

# October 2025 Newsletter

[www.silvermemories.com.au](http://www.silvermemories.com.au)

Silver  
MEMORIES  
MUSIC RECONNECTING LIVES

## October Fun Days



## International Coffee Day

1 October is International Coffee Day! Hopefully, everyone gets a well-made coffee on the day and coffee themed fun. Maybe coffee beans can create some fun or be the main form of currency for the day!



## World Food Day

16 October is celebrated as World Food Day. The date marks the founding of the UN Food and Agriculture Organisation. These days, we are so lucky to have such a variety of food available to us. Enjoy the benefits of healthy eating.

## Photographers in Aged Care, thank you!



The photograph above reminds me of the times I spent visiting my grandparent's farm. Silver Memories has received many compliments from residents who enjoy seeing farm photographs as part of the Silver Memories Collection. We'll be adding more photographs of farm scenes as well as other settings thanks to **Melissa McDowall**.



From time to time, someone will contact Silver Memories and provide us with some of their photographs of some of the beautiful beach scenery Australia has to offer. **Amy Pace** provided Silver Memories with several of these photographs as well as several others of beautiful locations nearby.

"I'M LOVING THE SHOW ON SILVER MEMORIES!"

## Silver Memories BLOG

As children, we all had different experiences with getting used to wearing shoes or not wearing shoes!



I am sure everyone has at least one funny story about a shoeless memory that you have. **Silver Memories** Announcer, **Michael Goodwin**, recollects his experience of his younger years and the benefits of getting bare feet toughened for the outdoors.

To read the article, visit the Silver Memories website in the articles section or click on the link below if you are reading via a screen:

[Bare Feet Days](#)

## Famous Australians



**Helen Reddy** was born in Melbourne on 25 October 1941 and passed away in 2020. She was born into a show business family and started as an entertainer from the age of four.

In 1966, Reddy appeared on **Bandstand** and won a ticket to the USA for a recording audition. In the 1970s, Reddy achieved international chart success, in particular in the USA with 15 singles in the top 40.

Helen Reddy retired from performing live in 2002 and then went on to complete a degree. She returned to live performance in 2011 to the delight of many fans and will always be remembered for her signature hit song "**I am Woman**".

## The Year That Was

Broadcast Thursdays at 10am (AEST), 11am (AEDT) and 10.30am (ACDT), **The Year That Was** presents an excellent opportunity to reminisce about past happenings from a specific year.

There are a variety of programs available on the App as well.

We remember the following years:

[1954 on Oct 2](#)  
[1959 on Oct 9](#)  
[1971 on Oct 16](#)  
[1975 on Oct 23](#)  
[1976 on Oct 30](#)  
[1977 on Nov 6](#)  
[1938 on Nov 13](#)  
[1978 on Nov 20](#)  
[1934 on Nov 27](#)  
[1972 on Dec 4](#)  
[1962 on Dec 11](#)  
[1980 on Dec 18](#)  
[1958 on Dec 25](#)

Activity Session plans for the programs are available from the Silver Memories website.

## Girl Crazy

Songs from the musical, **Girl Crazy**, will be broadcast on Thursday, 16 October at 2pm (AEST), 3pm (AEDT) & 2.30pm (ACDT).

The program features the **Girl Crazy** production from the Broadway cast recording. **Mickey Rooney** and **Judy Garland** starred in the musical's most famous 1943 film adaptation. Some of the well-known songs from the musical are **I Got Rhythm**, **Embraceable You**, and **Sam and Delilah**.



**Can Can** will be the featured musical to be broadcast on the third Thursday of the month at 2pm (AEST), 3pm (AEDT), and 2.30pm (ACDT), 20 November.

**Robert and Elizabeth** will be broadcast on the third Thursday of the month at 2pm (AEST) and 3pm (AEDT), and 2.30pm (ACDT) 18 December.