

The Weekly Settler

Newsletter of Settlers Lifestyle Village



25th February 2021

Village Manager's Weekly Update

COVID – 19 Update

As you are all aware, we are now back at Alert level 1 in Auckland please remember to continue to use the QR tracker when out in the wider community. All operations and activities in the village are back to normal.

Please observe the usual health considerations

- Washing hands
- Maintain a 2-metre social distance in public.
- Cough into your elbow
- Keep a contact register and use the QR scanner when available.

Additional points to note.

- You are required to wear a mask whilst using public transport.

General

The external building cleaning is progressing well and next week we will be moving across to Orchard, Nautilus, Lucas and Joseph buildings.

ACCESS NOT GRANTED

If you do not grant access to your apartment normally but would like to have your balcony & exterior windows cleaned please contact reception now. Once the building is complete, they will not be returning to pick up any missed windows.

ACCESS GRANTED

If access is normally granted then Washco will be able to access (so you do not need to advise reception of anything).

ACCESS GRANTED WITH STAFF ONLY

Please note that as staff will not be present, if you have previously told us 'access is with staff only' then you will need to advise reception either access is permitted or that you will be present for the window cleaning.

There is still time to advise about cleaning internal windows or balcony blinds as this will be completed at the end of the building wash.



Exterior Cleaning Schedule for February/March 2021 (Weather dependant and subject to change)

Date Building Wash, Roof Wash & Window Wash

22nd February	Kaipatiki	
23rd February	Kaipatiki	
24th February	Kaipatiki	
25th February	Kaipatiki	
26th February	Kaipatiki	

1st March	Joseph	Joseph
2nd March	Joseph	Joseph
3rd March	Orchard	Joseph
4th March	Orchard	Joseph
5th March	Nautilus	Nautilus

8th March	Massy	Massy
9th March	Massy	Massy
10th March	Massy	Lucas
11th March	Ingham	Lucas
12th March	Ingham	Lucas

15th March	Ingham	Lucas
16th March	Ingham	Lucas
17th March	Bush	Lucas
18th March	Bush	Airbone
19th March	Greenfield	Airbone

22nd March	Dobbyn	Clemow
23rd March	Dobbyn	Clemow
24th March	Foley	Eskdale
25th March	Lodge & Hellyers	Eskdale
26th March	Lodge & Hellyers	Eskdale

29th March	Lodge & Hellyers	Lodge & Hellyers
30th March	Lodge & Hellyers	Lodge & Hellyers
31st March		

Washing outside

As a reminder to all residents - drying or airing washing outside is not allowed as per the rules of the village, which you will find in the Handbook. This includes on balconies or patios in apartments and the townhouses.

Refresh of Ingham common areas.

The painting and carpet installation has now been completed, however unfortunately, we have had a delay on the framing of the artwork that will be installed in the corridors. At this stage we have been given a date of the 18th of March of when this will be completed and then we will arrange for the installation. Once this is completed the final dressing of the areas will be undertaken, we appreciate your patience whilst we work through the process.

Gary Jarvis
Village Manager

From the Sales Desk

Further to our recent Nigel Latta event we have spoken with Nigel's PR company who have expressed disappointment at not quite meeting the brief, Nigel did express how much he enjoyed engaging with our residents and guests at the event. Further on in this newsletter he has provided notes from his talk which he hopes you will find helpful.

Last week a new application was taken on K-155 and with a hold on another apartment in Kaipatiki not proceeding to application, this now leaves only 4 new stock to sell in Kaipatiki.

Resales are going extremely well and I will report more next week.

North Shore Golf Club Open Pairs Charity Day – Tuesday 2nd March – Are there any Settlers who would like to play in next weeks tournament? As Settlers is sponsoring this event there will be no entry fee but you would need to have a golf handicap. Last year 4 Settlers entered the tournament and would be welcomed again. Please refer to flyer further on in this newsletter for registration details.

I hope you are all geared up for the ABBA night this Saturday. We have had to postpone this so many times due to Covid so we hope many of you come along and dance the night away to some great groovy music - I might see you there.. 😊

**Rosalie
Sales & Marketing**

Hello from the Nurses Niche

Hi everyone,

Well it's been nice to see the village return to some normality this week and lovely to hear all the laughter coming from the lodge as people are allowed to gather together again. This week I thought I would carry on with my "fun facts" theme and this week's body part is our nose.



Did you know:

- Your overall nasal shape is formed by age 10, and your nose continues to grow slowly until about age 15 to 17 in women and about age 17 to 19 in men. Over time, the nose lengthens and sags due to gravity and the gradual breakdown of proteins, collagen and elastin in your skin, especially in the nasal tip.
- We don't smell with our nose. It is the brain that does the job. The olfactory nerve cells in the nose are only responsible for capturing the smell and sending them to the brain. It is the brain where the smell gets identified.
- The brain region for processing smell is up to 50% larger in women..... of course!!
- Smell is the only one of the five senses directly connected to the area of the brain where memories are formed and emotions are processed.
- Your nose and sinuses produce almost one litre of mucus a day (which you swallow.) – Yuk!
- Does the sun make you sneeze? Well there is a phenomenon called the photic sneeze reflex where light triggers the trigeminal nerve that controls the nerves in your face. As this is near your optic nerve, when both are stimulated, your nose is tricked into thinking there is irritation and so you sneeze. Interesting isn't it. I have a daughter who always sneezes when in the sun and I have seen it happen with babies too.

There are many more facts to be found on the web if you are interested. Like any body part, your nose needs to be kept clean so avoid smoking and dust. Your nose loves humidity - it's the only part of my body that does!

Take care everyone.

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



with Nigel Latta

The world seems to be changing faster and faster... and it sometimes feels hard to keep up with it all. Not so long ago your washing was the only thing that was 'online'... now everything is.

The good news is that even though the world is more complex than it's ever been, as Nigel said during his presentation, the things which help us to live our lives now are the things which have always worked.

So here are Nigel's top three tips for navigating change and living a meaningful life:

1. **Keep it simple:** The world might be complicated, but the way forward isn't. Don't worry about how complex it all might seem... keeping life simple is not only good for us... but it always works out better than getting lost in all the noise and business.
2. **Be open:** Learning is profoundly important. So keep learning, all the time. Be open to the new things around you, and learn as much as you can. That said, it's also fine to just have a cup of tea and a nap as well. That's also very good for us.
3. **Community is everything:** We have social brains so connecting with friends and family is one of the most important things for our wellbeing. Include everyone around you... we all need friends and support. That hasn't changed in the last 70,000 years.

Salon News

Many of you know my daughter Nicole who works Wednesday and Friday evenings for Tui café but I'd like to introduce one of my other daughters 'Michelle' who is raising funds for the Cancer Society. Michelle has shaved her hair to support and raise awareness for the Cancer Society. This is her story:-

Shaving my head is something I wanted to do to show tribute to the many people that I have known and lost to cancer. These include my Nana who had bladder cancer, a close family friend who had lung cancer, another with breast cancer, and lastly my Dad's Uncle who had prostate cancer.

Unfortunately, they're no longer with us today. I wouldn't wish this awful illness on anyone, it's something no one should have to go through.

By doing a small thing such as shaving my head I hope to bring awareness. I want to be part of creating a future with less cancer, because if anyone can – I can!

Cancer impacts so many of us in New Zealand, affecting 1 in 3 people. Every donation I receive means Cancer Society can continue to help by funding cancer research, prevention and support services for people with cancer and their whānau when they need it most.

Every little bit helps and it means a lot! Thank you for your support.

**YOU
can
for cancer**



**YOU
can
for cancer**

**Chef's
CORNER**

Come and join your friends at Tui Café for a delicious hot lunch on Tuesdays or Thursdays from 12 midday

Next week's lunch menu is:

Tuesday 2nd March

Italian Meatball Rolls Served with a Side of Fries \$12.00

Thursday 4th March

Chicken Schnitzel Served with Creamed Mash Potato, Mushroom Sauce and Buttered Peas \$12.00

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

What's on this coming week



Weekend Movie – Peter's Friends

Time & venue: Saturday 27th & Sunday 28th February @ 1pm in the cinema

Ten long years have passed since a close-knit group of six friends celebrated New Year's Eve with the farewell performance of their musical comedy review. Heading off in separate directions to experience life and what it has in store, they have experienced triumphs and disaster. Now they are together again for New Year's Eve and it's time to celebrate in a big way! 97mins

peter's
friends



Love, friendship and
other natural disasters...



ABBA Night

Time & venue: Saturday 27th February Bar opens 6.30pm

We're looking forward to a fabulous night. This evening has been long awaited. Bring your own nibbles. Bar opens at 6.30pm. Dress up or come as you are and enjoy a Fab music arrangement by Settlers Super Troupers.



TWILIGHT SUMMER STROLLS

No twilight stroll this Saturday 27th ABBA evening

Next Summer Stroll Sat 6th March leaves Reception at 7pm.



QUIZ NIGHT

Time & venue: Sunday 28th February @ 6.50pm in the Dining Room

Come and join other Settlers in a fun night of questions and answers. Remember to bring your \$2.00 entry and a pen and paper. Easy questions have been requested for this week.



Sunday@Seven – Christian Worship

Time & venue: Sunday 28th February 7pm Cinema

Speaker :- Carol Thornbury

Subject "Finding Grace through Grief"...to bind up the broken-hearted, to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning and a garment of praise" instead of a spirit of despair. " Isaiah 61 (Subject to Covid gathering rules)



Indoor Bowls - Tuesdays & Thursdays

With twilight outdoor bowls finished for the season, indoor bowls will play on both Tuesdays and Thursdays again. We play in Kell Lounge from 7.00 to 8.30 pm, beginning this coming Tuesday 2 March. All are welcome. No replies are needed. Arrive by 6.50 pm to get into the draw.

Wednesday Wanderers

Time & venue Wednesday 3rd March leaving reception at 9.30am



Because of the recent Covid Lockdown, the Butterfly House/Swanson RSA trip planned for Feb 17th was postponed. This trip is now planned for Wednesday 3rd March. Buffet Lunch \$21 Entry to Butterfly House \$3.00. The residents who signed for the original trip will have preference to the bus seating, but please phone Doreen (414-2088) to verify your place and to allow any cancellations to be made to others before the new list is put up on Friday the 26th February.

Aquasize

Time & venue Wednesdays – Settlers swimming pool.



Due to the popularity of this class there will now be two sessions running each Wednesday morning

9.25am Barbara Morris

10.10am Joan Hewlett

Working out in the water is one of the most therapeutic activities that you can do – just add a little H2O and you're good to go.

Special Notices

'Settle Inn' – Friday Night Lucky Apartment Jackpot.

As we are now back at COVID Level 1 the Friday night Lucky Apartment Jackpot Draw and Raffles will resume. The apartment jackpot draw will be \$120.

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.

Murray Peck M-214 Exec Bar Committee

Apartment Draw Result For Wednesday 24th February 2021.

The first apartment number drawn number **19** was claimed winning **\$100**.

Apartment Draw Next Wednesday 3rd March 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.



THE SETTLERS SINGERS

Recommence under Alert Level 1 at 7pm Monday 8th March in the Lodge.

New members welcome. No auditions! Some new songs!

C'mon! What's the delay?



FRIENDS AND NEIGHBOURS

At last, the long planned for, and many times postponed, ABBA NIGHT! Everyone needs to cross fingers and toes in the hope that no lockdowns intervene again! We can all look forward to some familiar music to sing along to, as we do our stuff on the dance floor!

You can push the boat out and come in fancy dress if you wish, or just come in your 'normal' attire. Having looked at 'Mr Google' I think ANY outfits could be considered ABBA appropriate! Their hair and clothing styles seemed to be many and varied. Personally, I could never look like them no matter what I wore! Sigh! Just come along for a great night.

Neighbourly Group



Volunteer Drivers

Our team of willing drivers are available to take you to your medical appointments. We are here to help. Just phone one of the following co-ordinators. Margaret Larsen 214 7116 or 021 129 8807, Meg McCartie 0272 869018 or 971 2739 or Pat Plimmer 021 782 870.



DIARISE 26th MARCH AS OUR ODETTE WILL BE APPEARING ON TV3 PRIOR TO COLLECTING FOR THE RED PUPPY APPEAL

Odette will accompany Wendy Mellberg-Haecker, Guide Dogs Operations Manager on the AM Show on Friday 26 March. Odette and Wendy will be promoting the Red Puppy Appeal on 26 and 27 March.

Odette will once again be collecting in the Mall in Albany. Anyone wishing to get involved please sign up to collect at redpuppy.org.nz

Blind Low Vision NZ Guide Dogs breeds and trains about 100 puppies each year, and it takes nearly two years, and more than \$50,000 to raise and train just one guide dog

Blind Low Vision NZ Guide Dogs runs the country's only guide dog breeding and training facility and it is 100% funded through the generosity and support of Kiwis.

Every day, an average of six people turn to Blind Low Vision NZ for support with their sight loss. Guide dogs help people who are blind, deaf or have low vision retain their independence and move through life safely and confidently.



Photography Group

These photos are the result of an exercise to demonstrate that you don't have to go far afield to find a subject for your image. By looking carefully you can always find something to enable you to create your own work of art. Everyone found something different to record. *Anyone interested in joining our Settlers Photography group, we meet on the 3rd Thursday of each month. One month, a field trip, the next month to share and evaluate our photos. Judy Hodge E-43*

Perhaps after visiting our exhibition you could see if you can locate the items in the images around the village.



Blackcaps and White Ferns Cricket Games

Time & venue: Live on the big screen in the Lodge Lounge

Upcoming games will be screened in the Lodge – please find schedule further on in this newsletter. The bar will be open when the games are on. Come and enjoy with other Settler residents.



CATCH THE

BLACKCAPS

AND THE

WHITE FERNS

AT OURS

T20 & ODI FIXTURES

	DATE	FIXTURE	VENUE	START TIME
BLACKCAPS VS Australia T20 Fixtures				
 	22 Feb 2021	1st T20	Hagley Oval, Christchurch	6:30pm
	25 Feb 2021	2nd T20	University Of Otago Oval, Dunedin	1:30pm
	3 Mar 2021	3rd T20	Sky Stadium, Wellington	6:30pm
	5 Mar 2021	4th T20	Eden Park, Auckland	6:30pm
	7 Mar 2021	5th T20	Bay Oval, Tauranga	3:30pm
WHITE FERNS VS England ODI & T20 Fixtures				
 	23 Feb 2021	1st ODI	Hagley Oval, Christchurch	1:30pm
	26 Feb 2021	2nd ODI	University Of Otago Oval, Dunedin	10:30am
	28 Feb 2021	3rd ODI	University Of Otago Oval, Dunedin	10:30am
	3 Mar 2021	1st T20	Sky Stadium, Wellington	2:30pm
	5 Mar 2021	2nd T20	Eden Park, Auckland	2:30pm
	7 Mar 2021	3rd T20	Bay Oval, Tauranga	11:30am





**Settlers Albany Lifestyle Village Resident's
Association Incorporated**

550 Albany Highway Albany Auckland 0632

***ANNOUNCEMENT FROM
SETTLERS RESIDENTS COMMITTEE
RE NOMINATION FOR THE UPCOMING ELECTIONS***

***NOMINATIONS FORMS FOR THE NEW COMMITTEE WILL BE
AVAILABLE FROM RECEPTION AS FROM FRIDAY 26TH
FEBRUARY.***

***NOMINATIONS WILL CLOSE AT 4PM ON THE
5TH MARCH 2021.
FORMS MUST BE FULLY COMPLETED***

***ONCE NOMINATIONS HAVE BEEN RECEIVED THE DATE
FOR THE ELECTION (if required) WILL BE SET.***

***SECRETARY
SETTLERS RESIDENTS COMMITTEE***



Lucy's Chocolate BINGO Fundraiser
Saturday 13th March 6pm – 9pm
Settlers Lodge Lounge
Tickets only \$10.00

PINC & STEEL provides support to people affected by cancer, helping them take their first steps on the road to recovery. PINC & STEEL help reduce the burden and impact of cancer on patients and their families' lives.

**Join in this fun evening supporting our nurse Lucy raise funds for
PINC & STEEL**

**Lucy completed a half marathon on the 14th February but is still able
to raise funds so pop this date in your diary NOW.**

What to bring:-

- Chocolate bar in exchange for your 10 games of Bingo
- Nibbles for your table
- Money for Raffles and the bar
- Gold coins for Interval games
- A Pen to mark your sheet



Buy your tickets from Settlers Reception



Join Rosalie & Glenda for

Bubbles with the Bachelor

**The Bachelor NZ
Screening Tuesday 2nd March
7.30pm Lodge Lounge**

Get ready for another great Kiwi love story with all the drama, romance and roses as the new bachelor Sol3 Mio singer Moses Mackay starts his very own journey to find his perfect match.

Prepare for the most unforgettable rose ceremony yet

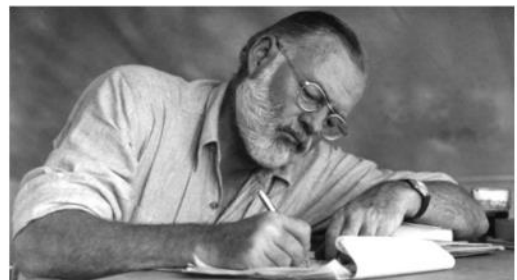
BYO glass & bubbles



Even Hemmingway had an editor

Whether it's a memoir, a fantasy novel or the definitive collection of timeless wisdom for your grandchildren, FirstEdit Services can help.

- Proofreading
- Writing assistance
- Audio interviews
- Ghostwriting



If you have something to say, or just have to say something, FirstEdit Services will say it correctly.



FirstEdit

Contact: Nathan Smith
0210653314
nathan@firsteditservices.com



Open Pairs Charity Day

Tuesday 2nd March 2021



North Shore Golf Club welcomes all women players to our Open Charity Day for 2021. This event is open to All Midweek, Weekend and 9 Hole players.

- 8.30am shotgun start
- Registration by 8.00am
- Complimentary tea and coffee available early
- Format: 4BBB

Entry fees (Includes donation to charity)

\$40.00 – North Shore member per person.

\$55.00 – non North Shore member per person.

Special lucky draws for non North Shore entries.

Round of golf plus cart for 2 players at North Shore Golf Club.

Entry fee includes:

- 18 holes of golf at North Shore
- Lunch in our lovely upstairs lounge
- Great prize table
- Lucky draw tickets included

Entries to

Lisa@nsgc.co.nz – with names, club number and handicap.

Pay Online

Bank nr: 02 0278 0264609 00

Reference: Player surname

By Premier Lifestyle Villages

Premier Lifestyle Villages Group includes:
Fairview Lifestyle Village, Fairview Care
and Settlers Lifestyle Village

Kindly
sponsored by:



SETTLERS
LIFESTYLE VILLAGE

This Saturday

27TH FEBRUARY 7PM - 10PM



**Come along and dance the night away!
Enjoy fancy dress or come as you are....**

*Music arrangement by the
Settlers Super Troupers*



**Settle Inn Bar will be open
from 6.30pm**

Bring your own nibbles

Prizes for best dressed ABBA outfit



Menu

Wednesday 3rd March

Roast Lamb with Mint Sauce and Gravy \$17

Served with Roast Potatoes, Kumara, Peas with Bacon & Pumpkin Wedges

Beef & Mushroom Stroganoff \$15

Served with Rice and Broccolini

Friday 5th March



Chicken Parmigiana \$17

Served with Mixed Roasted Vegetables



Homemade Swedish Meatballs in a Gravy Sauce \$15

Beef & pork meatballs served with Buttered Mash and Braised Red Cabbage

Desserts for March

Homemade Tiramisu Cake \$7

Homemade Molton Peanut and Chocolate Fondant Cake \$7

Served with Kapiti Vanilla Bean Ice-cream



COFFEE AVAILABLE before 7.15pm each evening

*Please make sure you book with Reception by midday the day prior to you dining.
Dinner bookings can also be made in the weekend for the following week.*

Fri 26 Feb	Walk n Talk Group	8.50am	Reception
	Painting with Joy	9.30am	Kell Lounge
	Shopping Bus	9.45am	Albany Mall
	Men's Group	11.00am	Avenues Lounge
	Xer/Sit Class	1.00pm	Avenues Lounge
	Table Tennis	2.00pm	Kell Lounge
	Happy Hour	4.45pm	Main Lounge
Sat 27 Feb	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 Organised	1.00pm	Croquet Green
	Line Dancing CANCELLED FOR TODAY	1.30pm	Kell Lounge
	ABBA Night – Bar opens 6.30	6.30pm	Lodge Lounge
Sun 28 Feb	Chess Group	10.00am	Chess Nook
	Weekend Movie	1.00pm	Movie Theatre
	Coffee, Games, Chat	1.00pm	Avenues Lounge
	QUIZ Night	7.00pm	Dining Room
	Sunday @ 7pm Christian Worship	7.00pm	Cinema
Mon 1 Mar	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
	Singing Cancelled – will recommence 8th March	7.00pm	Stage
Tue 2 Mar	Petanque	9.15am and 10.45am	Petanque Court
	Line Dancing	10.00am	Kell Lounge
	Blokes Shed (Assistance Available)	10.00am	Blokes Shed
	Croquet Organised	1.00pm	Croquet Green
	Mahjong	1.30pm	Avenues Lounge
	Therapeutics @ 3	3.00pm	Lodge Lounge
	Summer Indoor Bowls Restarted	7.00pm	Kell Lounge
	Bubbles with the Bachelor	7.30pm	Lodge Lounge
Wed 3 Mar	Discover Albany Walkers	8.50am	Reception
	Settlers Hair Salon	8.30am	Hair Salon
	Diversity in Art	9.30am	Kell Lounge
	Wednesday Wanderer	9.30am	Leaving Reception
	Outdoor Bowls	9.45am	Bowling Green
	Aqua size NOW 2 Classes	9.25am Barbara's class	Swimming Pool
	Aqua size NOW 2 Classes	10.10am Joan's class	Swimming Pool
	New Generation 500 Club	3.00pm	Avenues Lounge
	Happy Hour	4.45pm	Main Lounge
	Rummikub	7.00 pm	Avenues Lounge
Thu 4 Mar	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 Organised	1.00pm	Croquet Green
	Petanque	1.00pm	Petanque Court
	Chess Group	2.00pm	Chess Nook
	Darts	4.00pm	Avenues Lounge
	Summer Indoor Bowls	7.00pm	Kell Lounge