admit to avoiding ironing, with 41% claiming that they never iron



1/3



of Australians don't know the correct cycles and temperatures for washing different items of clothing

1950s

1960s

GROWING UP

"The Purple People Eater"

Sheb Wooley – 1958

FALLING IN LOVE

"Put Your Head On My Shoulder"

Paul Anka – 1959

HEARTACHE

"Since I Don't Have You"

Skyliners – 1959

LET'S DANCE

"Jailhouse Rock"

Elvis Presley – 1957

KARAOKE JAMS

"I Walk the Line"

Johnny Cash – 1956

GROWING UP

"The Name Game"

Shirley Ellis – 1964

FALLING IN LOVE

"Something"

The Beatles – 1969

HEARTACHE

"Heard It Through the Grapevine"

Marvin Gaye – 1968

LET'S DANCE

"The Twist"

Chubby Checker – 1960

KARAOKE JAMS:

"Sweet Caroline"

Neil Diamond – 1969

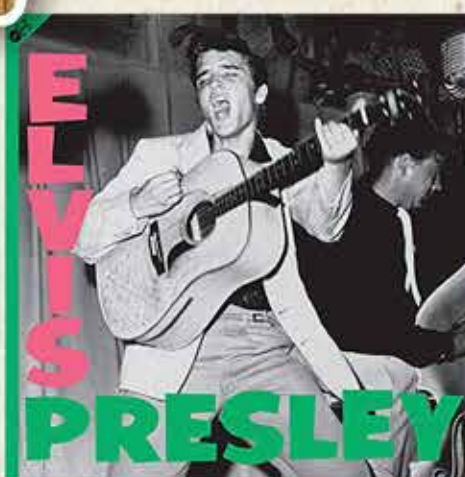


MUSIC
Feeds the soul

THE Sound

Whether it's your go-to karaoke choice or wedding song, music is an essential part of our lives. We associate certain songs with specific feelings and memories. As we grow and change, so do our listening choices. Still, music has the same powerful, emotional effect on us that just can't be described. As Hans Christian Andersen said, "Where words fail, music speaks."

ALBUMS BY THE DECADE



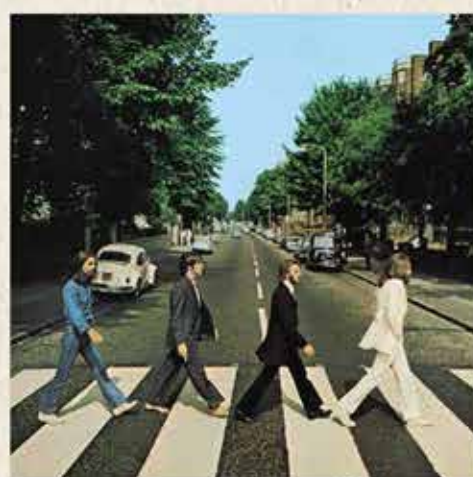
1950s: "ELVIS PRESLEY"

ARTIST: Elvis Presley

RELEASED: March 13, 1956

MOST ICONIC SONG: "Blue Suede Shoes"

The '50s wouldn't be the same without the King of Rock and Roll! Elvis Presley shook up the world of music with his debut studio album. "Elvis Presley" was the first rock and roll album to ever top the Billboard charts, spending **10 weeks at number one**. Guinness World Records recognizes Elvis as the best-selling solo artist of all time.



1960s: "ABBEY ROAD"

ARTIST: The Beatles

RELEASED: September 26, 1969

MOST ICONIC SONG: "Here Comes the Sun"

The Beatles hold the title of best-selling music act of all time, with an estimated **600 million copies sold** around the globe. "Abbey Road" alone sold 31 million copies. Any music fan will recognize the cover of the group crossing the street outside Abbey Road Studios. "Abbey Road" even shot back to the top three on the Billboard charts back in 2019!

1970S

GROWING UP

"ABC"

The Jackson 5 – 1970

FALLING IN LOVE

"(They Long to Be)

Close to You"

Carpenters – 1970

HEARTACHE

"Ain't No Sunshine"

Bill Withers – 1971

LET'S DANCE

"Dancing Queen"

ABBA – 1976

KARAOKE JAMS

"Don't Go Breaking

My Heart"

Elton John and Kiki Dee

– 1976



1980S

GROWING UP

"Girls Just Want to Have Fun"

Cyndi Lauper – 1983

FALLING IN LOVE

"You Give Good Love"

Whitney Houston – 1985

HEARTACHE

"One More Night"

Phil Collins – 1985

LET'S DANCE

"Footloose"

Kenny Loggins – 1984

KARAOKE JAMS

"Livin' On A Prayer"

Bon Jovi – 1986



GROWING UP

"Barbie Girl"

Aqua – 1997

FALLING IN LOVE

"Dreaming Of You"

Selena – 1995

HEARTACHE

"My Heart Will Go On"

Céline Dion – 1997

LET'S DANCE

"Groove Is in the Heart"

Deee-Lite – 1990

KARAOKE JAMS

"Baby One More Time"

Britney Spears – 1999

track OF OUR Lives



1970S: "RUMOURS"

ARTIST: Fleetwood Mac

RELEASED: February 4, 1977

MOST ICONIC SONG: "Dreams"

In a 1977 interview with Rolling Stone, Christine McVie described the recording of this multi-platinum album as "Drama. Dra-ma." Every member of Fleetwood Mac went through relationship turmoil while recording "Rumours," most of them with other bandmates. The deeply personal, emotional lyrics earned "Rumours" a Grammy for Album of the Year, with over **45 million copies sold**.



1980S: "THRILLER"

ARTIST: Michael Jackson

RELEASED: November 30, 1982

MOST ICONIC SONG: "Billie Jean"

With more than **70 million copies sold**, "Thriller" is the best-selling album of all time. Sales skyrocketed after the debut of Michael Jackson's signature moonwalk dance to "Billie Jean" during a televised performance. "Thriller" spent 37 weeks at the top of the charts. All seven singles made it to the **top 10 in the US Billboard Hot 100**.



1990S: "MILLENNIUM"

ARTIST: Backstreet Boys

RELEASED: May 18, 1999

MOST ICONIC SONG: "I Want It That Way"

Backstreet Boys fans sent sales of the group's third studio album through the roof after the premiere of "Millennium." Backstreet Boys are one of the biggest music groups ever with over **100 million copies sold** around the world. They paved the way for future boy bands, but Backstreet Boys are still arguably the best boy band of all time.



Being an executor: What's involved?

Question

My mum has asked me to be her executor, but neither of us are entirely clear about what this means and what that involves. Can you explain the responsibilities?

Answer

A will nominates one or more executors who have the responsibility of applying to the court to have the will validated and the appointment of executor formally confirmed. This is the process referred to as 'obtaining a Grant of Probate'. Until a Grant of Probate is obtained, an executor has no legal right to deal with the assets.

The primary task of the executor is to gather the assets together, take control of them and protect them. The executor will then hold the assets on trust until debts are paid. Once that is done, the executor's last task is to distribute the assets in accordance with the terms of the will. While the executor controls the assets, they are referred to as the 'deceased estate'.

In many cases, a deceased estate will only exist for a relatively short period of time - maybe up to one year. Often, however, deceased estates will continue under the care of an executor for years.

This can occur for any number of reasons:

- o if the assets in the deceased estate are complex and difficult to realise
- o if the will is challenged, in which case the executor must care for the deceased estate until the dispute is resolved
- o if one or more of the beneficiaries are still minors, their inheritance can't be distributed to them until they reach 18 years of age or some older qualifying age set out in the will
- o occasionally wills require the executor to hold part of the deceased estate and manage it long term because a beneficiary is not capable of managing their own inheritance.

Choosing the right executor is as important as choosing a guardian and power of attorney. An executor's role isn't for the faint hearted. Ask anyone who has taken on the role and they'll tell you that the duties can be difficult, stressful and time consuming. Responsibilities include applying for probate and administering and distributing the estate. In some cases (too many), it also involves fending off attacks on the estate by wannabe beneficiaries.

When deciding who to appoint as an executor, be careful to choose a capable, trustworthy person. You don't need a professional person to act as executor (for example, a lawyer) but sometimes it's a great advantage. Any person with mental capacity and over the age of 18 years can be appointed. This includes children and beneficiaries. Avoid appointing elderly people or people who live far away as the executor has to be available and handy if they are called upon to act.

Who you choose will depend on:

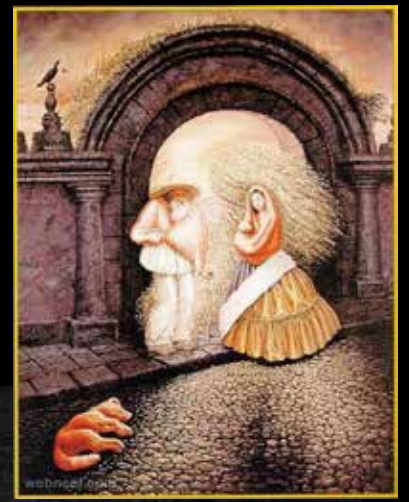
- o complexity: the complexity of your financial and family affairs
- o skills: the skills of the potential candidates
- o negotiating skills: the likelihood the executor will have to deal with disputes over the estate
- o impartiality: whether or not the executor will have a conflict of interest.
If they manage the estate and are also a beneficiary, others in the family may perceive favouritism. If they don't get on in any way, sharing the role of executor can almost guarantee disputes.

The most common choices are:

- o wife, husband, partner or children
- o friend or business partner
- o professional adviser: possibly a lawyer, accountant or both
- o a trustee company.

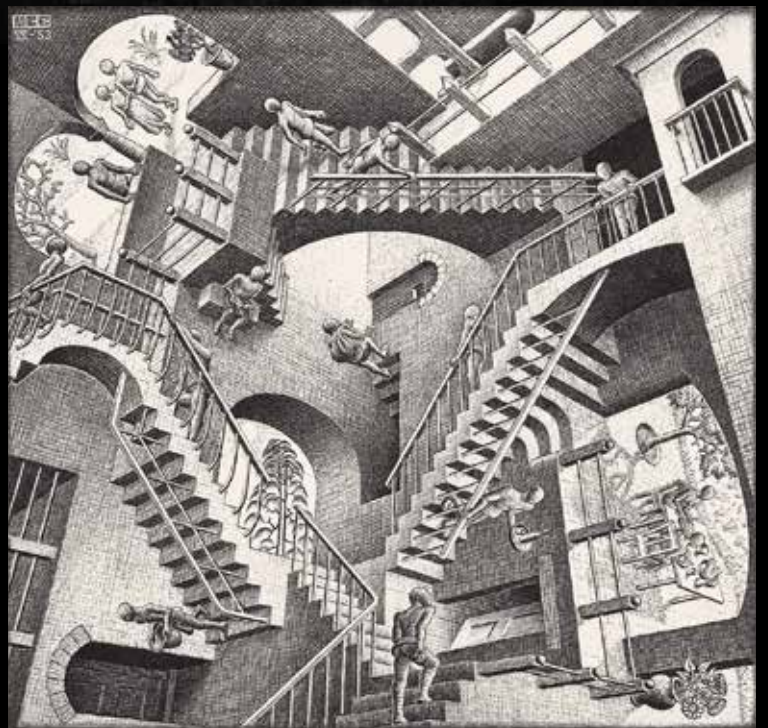
It's preferable to have more than one executor and/or a backup executor in case one dies, is unable to act, or starts to act but can't continue to do so. Alternatively, you can nominate a firm of lawyers or a trustee company, but it's important that you inquire about their fees and charges beforehand.

*Disclaimer: This information should be considered general in nature.
Seek legal advice before acting on this information.*



giggling PUU!

S N O ! S U T T !



Did you know...

it's all
About the
Numbers

- 11% of people are left-handed
- a bear has 42 teeth
- 8% of people have an extra rib
- 85% of plant life is found in the ocean
- the Hawaiian alphabet has 13 letters
- the longest recorded flight of a chicken was 13 seconds
- when lightning strikes it can reach up to 30,000 degrees Celsius (54,000 degrees Fahrenheit)
- the longest street in the world is Yonge street in Toronto Canada measuring 1,896 km (1,178 miles)
- Koalas sleep around 18 hours a day
- African Grey Parrots have vocabularies of over 200 words
- a giraffe can clean its ears with its 21-inch tongue
- the Grand Canyon can hold around 900 trillion footballs
- all the blinking in one day equates to having your eyes closed for 30 minutes
- your foot has 26 bones in it
- the average human brain contains around 78% water
- if you add up all the numbers from 1 to 100 consecutively (1 + 2 + 3...) it totals 5050
- cats have over 100 vocal chords
- elephants sleep between 4-5 hours in a 24 hour period
- a 1/4 of your bones are in your feet
- on your birthday you share it with 9 million others
- a hummingbird's heart beats over a 1,000 times a minute
- dragonflies have 6 legs but can't walk
- in 1878 the first telephone book made contained only 50 names
- an average person will spend 25 years asleep
- there are 31,557,600 seconds in a year
- there are 22 stars in the Paramount studios logo
- Coca Cola launched its 3rd product Sprite in 1961
- room temperature is defined as between 20 to 25C (68 to 77F)
- the movie Pulp Fiction cost \$8 million to make with \$5 million going towards actor's salaries
- there are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)
- the average golf ball has 336 dimples
- Brazil covers 50% of the South American continent
- Jamaica has 120 rivers
- cats can jump up to 7 times their tail length
- The Great Wall of China is approximately 6,430km long (3,995 miles)
- all of the clocks in the movie 'Pulp Fiction' are fixed to 4:20
- rice is the staple food for 50% of the worlds population
- India has the most post offices than any other country (over 100,000)
- India is home to over 200 million cows
- Bill Gates began programming computers at age 13
- every single possible 3 character .com domain has been registered
- the word 'uncopyrightable' is the is the only 15 letter word that can be spelled without repeating any letter
- you take over 23,000 breaths everyday
- when water freezes it expands by 9%
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$



SUDOKU

8		6		1				
		3		6	4		9	
9						8	1	6
	8		3	9	6			
7		2		4		3		9
			5	7	2		8	
5	2	1						4
	3		7	5		2		
				2		1		5

Answers on last page

SPORTS CROSSWORD PUZZLE

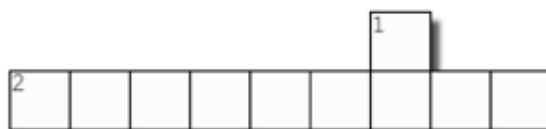
Look at the numbers on the pictures and write the sports vocabulary in the crossword puzzle



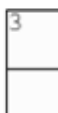
4



7



2



3

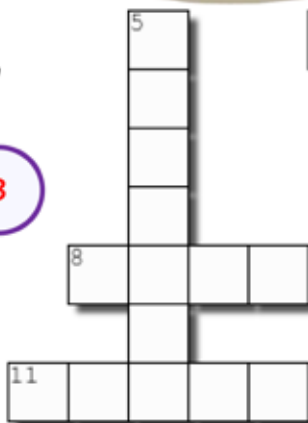
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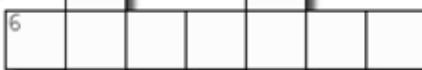
14



3



5



6



7



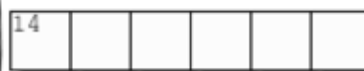
10



6



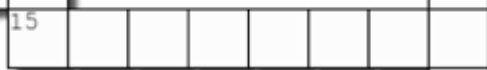
13



14



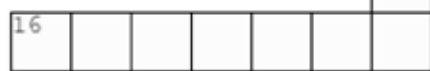
13



15



5



16

12



10



16



12



1



15



2



9

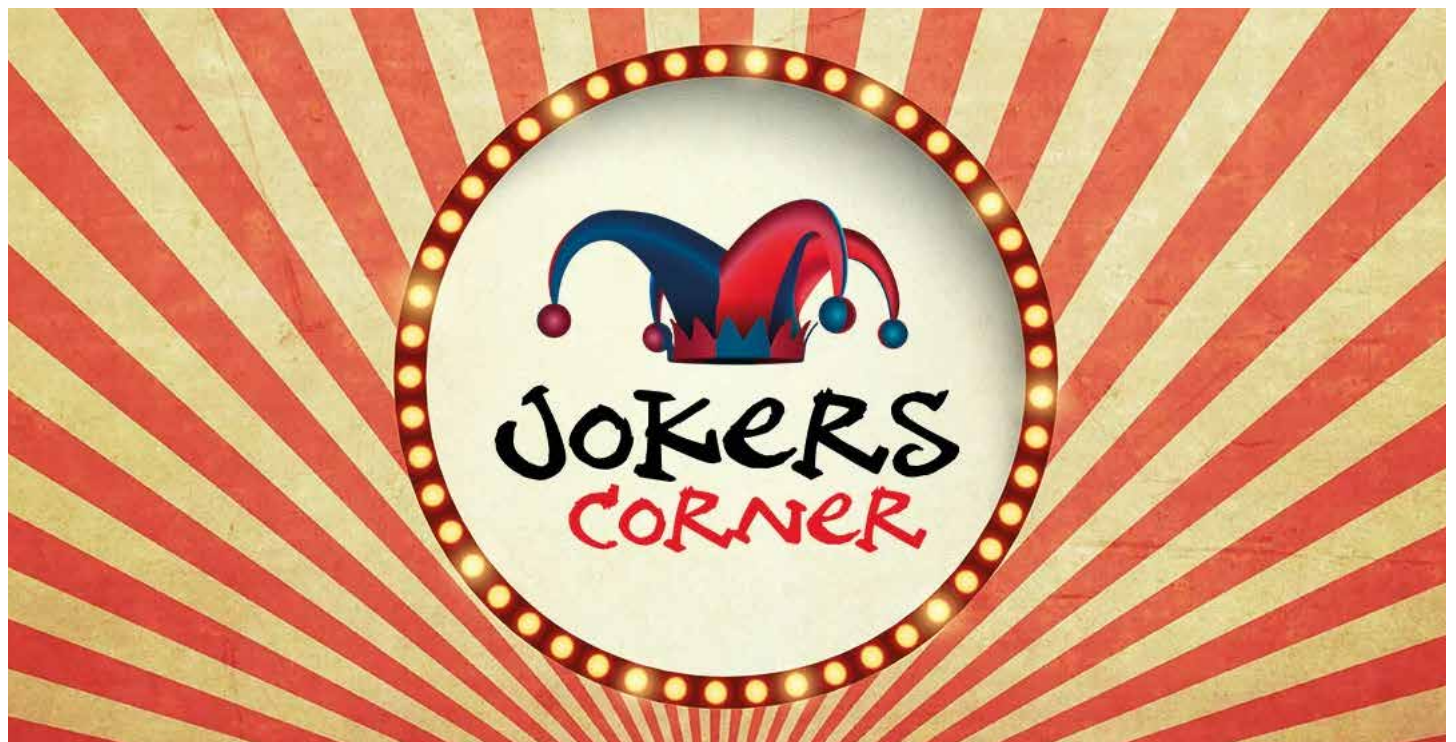


8



11

Answers on last page



A-A-R-P!
I wanna join the
A-A-R-P!



The Retirement Village People



Answers

8	5	6	9	1	7	4	2	3
2	1	3	8	6	4	5	9	7
9	4	7	2	3	5	8	1	6
1	8	5	3	9	6	7	4	2
7	6	2	1	4	8	3	5	9
3	9	4	5	7	2	6	8	1
5	2	1	6	8	3	9	7	4
4	3	9	7	5	1	2	6	8
6	7	8	4	2	9	1	3	5

SPORTS CROSSWORD PUZZLE ANSWERS

Across

- 2. wrestling
- 6. archery
- 7. long jump
- 8. discus
- 10. pole vault
- 11. rugby
- 13. shot put
- 14. javelin
- 15. gymnastics
- 16. curling

Down

- 1. high jump
- 3. hurdles
- 4. weightlifting
- 5. bowling
- 9. aerobics
- 12. fencing

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