

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 **06 February – 12 February 2023 No. 256**

From the Manager's Desk

Good afternoon everyone!

Heavy downpours

Thank you to all of you for your cooperation and help over the weekend with the rain pours. Thank you for contacting us to report leaks/issues and thank you to those who offered your help. One recurrent feedback I heard was the sense of community that kicked in straight away, neighbours checking on each other, making sure everyone was safe and dry. So special to hear this.

I am relieved that we didn't suffer from any serious damage, or loss of property, and that we didn't have to relocate residents as other villages had to go through.

If you have some damage or issues in your villa or apartment following the heavy rain, and we haven't visited you, please contact reception to let us know.

Morning tea with the Manager

I am looking forward to meeting with Magnolia this Friday at 10am. Next week will be residents from Ngaio Lane. Cherie will be calling residents to confirm.

Public Holidays

A reminder that reception will be closed next Monday 6 February due to the public holiday. Don't forget your swipe when coming to the lodge as the automatic doors will be locked. Our Relish Café will be operating on normal opening hours and our Nurse will be on duty as usual.

Maintenance and gardening requests

A reminder for individual maintenance and gardening requests to be logged at reception please so we can enter them in our electronic system.

Let's hope the sunshine will be here this weekend!

Staff of the month

Congratulations to Tony, our maintenance person who won the award for this month. Thank you, Tony, for your kindness and care to all.

Marika



Nurses' Corner

Welcome to our latest health and wellbeing section of the weekly newsletter, with a focus on resilience. As we all know after the events in the weekend and even the last couple of years, life can be unpredictable and challenging at times, but it's important to remember that we do have the strength within us to persevere. In this newsletter we'll be discussing ways to build resilience and tips for maintaining good mental health.

Resilience: What is it and why is it important?

Resilience refers to our ability to bounce back from adversity, to adapt and recover from difficult situations. It is a key factor in our overall well-being, helping us to better manage stress, cope with challenges and maintain a positive outlook even in tough times. Building resilience takes time and effort, but it is a valuable skill that can be developed and strengthened.

Tips for Building Resilience:

- Focus on what you can control: It's easy to get caught up in things that are outside of our control, but it's important to focus on what we can control and take action where we can.
- Practice self-care: Taking care of yourself is crucial for maintaining resilience. This could include activities like exercise, meditation, or simply taking time for yourself to do something you enjoy.
- Connect with others: Building a strong support system is important for resilience. Reach out to family, friends, or a professional counsellor if you need to talk.
- Set achievable goals: Having a sense of purpose and direction can help build resilience. Set realistic, achievable goals and work towards them.
- Practice gratitude: Focusing on the positive aspects of our lives, no matter how small, can help to boost our resilience and improve our overall outlook.

Maintaining Good Mental Health:

In addition to building resilience, it's important to maintain good mental health. Here are some tips for doing so:

- Exercise regularly: Exercise has been shown to have a positive impact on mental health, reducing stress and anxiety and improving mood.
- Get enough sleep: A lack of sleep can have a negative impact on our mental health, so make sure to get enough rest.
- Eat a balanced diet: A healthy diet can improve overall physical and mental well-being.
- Limit alcohol and caffeine: Consuming excessive amounts of alcohol and caffeine can have a significant negative impact on mental health.
- Talk to someone: If you are feeling overwhelmed, it can be helpful to talk to someone you trust, such as a friend, family member, or a health professional.

Other News:

For those that receive their Vitamin B12 injections through our nursing service could you please get a script from your GP, simply give the practice nurse a call and they will be able to organise this. Due to the rising costs of the consumables used to give these B12 injections we are unfortunately having to raise the prices from \$3.00 to \$4.50.

Last weekend I was unfortunately not able to get out and play any Golf like I had planned. I have a new golf club arriving soon so will put it to use maybe this weekend instead if the weather behaves itself. Over the weekend my girlfriend Maia and I were able to get our newest family member which is a 9-week-old puppy called Duckie, he's a Labrador x Golden Retriever x Rough Collie, he is absolutely gorgeous and way too intelligent for his own good!

Take care!

Benjamin Peattie – HOD Health & Wellbeing.



From the Chef's oven

Hi everyone!

Our current February Chef's Special will run until 15 February!

Our Lunch theme at Relish Café is "South American meets Japanese".

South American style Corn Fritters - \$10

Crispy corn fritters with garden salad, streaky bacon and fried egg served with sweet chili



Chicken Teriyaki Soba Noodle Salad - \$12

Organic soba noodles with chicken, teriyaki sauce, garden salad, sesame seeds



Meet who is new to the team

Meet Belle, our new Front of House staff. She's young, energetic and has a love and passion for baking. She has already made 100's of sausage rolls last week for morning tea.



Dinners' Culinary Journey

Some of our top sellers from last week's dinners was our delicious "Italian Chicken Parmesan in Basil Spaghetti". Watch out for more exciting dinner menus coming.



Feedback winner

Thank you to Shirley Jones for your feedback this week. Enjoy your free lunch!

Chef's recipe

Every fourth week of the month, I will share an easy and quick recipe, or some cooking tips. I have heard that many of you like to use an air fryer, which I also love to use at home. Quick and easy with my busy family. I will be sharing some of my favorite recipes with you soon.

Cheers, Noris & the Relish Café team

What's on this coming week and next



Movie Group

Tuesday 07 February – Odd Ball

This excellent film is being reshown for the benefit of residents who were unable to enjoy it last year. The amazing true story of an eccentric chicken farmer who trained his dog to protect endangered local penguins from foxes.

Stars – Shane Jacobson and Sarah Snook.

All residents are very welcome to join us to enjoy a good movie every Tuesday evening at 7.15pm. You will find a brilliant picture on the large screen and the realistic sound will give you a real cinema experience without leaving the Village.

Peter Woolnough



Friday Night Raffle – 27 January 2023

Wow what a night. Needless to say, the numbers were well down and a big thank you to those that did brave the weather and helped us to sell 300 tickets.

Richard Jones drew our dwelling draw and also rolled the balls for our raffle winners, thanks Richard.

Our winners were: Clive and Muriel Sandham won the dwelling draw, and the raffle winners were:

Monica Renwick, Lois Hadfield, Don Gibbs, Jim McGowan, Tom Wilkinson, John Gardner, Neil Butt, Brian Dalbeth, Barbara Dines, Annette Cook, Gordon Tasker, Yvonne Keir and Priscilla Page.

Congratulations to all our winners and once again thank you all for your support.

Daphne Markwick
Raffle Convenor – Tel: 478 9803



Garden Club

Although the bus to the Parnell Rose Gardens on Monday, 20 February, is now full, names can be placed on a waiting list. To do this, please ring: Sheryl Wales on 4759351 or 9212585089. The bus will leave the Lodge at 10am with lunch afterwards.

To reserve a place on the bus, please ring: Sheryl Wales on 475 9351 or 0212585089.

Many thanks
Sheryl



John's Jaunts

February and March 2023

Wednesday 8th February – picnic at Mahurangi West. Bring your own lunch. Leaving at 11am returning at 2pm.

Wednesday 8th March – Shelly Beach Helensville. Lunch at café. Leaving at 10.30am.

Wednesday 22nd March – Mangawhai Heads. Leaving at 10am.

Other destinations on Wednesdays, possible on request.
John Gardner, phone 479 9318

Resident's notices

Apartment Garden Area

Well after these last few days I'm pleased to say all is well in the garden.

Herbs still available in the area are for all Village residents to help yourself to anytime: Mint, Chives, Sage, Thyme, Bay leaves, Rosemary, Parcel, Oregano - the celery has fallen victim to rust!

As usual the invitation is out to any Apartment residents wanting a plot, please contact me.

Barbara Bailey Apt 321 phone 027-416-8945

Free

If you would like a free shopping trundler, please contact reception.

Found

Pandora sterling silver "wishbone" ring found in the dining room on Monday 30th January. Please contact reception.

Gareth's Puzzle

Last week's puzzle asked what comes next and why?

Hertford, Hereford, Hampshire ???????

And the answer is "Hurricanes hardly happen." These are the words sung by Eliza Doolittle in "My Fair Lady"

This week's puzzle is What links the following:

Photon, White corners, pH7, Switzerland

Good luck

Guess Who?



Can you guess who this Fairview resident is?

If you think you know who this is, pop your name and your guess on a piece of paper and place in the box at reception. Next week we will publish who the mystery resident is, and who guessed correctly.

We would love as many photos as we can to keep everyone guessing. Please send us a picture of yourself (teenage years onwards) to cherie.lesueur@fairviewvillage.co.nz or bring to reception with your name and we'll add a photo weekly in the newsletter.

Extra Services

Bug Doctor

Hello again Fairview Lifestylers. Peter, that's me, the Bug Doctor will be treating villas and apartments from Wednesday 7th December onwards.

Last year I increased the base price structure which was the first increase in 7 years. Unfortunately, costs have gone a bit haywire in the last 12 months with fuel etc and this summer season there is an increase of \$5.00 per villa and apartment.

Villas \$115.00 and Apartments \$75.00. The village gets a great discount (villas 40% and apartments 35% off) compared to the outside world.

For those of you that haven't experienced this non-smelling, clear to re-enter in one hour, 6 months guarantee, lasts for a year treatment – then ask your neighbour. I've been in the village for at least 17-18 years and still have my customers on board.

Phone/text 021 244 5909. Cheers Peter

LAST POEM!

Chris Hipkins Has Problems

Chippy Hippy's taken over,
Poor Lucinda's left.

Will this sudden change in power
Leave us all bereft?

Chippy has so much to fix,
Three waters and Co, Gov,
Kids can't read, ram raids galore,
Tired nurses needing love.

Fairview Village, Our oasis,
Safe, secure, our home
'Tho Hipkin's problems do exist,
WE have no cause to groan.

So let us thank our friendly staff
And residents untold.
They give us so much fun-time,
We forget we're getting old!

Angela Woolnough

*Fairview Residents
Next Event*

**LAST OF THE SUMMER WINE
THURSDAY 23RD FEB 6PM**



CHEF'S CARVERY MENU \$28

To Start: Warm bread slices, Hummus & Olive Oil

On the Buffet:

Lamb Roast

Chicken Supreme with Mushroom Gravy

Mediterranean Salad

Beetroot, Spinich & Feta Salad GF

Roasted Potatoes, Pumpkin & Kumara

Spaghetini Green Goodness with

Haloumi Croutons

Dessert: Sweet Treat Sampler

**COME AND BE
ENTERTAINED BY
JIM JOLL**

*Book up to a table of 10
or put your name down
with Cherie to share
a table with others
and get to know new
friends at Fairview.*

Fairview Lifestyle Village Bowling Club

Fairview Challenge Trophy 2023



Monday 27 February

Reserve Date: Monday 6 March

3 games of 8 ends with lunch after the 2nd game.

Registration: 9:30 a.m. Start of play 10 a.m.

No entry fee

8 villages with 2 triples teams each

Wear Club colours

Sponsored by Fairview Management

Trophy to be awarded to **the** winning village

Plus generous team prizes, raffles,

And a delicious free lunch at our restaurant.

Albany Village Library & East Coast Bays Library

TECH TUESDAYS & THURSDAYS WORKSHOPS



Albany Village Library Workshop Dates:

Tuesday 14 February 10am - 12pm
INTRO TO SMARTPHONES

Tuesday 21 February 10am - 12pm
SUPERGOLD CARD APP

Tuesday 28 February 10am - 12pm
ONLINE GROCERIES APP

Tuesday 7 March 10am - 12pm
ANCESTRY LIBRARY EDITION

East Coast Bays Library Workshop Dates:

Thursday 16 February 10am - 12pm
LIBBY, BY OVERDRIVE APP

Thursday 23 February 10am - 12pm
PRESSREADER APP

Thursday 2 March 10am - 12pm
ANCESTRY LIBRARY EDITION

Thursday 9 March 10am - 12pm
SCAMS & ONLINE BANKING

Bookings are essential. Visit diaa.arlo.co/w/upcoming or talk to a Library staff member about how to register.



LAUGHTER LINES

More One Liners to raise a laugh:

1. If you are in a vehicle travelling at the speed of light, what happens when you turn the lights on?
2. If only philanthropists would give it back to the same people they took it from.
3. My wife Mary and I have been married for forty-seven years and not once have we ever had an argument serious enough to consider divorce, murder, yes, but divorce - never!
– *Jack Benny*.
4. If you are looking for a helping hand, there is one at each end of your arms.
5. "Of course we are incompatible, said the wife, but, he is more incompatible than I am."

He said the real estate agents Swindle and Wrun had the best salesmen in the business. "They sold me a block of land and when I went to see it I discovered it was five metres under water." "Well why didn't you go back, complain and ask for your money back?" "I did, and that's when the trouble started, they sold me a boat."

The bank manager was amazed at the new clerk's skill with figures. "Where did you get your training?" he asked. "Yale," replied the clerk. "And how long have you been with us," asked the manager. "Yust since Yanuary," replied the clerk.

She had always been a gold-digger, so when her husband's partner suddenly died she was quick off the mark to arrange a replacement she had groomed for the job. "Darling," she said, "I have just the right candidate to replace your partner who died yesterday." "That's alright with me," he replied, "provided you can arrange it with the undertaker."

The guest heard the strains of classical music but when he entered the drawing room he was amazed to see a large tomcat playing the piano. "And there is no music," he noted with further astonishment. "No," said the proud owner. "He writes all his own music and the piece he is playing now is one of my favourites." "You should have it orchestrated," said the guest. The cat leaped out the window and has never been seen since.

An itinerant preacher arrived at a small country town and asked a young urchin to direct him to the Church Hall where he was due to preach that evening. After receiving directions, he said. "Don't forget to come along and bring all your friends." "What for?" said the small boy. "Because I'm going to tell you how to get to heaven." "You must be joking," said the kid. "You didn't even know how to get to the Church Hall."

A young Second Lieutenant, fresh from Waiouru, was posted to Addington Barracks in Christchurch. He was met at the station by another officer and as the barracks were quite close they decided to walk. As it was a Saturday afternoon, they passed quite a number of soldiers each of whom, naturally, saluted the pair as they passed. The older officer, being the senior of the two returned the salutes, and each time he did so he muttered under his breath, "And the same to you too, mate." Eventually the young Lieutenant could contain himself no longer and he said, "Why on earth do you say, "And the same to you, mate!" every time you salute?" "Well replied the other, "I came up through the ranks myself before I was commissioned, and I know exactly what they are thinking!"

Finally, Dumb! **HE** thinks hypocrisy was a Greek philosopher. **SHE** thinks Good Friday is Robinson Crusoe's housekeeper.

From the joke books of A. Nonny Muss.

Strength and Balance

There will not be a Strength and Balance class on Monday 06 February due to being Waitangi Day.

Tai Chi

Tuesday 07 February at 2.30pm – 2nd Floor Games Room

It would be so nice to have more of you join us for this calm, quiet 30 minutes of gentle movement led by our tutor Jo. The cost is \$2 per session, and we appreciate the assistance of the village committee in helping towards the cost.

Physiotherapist

Tuesday 07 February – Darrell has a clinic every Tuesday and works from the Doctors Room on the 3rd floor.

If you would like to make an appointment with Darrell please phone him on 021 046 6777.

Beautician

Wednesday 08 February - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd floor.

If you would like to make an appointment with Natalie, please phone her on 021 145 8542. A price list is available at Reception.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 09 February at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 09 February 9.00am to 12.00 noon – 3rd Floor Doctors Room

If you would like an appointment to see Paul Hames, please contact Reception.

Doctor

Thursday 09 February – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please contact Reception if you would like an appointment to see Dr Paul Hunter.

WEEKLY SCHEDULE

06 February to 12 February 2023

OFFICE 477 3900 / NURSES Ph 477 3951 or Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

| | | | |
|-------------------|------------------------------|-----------------------|---|
| Mon 06 Feb | Hair salon | Closed | 3 rd Floor Salon with Kim |
| | Strength & Balance | No Class | 2 nd Floor Lounge |
| | Line Dancing | 4.00pm | 2 nd Floor Lounge |
| | Happy Hour | 5.00pm to 6.00pm | 3 rd Floor Lounge |
| Tue 07 Feb | Mini Bus –Albany Westfield | 9.15am/9.45am/10.15am | Return: 10.30am/11.00am/11.30am |
| | Croquet (Weather Permitting) | 9.00am | Croquet Green |
| | Outdoor Bowls | Meet at 1.00pm | Assemble for 1.15pm start |
| | Mahjong | 1.00pm | 3 rd Floor Games Room |
| | Tai Chi | 2.30pm | 2 nd Floor Games Room |
| | Movie Group | 7.15pm | Odd Ball |
| Wed 08 Feb | Hair Salon | 8.30am – 3.00pm | 3 rd Floor Salon with Margaret |
| | Beautician | 9.45am | 3 rd Floor Doctors Room |
| | Petanque | 9.30am | Petanque Court |
| | Scrabble | 1.30pm | 3 rd Floor Games Room |
| | Rummikub | 1.00pm | 3 rd Floor Games Room |
| | Ball Drumming | On Hold | 2 nd Floor Lounge |
| | Fairview Singers | 3.00pm to 4.00pm | Main Lounge |
| | Happy Hour | 5.00pm to 6.00pm | 3 rd Floor Main Lounge |
| Thu 09 Feb | Hair Salon | 8.30am – 3.00pm | 3 rd Floor Salon with Margaret |
| | Croquet (Weather Permitting) | 9.00am | Croquet Green |
| | Bus to Milford | 11.30am | Returns 2.00pm |
| | Outdoor Bowls | Meet at 1.00pm | Assemble for 1.15pm start |
| | Restorative Yoga with Joy | 1.30pm | 2 nd Floor Lounge |
| | Art Group | 1.00pm | 3 rd Floor Sun Room |
| Fri 10 Feb | Mini Bus – Browns Bay | 9.15am/10.15am | Return: 10.30am/12.00pm |
| | Hair Salon | 9.30am | 3 rd Floor salon with Kim |
| | Rummikub | 1.00pm | 3 rd Floor Games Room |
| | Friday Night Raffle | 4.00pm | 3 rd Floor Main Lounge |
| | Happy Hour | 4.30pm to 6.00pm | 3 rd Floor Main Lounge |
| Sat 11 Feb | Croquet (Weather Permitting) | 9.00am | Croquet Green |
| | Cards 500 | 9.30am | 3 rd Floor Games Room |
| | Indoor Bowls | 1.00pm | 2 nd Floor Games Room for 1.15pm |
| Sun 12 Feb | Outdoor Bowls | 1.00pm | Assemble for 1.15pm start |

Dinner Menu:

Theme: Culinary Journey with Relish Café

6th to 12 February 2023

Bookings by 1pm (Phone 477 3957)

Small Meals \$15 – Large Meals \$17

\$2.00 Delivery Fee applies per Villa

Dinner Desserts also available at an extra \$4.00 per plate

Monday (Relish Favourite)

Butterfly Chicken with roasted Vegetable and gravy

Tuesday (Mexican)

Chicken Burrito's, guacamole, salad greens & salsa

Wednesday Roast

Pork Roast with brown gravy, peas and carrots & herbed boiled potato

Thursday (Mediterranean)

Angus Beef Burger, beetroot, haloumi, tzatziki on Brioche Bun w/ chips

Friday (KIWI classic)

Fish on Friday

Battered Market Fish , Slaw and Fries

Saturday (East Asia -Mongolian))

Mongolian Sticky Pork with green beans and Yellow rice

Sunday Roast (Kiwi Classic)

Beef Roast & vegetable in classic gravy