

The Weekly Settler

Newsletter of Settlers Lifestyle Village



29th April 2021

Village Manager's Weekly Update

This Sunday, Reception will not be manned but the registered nurse will be on duty as normal. We have reprogrammed the lodge door to be closed on Sunday so you will need your swipe key to gain access during the day as well.

Next week we will be spraying the pathways, townhouse driveways, keystone walls and road gutters with wet and forget. This is weather dependant, but it is looking good at this stage and so will be taking place Tuesday, Wednesday and Thursday. If possible, we ask that you keep the driveways clear of cars so that we can achieve the best result from the process.

Ken Nathan – Ken had a special birthday on ANZAC day turning 90 and due to a recent initiative by the board to recognise these milestone birthdays we delivered a gift and card from the board. Ken particularly wanted to acknowledge and thank the board for their kind gift and so has asked for this to be included in the newsletter. Happy 90th Ken for the 25th of April 2021.



Mother's Day Bookings We will be closing the bookings for Mother's Day on Tuesday evening at 5.00pm so if you are interested, please see reception. Dependant on numbers we are sharing some of the smaller groups on larger tables to ensure we can accommodate everyone. The bar will be open on the day at 12midday and lunch will be served at 12.30pm. The café will not be open before lunch as the team will be preparing for the lunch itself.

Pool A reminder on the use of the pool facilities. Please note that no one under the age of 16 is permitted to use the pool before midday and no one under 16 is permitted to use the spa at any time. All guests using the Settlers facilities must be accompanied by a resident.

New Staff - We will be welcoming a number of new staff to the team over the coming weeks.

Starting on the 3rd May we have Steve Allott who will be joining Alan on his maintenance team. To begin with Steve will be shadowing Alan to learn the ropes and how to get around the Village. Once he is trained up Steve will be working Wednesday – Friday 8.00am - 4.30 pm and then on Saturday 9.30am - 4.00pm which will provide us with some extra cover over the weekend for any urgent jobs.

Also starting on 3rd May is Jaslyn Chow who will be joining Bev's busy team in housekeeping. Jaslyn will be working Monday – Thursday 9.00 – 2.00pm. Of course, next week also Sandy will be starting her dual role in housekeeping and wellbeing so keep an eye out for her quick changes during the day!

On the 10th of May Matthew Wagstaff will be joining Ruth's team in the kitchen. Matthew will be completing a maternity cover role replacing Jucimara whilst she is off enjoying motherhood once again. Matthew will work Tuesday to Friday each week.

Please join me in welcoming the new team members aboard.

Gary Jarvis
Village Manager

From the Sales Desk

This week we welcome Wendy Auger and Don Memory who moved into their new apartment - Kaipatiki 144 on Thursday. Yes you read right, another Wendy Auger. To save confusion they are both happy to be referred to as Wendy 1 (as she arrived here first) and Wendy 2.

I wish Wendy 2 and Don many happy times in the village as they settle into their new home.

Another move in the village is our current resident Carol Culshaw who currently lives in Hellyers 61 and is moving just across the hall into Hellyers 59. Carol is well settled into village life and we wish her many years of enjoyment in her new home.

Rosalie Keegan
Sales & Marketing

Warm Farewell

It just seems like yesterday that we welcomed in June Mitchell although on checking June moved into Settlers ten years ago. June has now moved into

Grace Joel and is settling in well. So if you feel like popping in to visit, I am sure June would welcome her friends.

Hello from the Nurses Niche

Hi everyone,

We had over 120 people take up the annual flu vaccination last week. It seemed to run fairly smoothly although there was a wait for some as unfortunately Phil from Northcross Pharmacy was one vaccinator short. They did not stop for 2 hours but people seemed to enjoy being able to chat to residents they might not normally meet while they were waiting.

I have heard of a few people having some side effects from the flu vaccination. While having a sore arm or feeling a bit achy or unwell isn't fun, it is actually a good sign that your immune system is responding to the vaccine and creating antibodies. These symptoms will usually only last for a day or two and paracetamol can help alleviate these symptoms. If you are worried seek support from your GP.

Back to the fun facts series. I hope you are enjoying these. I am certainly learning a few things that will enhance my quizzing skills! This week I thought I would look into the mouth:

- The mouth is an oral shaped cavity in the skull. The two main functions of the mouth are eating and speaking
- Parts of the mouth include the lips, vestibule mouth cavity, gums, teeth, hard and soft palate, tongue and salivary glands.
- Saliva helps you taste - Without saliva in your mouth you wouldn't be able to taste a thing. In order for food to have a taste - chemicals from the food must first dissolve in saliva. Once dissolved, the chemical can be detected by the receptors on taste buds.
- Your dominant hand dictates your chewing habits – if your right-handed, you tend to chew food on your right side and if left-handed, you favour chewing on your left side. It's true I checked this myself!
- The average person spends 38.5 days brushing their teeth over the course of a life time.
- Smiling helps you live longer- Every time you smile, your body produces greater amounts of antibodies, giving you an immunity boost. We all need this right now!
- Your mouth is bacteria central – The inside of your mouth has as many bacteria as there are people on the Earth. This is why brushing, flossing and rinsing your mouth is so important.
- During our lifetime, we produce around 38 000ltrs of saliva. That's enough to fill 2 average sized swimming pools! Ewwwwww!!



With the weather starting to cool down, wrap up warm when heading out and take care on those slippery surfaces too. I'm taking a few days off with Alana and Lucy covering for me. I will be back on Wednesday when Sandy join me as part of our Wellness team.

One last thing, if you happen to have one of our walking frames or any other equipment you may have borrowed from us, can you please let us know as I am updating our paperwork.

Thank you and take care everyone.

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

Bereavements

We have had a sad week this week in the village with the passing of two of our residents.

Don Ross – Dobbryn 33

One of our early Settlers, Don, moved into the village in June 2010 and made Settlers his home for coming up to 11 years. You could always have a very intellectual conversation with Don who also had a love of music. We send our condolences to Don's family who had a private service earlier this week. Don will be missed by his Settlers friends.



Gordon Morris – Greenfields 53

Gordon joined the village in August 2013 and quickly became one of the founding members of the 'Menz Shed'. His experience in assisting in the setup of this facility will remain a legacy in the village. Our sympathy's go out to his family at this time. Gordon will be fondly remembered by his Settlers family.



Come and join your friends at Tui Café for a delicious hot lunch on Tuesdays or Thursdays from 12 midday. We have delicious homemade soups (\$6.50) on Wednesday and Fridays.

Next week's lunch menu is:

Tuesday 4th May

Beer Battered Hoki Served with Fries and Tartare Sauce **\$12.00**

Thursday 6th May

Ham, Potato, Leek and Baby Spinach Frittata Served with a Mixed Green Side Salad **\$12.00**

Ruth, Danielle, Jucimara & Santie
Tui Cafe

What's on this coming week



Mens Group Cancelled this week

Time & venue: Friday 30th April

We will not be gathering in the Avenues Lounge this week but will meet up again next Friday 7th May.

There's always Settlers friends in the Dining Room if you feel like a trip over to the Lodge for a coffee. See you back in the Avenues Lounge next Friday as usual.



Xer-Sit Cancelled this week

Time & venue: Friday 30th April

Due to unexpected circumstances, there will be no class this Friday. I look forward to seeing you all again next week. Yvonne Eccles



Weekend Movie: The Proposal

Time & venue: Saturday 1st and Sunday 2nd April @ 1pm Cinema

On the Verge of being deported and losing her high powered job, Margaret (Sandra Bullock) forces her young assistant to marry her! Watch the antics and roller coaster ride in this romantic comedy. 1hr 56 mins PG13



Rebecca Nelson – Performing Live @ Settlers

Time & Venue: Saturday 1st May @ 2pm Lodge Lounge

We are fortunate to have Rebecca Nelson performing live @ Settlers this weekend. Rebecca holds the rank of Able Musician and has had the honour and privilege of singing at centenary commemorations in Gallipoli, The Somme and Passchendaele. Earlier in 2018, she was invited to perform for His Royal Highness The Prince of Wales, Prince Charles and guests from across The Royal Navy for a shipmate's reunion at Highgrove House.



WEDNESDAY WANDERERS

Time & Venue: Wednesday 5th May Leaving Settlers 9.30am

We are planning a visit to the Victoria Theatre, Devonport, where 6 MINUTES TO MIDNIGHT will be screening at 10.30 am. Tickets at \$11.50. This is a late release film which has had popular reports, featuring Judie Dench. We will be leaving Settlers Reception at 9.30am in order to arrive in time for you to

pick up a take away coffee, or delicious gelato and afterwards you can enjoy a quick snack at the cafe next door before coming home. Please sign the booking sheet on the noticeboard beside Reception by Monday in order to book tickets.

Special Notices

'Settle Inn' – Friday Night Lucky Apartment Jackpot

The lucky apartment jackpot prize was claimed last Friday when apartment L-193 was drawn. There will be NO weekly raffles and Apartment Draw this Friday due the sad loss of the late Gordon Morris.

Lawrence Rajalingam K-137

Apartment Draw Result For Wednesday 28th April 2021.

The first apartment number **5** drawn for **\$150** was not claimed. A redraw then commenced with apartment number **87** winning **\$50**. Apartments drawn missing out on a prize: **116, 192**.

Apartment Draw Next Wednesday 5th May 2021

We will have a first number drawn prize and a secondary prize 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 generally starts between 5.30pm and 6pm. 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

What a surprise we have had in our letter boxes this week. Not an unwelcome surprise such as something from IRD (tax), or AT (traffic ticket) inside an envelope! This was an arrival to welcome and enjoy. The very first SPECIAL EDITION of an AWARDS NIGHT here at Settlers. Lovely to be able to read at our leisure and realise once again the contributions so many people make to our village. The opening page written by Gary was particularly important, as it acknowledged John's massive contributions to the life we enjoy here at Settlers. Thank you John from us all. *Neighbourly Group*

ANZAC DAY 25th APRIL 2021

New Zealand and Australia were fortunate in being able to hold ANZAC services around our countries. With the exception of Western Australia who held gateway remembrances like we all had to in 2020.

This year at Settlers we had a crowd of about 280 to our Anzac Service comprising of residents, friends and relatives, a delightful troupe of Brownies lead by our own Karin Hewitt, as our Colour Party, and many ex-service personnel who are either residents or visitors.

Philippa gave a short history and explanation of the origins of the Last Post. John did some readings, and also conducted the singing. Clive and Colin controlled the sound and lighting. Elva led the National Anthem. Glenda [our wonderful receptionist] helped and guided us in many directions. Retired Major Bob Volpi conducted the formalities. Thanks also to about 70 residents who contributed towards the day including our ushers, and bakers of the traditional Anzac biscuits. A list of names is included in this newsletter and a copy is on the easel board. The impressive Remembrance trophy at Settlers reception entrance was designed and constructed by four senior Albany High School students. Thanks also to Gary for organising four young men to arrange the Lodge furniture and then replace it all later. A sterling effort.

LEST WE FORGET.

Pip Zink

Thanks and an Apology

Special thanks to all who joined with us on ANZAC Day to commemorate the sacrifice of so many servicemen and women who died in or because of conflict in many theatres of war since 1914. It was so good to see so many Settlers people in the Lodge.

Now the apology.....Please accept my personal regret for the loss of sound at the end during the reciting of "The Navy Hymn" and after, when I accidentally stood too far back from the mic. This was NOT due to a technical fault and no criticism is due to the sound crew.

John Wakelin



Do you have creaky or painful knees?

Do you have early signs of knee osteoarthritis?

Are you 55-80 years of age?

The ROAM Study (Researching Osteoarthritis and Greenshell™ Mussels)

Massey University is looking at the role of NZ Greenshell™ mussels for knee pain or other knee issues

Can you help?

If you can, you will be required to:

- Complete screening questionnaires
- Visit the Massey University Human Nutrition Research Unit, Albany, Auckland for data collection (including blood and urine samples)
- Take capsules of powdered Greenshell™ mussel or placebo for 6 months

For more information please get in touch:

www.massey.ac.nz/roamstudy

Phone: Cassie 09 213 6859 or Owen 09 213 6650

email: c.slade2@massey.ac.nz or o.mugridge@massey.ac.nz



Participants will be compensated for travel with \$200 in vouchers



**Lest we forget
Settlers Commemoration
Service 2021**







Anzac Day 2021

Our many thanks go to the following people who made this Anzac Day remembrance a reverent gathering.

Organisers John Wakelin, Pip Zink and Glenda Adams

Baking of Anzac biscuits at least 25 residents

Stage – Tony Gyde

Sound – Clive Cohen and Colin McConachie on Lighting

Memorial entrance Albany Senior Highschool students and Elaine Brewitt

Pianist Jill Carter

Memorabilia table Jennifer Adams

Morning Tea Barbara Morris and Barbara Johnson

Settlers Singers with lead Elva Vine

Officiating Ret. Maj. Bob Volpi

Ushers Norm Gee, Hannah Agnew, Alan Greenwood, John Bruce, Mike & Carolyn Jones

Flag protocol Mike Jones

Photographer Janine Dowling

Brownie Leaders Karin Hewitt and Kim Hewitt

St John Op Shop NZ flag donation

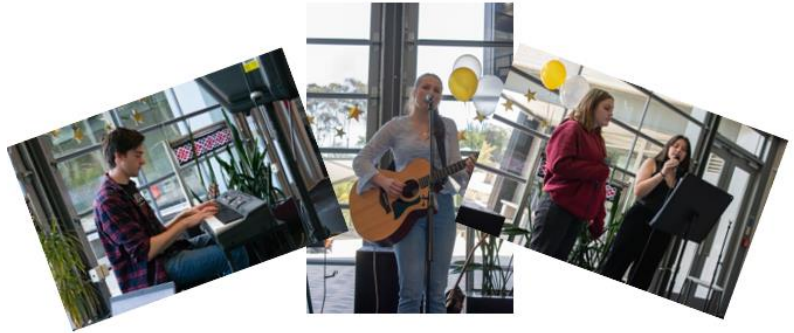
Set up in Lodge Lounge Young men organised by Gary, Village Manager



Settlers Remember Them

ANZAC Donations for poppies this year amounted to \$510.00. We are so blessed to be among such generous friends in Settlers.

Well done Settlers!



Musical Performance by Albany Senior High School

Time & Venue: Wednesday 12th May @1.30pm Lodge Lounge

Students from Albany Senior High School will give a performance based on their Impact Projects. This will include items of singing and instrumental performances including piano and guitar. Performances such as this provide an opportunity for them to present their work to a wider audience. Please come along to enjoy the event, while helping to support these young musicians.



TRAINING / RE-TRAINING FOR AED UNITS (Automated External Defibrillators)

Several years ago, the Settlers Residents Committee invested in two AED units.

One is located in the Lodge close to the stage, and the other is placed on level one in K block building. Due to the period of time these units have been in place, and the influx of new residents, it has been requested that training and re training of those interested would be appropriate.

Training will be carried out by St John, and time wise it will take 90minutes and be hosted in the village. All candidates must be proficient at carrying out CPR from previous training. Those interested, please contact Richard Davison at r.d.125@outlook.com



CROQUET - Just a reminder

Organised Croquet is available for everyone in the village on Tuesdays, Thursdays and Saturdays at 1.00pm.

No membership required and feel free to bring your family and friends if you want to have a go.

Learn to play a game that is exciting, entertaining, and fun.



Volunteer Drivers For Your Medical Appointments

We have a team of willing residents available to take you to your medical appointments. These include all other services related to your health, e.g. physiotherapy, podiatrist, x-rays, blood tests , etc.

With regards to a drivers expense, a minimum payment of \$5 per hour is requested together with the payment of any parking fees incurred.

We are here to help , so please phone one of us and we shall organise a driver for you.

Margaret Larsen – 214 7116 or 0211298807

Meg McCartie – 971 2739 or 0272869018

Pat Plimmer - 021782870

Tour de Backyard - Odette's fundraising for Harbour Hospice

We've had a lovely month visiting lots of local 'backyard' walks. This is the final week and we have visited Orewa, Parnell, and our favourite Kell Park with its Autumn leaves. Thank you all for your support!



Please support Odette on her Tour de Backyard by donating using the link
<https://tour-de-backyard.raisely.com/odettesteam>
or filling her 'Tour de Backyard' Bucket at Reception

Many thanks
Margaret, Roy and Odette



Gibbs Farm Sculpture Park

Friday 21st May 2021 from 10am - 2pm

This is rare opportunity to visit Alan Gibbs sculpture park in Kaukapapa. You will stroll along right amongst the works of some of the world's greatest contemporary sculptors and enjoy stunning views of the Kaipara Harbour. This involves a bit of a walk, so you would need to be an able walker and be reasonably fit. I will drive the Settlers bus there and can take 11

people with me. **There is no option to purchase any food or drink on the farm**, so you will need to bring your own picnic lunch, or you can purchase a ticket that includes your lunch to save you carrying yours! Tickets will be \$65 for our age group and lunch is \$15. **This is a fundraiser for the Waimauku Scouts. They are fundraising for their newly acquired Scout den, moved on to site from Henderson.** It needs the roof and windows replaced, as well as re-wiring, plumbing & a carparking area created, so you can see what a huge project this is going to be for them.

The Gibbs farm, doesn't take any money for visiting the park, so all moneys made on the day will go towards this worthwhile cause. Please be in touch with me if you want to join me, or if you want to take your own car or your friends, you can purchase tickets on the website below, it is only for this day though:

<https://www.iticket.co.nz/events/2021/may/waimauku-scouts-gibbs-farm/nocache>

Angela van Winden
09 412-8225
m.e.winden@xtra.co.nz



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

550 Albany Highway Albany Auckland 0632

SETTLERS RESIDENTS COMMITTEE ANNOUNCEMENT

**Settlers Residents are invited to attend the Annual General Meeting of
Settlers Albany Lifestyle Village Residents Association Inc
In the Main Lounge**

2pm on Tuesday 4 May 2021

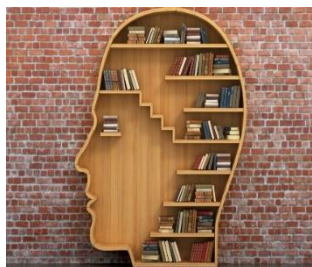
1. Welcome
2. Apologies
3. Reports from Social Activity Groups
(Please submit Reports in writing to Secretary by 5pm, Thursday 29 April)
4. Financial Report
5. Chairman's Report
6. Other Business
(Please submit Items in writing to Secretary by 5pm, Thursday 29 April)
7. Introduction to the new committee
8. Closing Remarks – Chairman

2021 Financial Statements:

We are hoping that the audited financial statements will be available from Friday. If anyone requires a copy then they should E-mail Kevin Covacich and he will e-mail them a copy.

E-mail :- kevin@covacich.co.nz

Proxy voting forms: If anything needs to be voted on there will be Proxy forms available from RECEPTION from Monday morning.



STUDENT HELP – READ TO A RESIDENT

Students from Pinehurst and Albany schools would like to “Read to a Resident” on a regular basis. They are happy to also chat and visit with you in your home or the library/lounge. It is a wonderful experience for them and us to learn from each other.

If you are interested please ring:- Joy- 415 2527 or Elaine 419 2713

Thank you from the Neighbourly team

Photography Group Exhibition

Settlers Library from Sunday 2nd May

During March Settlers Photography Group visited a private aviary at Omaha. The wonderful array of parrots had us rapidly clicking away at our cameras to try and capture their beauty. There were so many different breeds. The colours and patterns of their feathers were amazing.

As the birds were so tame, we were able to walk amongst them and take very close up shots. This exhibition goes up this Sunday so visit the library and enjoy our work.

If you are interested in joining our group

Contact Judy Hodge 443-8541



Musical Performance by Albany Senior High School Students



Settlers Lodge Lounge
Wednesday 12th May 2021
1:30pm to 2:30pm

Students from Albany Senior High School will give a performance based on their Impact Projects. These projects involve mentors working with students over two semesters during the year to develop specific learner qualities, in this case music.

The performance will include items of singing with a backing track and instrumental performances on piano and guitar.

Please come along and enjoy a show of rich musical diversity given by pupils from our closest Senior High School. The students will appreciate your support.



SUNDAY 9TH MAY 2021 CELEBRATING THE WOMEN WE LOVE AND APPRECIATE

In honor of this special day come and enjoy a traditional
 Roast pork meal @ Tui Cafe
 Serving @ 12.30pm

Roast pork loin with crackling, gravy & apple sauce.
 Roast potatoes, cauliflower cheese & pumpkin
 wedges. \$17.00

Homemade blueberry & lemon cake served with
 lemon yoghurt \$7.00

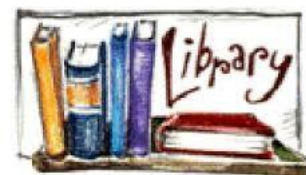
**A complimentary glass of bubbles will be served to all our Settlers
 Mothers & Grandmothers & Great Grandmothers**

Please book at Reception. Pre-bookings for this meal must be
 made by 5pm Monday 3rd May

Limited space so book early to avoid disappointment

LIBRARY HIGHLIGHTS FOR APRIL 2021

This month has seen a further 32 new titles added to the list of fiction titles the Library holds along with two 'Coffee Table' books. Of the latter, one features the 2,981 of the paintings on display in the permanent painting collection of the Louvre, presented in full colour; the second is of the paintings 1974 to 2014 of New Zealand artist, Graham Sydney. We are indeed fortunate to have such beautiful books available for us to enjoy. Some of the titles of less well known authors from the recent donations include:



- ***The Greater Good* by Tim Ayliffe**, published in 2018. A mystery crime thriller, it is the story of a battered war correspondent who is living on the edge, haunted by nightmares of being kidnapped and tortured in Iraq and drinking too much to drown the memories. As he battles to get his life back together, a story breaks that will force him back into the spotlight – and into the crosshairs of a deadly international player. The story is set in Sydney and has political, CIA and Chinese connections!
- ***Everything is Beautiful* by Eleanor Ray**. A debut novel in which the author captures well how it feels to not quite fit in, and to being unable to let go of the past. Twelve years ago, Amy Ashton had a happy life, living with the man she hoped to marry, and her best friend. When both disappear abruptly, she is at a loss for answers, despite thorough police investigations, and tries to comfort herself with keep-sakes of all kinds. Over time this spirals out of control to the extent she can't allow anyone into her home, until new neighbours with two small children slowly become change agents. There is humour and lightness as well as the mystery of the disappearance, to be uncovered which keeps the reader involved throughout.
- ***Deep State* by Chris Hauty**. A debut political thriller set in Washington DC. In the midst of contentious political turf wars, the White House chief of staff is found dead in his house. A tenacious intern discovers a single, ominous clue suggesting he died from something other than natural causes, and that a wide-ranging conspiracy is running beneath the surface of everyday events: powerful government figures who are scheming to undermine the rule of law—and democracy itself.
- Of an entirely different genre ***The Great Escape from Woodlands Nursing Home* by Joanna Nell** proves to be an irresistible story about an elderly nature writer who prefers the company of birds to people until an accident sees her confined to a room. It is a charming story full of laughter and wisdom.
- ***Truths I Never Told You* by Kelly Rimmer**. Published in 2020 it is described as an unputdownable, unforgettable tale of motherhood and marriage in a power-packed story but set across two time periods. Set in the USA it is a story about family secrets, mental illness, forgiveness and letting go told by an Australian author who lives in New South Wales but who is highly regarded by American publishers.
- ***This Tender Land* by William Kent Krueger** an American author. Described by readers as a 'classic' it is a story about four orphans on a life-changing odyssey in the USA during the great depression of the 1930's.

Two books I have read recently which I found to be connected in an interesting manner are ***The Book of Two Ways* by Jodi Picoult** and ***Being Mortal* by Atul Gawande**. One is a novel about the fates that present themselves to us and how they can determine the paths we take in life. The other is about medicine and the paths it takes in addressing aging and death. The novel's similarity is that the woman in the story is working as a 'death doula' with cancer patients who are dying, when she has a personal life and death experience which causes her to review the decision she made about her future as a young woman. ***Being Mortal*** is based on real life decisions that medicine can provide as people age and or need to face up to towards the end of life. The novel provides an easier way of examining the questions that ultimately we all have to face but which are realistically and thoughtfully handled by **Atul Gawande**. Both books are in our Library – one under fiction and the other under biography.

A reminder that as a result of the cull of a number of the non-fiction titles we have made space on the shelves, on the left as you enter the library, for a section of **New Zealand authors**. By pulling these books from the fiction shelves we have made space for other fiction titles. Please make time to look at the titles by the NZ writers, some of whom will be heard and or honoured at the coming Writer's Festival being held 11-16 May 2021 at the Aotea Centre.

Dorothy Meyer



Menu

Wednesday 5th May

Roast Loin of Pork, Gravy & Apple Sauce \$17

Served with Roasted Potatoes, Creamed Silverbeet, Carrot and Parsnip Wedges

Japanese Chicken Katsu Bowls \$15

Served with Jasmine Rice & Asian Coleslaw

(Crumbed Chicken Cutlets Topped with a Thick Japanese BBQ Sauce)

Friday 7th May

Slow Roasted Beef Brisket with Red Wine Gravy \$17

Served with Cheese & Chive Mash and Mixed Seasonal Vegetables

Italian Meatballs Served in a Rich Tomato & Herb Sauce with Parmesan Polenta \$15

Desserts for May

Homemade Rhubarb & Blueberry Crumble Topped with Roasted Almonds Served with Crème Anglaise \$7

Homemade Steamed Carrot & Walnut Pudding Topped with Lemon Mascarpone \$7

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 30th April	Walk n Talk Group	8.50am	Reception
	Painting with Joy	9.30am	Kell Lounge
	Shopping Bus	9.45am	Albany Mall
	Men's Group Cancelled. Meet again next week 7th May	11.00am	Avenues Lounge
	Xer/Sit Cancelled. See you next Friday 7th May	1.00pm	Avenues Lounge
	Croquet Social Friends (Closed Group)	1.00pm – 4.00pm	Croquet Green
	Table Tennis	2.00pm	Kell Lounge
	Happy Hour	4.45pm	Main Lodge
Sat 1 st May	Petanque	9.15am and 10.45am	Petanque Court
	Outdoor Bowls	9.45am	Bowing Green
	Ukulele	10.30am - 11.30 am	Avenues Lounge
	Ukulele Beginners	11.30am - 12.00pm	Avenues Lounge
	Croquet Organised	1.00pm	Croquet Green
	Weekend Movie	1.00pm	Movie Theatre
	Croquet Organised	1.00pm	Croquet Green
	Line Dancing Cancelled. Meet again next week 7th May	1.30pm	Kell Lounge
	Rebecca Nelson Performing Live	2.00pm	Lodge Lounge
Sun 2 nd May	Chess Group	10.00am	Chess Nook
	Weekend Movie	1.00pm	Movie Theatre
	Coffee, Games, Chat	1.00pm	Avenues Lounge
	Croquet Social Friends (Closed Group)	1.00pm – 4.00pm	Croquet Green
Mon 3 rd May	Keep Fit	8.30am	Kell Lounge
	Painting Group (No Tutor)	9.30am	Kell Lounge
	Outdoor Bowls	9.45am	Bowling Green
	Darts	4.00pm	Avenues Lounge
	Shopping Bus	9.45am, 10.15am, 11am	Albany Mall
Tue 4 th May	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
	Diversity in Art	1.00pm	Kell Lounge
	Therapeutics @ 3	3.00pm	Lodge Lounge
Wed 5 th May	Discover Albany Walkers	8.50am	Reception
	Settlers Hair Salon	8.30am	Hair Salon
	Wednesday Wanderers	9.30am	Reception
	Outdoor Bowls	9.45am	Bowling Green
	Aqua size	9.25am Barbara's class	Swimming Pool
	Aqua size	10.10am Joan's class	Swimming Pool
	Croquet Social Friends (Closed Group)	1pm – 4pm	Croquet Green
	New Generation 500 Club	3.00pm	Avenues Lounge
	Happy Hour	4.45pm	Main Lounge
	Rummikub	7.00 pm	Avenues Lounge
Thu 6 th May	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
	Indoor Bowls Note earlier time	6.30pm	Kell Lounge