

# The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 13 February – 19 February 2023 No. 257

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## **From the Manager's Desk**

Good afternoon everyone.

I hope you have all been enjoying the beautiful sun over the last few days.

## **Tropical Cyclone Gabrielle**

I am sure you have all heard or read about the storm forecast starting this weekend. There remains uncertainty around the exact path of the cyclone as it approaches New Zealand, and how things play out will be determined by what happens in the coming days. We will all be keeping an eye on the weather forecast. If you have any concerns, please don't hesitate to contact us.

## **Morning tea with the Manager**

I am looking forward to meeting with residents from Ngaio Lane this Friday at 10am. Next week we will be starting with our Apartment residents in the Lodge. We will be inviting residents in groups of 10, by numerical order. Cherie will be calling residents to confirm.

## **Staff of the month**

You are welcome to vote for staff at any time of the month. You can email us or drop by at reception. We pick the winner at the end of the month for our monthly meeting.

## **March – Brain Awareness Month**

Brain Awareness Month is a global campaign to raise awareness of neurological conditions and bring to public attention the importance of brain research. People of any age can suffer from neurological conditions.

If any residents would like to help us put an interesting activity together, or add an interesting crossword in the newsletter, we welcome your contributions.

Marika

*Mia at the beach in Orewa  
She just loves the water so much!*



## Nurses' Corner

Welcome back to our Nurses Corner of the weekly newsletter! This week, we will continue our focus on resilience by discussing the importance of mindfulness and how it can help us to stay present and build resilience in the face of challenges.

**Mindfulness: What is it and how does it work?**

Mindfulness is a practice that involves paying attention to the present moment we are in, without judgment. It can help to reduce stress, increase focus, and improve overall well-being. By practicing mindfulness, we can become more aware of our thoughts, feelings, sensations, and body, which can help us to respond to stress and challenges in a more effective way.

**Tips for Practicing Mindfulness:**

1. **Start with a few minutes each day:** Mindfulness can be practiced for just a few minutes each day and can be gradually increased as you become more comfortable with the practice. I recommend finding somewhere nice and quiet where you aren't likely to be disturbed by the busy world around you.
2. **Focus on your breath:** One of the simplest and most effective ways to practice mindfulness is to focus on your breath. Pay attention to the sensation of the air moving in and out of your body.
3. **Use your senses:** Pay attention to your surroundings using your five senses. Take in the sights, sounds, smells, and sensations of your environment.
4. **Accept your thoughts:** When practicing mindfulness, it's normal for your mind to wander. When this happens, simply acknowledge your thoughts, and return your focus to the present moment.
5. **Make it a habit:** Incorporate mindfulness into your daily routine by practicing at the same time each day. This can help to make it a habit and a natural part of your life.

Incorporating mindfulness into our daily routine can be a very useful tool for building resilience and improving overall well-being. By practicing mindfulness, we can become more present, aware, and responsive to the challenges that life throws our way.

I hope you are enjoying this focus on resilience and that you find the tips and information useful. If you have any questions or comments, please don't hesitate to reach out.

### **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 and bring them with you to your next appointment. Prices for February onwards are now \$4.50 for administration consumables.

I managed to get out for a long-awaited game of golf over the weekend. I managed to play 10 over par for the 18 at chamberlain on a new club which is a record for me. Maia & I's puppy called Duckie has been well and truly keeping the both of us up well past our usual bedtime, he has found a new love for shoes and socks so if you have any tips for getting puppies to stop chewing either of those items, I look forward to hearing from you.

Take care!

Benjamin Peattie – HOD Health & Wellbeing.

## Accounts Update

### **Electricity in the Apartments**

Due to the increasing cost of power, we have made the decision to increase the daily kw price from 0.16 per kw to 0.19 per kw. This will come in to effect from 01.04.2023.

Thanks, Nicki



## From the Chef's oven

Hi everyone!

### February promotion:

Kids eat for free every Saturday for the month of February! 1 free kid's meal per one resident's order of at least \$10.

We have updated our catering function menu to suit every occasion, please enquire at Relish for more information.



Meet our staff: a mix of talented individuals ready to give you their best service and provide delicious and quality meals and making sure that the cafe is up to the highest cleaning standards.



Our chefs are Pong, Vicky, Noris and Lucky and chef assistants are Usha, Belle and Devin. Front of house is Brooklyn, Cherish, Aileen, Max, Tiffany, Sienna and Morgan.

### Valentine's Day Tuesday 14<sup>th</sup> February



2 course meal for \$25 per person.

Compulsory bookings before Sunday 12 February 1pm - we have 15 portions left to offer so get in quick. The special meal can be served for lunch or dinner, in the Café only, no deliveries. 3 choices of mains: eye fillet, seared salmon, or bourbon glazed pork chops.

All served with potato gratin in crème fraiche and roasted vegetables on creme fraiche. Also includes a dessert: sweet mousse & fruits.

**\*\*\* All ladies dressed in red that day in the Café will get complimentary chocolate. \*\*\***

### Feedback winner

Thank you to Maxine Lee for your feedback this week. Enjoy your free lunch!  
Cheers, Noris & the Relish Café team

## What's on this coming week and next



### Movie Group

**Tuesday 14 February – Green Card**

This is an excellent Peter Weir movie. Set in the USA, a marriage of convenience takes an unexpected turn.

Starring – Gerard Depardieu and Andie MacDowell

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 – 03 February 2023

Thank goodness we didn't have to fight the weather this Friday. It was great to see you all and to hear the laughter and enjoyment going on.

Brenda Lee drew our dwelling draw, thank you Brenda and the winner was Pat Gill. Well done Pat.

The balls this week were rolled by Roy Keepin and the winners were:

John Gardner, Neil Butt, Clark Robbie, Andra Glyn-Jones, Pam Glaum, Mary Barrett, Brenda Lee, Rosalie Hancy, Gareth Hancock, Robin Roberts, Tom Wilkinson, Luella Jacobson, Barrie Flint, Peter Thompson, Jim McGowan, Roy Keepin, Sandie Jennins, Denis McCarthy, Bynley Goodger, Jill Draper, Owen Young, Trish Maunsell, Earl Troughton, Jean Jones and Richard Jones.

Congratulations to all our winners and see you all next week.

Daphne Markwick

Raffle Convenor – Tel: 478 9803



### East Coast Bays Catholic Parish

Our Liturgy Service for this month will be held in the Sun Room, 3<sup>rd</sup> Floor on Friday 17<sup>th</sup> February 2023 at 11.00am. Holy Mass will be celebrated by one of the priests of our parish. In recent times, we have indeed been very privileged to have a priest in attendance and to lead us at our regular liturgy gatherings.

A warm invitation is extended to all who may wish to join our small community in prayer and friendship. For further information, please contact Natalie Turner (Ph: 479 9527).



### 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.

Many thanks, Sheryl



### John's Jaunt

March 2023

Wednesday 8<sup>th</sup> March – Shelly Beach Helensville. Lunch at café. Leaving at 10.30am.

Wednesday 22<sup>nd</sup> March – Mangawhai Heads. Leaving at 10am.

Other destinations on Wednesdays, possible on request.

John Gardner, phone 479 9318

## Resident's notices

### Apartment Garden Area

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.

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

Canon Pixma, 512 Black, cartridge.

Please phone Wilma Halling on 477 3940.

## Gareth's Puzzle

Last week's puzzle asked what do these four have in common:

Photon, White Corners, pH7, Switzerland - and the answer is they are all neutral.

Photons do not have an electrical charge and are neutral, the white corners are the neutral corners in boxing, pH7 is neither acid nor alkaline and is thus chemically neutral and Switzerland has always been neutral.

This week's puzzle is similar and asks what do these four have in common?

Prairie Dog, Killer Whale, Starfish, and Koala Bear

Good puzzling – Gareth

## 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](mailto:cherie.lesueur@fairviewvillage.co.nz) or bring to reception with your name and we'll add a photo weekly in the newsletter.

Last week's mystery face was **Patricia Maunsell**.

Residents that guessed correctly were Bronwen Charlesworth, Diane Dempster and Cherry Bramwell.

## Extra Services

### Bug Doctor

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

## LAUGHTER LINES

### One Liners:

1. If your surname is Pipe, please don't call your baby Dwayne.
2. You know you are getting old when you bend down to tie your shoelaces and try to think if there is anything else that needs doing while you are down there.
3. Fred asked if they served women in the bar. No. He was told to bring his own.
4. Man to a bank manager, "How do I stand for a loan?" "You don't, you kneel!"
5. If the world is getting smaller, why do they keep on putting up the cost of postage?
6. It has been so dry in Otago that the municipal council closed two lanes of the local swimming pool.

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When the matron's eyes got accustomed to the dark in the picture theatre she noticed a young lad sitting next to her. "Why aren't you at school?" she demanded. "Because I've got chicken pox," replied the lad.

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An Auckland youth wanted to buy a motorcycle. "It must be the fastest machine you've got," he demanded. The salesman said he had just the bike, but its true speed could only be demonstrated at night when the roads were clear. "Come back to night, at midnight, and I'll guarantee we can be in Hamilton in 45 minutes. The youth thought for a minute. "No thanks." Why not," asked the salesman, "that's very fast." It may be, but who wants to be in Hamilton at a quarter past one in the morning?"

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The mafia boss in Sicily learns from his accountant that someone in the Chicago family has been stealing money, so he calls Mario his interpreter to join him on the next flight to the States. He brings the suspects in one at a time and has Mario accuse them of the crime. Whenever they deny it he puts a gun to their head. If they still say no he lets them go. The last to be interrogated is Luigi and he is sweating with fear. "So," said the Don, through his translator, "are you the one who has stolen my 10 million dollars.?" "No, Godfather," says Luigi. The Don puts the pistol to Luigi's head which has a dramatic effect on Luigi's story. "Yes, yes, I took the money, its hidden in plastic bags in my walk-in freezer." The Don looks at the translator, "What did he say?" The translator replied. "He says you are a silly old fool who should be locked up, and he bets you don't have the guts to pull the trigger."

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St Peter, with a clipboard in his hand, was interviewing a new arrival at the pearly gates. "What's your name?" "Marmaduke." "When you were on earth did you ever smoke or gamble?" "No." "Did you ever lie, cheat steal or swear?" "No." "Did you ever drink or chase women?" No, indeed I did not! "Well, what took you so long to get here then?" asked St Peter.

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McGregor the chemist wrapped the bottle and pushed the parcel across the counter. The customer was walking down the street when McGregor came running after him in great distress. "Oh, I'm glad I caught you," he said. "I have made a terrible mistake and given you arsenic instead of phensic." "Oh, is there a difference?" asked the customer. "Yes there certainly is," said McGregor, "I undercharged you, that will be an extra 80p, please."

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*Definitions:* **FAUCETT:** what you have to do if the tap won't turn. **AWESTRUCK:** being hit with a paddle. **BLUNDERBUSS:** a bus the goes from Auckland to Wellington via Whangarei. **MODERNISE:** sporting false eyelashes. **OUTLAST:** the final wicket to fall. **OFFAL:** dreadful.

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From the joke books of A. Nonny Muss

***Roll Up, Roll Up!!***

***Have you ever thought of playing Bowls?  
Come and give it a go on Fairviews  
Magnificent Bowling Green***



***If 91 year old Bob can do it - so can you  
Please phone Jim Bell for information  
on 477-3931***

# Fairview Bowls Committee invite all residents to register to enjoy March events on our wonderful bowls green

Residents only bowls event- totally free to enter-no one is a loser!!!!!!!!!!!!!!!!!!!!

This is not a competition but a new way to have fun. If you have never bowled before but could walk 2 lengths of the bowls rink in half an hour then this event is for you.

Give it a go - don't miss out

The object of the events is having a fun time with the bonus of wins for each group

There are three groups

1. novices who have never bowled a ball before

4 ends, each 2 bowls per player, winners play off in random selection to final 4 to be played same day as finals for other groups

2. Fairview bowlers all who played at least a game since moving to Fairview

4 bowls each, 6 ends, winners play off in random selections to final four to be played same day as other group finals

3. club bowlers members of bowls clubs before or during time at Fairview

10 ends, 4 bowls to play random selections to final 2

finals to be played on finals days with other groups

Finals day to played with a village catered BBQ to follow play

all players to receive a BBQ lunch voucher from Fairview management as a reward for taking part to promote village goodwill

Group winners to receive a miniature cup

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enrollment form

Yes please count me in- give these details to reception by end of Feb . All play expected to be finished before end of March. Starts early March

name[s]----- apt/vil no-----

Phone no.-----

Circle your choice of following Time am/ pm Day/s any/ m / t/ w/ t/ f/ s /s

Circle if you would --- Like to have a lesson from bowlers Like a practice day

Like to help with planning and event.

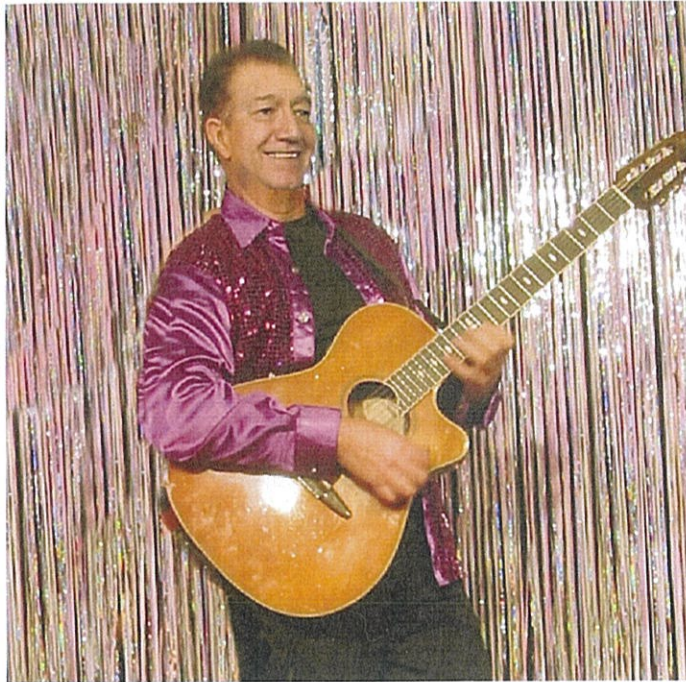
Contact Jim Bell Apt 431 Ph 477 3931 or 027 921 4095 for any other details

What's to lose --fun in the sun. Meet other residents. A possible new interest in life. A free outing .

at no cost . Grab it now!!!!!!!!!!!!!!!!!!!!



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



*COME AND BE  
ENTERTAINED BY  
JIM JOLL*

**Attention - New Residents**

Call in to reception to Cherie  
If you have Fairview friends you would like to sit with, you can put their name down with yours and they can come and pay at their convenience. Each table seats 10 people, so you can add your name to a table with spaces left

**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, Spinach & Feta Salad GF  
Roasted Potatoes, Pumpkin & Kumara  
Spaghettini Green Goodness with  
Haloumi Croutons  
Dessert: Sweet Treat Sampler*

## **Strength and Balance**

Monday 13 February at 10.30am – 2<sup>nd</sup> Floor Lounge

Please remember to bring your water bottle – it is very important to keep your fluids up.

## **Tai Chi**

Tuesday 14 February at 2.30pm – 2<sup>nd</sup> 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 14 February – Darrell has a clinic every Tuesday and works from the Doctors Room on the 3<sup>rd</sup> floor.

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

## **Beautician**

Wednesday 15 February - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3<sup>rd</sup> floor.

## **BEAUTY SPECIALS**

Give yourself and your skin a well deserved treat with this 1 hour pampering deluxe facial. Includes a relaxing 20min massage. Only \$70

Go on you deserve it 😊

Available Wednesday's 9.30am-4.30pm

Call Natalie on 021 1458542 to make your appointment.

## **Restorative Yoga with Joy – *Stretch Strengthen Revitalise***

Thursday 16 February at 1.30pm – 2<sup>nd</sup> Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

## **Podiatrist**

Thursday 23 February 9.00am to 12.00 noon – 3<sup>rd</sup> Floor Doctors Room

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

## **Doctor**

Thursday 23 February – 2.00pm to 3.45pm – 3<sup>rd</sup> Floor Doctors Room

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

# WEEKLY SCHEDULE

13 February to 19 February 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

<b>Mon 13 Feb</b>	Hair Salon	9.30am	3 <sup>rd</sup> Floor Salon with Kim
	Strength & Balance	10.30am	2 <sup>nd</sup> Floor Lounge
	Line Dancing	4.00pm	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Lounge
<b>Tue 14 Feb</b>	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 <sup>rd</sup> Floor Games Room
	Tai Chi	2.30pm	2 <sup>nd</sup> Floor Games Room
	Movie Group	7.15pm	<b>Green Card</b>
<b>Wed 15 Feb</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Beautician	9.45am	3 <sup>rd</sup> Floor Doctors Room
	Petanque	9.30am	Petanque Court
	Scrabble	1.30pm	3 <sup>rd</sup> Floor Games Room
	Rummikub	1.00pm	3 <sup>rd</sup> Floor Games Room
	Ball Drumming	On Hold	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Thu 16 Feb</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> 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 <sup>nd</sup> Floor Lounge
	Art Group	1.00pm	3 <sup>rd</sup> Floor Sun Room
<b>Fri 17 Feb</b>	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Hair Salon	9.30am	3 <sup>rd</sup> Floor salon with Kim
	Catholic Liturgy	11.00am	3 <sup>rd</sup> Floor Sun Room
	Rummikub	1.00pm	3 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	4.00pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.30pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Sat 18 Feb</b>	Croquet (Weather Permitting)	9.00am	Croquet Green
	Cards 500	9.30am	3 <sup>rd</sup> Floor Games Room
	Indoor Bowls	1.00pm	2 <sup>nd</sup> Floor Games Room for 1.15pm
<b>Sun 19 Feb</b>	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

# Dinner Menu:

Theme: Culinary Journey with Relish Café

13<sup>th</sup> to 19 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 (Moroccan)**

*Moroccan Chicken with Tzatziki sauce, greek feta salad, garlic bread*

## **Tuesday (Valentine Dinner)**

*Pork Ribs n Chips for takeaway / 2 course meal for Dine-in*

## **Wednesday Roast (Relish Favourite)**

*Roast Chicken brown gravy, garden salad & herbed boiled potato*

## **Thursday (Chinese Style)**

*Chinese Style Braised Beef, Bok choy and noodles*

## **Friday (KIWI classic)**

*Fish on Friday*

*Battered Market Fish , Slaw and Fries*

## **Saturday (Italian)**

*Italian Style Baked Porkchops, basil orzo, grilled vegetables*

## **Sunday Roast (Kiwi Classic)**

*Pork Roast & vegetable in classic gravy*