

The Weekly Settler

Newsletter of Settlers Lifestyle Village



14th January 2021

Village Update

The inorganic skip (in the wash bay) that arrived this week is now full and will be picked up. A replacement has been ordered and will be on site on Monday (however it could be earlier)

Reception

Please note the Reception desk will be closed this Saturday and Sunday whilst we work towards filling this weekend role. Our nurse/duty manager will be on duty if required for any office related matters that aren't able to wait until Monday.

From the Sales Desk

Happy New Year to you all and it has been lovely to be back and connect with some of you already and I look forward to catching up with more residents at Happy Hour or around the village.

The week has started in a rather busy fashion in sales, with Joseph 110 going unconditional so we will now be welcoming in two new couples into Joseph building later this month. So the only thing to say really is....



Joseph is sold down...

Kaipatiki is well on the way to being sold down, with only 6 left, one of these being on hold. We do have two resales; however we have strong interest in both of these so expect an application very soon.

All the best for a great week ahead and hope you are managing to get out and enjoy this amazing spot of weather we are having.

Rosalie
Sales & Marketing

Hello from the Nurses Niche

Hi everyone,
What glorious weather we are having at the moment. We must spare a thought for the South Island however, who has not been quite so fortunate.

This week I thought I would talk about frailty. Not something we like to think about but a word that people often use to describe people who are advancing in age. Frailty is a very complex issue and there is research that now allows health practitioners to define it and measure it.

Why is frailty so important you might ask? As people age they can lose their resilience and ability to adapt in the face of multiple disease processes, as well as decreased physical strength and/or cognitive decline. Frailty is not based on the age of a person but on their physical and functional ability. It is a marker of vulnerability and signifies the need for extra care, especially during acute events (even mild ones). (https://www.hqsc.govt.nz/assets/ARC/PR/Frailty_care_guides/Frailty-care-guide-master-update-6.pdf) No one wants to think that they are getting frail and unfortunately frailty cannot be reversed. However there are things you can do to prevent its progression. These include the following:

- Do some exercise that can improve muscle strength and balance. Try joining one of Precious's 'Keep Fit groups or if you lack confidence on your feet why not give Yvonne's Xer-sit class a go.
- Eat a balanced diet especially one with adequate protein intake. Protein helps to build our muscles and it is essential as we age that we don't cut down on the protein. Talk to you GP about getting a referral to a dietitian if you need help with your diet.
- Keep your brain active. There are so many brain activities available here in the village such as the simple jigsaw puzzle if you like a quiet solitary activity. For those that like company - chess, therapeutics, where you can engage in some mindfulness with colouring in, or maybe you could learn how to play Rummikub . Check out the back of the newsletter for dates and times of these activities.
- Staying connected with others also helps and living here can provide social contact which is so important to us humans. Our neighbourly group can arrange to visit people who might be feeling isolate or lonely. Just let us know and we can connect you up with someone.



Finally, remember frailty is not defined by old age. While frailty is more common in older adults, just because you are older doesn't mean you will be frail. Older people with frailty are often more resilient to health challenges than people who have frailty at a younger age.

Take care everyone.

Sue, Lyn, Chris, Christine Lucy & Tina
Nursing Team



Thank you for the great feedback on our newly introduced smoothies and salads. We've been busy baking & filling the cookie jar with treats. We look forward to seeing you soon.

Hot lunches as usual will be served on Tuesdays and Thursdays.
Next week's lunch menu is:

Tuesday 19th January \$12.00

Corn Fritters Topped with Bacon Served with Roasted Kumara Salad

Thursday 21st January \$12.00

Lemon & Parmesan Panko Crumbed Fish Served with Beer Batter Fries & Green Side Salad



Come and enjoy our Freshly 'Made to Order' Smoothies!

Smoothie Options \$5.50

Berry Smoothie (Strawberry, Banana, Chia Seed and Greek Yoghurt Smoothie)

Tropical Smoothie (Pineapple, Mango, Banana, Chia Seed and Greek Yoghurt Smoothie)

**Ruth, Danielle, & Jucimara
Tui's Café**

What's on this coming week



Weekend Movie – Ladies in Lavender

*Time & venue: Saturday 16th & Sunday 17th January
@ 1pm in the cinema*

Aging spinster sisters Ursula (Judi Dench) and Janet (Maggie Smith) discover a young man (Daniel Brühl) near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America. Although Ursula feels an unfamiliar spark of infatuation for the handsome young musician, propriety suggests the attraction must remain unspoken.
Rated: M 100 mins



How about a WALK in the “Cool, cool, cool of the evening?” TWILIGHT SUMMER STROLLS are back by popular request.

Time & venue: Saturday evenings Leaving Reception at 7pm

Come and join us for a relaxing, end of the day, 60 min flat walk in good company with Settlers friends. See you there.

John Wakelin



FIRST BINGO OF 2021

Time & venue: Saturday 16th January 7.00pm Lodge Dining Room

Come and join us in the Lodge for our first BINGO of 2021. Usual time of 6.30pm for ticket sales, ready for a 7pm start. All welcome including family and friends.

Bruce, Joy, Jenny and Rae



GOLF CROQUET - Meeting of Golf Croquet players

Time & venue: Monday 18th January (The Nook beside the stage)) at 1.30pm.

The purpose of meeting is to discuss the feedback to the letter on how games can be arranged to provide a mixing of players. An interim rule will then be put in place and hung with the playing rules in the shed.

Organised Golf Playing times. The Golf Croquet activity plays on Tuesdays, Thursdays, and Saturday at 1.00pm.



Craft Group

Time & venue: Thursdays 10am Link Lounge

Happy New Year from the Craft Group...we are underway again. Join us Thursday mornings 10-12 in the Link Lounge for a cuppa and chat as we encourage one another in our crafting efforts. Visitors and new members are always welcome.

We are still collecting knitted items for the Premmie Babies as well as new crafted goods for sale. These can be left in the named bags on the tables or given to one of the group. We are happy to receive donations of craft goods but would appreciate if one of us can sight them before accepting as we do have limited storage space. Thank you and we look forward to catching up with everyone in the coming weeks.

The Craft Group

Special Notices

‘Settle Inn’ – Friday Night Apartment Jackpot.

The lucky apartment jackpot prize returns this Friday, 15th January, when the prize will start again at \$20.

Remember to be eligible to win you must be in the Bar when the lucky apartment number is drawn and you **must** be wearing your Settlers Name Badge – **no name badge/no prize/no excuses**. The lucky apartment number will be drawn at sometime between 5 and 6pm.

Peter Dowling, Chairman, Exec Bar Committee, M227

Friday Night Raffles

The usual Friday night raffles return this Friday, 15th January. Tickets are \$2 each and the prizes will be as usual - First Prize - \$40, Second prize -\$20 and third prize - \$10.

Peter Dowling, Murray Peck and Mientje van Mierlo

Apartment Draw Result For Wednesday 13th January 2021

The first apartment number drawn **196** was not claimed. A redraw then commenced with apartment number **214** winning **\$50**. Apartments drawn missing out on a prize: **6, 35, 134, 196, 212, 241**

Apartment Draw Next on Wed 20th January 2021

We will have a first number drawn prize and a minor prize of at least **\$50** which must be won on the night if the first number Drawn is not claimed. Buy a drink and pay your \$2 for a stamp, the draw starts between 5.30pm and 5.45pm. The Winning Resident must claim their prize in 30 seconds wearing their own name badge and validation stamp. There will be no exceptions made on this policy.



FRIENDS AND NEIGHBOURS

It has felt a little like going on a treasure hunt when trying to gain entry to the Lodge this week! Great fun to venture along new paths rather than follow your usual route. All sorts of new vistas to enjoy, and little treasures to spy! See if you can spot a couple of houses that don't appear on the village plan. They are a trifle too small for occupation (unless you are ant sized) but they are very cute!

You can also admire the lovely pink and white petunias growing beneath the trees between the pétanque terrain and the bowling green. However these take only second prize when compared to the ones growing on the slope up from the pool! The 'carpet' created by those petunias is magnificent!

Enjoy our village wherever you wander.

Neighbourly Group



NEW TO THE LIBRARY – AUDIO BOOKS

Thanks to a recent donation our latest Library display is of Audio Books on CD's.

To borrow please record your apartment number and audio book number on the clipboard.

Even for people who love books, finding the opportunity to read can be a challenge. Many, then, rely on audiobooks, a convenient alternative to old-fashioned reading. You can listen to the latest bestseller while out in the car or cleaning up the house.



PIANIST REQUIRED URGENTLY for SETTLERS SINGING GROUP

You will be required in the lodge from about 6.45pm to 8pm, on the 2nd and 4th Monday evenings of each month. A resident is preferred (or resident's family member or other contact to whom we would consider paying a fee.)

For further information please phone John Wakelin M-230 Ph 415-7383 or Ross Miller M-218 Ph 443-1511.



QUIZ NIGHT

Time & venue: Sunday 24th January 7.00pm Lodge Dining Room

1st Prize: Winning Table Takes All

Come and join other Settlers in a fun night of questions and answers.

Remember to bring your \$2 entry fee and a pen and paper.



Volunteer Drivers

Our team of willing drivers are available to take you to your appointments. We ask that you wear a mask if possible. We are here to help. Just phone one of the following co-ordinators. Meg McCartie 0272 869018 or 971 2739 or Pat Plimmer 021 782 870



Free Fold Up Card Table

If you can find a use for a card table with folding legs Erith McConnell would be happy to pass on to you. Please call her on 948 1818.



WILLIAM C. DALDY
PRESERVATION SOCIETY INC.

JOIN US FOR A GREAT DAY ON THE HARBOUR **Auckland Anniversary Day Tugboat Race** **Monday 1st February 2021**

Departs: Victoria Wharf, Devonport 8.30 AM prompt TO 1PM
Light lunch included. Tea, coffee, bar drinks available.
Join us and be part of the World's Largest One Day Regatta.

Every year we compete in the Annual Tugboat Race. Welcome aboard the oldest and largest entrant. Watch these powerhouses of the sea duel it out before, during and after the race with an amazing displays of power and manoeuvrability.

Fares: Adults \$99 Children \$49 (up to and including 12yrs)
Book at www.eventbrite.co.nz (Auckland Anniversary Tugboat Race)

Like to volunteer – Deck, Engine, Boilers, Galley, Shop etc. No experience needed. Contact Roy on 027 246 9461



Menu

Wednesday 20th January

Roast Chicken with Sage, Onion & Bacon Stuffing \$17

Served with Roasted Potatoes, Carrot & Parsnip Wedges & Buttered Peas

Singapore Noodles \$15

Contains: Vermicelli Noodles, BBQ Pork, Prawns, Capsicum, Eggs, Onions

Friday 22nd January

Spiced Pork Chops Served with Homemade Peri Peri Dipping Sauce \$17

Served with Jacket Potato & Roasted Pumpkin, Cranberry & Feta Salad

Homemade Shepherd's Pie Topped with Cheese Mash

Served with Roasted Pumpkin \$15

Desserts for January

Mango and Nut Dream Topped with Roasted Brazil Nuts \$7

Cap off your summer with this sweet and salty ice cream sundae.

Mango, yoghurt, muscovado sugar and brazil nuts.



Homemade Bakewell Tart Served with Vanilla Bean Custard \$7

A Bakewell tart is an English confection consisting of a shortcrust pastry shell beneath layers of jam, frangipane, and a topping of flaked almonds.

COFFEE AVAILABLE before 7.15pm each evening

Please make sure you book with Reception by midday the day prior to you dining.

Fri 15 th Jan	Walk n Talk Group	8.50am	Reception
	Painting with Joy	9.30am	Kell Lounge
	Shopping Bus	9.45am	Albany Mall
	Men's Group Resumes today	11.00am	Avenues Lounge
	Xer/Sit Class Resumes 29th January	1.00pm	Avenues Lounge
	Table Tennis	2.00pm	Kell Lounge
Sat 16 th Jan	Petanque	9.15am and 10.45am	Petanque Court
	Outdoor Bowls	9.45am	Bowing Green
	Ukulele	10.00am	Avenues Lounge
	Weekend Movie	1.00pm	Movie Theatre
	Croquet	1.00pm	Croquet Green
	Line Dancing Resumes today	1.30pm	Kell Lounge
	Twilight Summer Stroll	7.00pm	Reception
	BINGO	7.00pm	Dining Room
Sun 17 th Jan	Chess Group	10.00am	Chess Nook
	Weekend Movie	1.00pm	Movie Theatre
	Coffee, Games, Chat	1.00pm	Avenues Lounge
Mon 18 th Jan	Keep Fit	8.30am	Kell Lounge
	Shopping Bus	9.45am, 10.15am & 11am	Albany Mall
	Painting Group (No Tutor)	9.30am	Kell Lounge
	Outdoor Bowls	9.45am	Bowling Green
	Tai Chi with Sherie	1.30pm	Kell Lounge
	Darts	4.00pm	Avenues Lounge
Tue 19 th Jan	Petanque	9.15am and 10.45am	Petanque Court
	Line Dancing No start date as yet.	10.00am	Kell Lounge
	Blokes Shed (Assistance Available)	10.00am	Blokes Shed
	Croquet	1.00pm	Croquet Green
	Mahjong	1.30pm	Avenues Lounge
	Therapeutics @ 3	3.00pm	Lodge Lounge
	Summer Indoor Bowls Cancelled til further notice	7.00pm	Kell Lounge
Wed 20 th Jan	Discover Albany Walkers	8.50am	Reception
	Settlers Hair Salon	8.30am	Hair Salon
	Outdoor Bowls	9.45am	Bowling Green
	Aqua size	10.00am	Swimming Pool
	New Generation 500 Club	3.00pm	Avenues Lounge
	Happy Hour	4.45pm	Main Lounge
	Rummikub	7.00 pm	Avenues Lounge
Thu 21 st Jan	Keep Fit	8.30am	Kell Lounge
	Settlers Hair Salon	8.30am	Hair Salon
	Table Tennis	9.30am	Kell Lounge
	Craft Group	10.00am	Link Lounge
	Croquet	1.00pm	Croquet Green
	Petanque	1.00pm	Petanque Court
	Painting Abstracts No tutor	1.30pm	Kell Lounge
	Chess Group	2.00pm	Chess Nook
	Darts	4.00pm	Avenues Lounge
	Summer Indoor Bowls	7.00pm	Kell Lounge