



## **SOCIAL SUPPORT GROUP - "CHARM"**

**March 2021**

**(Caring, Healthy, Adult, Recreation and Music)**

### **Contact Numbers**

Office: Social Support Group - 55518381

Manager: Brenda Uebergang - 55518472

Coordinator: Fiona Mitchell - 55518683



***The leaves are falling,  
Autumn is calling!***

## **Editorial:**

March is the start of Autumn, where'd our summer go?

With the cool summer this year maybe we will have a warm Autumn, anyway whatever we get, Autumn is a lovely time of year with the leaves changing colours and falling, and the cooler evenings after a warm day are so lovely for sleeping.

So, just as we are about to commence planning for return to groups in the Centre, we were faced with the 5 day stage 4 lockdown! Is this Murphy's Law or what?

You will all have received letters about the recommencement of groups. This will be a gradual process as we all have much to learn about coming along and what we need to do to keep safe.

The Hamilton groups will commence March 1<sup>st</sup> and each group will be divided into 2 groups, one group will attend one week and the other group the following week. This means for the first month you will be attending 1 day per fortnight, the following month it will be once per week.

The Penshurst group will commence on Thursday March 4<sup>th</sup> and the Community Exercises will join the following week on March 11<sup>th</sup>.

### **NEW STARTING TIME for Hamilton groups: 10AM- 3PM**

You will be asked to sign a COVID SERVICE AGREEMENT on your first visit, the safe guidelines which we must all agree to, as follows:

- Answer screening questions truthfully before entering the service
- Sit in allocated seat for the day
- Abide by Social Distancing measures
- Wear mask as supplied by Health Service
- Sanitize hands on entering service and frequently throughout the day
- If I am feeling generally unwell, I will call and cancel my appointment on the day.

The staff will call you by phone prior to your first day of attendance. We look forward to seeing you very soon.

*Kind Regards Brenda, Fiona and the SSG team*

**Important dates for March:**

Monday 8<sup>th</sup> International Women's Day

Monday 8<sup>th</sup> Labour Day

Wednesday 17<sup>th</sup> St Patricks Day

Sunday 21<sup>st</sup> Harmony Day

Sunday 28<sup>th</sup> Palm Sunday

**Best Wishes from all of us at Social Support Group to everyone celebrating March Birthdays!**

Marie Granziera	2 <sup>nd</sup>
Eleanor Briggs	2 <sup>nd</sup>
Denise Gibson	4 <sup>th</sup>
Gilly Cutchie	4 <sup>th</sup>
Ivan Mirtschin	10 <sup>th</sup>
Bev Lyons	15 <sup>th</sup>
Margaret Gorrie	15 <sup>th</sup>
Lenore McNaughton	17 <sup>th</sup>
Marion Reiher	26 <sup>th</sup>



**Deepest sympathy:**



*We express our deepest sympathy to the family and friends on the sad passing of Gwen Tonissen and Judith Millard*

**CLEVER COOKS CORNER:**  
**Potato & chorizo breakfast hash**



- 1 large onion
  - 1 clove of garlic
  - 120 g quality chorizo
  - 2-3 cooked potatoes
  - 1/2 bunch of fresh flat-leaf parsley
  - olive oil
  - 2 large free-range eggs
1. Preheat the oven to 180°C/gas 4.
  2. Peel and finely chop the onion and garlic, chop the chorizo, dice up the cooked potato and pick and finely chop the parsley.
  3. Gently fry the onion and garlic in a little oil in an ovenproof pan until the onion is soft. Add the chorizo and fry for 2 to 3 minutes.
  4. Add the potatoes and cook for 5 minutes more, then crack the eggs on top.
  5. Transfer the pan to the preheated oven and bake for 8 minutes, or until the egg white is set but the yolk is still runny.
  6. Sprinkle with sea salt, black pepper and the parsley, to serve.

## Jokes:

**“I’m in a really bad place right now, not mentally, I just live in Victoria”**

**“Always knock on the fridge door before opening, just in case the salads dressing”**

**“I tried to eat a clock once. It was rather time-consuming. Especially when I went back for seconds”**

**“A lady knocked on my front door yesterday; she said she was collecting for the RSPCA. So I gave her next doors cat”**

**Q. What’s the fastest liquid in the world?**

**A. Milk. It’s pasteurised before you can even see it!**

