

## From the Manager's Desk

### Thank you to our Volunteers

Our special lunch to thank our volunteers was popular with 65 people attending. Thank you all for responding to our invitation. Volunteer residents give a lot of their time to our community at Fairview and we felt it was important to stop and acknowledge your contributions.

### Morning Tea with the Manager

I am looking forward to meeting with apartment residents 410 – 426 this Friday 17<sup>th</sup> March. Next Thursday 23 March I will be meeting with residents 427 – 440.



### Flood Relief Raffle

Thank you to all of you who participated in our Raffle. We have raised \$609. The raffle was drawn on Monday 13 March. Congratulations to Angela Woolnough for winning our beautiful basket.

### Relish Café charges to villas and apartments

We are so pleased to see that many residents are using the new meal charge system and thank you for your patience while staff navigate new procedures. Just a quick reminder that meals can only be charged to the resident account if the resident is dining with family members, otherwise meals will need to be paid for at the time of dining.

### Upcoming events

- Friday 17<sup>th</sup> March: St. Patrick's Happy Hour and Dinner
- Friday 31<sup>st</sup> March: 'Brain Awareness' Presentation by Benjamin, Head of Department Health & Wellbeing
- Thursday 13<sup>th</sup> April: Flu vaccine 2pm

Have a good weekend.

Marika

*Attempting to do some gardening duties with Mia ...!!!*





## Nurses' Corner

Dear Residents,

Welcome to another week of our health and wellbeing newsletter! This week, we want to focus on the link between gut health and brain function.

Did you know that the gut is often referred to as the "second brain"? That's because the gut and the brain are connected by a complex network of nerves, chemicals, and hormones, known as the gut-brain axis. This connection means that the health of our gut can have a significant impact on brain function, including memory, mood, and cognitive function.

Here are some tips and activities to help you improve your gut health and support brain function:

1. Eat a healthy, balanced diet - A diet that's high in fibre, fruits, vegetables, and lean protein can promote the growth of healthy gut bacteria and support overall gut health.
2. Avoid processed and sugary foods - Processed and sugary foods can disrupt the balance of gut bacteria and contribute to inflammation, which can negatively impact brain function.
3. Stay hydrated - Drinking plenty of water can help keep the digestive system functioning properly and support healthy gut bacteria.
4. Exercise regularly - Regular exercise can improve gut health by promoting blood flow to the digestive system and reducing inflammation.
5. Practice stress management techniques - Stress can have a negative impact on gut health, so practicing stress management techniques like mindfulness, meditation, or yoga can help support both gut and brain health.

In addition to these tips, there are also certain foods that are particularly good for gut health, including probiotics (found in fermented foods like yogurt and kefir), prebiotics (found in foods like onions, garlic, and bananas), and foods rich in omega-3 fatty acids (like fatty fish and nuts).

We hope these tips and activities help you improve your gut health and support better brain function. Stay safe and be well!

As we continue to navigate the COVID-19 pandemic, it's important that we all do our part to protect ourselves and those around us. Please remember to wash your hands frequently with soap and water for at least 20 seconds, wear a mask in public places or when you are around others who are not part of your household and stay home if you are feeling unwell or have been in close contact with someone who has tested positive for COVID-19. Remember, if you have been diagnosed with COVID-19, please reach out to one of our nurses so we can be aware of it and give guidance for what to do next.

**Influenza** season is starting up soon, so we have organised for Nurse Sharon & Dr Paul to come in and administer our flu vaccines this year on the **13<sup>th</sup> of April 2023 from 2pm till 3.45pm**. There are two different options available when considering the yearly influenza shot, firstly is the government funded for over 65's also known as the Afluria Quad which is free, secondly there is the Fluad Quad which offers more protection however is not government funded and does have a cost of \$45.00. We will begin the consenting process later in the month once the forms are ready. **I will be continuing to hold a consenting clinic on Monday the 20<sup>th</sup>, Wednesday the 22<sup>nd</sup> and Friday the 24<sup>th</sup> of March in the level 3 lounge from 0930-1030 where you can come and ask questions about the Influenza Immunisation if you are unsure and can sign the consent forms to ensure an easy and streamlined vaccination day.**

This weekend Maia and I will be jetting off to Dunedin for a little getaway and to help her sister plan her wedding for early next year, Duckie our dog will be spending the weekend with his grandma on the motorhome travelling up north for a day or two. I will be sure to get a picture or two to share for next weeks edition of the Health & Wellbeing Newsletter!

Take care!

Benjamin Peattie – HOD Health & Wellbeing.



## From the Chef's oven

Hi everyone!

### Meet our Staff:

Meet Aileen – She is our All-Rounder Café Assistant/Kitchen Assistant. She does a little bit of everything. One of our most cheerful and energetic staff. Please say Hi.



### Café Promotions:

It's not a misprint – all counter food and cold cabinet food are HALF PRICE starting at 2-5 pm.

### Dinner menu:

Last week's favorite dinner menu – a tour from JAPAN with Chicken Teriyaki Soba Noodles. Watch out for more on our Culinary Journey.

### Feedback raffle winner

Thank you to Robin & Viv Hood for your feedback this week.



### What's popular on the Café menu?

Indeed, we do offer healthy salad meals! Try our carb-less, gluten free, dairy free, brunch salad, which is now becoming popular in the Café – our Salmon Wellness Salad.

Cheers, Chef Noris & the Relish team

## March Chef Specials

### Belgian Waffles \$10

Served with streaky bacon, grilled banana, maple syrup.



### DF / Vegan Mushroom on Toast \$12

Served with toasted ciabatta, grilled mushroom, tomato, baby spinach and balsamic glaze.



## What's on this coming week and next



### Movie Group

#### Tuesday 21 March – The Hustler

This riveting movie won an Academy Award and propelled Paul Newman to stardom.

Starring – Paul Newman and Jackie Gleason.

Every week we endeavour to show a good quality movie for your entertainment. Our Level 2 Theatre has comfortable seats and a big screen to rival Hoyts! You are very welcome to join us.

Peter Woolnough



### East Coast Bays Catholic Parish – Friday 17<sup>th</sup> March 2023

Our Liturgy Service for this month will be held in the Sun Room, 3<sup>rd</sup> Floor on Friday 17<sup>th</sup> March 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).



### Friday Night Raffle – 10 March 2023

Another busy evening, we sold 430 tickets and once again we had some very happy winners.

The Dwelling draw was undertaken by Brenda Lee, who was working hard on the bar, thanks Brenda and she drew her own number, well done, it does happen occasionally, which was a lucky day for her.

We had a visitor from America, Jack Cook, Annette and John Cook's grandson who very kindly rolled the balls for us this week, thank you Jack; and the winners were:

Heather Petchell, Don Gibbs, Lois Hadfield, Clive Sandham, Wilma Halling, Margaret Whitby, Natasha Nevill, Peter Thompson, Richard Jacobson, Jocelyn Goodger, Brenda Lee, Judy Jetten, Brynley Goodger, Patrick Knell, Jill Draper, Patricia Jansen, Cathy Lloyd, Linda Pinder, Clark Robbie, Pat Gill, Bruce Benfell and Audrey Ansell.

Congratulations to all our winners and look forward to seeing you all in your green finery, in celebration of St. Patrick's day.

A small request, it would greatly help the recording of the winners' names if you could remember to wear your name badges. It takes quite a while to remember everyone's name and of course if you can see a name it is easier to start a conversation with someone you perhaps do not know. Thank you.

Daphne Markwick  
Raffle Convenor – Tel: 478 9803



## North Shore Vintage Car Club – Open Day

The North Shore Vintage Car Club is having an open day on Sunday 19 March to celebrate 50 years of being a club. John Gardner will be transporting residents in the village bus starting at 9.30am.

Please contact John Gardner on 479 9318 for further details.



## Garden Club

Our next trip will be on Monday, 20 March, to 'Touch of the Tropics' Garden Centre in Whenuapai. Lunch, at a local cafe, will follow this. The bus will leave the Lodge at 10.30am.

If you are interested in booking a seat, on the bus, please ring Anne Pike: 475 6741



## John's Jaunt

March 2023

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

Other destinations on Wednesdays, possible on request.

John Gardner, phone 479 9318



## QUIZ NIGHT -- Sunday 26 March 2023

The 2023 Quiz Night season began on Sunday 26 February with the welcome addition of a new team, **The Secret Squirrels**.

**The Mixed Nuts** continued their dominance from 2022, coming first with 59 points out of a possible 70. **The Iris Watchers** were second with 51 points, **The Palms** third and **The Secret Squirrels** earned the right to choose a topic for next month by coming in fourth.

They have chosen The First Half of the 20<sup>th</sup> Century.

Quizzers no longer need be fully vaccinated. There is room for further teams, so come and join your fellow "inmates" and enjoy the second Quiz Night for 2023 at 6.45pm Sunday 26 March. It is great fun! Ideal team size is 6 – 8 members and extended family members are welcome to bolster your team if required.

The March topics are: **General Knowledge1, Theme Songs, The First Half of the 20<sup>th</sup> Century, Geography, The Real Names of Famous People** and **General Knowledge2**. Get those computers working! If you don't wish to form a team, we can always find you a place in an existing one.

## Fairview Fellowship

The next meeting is on

Monday 27<sup>th</sup> March

3pm in the 3<sup>rd</sup> Floor Sun Room



We are an interdenominational Christian group meeting monthly for friendship and to learn more about God. Visitors are most welcome.

Contact: Bronwen Charlesworth on 478 0513

## St Patrick's Day Information

The celebration will be done within our normal Friday Happy Hour - with just a few extra inclusions.

The Bar will be open as usual and selling the following Drinks at \$5 each as St Pats special:

Baileys Irish Cream          Guinness - Irish Dry Stout          Kilkenny Irish Cream Ale

### **Entertainment**

Mary Barrett will play Irish tunes on the piano and when the raffles have finished you can partake in singing some of the well-known Irish tunes.

Wear your best GREEN or ORANGE outfit.

### **Dinner \$15 each**

Fish & Chips and slaw as normal.

Smoked Fish Pie which is smoked kahawai & smoked salmon in a parsley sauce as bottom layer. Then a layer of chopped boiled egg, then a layer of mashed potato topped with bacon pieces.

Complimentary green fruit jelly with cream.

Please place your order and payment with Cherie by Thursday 5pm.

Social Committee

## The Retirement Village Residents' Association

### **Retirement Village Residents Meeting at Fairview on Thursday March 30<sup>th</sup> at 10.30am in the Lounge**

All Fairview Residents are invited to attend a presentation by Di Sinclair, North Shore Zone Coordinator for the Retirement Village Residents' Association.

Di will talk about the history of RVResidents, what it has achieved so far and report on progress to date and goals for the future. Her presentation will include discussion of the upcoming Review of the Retirement Village Act (2003) and the Code of Practice (2008) as it relates to residents. Di will also discuss the way RVResidents is working with the Retirement Village Association (The Operators) to bring about improvements that will benefit all residents.

**Please RSVP to reception by Tuesday 28<sup>th</sup> March for seating arrangements.**

## Scam – Harvey Norman

A resident has received an email from Harvey Norman advising that they have won a prize. They then request payment for postage of the prize. Harvey Norman have confirmed that this is a scam. Please delete this email if you receive it.

## Residents' notices

### Fairview Croquet Competition

Ron Johnson won the annual croquet competition at the village on Tuesday. He was presented with the Anne Doreen trophy which was donated by Margaret Cowdery's daughter.



### Outdoor Bowls Notice of AGM

The AGM of Fairview Bowlers will be held on Tuesday 18 April 2023 at approximately 3:15 p.m. after bowls in the lounge. If wet, meet at 3 p.m.

### Thank you

Bev Barnes received the following letter from Ben at Louvrectec and Billie from Hastings.

After the devastating effects of Cyclone Gabrielle, we organized a Louvrectec truck to go to the Hawkes Bay with a huge delivery of urgent and basic items. It was so heart warming to see the amount which people donated. Basic supplies such as water, food, nappies, baby formula, blankets, generators, camp cookers and gas, clothes, kids' books and so much more!!

Thank you so much everyone who donated to this and a huge thank you to Wayne and Ross for driving the truck. It was a massive drive down – I think they left Auckland at 5am and after driving through many detours, and ruined countryside, arrived in Hawkes Bay around 4pm.

All items were dropped off at Billie and Dan's place and they have been able to distribute to families from their schools who lost everything. Billie said "it was like a war-zone down there – people were dumping all ruined items from their homes on the side of the road. Some devastating scenes and very scary and heart-breaking stories".

When we delivered goods, people cried and we cried. It was just so heart-warming. So many families are tired, exhausted, frustrated and stressed. All these amazing items just lifted the community down here in many ways.

All the food, toys, games, books, bedding and clothing have gone to families in need. Generators have been used to hose off peoples' homes of silt and dirt. Some are still using camp cookers to cook on as their power is not on permanently.

Thank you so much Fairview Village. Your contribution has made an amazing difference to so many of us down here in the Hawkes Bay. Thank you from the bottom of our hearts for thinking of us.



## Apartment Garden Area

Thank you to all the friends who had missed me while I was 'down' with Covid. You give me a real boost.

It has been wonderful this week having Dennise Beavon helping me get the hanging baskets etc freshened up. Dennise is so helpful to me and good at bossing me about - all to the good of course! I have bought her (and me) a little table at the backside of the trellis to work from so the back isn't giving us a problem.

Good to have several picking the lettuce and spring onions - it's best to have them picked regularly and a few leaves whenever is nicer fresh especially with the prices of whole lettuce. The nicest possible comment this week goes to a longtime Village friend when she confessed she enjoys sitting on the chairs meditating - that's what the area is all about. 😊

Usual herbs are still available and slowly they will all be shifted to the one area up by where the mint and thyme is - this leaves some room for new to the apartment occupiers. Geraldine to plant some of her veges - she will also be bringing some of her roses in tubs and putting them up by the three Feijoas to get maximum sun & easier to manage. Welcome Geraldine.

The lemons are coming along as are a few Feijoas - I have paid for them myself and provided the fertilizer so hopefully they will be left for me to eat however any excess will be available to other Apartment residents, thank you.

Don't forget you're welcome to any of the herbs: mint, chives, parsley, thyme, sage & rosemary. If you are coming into an apartment & want a little plot like Geraldine, then phone me on 027-416-8945 Barbara Bailey.

## For Sale

Almost new, small record player - \$20.

Selection of records \$1 each.

Shower seat with handles \$10.

Call Barbara on 477 3929 or 477 3832.

## For Sale

Ink for old Brother printer. Please text Tricia 0221524091.

## Gareth's Puzzle

Last week's puzzle asked, What do these three nouns have in common, and give a fourth one similar? Bison , Moose , Samurai , xxxxxxx

And the answer is that the plural of each noun is the same as the plural and a fourth similar noun is deer or sheep - there are no sheeps!

This week's puzzle is similar: What do the proper nouns Tangier, Natal, Polish and August have in common and why?

Good puzzling

## Guess Who?

Last week's mystery face was Gwen Gibbs. Unfortunately we do not have a "guess who" photo for this week.

## FAIRVIEW VILLAGE LIBRARY - LATEST BOOKS

### NEW BOOKS

**The Whalebone Theatre by Joanna Quinn** - A transporting, irresistible debut novel that takes its heroine, Cristabel Seagrave, from a theatre in the gargantuan cavity of a beached whale into undercover operations during World War II—a story of love, family, bravery, lost innocence, and self-transformation.

**Bloomsbury Girls by Natalie Jenner** - Bloomsbury Books is an old-fashioned new and rare book store that has persisted and resisted change for a hundred years, run by men and guided by the general manager's unbreakable fifty-one rules. But in 1950, the world is changing, especially the world of books and publishing, and at Bloomsbury Books, the girls in the shop have plans!

**Dawnlands by Philippa Gregory** - The spellbinding Fairmile series (Tidelands and Dark Tides) continues as the fiercely independent Alinor and her family find themselves entangled in palace intrigue, political upheaval, and life-changing secrets in seventeenth-century England.

**Learning to be French (and failing) by Anna Bibby (NF)** Anna Bibby owned a successful art gallery in New Zealand until one day, on holiday in France, she bought a falling-down house in a picturesque medieval village. She takes a real delight in the place she has found herself in. Anna didn't speak the language, she didn't know anyone and her understanding of French culture was limited.

**Desert Star by Michael Connelly** - A year has passed since LAPD detective Renée Ballard quit the force in the face of misogyny, demoralisation, and endless red tape. Yet, after the chief of police himself tells her she can write her ticket within the department, Ballard takes back her badge, leaving "the Late Show" to rebuild the cold case unit at the elite Robbery-Homicide Division.

### DONATED BOOKS

**Command Authority by Tom Clancy** - When an old friend of the Ryans is poisoned by a radioactive agent, the trail leads to Russia. And Jack Ryan, Jr. -- aided by his compatriots John Clark and the covert warriors of the secretive Campus -- must delve into an international conflict thirty years in the making, and finish what his father started.

**High Stakes by Danielle Steel** - In this captivating novel, four successful women play for high stakes in their careers at a boutique literary and talent agency. It is the story of a group of remarkable women navigating the challenges of balancing their families, their personal lives, and the high stakes of ambition at the top of their game.

**NYPD Red9 by James Patterson** - Erin Easton's wedding in one of New York's biggest venues may have a TV crew documenting every extravagant detail, but when the bride disappears from the reception, it's no diva turn. Her dressing room is empty except for a blood-spattered wedding dress.

**When the War was Here by Roxanne Veletzos** - From the horrors of the Second World War to the tensions of the 1956 Hungarian uprising and beyond, *When the Summer Was Ours* is a sweeping story about the toll of secrets, the blurred lines between desire and loyalty, sacrifice and obsession, and the endurance of the human spirit.

## LAUGHTER LINES

### More One Liners to start the day :

1. Why don't efficiency experts go into business for themselves and make a fortune?
2. It is not commonly known that Alexander Graham Bell actually invented two telephones.
3. I met my wife at a singles bar. We were both very surprised – *Brian Conley*.
4. Notice in a Singapore Hotel: Please do not use the diving board when the pool is empty.
5. I play in a very small quartet – there are only three of us – *Groucho Marx*
6. The hardness of butter is in direct proportion to the softness of the bread roll.

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The managing editor was very explicit in his instructions to the cub reporter. Among other things, he emphasised that names must be obtained in writing all items. "In fact, he said, "names are essential." Later the cub reporter handed him the following item for the paper.

"Last night lightning struck a barn north-west of town belonging to Mr Ike Davis, and killed three cows. Their names were Rosie, Isabel and Mabel."

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Trying to sell a housewife a home freezer, a salesman pointed out, "You can save enough on your food bills to pay for the freezer." "Yes, I know," the woman agreed, "but you see we are paying for our car on the car fare we save, we are paying for our washing machine on the laundry bills we save, and we are paying for the house on the rent we are saving. We just can't afford to save any more right now."

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Tall bloke entered the pet shop and said he wanted a parrot. "It has to be a big, red and green one, exactly like the one in Treasure Island", said the customer, explaining that he was going to the Arts Fancy Dress Ball as Long John Silver. The proprietorsaid he could get such a parrot if he called back Wednesday. "Oh, not Wednesday, that's the day I am having my leg off."

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"You seem, to have plenty of intelligence for a man in your position." sneered the attorney to the man on the witness stand. "Thank you," answered the witness. "If I weren't under oath I 'd return the compliment."

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"Now gentlemen," said the General, briefing his officers before the battle, "It is vitally important that we hold on to this section of the front for as long as possible. I want you to fight to the last round of ammunition: and when you've done that, retreat in an orderly fashion to the reserve positions along this river, fifteen miles to the rear. "As I am lame in one leg ,," he added, folding up the maps, "I shall start now."

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Bluey had just moved from New South Wales to Queensland and set up a new restaurant that he was going to call "The Cockroach's Revenge." Anxious to have everything done by the book he painstakingly ensured all the "T's" we crossed and the "I's" dotted on the application. The day came for the council health inspector to visit. The inspector walked into the restaurant waving his arms around, "You've got too many flies in here," he said. "Oh," said Bluey, "how many am I supposed to have?"

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Some more definitions from the schoolboy's note book: **BRUSSEL SPROUT** – a world famous statue found in that city. **HIGH FIDELITY** – a drunk who always goes home to his wife. **STALEMATE** – a husband who has lost his ardour. **CABBAGE** – the fare you pay a taxi driver.

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Finally: **SHE** thought a bigamist was a thick Italian fog. **HE** though vice-versa as a rude poem.

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From the joke books of A. Nonny Muss

# North Shore Vintage Car Club

Open day Sunday 19th March to celebrate 50yrs

40 Masons Road Albany

Tours of the restoration and storage sheds from 9.30am to 3.30pm.

Come see what is going on in the old villa and sheds that can be seen looking south from the village.

The history of the villa you can see to the south started life as the Harbour masters house overlooking the harbour in Devonport. As it was going to be demolished it was donated to the club and moved in 1983 to Albany to a 4-acre site that is where the motorway exit is now.

As Transit needed the land, a deal was done to move the villa up to the hill to the present site on 5 Acres. It included a new shed and that has become our restoration shed and the old shed that was on the flat we could have so we moved it up the hill and it is now our spare parts shed. We also have now a storage shed for members cars and a 4<sup>th</sup> shed that members can use and also museum that holds our 1923 Dennis bus we restored from a wreck in the swamp.

Our collection of vehicles that can be seen on the Sunday include the clubs and members,

- Hundred-year-old 1923 Dennis bus pulled from the swamp and now restored
- Chev Fire Truck
- 1938 Morris Eight

## Under restoration,

- 1934 BSA delivery van owned by Thompson and Hills probably the last one in the world
- 1950 Woolsey
- 1935 Bedford tow truck
- WW2 Dennis fire pump
- Plus, several other cars

The village van will take up residents for an hour from 9.30am, contact John Gardner 4799318 for details.



Other details contact Clive Sandham 021903548.

# THE RETIREMENT VILLAGE RESIDENTS' ASSOCIATION

## MEETING FOR FAIRVIEW RESIDENTS

Thursday March 30th at 10.30am in the Lounge



Di Sinclair

North Shore Zone Coordinator RVResidents

**The RVResidents' Association is a voluntary 'not for profit' organisation with more than 9000 members throughout New Zealand.**

**The Association is completely independent of any Village Operator and exists entirely for the benefit of Retirement Village Residents to ensure that their voices are heard and that they receive a fair deal.**

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**Di will outline the role of the Association and the work it is doing to achieve its objectives. Di will also discuss the upcoming Review of the Retirement Villages Act that RVResidents has fought so hard for and will report on progress to date and goals for the future.**

**There will be time for questions at the conclusion of the talk.**

### **ALL RESIDENTS WELCOME**

**For any further information contact your RVResidents Village Organiser, Alison Leadley**



## **Strength and Balance**

Monday 20 March 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 21 March 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 21 March – 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 22 March- 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.

A 45min rejuvenating facial. Only \$40

A 20min massage for your neck and shoulders. Only \$25

Available Wednesdays with Natalie until 31st May Call or text on 0211458542 to make your booking.

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

Thursday 23 March 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 March 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 March – 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

20 March to 26 March 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 20 Mar</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 21 Mar</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>The Hustler</b>
<b>Wed 22 Mar</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
	Fairview Singers	3.00pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Thu 23 Mar</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Croquet (Weather Permitting)	9.00am	Croquet Green
	Podiatrist	9.00am	3 <sup>rd</sup> Floor Doctors Room
	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
	Doctor Hunter	2.00pm	3 <sup>rd</sup> Floor Doctors Room
<b>Fri 24 Mar</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
	Rummikub	1.00pm	3 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	4.00pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Sat 25 Mar</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 26 Mar</b>	Quiz Night	6.45pm	3 <sup>rd</sup> Floor Lounge
	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

# Dinner Menu:

Theme: Culinary Journey with Relish Café

**20<sup>th</sup> to 26<sup>th</sup> March 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 (Italian)**

*Spaghetti Meatballs & Garlic Bread(2 pcs)*

## **Tuesday (United Kingdom)**

*Thinly slice Beef Corn silverside with brown gravy Mashed Potato,  
fresh baby spinach & buttered corn kernels*

## **Wednesday Roast**

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

## **Thursday (Thailand)**

*Grilled chicken strips on vermicelli noodles with seasonal fresh greens*

*Served with soy and sesame dressing*

## **Friday (KIWI classic)**

*Fish on Friday*

*Battered Market Fish , Slaw and Fries*

## **Saturday (Mediterranean)**

*Pulled Lamb roast with mint yoghurt, cumin carrots, fresh baby  
spinach, roasted paprika potatoes*

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

*Butterfly Chicken Roast & vegetable in classic gravy*