

Discover...

In this issue of Cooinda News...

- Garden City Shopping,
- A look back at photos from our theme day,
- Cooking Event,
- Food Forum date,
- Your monthly calendar,
- Resident focus – meet Bob!



Day	Date	Time:	Location:	Activity
Tuesday	2.07.19	9.30 - 12.00	Bus Trip	Shopping Trip to Garden city
Friday	5.07.19	2.30 – 3.30	Level 2 Activity Lounge	Birthday Celebration
Monday	8.07.19	2.30-3.30	Level 1 activity Lounge	Wine and Cheese Day
Friday	12.07.19	2-3pm	Level 2 activity Lounge	Entertainment with Jusi jammin
Monday	15.07.19	1.30-3.30	Level 2 – multipurpose room	Movietime with Ron
Thursday	18.07.19	2.30 – 3.30	Level 1 – activity Lounge	Winter Wonderland theme day
Monday	22.07.19	2.30-3.30	Level 2 – Activity Lounge	Cooking Activities
Thursday	25.07.19	1.00-3.00	Multipurpose room level 2	Food Forum Residents and relatives meeting
Tuesday	30.07.19	2.00	Level 1 – activity Lounge	Enrichment: Bunnings Visit - Painting

Latest News from Braemar Cooida:

Braemar celebrated **Italian Themed Day** on Thursday 20th of June. We transformed the Facility into a Little Italy. Then, the residents came together for the **Italian Theme Day Morning Tea**.

Red and White checked table cloths were placed on the tables as residents enjoyed the morning with Italian snacks and sipping on coffee.

Also **Adam Penn** entertained residents with beautiful songs and dance moves.

Residents were engaged, stimulated, smiling and conversing with each other.

Meal Time Reminder

A general reminder of times for morning tea and afternoon tea – these times are subject to change according to scheduled activities, necessary adjustments and for programing purposes and resident needs.

Breakfast: 8am | Morning Tea: 10am | Lunch: 12 noon

Afternoon Tea: 2.30pm – 3pm | Dinner: 5pm

Exciting Events Coming Up:

Write these events down in your calendar and don't forget to join in:

- Shopping Trip to Garden City – 2 July (details on front page),
- Cheese and Wine – relax and unwind with a glass of wine and some delicious cheese – 8 July.
- Winter Wonderland Theme Day – 18 July,
- Cooking Activity – your chance to cook some delicious food – 22 July,

Cooinda in Pictures – Italian Theme Day:



Parking Reminder:

Staff are asked to not park in the reserved areas.
Visitors are asked to not park in unmarked bays.

Resident Focus – Meet Bob

Bob was born in North Wales to an Irish father and English mother, moving to South Wales when he was four years old. He was educated in Cardiff, studying French, German, Latin and Greek, but his father didn't want him to go to university, so he did an apprenticeship in marine engineering.

This meant that he was in Liverpool and here he saw the *Beatles* play every Friday night at the Cavern and Ringo's band, *Rory Storm and the Hurricanes*, on Thursday nights.

Instead of going to sea Bob went to the Marine Technology College in South Shields to do a diploma of mechanical engineering. He added Sunderland and Newcastle to Liverpool, Everton and Cardiff City to the list of football teams he supported. Bob is also a fan of rugby union.

Starting as a stoker, Bob went to sea in the merchant navy and Royal Navy Reserve, eventually holding the rank of Lieutenant Commander.

Bob also worked on shore with the British Central Electricity Generating Board, initially at the biggest power station in the UK in Pembroke, Wales. At that time he enjoyed driving his Austin Healey sports car, despite the fact that it did 14 miles to the gallon.

An ad in the local paper caught Bob's attention. It said "Wanted - engineers with shore and sea experience for an exciting new experience". This led to Bob's work with first generation container ships. He travelled to New Zealand and was on the Tilbury to Australia run, including visiting Sydney while the Opera House was being built. His first port of call in Australia was, however, Fremantle. He made lots of friends in Australia and New Zealand but never forgot coming from the freezing Australian Bight to the boiling heat of Fremantle. Bob was even at anchor in Fremantle during the America's Cup.

Bob met his wife while windsurfing on the Greek island of Kos. They decided that they wanted to live here in WA and they have one daughter.

