Issue 78 Something New is Coming to Warner Road + An Important Home Care Update + Relax with a Movie Quiz UTTE Magazine Spring 2025 Edition

### **About Us**

Murray Mallee Aged Care Group was founded in 1994. Our vision is a brighter future for older South Australians through our quality services. This includes Home Care Packages, the Support at Home program and social activity programs across remote areas of the Murray Mallee and Riverland districts, as well as metropolitan Adelaide.

### **Publisher**

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### **Feedback**

We appreciate your feedback. Please email us at <a href="marketing@murraymallee.org.au">marketing@murraymallee.org.au</a> to share your thoughts. Alternatively, you can mail your feedback to PO Box 1315, Murray Bridge SA 5253.

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#### EVERYONE'S WELCOME



We respectfully acknowledge the Aboriginal and Torres Strait Islander people as the traditional owners of this land on which we meet, work, and learn. We respect and acknowledge their spiritual connection as the custodians of this land and that their cultural heritage beliefs are still important to the living people today. We support you whatever your gender, age, sex, ethnicity, cultural heritage, sexual orientation, or social status.



#### Greetings everyone,

You know the old saying, "time flies when you are having fun." This year must be one of those times, because I can hardly believe we are already heading into Spring! The winter rains have been a welcome relief after such a long, dry spell, both for our hardworking farmers and for the gardens in our suburban neighbourhoods.

To all of you who have recently celebrated a birthday, I wish you all the very best and many more joyful celebrations to come.

To those who have experienced a bereavement, please accept my deepest condolences. While there is much fulfillment in working with older people, we are also reminded of life's fragility, a reality we must all come to accept with compassion and grace. Wishing you strength, peace, and a sense of connection as we move through the seasons together.

As you may have heard, the new Support at Home program, originally scheduled to commence on July 1, has been delayed until November 1 this year.

This news brings both positives and challenges. On one hand, we had already invested significant time and resources into preparing our team, clients, and other stakeholders for the transition.

On the other hand, the delay gives the government more time to ensure Services Australia is better equipped with the necessary administrative technology to assist the program effectively.

I'd like to especially thank those of you who attended our Town Hall information sessions in Adelaide, Murray Bridge, or online. It was a genuine pleasure to meet many of you in person and to hear firsthand your views and experiences with our services.

We will continue to stay abreast of changes as they occur, and I encourage you, or your representative, to reach out to my team if you have any questions or need further clarification.

The 2025 fiscal year ended on a positive note, with a

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strong financial result. We continued to benchmark favourably on price point and quality when compared with similarly sized organisations across the country.

This achievement was only possible thanks to the diligent and prudent work from our team of managers, along with the support of our experienced board of directors. Their active involvement and collaboration with me in maintaining a clear and disciplined strategic direction has been key to our success.

You may have heard that we are upgrading a house in Murray Bridge, directly across the road from our lifestyle village, Warner Close, into what will become the "Warner Health and Wellness Centre".

This new building will provide services to our home care clients as well as to the broader Murray Bridge community. Expansions and diversifications like this are only possible thanks to the prudent management of our resources and a clear understanding of where service gaps exist.

I sincerely appreciate the trust, energy, and support that both our team and directors continue to invest in initiatives like this one. On a personal note, I'm proud to have recently celebrated 11 years in my role as CEO of this outstanding organisation. I feel incredibly privileged to have reached this milestone and to have accrued some long service leave along the way.

For the first time in many years, I'll be taking an extended break of six weeks in Europe, to celebrate my husband's 70th birthday with friends and my Italian family. It's a special occasion, and I'm very much looking forward to reconnecting and recharging.

In the meantime, I have every confidence that business will continue as usual under the steady leadership of our dedicated management team, supported by the oversight of our chairman and fellow directors, who remain closely engaged and accessible.

I look forward to returning safe and sound in mid-October with the Warner Health and Wellness Centre ready and for the launch of the new Support at Home program.

#### Stay well and safe, Anna Howard



#### Saluti a tutti,

Conoscete il vecchio detto: "il tempo vola quando ci si diverte". Quest'anno dev'essere proprio così, perché faccio fatica a credere che siamo già alle porte della primavera! Le piogge invernali sono state un sollievo dopo un periodo così lungo e secco, sia per i nostri instancabili agricoltori sia per i giardini nei quartieri suburbani.

A tutti coloro che hanno recentemente festeggiato un compleanno, auguro il meglio e tanti altri momenti gioiosi da celebrare.

A chi invece ha vissuto un lutto, porgo le mie più sentite condoglianze. Lavorare con le persone anziane è fonte di grande soddisfazione, ma ci ricorda anche la fragilità della vita, una realtà che tutti dobbiamo accogliere con compassione e dignità. Vi auguro forza, pace e un senso di connessione mentre attraversiamo insieme le stagioni.

Come forse avrete saputo, il nuovo programma Support at Home, inizialmente previsto per il 1º luglio, è stato posticipato al 1º novembre di quest'anno.

Questa notizia porta con sé sia aspetti positivi che sfide. Da un lato, avevamo già investito tempo e risorse significative per preparare il nostro team, i clienti e gli altri stakeholder alla transizione. Dall'altro, il rinvio concede al governo più tempo per assicurarsi che Services Australia disponga della tecnologia amministrativa necessaria a supportare efficacemente il programma.

Vorrei ringraziare in particolare coloro che hanno partecipato alle nostre sessioni informative Town Hall ad Adelaide, Murray Bridge o online. È stato un vero piacere incontrare molti di voi di persona e ascoltare direttamente le vostre opinioni ed esperienze sui nostri servizi.

Continueremo a rimanere aggiornati sui cambiamenti man mano che avverranno, e vi incoraggio, o incoraggio i vostri rappresentanti, a contattare il mio team se avete domande o necessitate di ulteriori chiarimenti.

L'anno fiscale 2025 si è concluso con una nota positiva, con un risultato finanziario solido. Abbiamo continuato a mantenere buoni standard di competitività in termini di prezzo e qualità rispetto ad altre organizzazioni di dimensioni simili a livello nazionale.

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Questo risultato è stato possibile solo grazie al lavoro diligente e prudente del nostro team di manager, insieme al supporto del nostro esperto consiglio di amministrazione. Il loro coinvolgimento attivo e la collaborazione con me nel mantenere una direzione strategica chiara e disciplinata sono stati fondamentali per il nostro successo.

Forse avrete già saputo che stiamo ristrutturando una casa a Murray Bridge, proprio di fronte al nostro villaggio residenziale Warner Close, per trasformarla in quello che diventerà il Warner Health and Wellness Centre.

Questo nuovo edificio offrirà servizi ai nostri clienti dell'assistenza domiciliare e all'intera comunità di Murray Bridge. Espansioni e diversificazioni di questo tipo sono possibili solo grazie alla gestione prudente delle nostre risorse e a una chiara comprensione dei bisogni ancora non soddisfatti.

Apprezzo sinceramente la fiducia, l'energia e il sostegno che sia il nostro team sia i membri del consiglio continuano a investire in iniziative come questa.

A livello personale, sono orgogliosa di aver recentemente festeggiato 11 anni nel mio ruolo di CEO di questa straordinaria organizzazione. Mi sento incredibilmente privilegiata ad aver raggiunto questa tappa e ad aver maturato nel frattempo anche del congedo per lunga anzianità di servizio.

Per la prima volta dopo molti anni, mi concederò una pausa prolungata di sei settimane in Europa, per festeggiare il 70° compleanno di mio marito insieme ad amici e alla mia famiglia italiana. È un'occasione speciale, e non vedo l'ora di riconnettermi e ricaricare le energie.

Nel frattempo, sono pienamente fiduciosa che l'attività proseguirà regolarmente sotto la solida guida del nostro management team, con il supporto e la supervisione del presidente e dei colleghi del consiglio, sempre attivamente coinvolti e disponibili.

Non vedo l'ora di tornare, sana e salva, a metà ottobre, con il Warner Health and Wellness Centre pronto per l'apertura e con il lancio del nuovo programma Support at Home.

#### State bene e al sicuro, Anna Howard



At MMACG, your care, dignity, and respect come first. You have the right to speak up about your services and our staff, including Support Workers, without fear. Your feedback helps us improve. If you have concerns, requests, or suggestions, we're here to listen and support you.

Your voice matters.
You can share your thoughts by:

- Speaking with Your Care Partner
- **Solution** Using Our Official Feedback Channels
- Having A Trusted Person Speak on Your Behalf











A resource for aged care consumers.

(08) 8532 2255 MMACG Office



All aged care providers are required to offer consumers and their representatives the opportunity to start a consumer advisory body.



If you are interested in becoming involved, please contact the office at (08) 8532 2255.

## What is a consumer advisory body?

Consumer advisory bodies can help fix problems and improve your care. They give you a way to talk about care and service quality with others and share this with your provider's governing board.

### Consumer advisory bodies are important because they:



Look at the quality of care and services you and others receive



Find and communicate consumer needs and issues



Provide opportunities for improvement

# 7

## Coming Soon!

Expecting to open by Nov 2025.

You may have heard that we're upgrading a house in Murray Bridge, directly across the road from our lifestyle village, Warner Close, into what will become the Warner Health and Wellness Centre.

This new space will provide services not only to our home care clients but also to the broader Murray Bridge community. While details are still being finalised, we're excited about the opportunities it will bring. Expansions like this are only possible thanks to careful planning, resource management, and a commitment to addressing local service gaps.

More updates to come as the project progresses!

Stay tuned!







#### Greetings everyone,

In this edition, I've invited Leanne and Chloe to share a bit more about themselves and provide some updates on their work with rostering and Care Partners. Enjoy!

#### <u>Update from Leanne O'Leary (Senior Rostering Officer)</u>

I wanted to share a bit about myself—I'm someone who loves camping and spending quality time outdoors with my family and our two very energetic heeler dogs. Nothing beats a weekend around the campfire with the people (and pups) I love most!

Our rostering team is working extremely hard behind the scenes to keep changes to a minimum for you. We know how frustrating it can be when your shift times move around, so we always aim to provide as much consistency and early notice to you as possible. Your time is important, and we really do appreciate your patience and flexibility.

As many of you know, we operate under the SCHADS Award, which comes with rules about how support

workers' shifts are scheduled—including the need to accurately calculate travel time between clients.

This means that sometimes you may notice shift times like 11:57 AM to 12:07 PM. While these might seem odd, they are carefully planned to ensure workers are rostered to meet the award.

When a client cancels a shift, it can create gaps in a support worker's roster. In these situations, we often need to move other shifts up or around to help fill the gap.

This is why advanced notice of cancellations is so helpful; it gives us more time to adjust without impacting other clients or your favourite support workers.

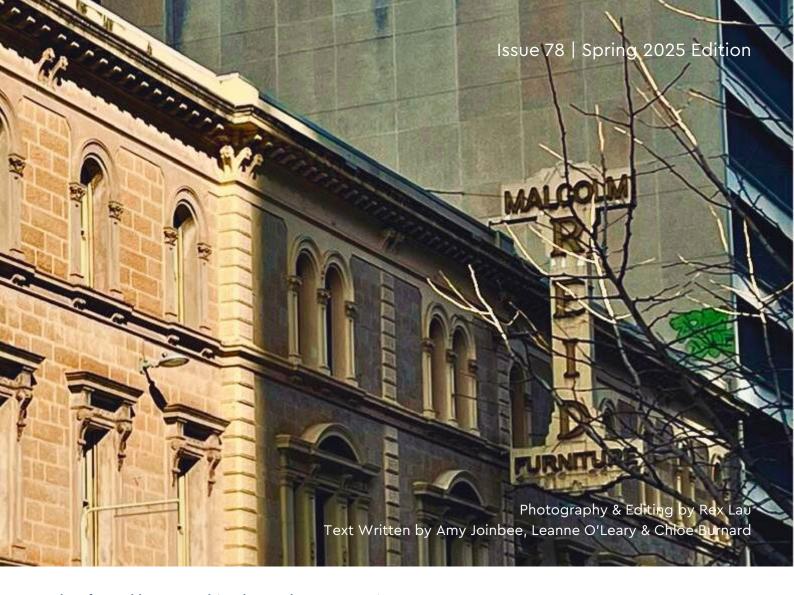
We always do our best to allocate your preferred support worker when possible.

We are extremely grateful for your understanding when changes do occur, and we genuinely value your cooperation and kindness during these times.

Our team is always open to feedback to help improve our rostering process. If you have any suggestions, concerns, or just want to share your thoughts, please let us know.

Thank you again for your ongoing support and for being such a valued part of our community.

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#### <u>Update from Chloe Burnard (Senior Lead Care Partner)</u>

After a cold and wet winter, I'm looking forward to stepping back into the garden, ready to see spring flowers bloom and veggies begin to grow.

The change in season brings a sense of renewal; and this year, it also brings important changes to the way we support you at home.

Our team has been working hard to prepare for what lies ahead with the new Support at Home program, which is expected to start on November 1 this year.

While navigating these changes hasn't always been easy, it's been incredibly rewarding to work through your questions and help find the right solutions.

As we reach closer to the reforms, I'll be focusing on training and education with our Care Partners to make sure everyone is informed, confident, and equipped to share the latest information with you and your families.

We know it can confusing to understand what we can and cannot provide to you as we enter the new program, so we're here to help make things clearer for you.

Our focus is on how to best meet your needs while staying within the updated rules. That means being more thoughtful about what we can provide you, especially when it comes to equipment purchases. If we are unfortunately unable to provide what you request for due to the new guidelines, please be rest assured that we are looking for other ways to meaningfully support you.

For example, if your equipment purchase cannot be approved, we may be able to provide you with an approved service/s to compensate. This might include someone helping you prepare meals, assisting with booking appointments, or supporting you with transport arrangements.

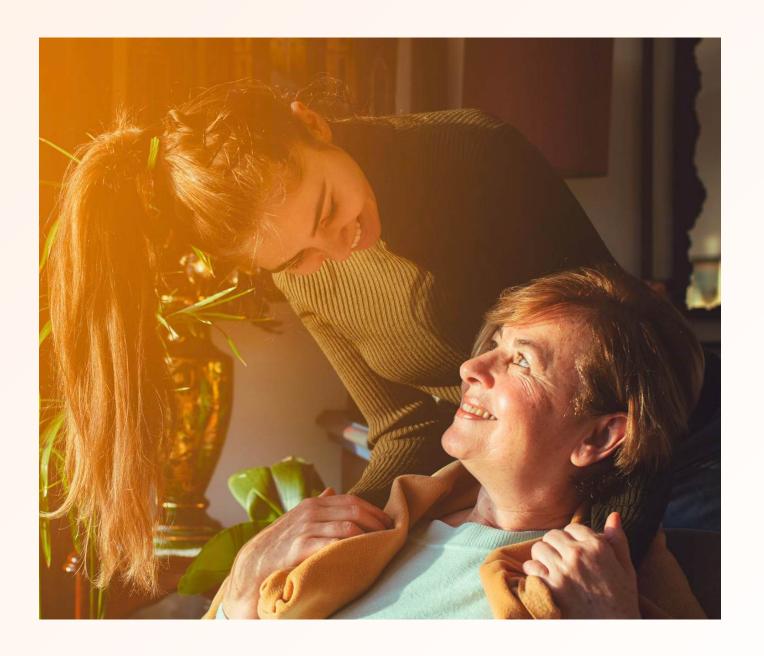
As part of these changes, we're pleased to let you know that we are welcoming more Care Partners to our team. This means more friendly voices on the phone, quicker responses to your requests, and more help when you need it.

We're here to work with you to find the best way forward and make sure you continue receiving the care and assistance you need. If you have any questions, please don't hesitate to reach out - we're only a phone call away.

Warm regards, Amy Joinbee, Leanne O'Leary & Chloe Burnard

## Age Well

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## A Friendly Reminder About Cleaning Tasks





- Vacuuming
- Mopping
- Wiping surfaces

For everyone's safety, please note that these are light cleaning tasks, not professional cleaning services.

Got questions? Feel free to reach out to the office at (08) 8532 2255. Thank you for your understanding and support!

## Clinical Update

#### Hello everyone,

With Heide Callery, our Clinical Manager, currently on a well-deserved holiday, I've stepped in to share more details about what clinical care is and the standard you should expect from our nursing services.

At Murray Mallee Aged Care Group, our priority is ensuring you receive safe, high-quality clinical care that supports your independence and wellbeing.

With the Strengthened Aged Care
Quality Standards coming into effect,
particularly Standard 5: Clinical Care, we
are placing even greater focus on
personalised, evidence-based care that
respects your choices.



The Strengthened Aged Care Quality Standards. Each standard must be peoplecentred, which includes providing the right clinical care for you. Please note that Standards 6 & 7 do not apply to MMACG.

#### What is Clinical Care?

Clinical care in the home can include:

✓ wound care,

✓ medication support,

✓ continence management,

✓ nutrition and hydration,

✓ pain management,

✓ ongoing health monitoring.

Under the new Standards, we are required to work closely with you, your authorised representatives, and your healthcare providers to make sure your care plan is up-to-date, culturally appropriate, and responsive to any changes in your health.

#### How Support at Home Impacts Clinical Care

The **Support at Home program,** starting in November 2025, will give older Australians more flexibility and control over the services they receive.

This means your clinical care will be planned and delivered in a way that is even more tailored to your needs, with greater emphasis on prevention, early intervention, and enabling you to stay well at home for longer.

Our clinical team is committed to:

- Listening Your goals, preferences, and values guide every care decision.
- Monitoring We regularly review your health to identify and respond quickly to changes.
- Collaborating We work with GPs, specialists, and allied health professionals to provide coordinated care.
- **Educating** We share information and practical tips so you can actively manage your health.



#### We're Here to Help!

If you notice changes in your health or have questions about your care plan, please reach out to your Care Partner. Together, we can ensure you receive the best possible care.



Muhammad Bilal
Quality & Compliance
Team Leader

Experiencing changes in your health?

Not sure about your care?

Want to see a nurse?



Give us a call and your Care Partner can discuss with you about what we can do.

> Regional 8532 2255 Metro 8365 0151

Experiencing a medical emergency?

Emergency 000



Afterwards, please inform us of your situation, if possible.



## Healthy Bites Nourish your body. Delight your taste buds.

#### Salmon & Vegetables



This simple and versatile meal can be easily adjusted to suit your needs. Want some different vegetables? Throw them in!

Time: 25 mins

Serves: 1

#### **INGREDIENTS**

- 1 salmon fillet
- 1 zucchini, sliced into rounds
- 3 cherry tomatoes, halved
- · 1 capsicum, sliced
- ½ onion, cut into wedges
- 2 tbsp olive oil
- 1 lemon, optional
- 1 Preheat The Oven: Set it to 200° and set up your tray by lining it with baking paper or alternatively greasing it with vegetable oil.
- Prepare Your Vegetables: Using your board and sharp knife, cut your vegetables into small pieces. We recommend the zucchini be cut into rounds, tomatoes cut in half, capsicum put into sliced, and the onion into wedges.
- Mix Your Vegetables: Pour the healthy goodies into a large bowl and mix them together with 1 tablespoon of olive oil and any seasoning you would like.
- Bring It Together: Place your salmon and vegetables onto the tray. Brush your other 1 tablespoon of olive oil onto the salmon.
- 5 Let It Roast: Put your tray into the heated oven and let it roast for about 12-15 minutes and until the salmon is flaky and mostly opaque.
- Serve: Once cooked, place your delicious meal onto a plate and, optionally, squeeze a lemon onto the salmon for extra flavour. Bon Appétit!



#### **Golden Fried Rice**

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Enjoy this warm and fulfilling meal that provides a wonderful blend of protein, vegetables, and some cheeky ham. And it's easy to reheat!

Time: 30 mins

Serves: 4

#### **INGREDIENTS**

- 5 eggs
- 4 cups cooked long-grain rice
- 100g sliced ham, chopped
- 2 green onions, finely chopped
- · 1 capsicum, sliced
- 1 cup (120g) frozen peas
- 2 tsp XO sauce
- 3 tbsp olive oil
- 1 Cook The Rice: This can be done however you like. Stove or microwave are the most common methods. You will need 1.5 to 2 cups of water per rice cup.
- 2 Work Your Eggs: Break 3 eggs and separate the yolk and whites into their own bowls. Use a fork to stir the rice and break up the grains. Then, add the 3 yolks to the rice and mix well until it is coated.
- 3 Create Egg Mixture: Break 2 more eggs into the whites bowl and add XO sauce. Whisk together to create your mixture.
- Create Your Omelette: Add your olive oil to a large wok on medium heat. Add half the egg mixture and swirl to coat the wok's base. Cook for about 1 minute, or until the egg is set. Once done, put it onto a large plate. Roll and slice thinly. Repeat this step again to create a second batch.
- 5 Final Additions: With the now empty hot wok, add the mixed rice from step 2, onions, ham, capsicum, and peas. Stir-fry for about 5 minutes, or until the vegetables are tender and the rice is golden.
- Serve: Put your rice into serving bowls. Season with salt and pepper. Lastly, stir your omelette slices in with the rice. Enjoy!



## Office Staff Update

#### **Welcome to the Team**



Hi, I have a 10-year-old son and am someone who passionately leads with my heart. I deeply connect with animals—whether it's spending quiet moments with my cats or enjoying the thrill of a rodeo. I also love being out in nature, especially camping under the stars where I feel most at peace. I've always believed in kindness and try to be someone others can count on. Whether it's lending a hand or offering a listening ear, I genuinely care about the people and creatures around me.

Rachael Cottam Rostering Officer





We recently said goodbye to Somayeh Ghafari, our Metro Team Leader. Somayeh was a wonderful part of the team that always encouraged and supported our compassionate Care Partners.

Her love and passion for others reflected MMACG's values and helped the team provide outstanding care to their clients.

All the best on the next step in your journey, Somayeh!



Our team had a great time connecting with the community at the Murray Bridge Aged & Carers Expo!

It was an excellent opportunity to talk with new and familiar faces, listen to their stories, and provide any support we could. Along with our informative materials, we also offered a word search, and prizes if you played cornhole. We had a lot of fun!

Thank you to everyone who came and we hope to be back again next year!

#### **Staff Team Building Day**

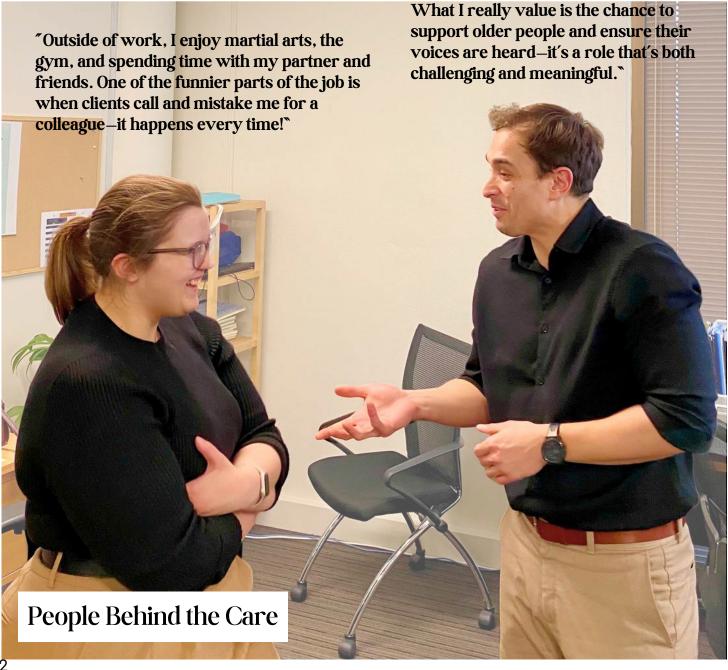


It was a colourful time for our annual Staff Team Building Team! With eccentric costumes, plenty of food, friendly competition, and some professional development, everyone at MMACG had a fun day together!

Pictured are some of our team in their costumes. From clowns to karate masters, rock legends, and even Wally, it was great to see the whole team dressed up.











In Memory of June Hunter

One our clients, June Hunter, recently passed away at the age of 100.

June lived a life of serving. She left home when she was 19 to join the Air Force as a transport driver during World War II. 18 months later, she married Arthur, who passed away on Christmas Eve, 2008.

June spent much of her life lovingly raising their two children. Once they had grown up, June eventually retired but continued to support the community through the Mannum Hospital Auxiliary where she used her love for sewing.

Before she passed away, June celebrated her 100<sup>th</sup> birthday. CEO Anna Howard and Senior Lead Care Partner Chloe Burnard visited June and her family to celebrate. In addition to her two children, June Hunter leaves behind 4 grandchildren and 9 great-grandchildren.

From the team at Murray Mallee, our deepest condolences to June's family.

## Need Assistance? We're Here to Help!



If you require urgent action within 24 hours and your usual Care Partner is unavailable, please know that another Care Partner will assist you. Each Care Partner manages approximately 50 clients, so there may be times when they cannot respond immediately.

We appreciate your understanding and patience as our team works to provide timely and efficient support to everyone. Your care and satisfaction remain our top priority!

Thank you for understanding!







### Seniors Bus Trip







Loxton

June 2025

Our adventurers stepped back in time by exploring the Loxton Historical Village! Despite it being winter, the sun was out and it was a perfect opportunity to step back in time and see what life was like in the early 1900s! All that learning gave us not only an appetite for knowledge, but also food. In addition to a delicious lunch, we also stopped by for some coffee in Karoonda. Always nice to have a 'pick me up'!









#### **P** N

McLaren Vale

July 2025

We had a lovely day in McLaren Vale, with morning tea at Mawson Café and then lunch at a local hotel. After satisfying our taste buds, we explored the quirky art at d'Arenberg Cube—a perfect end to a fun day with friends!



Mannum

August 2025

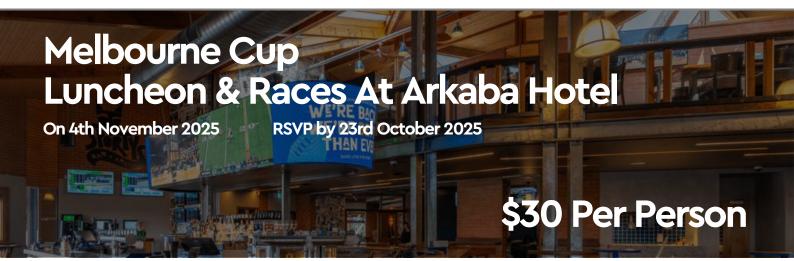
Our seniors ended winter with a visit to Mannum—exploring the Revolution Motor Museum, enjoying lunch at the community club, and getting up-close with the animals at Dairy Adventures. A great day out with friends!

## It's Trip Time!









## Secure Your Spot Today (08) 8532 2255





## Welcome to the Warner Close 90s Club!

From Judy, who has has just turned 90, to Leo who is 98, we have a total of 11 residents who are part of this esteemed aged group.







## Warner Close Retirement Living is a place to call home.

18 Warner Road, Murray Bridge, 5253 SA



Learn more about Warner Close Retirement Living Call (08) 8532 2255 or Email info@warnerclose.com.au



#### vAboutMe

Murray Mallee Client App





147 RATINGS

5

\*\*\*\*

**AGF** 

4+

Years Old

**CATEGORY** 



Home Care

LANGUAGE

ΕN

English

Make your aged care experience better with vAboutMe, available on most phones and tablets. The app allows you to communicate easier with our team about your care, view your documents, and check for upcoming services.

#### Why you should use the app:

- Convenient remote access to care schedules.
- Information on Support Workers, including photos and backgrounds.
- Provide feedback and rate your worker's performance.
- Access service plans and other relevant documents.
- Direct communication with Murray Mallee office for service adjustments.

#### Benefits of using the app:

- Easy tracking and management of funding.
- Alerts for low funding levels.
- Submission of expenses and receipts for processing.
- Inform family members about funding status.
- Confident service requests and knowing the funding situation.

## Only \$2 Per Month

#### Out of your Home Care Package

Give us a call at (08) 8532 2255 and we can guide you on how to install and use the vAboutMe app to make it easy for you.

Available to download on most phones and tablets.

### **Guess The Classic Movie**



Test your film knowledge by guessing these 10 iconic films. Write down your answer below each question. Can you name them all?

- 1. Starring Humphrey Bogart, this 1942 drama features a couple that will always have Paris and won the Best Picture Oscar.
- 2. Based on a folk tale, this 1950 animated film from Disney has a lost slipper and the song "Bibbidi-Bobbidi-Boo".
- 3. Alfred Hitchcock directed this 1955 French Riviera-set thriller that stars Cary Grant and Grace Kelly.
- 4. With its famous chariot race, this 1959 epic starring Charlton Heston happens concurrently to the life of Jesus Christ.

- 5. Sean Connery introduces us to this famous British spy in 1962 and is the first in a long running series.
- 6. The Austrian hills are alive in this 1965 musical starring Julie Andrews that leads us back to doe.
- 7. This 1972 film about a mafia family gave us an offer we couldn't refuse that stars Marlon Brando and Al Pacino.
- 8. This iconic sports movie from 1976 and starring Sylvester Stallone was a knockout at the box office and Oscars.
- 9. Set in the Big Apple, star Paul Hogan knows what's a knife in this hugely successful Australian film released in 1986.
- 10. Also released in 1986, star Tom Cruise felt the need for speed by flying at a pace that would take your breath away.

#### Answers are below and upside down

7. Casablanca, 2. Cinderella, 3. To Catch A Thiet, 4. Ben-Hur, 5. Dr. No (James Bond), 6. The Sound of Music, 7. The Godfather, 8. Rocky, 9. Crocodile Dundee, 10. Top Gun.

## Thank you

for reading the Murray Mallee Magazine.

Love what we do? Please give us a 5-star rating on Google









Use your phone camera to scan the QR code or simply search for us on Google



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## Murray Magazine



