

From the Manager's Desk

This morning was my last 'Meet and Greet with the Manager' morning tea with residents. Wow, almost 7.5 months later! It was fantastic taking the time to meet you all - and eating all that yummy food of course. I have been joking that maybe I should start a second round of a late afternoon tea – with a drink perhaps? 😊

Thank you to everyone who came to our 'thank you to our volunteers' lunch function last week. It was important for me to give back. Looking at all of you there was special, I then understood why our residents are so happy at Fairview; engaged and involved residents in their own community, making it a special place to live for everyone.

Welcome to our new staff

Please join me in welcoming our friendly new staff in the Kitchen: June (Barista), Amy (Barista) and Star (Commis Chef). They bring diverse experience, fun and professionalism to our team, we are so pleased to have them join our Village.

Employee of the month

Next week will be our monthly staff meeting and we welcome your votes on who should be our next employee of the month! You can drop a note at reception or email us.

Work in the Village

Asphalt Improvements is in the Village this week and next. They are sealing the joints on the asphalt. The work is weather dependent.

Ashdown Landscape is in the Village today and tomorrow to resume the work we started on the bund between the motorway and the village, on the western boundaries of the village. They are currently completing the spraying and the clearing of the bund. Mulchman will then be back in 2 weeks to complete the mulching of the area. Ashdown will come back to finalise the planting after this. We expect this project to be completed within 4 weeks, all weather permitting.

Brain's Health Presentation by Benjamin Friday 31st March

For Brain Awareness Month, Benjamin is inviting you to a talk on Brain's Health next Friday 31st March at 2.30pm in the Lodge. Complimentary afternoon tea will be served at the start. We will be serving scones, jam and cream. Please RSVP by Thursday 30th March 12pm for catering purposes.

Pre-Easter Brunch Buffet Tuesday 4th April

Noris and his team will be hosting a fabulous pre-Easter Brunch Buffet on Tuesday 4th April at 10am in the Lodge. Please book your seat and pay at reception as soon as possible so you don't miss out! Read more on the flyer attached at the end of this newsletter.

I have also heard a rumour that the Village gets Easter bunnies visiting and delivering goodies around villas and apartments before Easter. Let's see if they are back this year...!

Influenza vaccination Thursday 13th April

Benjamin has organized for Nurse Sharon & Dr Paul to administer flu vaccines on Thursday 13th of April 2023 from 2pm till 3.45pm in the Lodge. You can read more details in Benjamin's blurb next.

Butterflies' beginnings Monday 17th April

Butterflies are a symbol of hope and joy, and perhaps they cast our minds back to simpler times. However, their numbers are in decline in New Zealand and they need our help.

We are excited to invite you to come and meet the "Butterfly Lady," Jacqui Knight, of the Moths and Butterflies of New Zealand Trust. She will be visiting the village to share some of her knowledge from almost 40 years of dedication to their protection. Jacqui would love to meet you all and hear about your memories of butterflies – all special reasons why we must ensure their conservation for future generations.

She will be visiting on Monday 17th April in the Lodge. Please RSVP at reception. A light afternoon will be served, biscuits, tea, coffee.

You can also read more about the Trust here: <https://www.nzbutterflies.org.nz/>

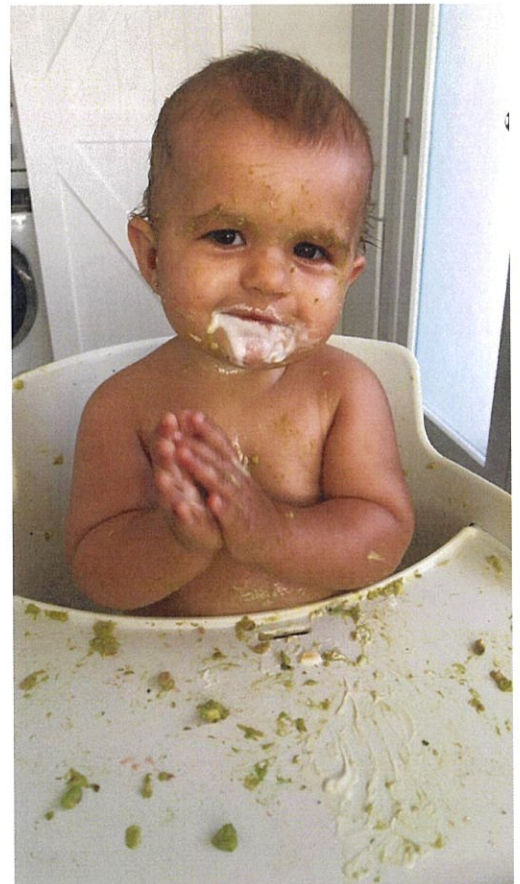
Relish Café Menu

Due to the increasing cost of food supplies, we are reviewing the pricing of our Relish Café Menu. Our goal has always been to offer affordable meal options and our focus is remaining the same, but it was inevitable for us to increase the prices. This will come into effect from 01.04.2023. This matter was discussed and approved at the last Residents Committee Association meeting.

Have a good weekend everyone!

It is becoming more challenging taking photos of Mia now, she's so busy running around, she won't stay still so mommy can take a photo. So here is a photo of her last year at the same time of the year, discovering her food. I am lucky that she loves her food and is a good eater – so far anyway!

Marika





Nurses' Corner

Dear Residents,

Welcome to another week of our health and wellbeing newsletter! This week, we want to focus on keeping your brain active and being able to learn something new.

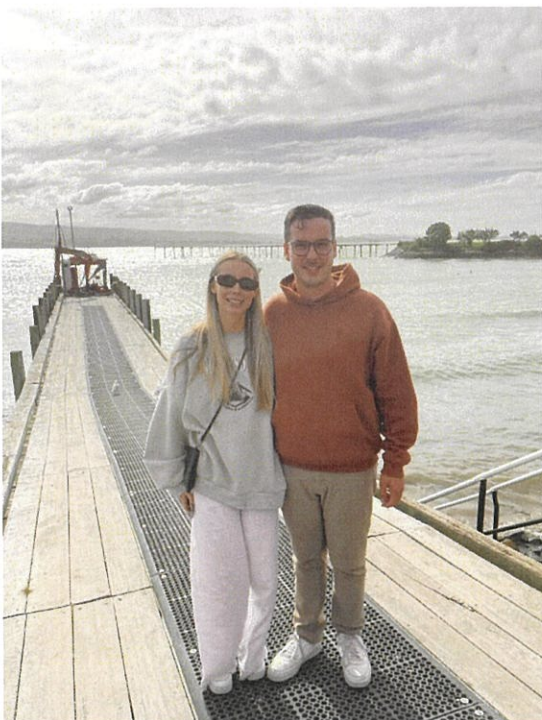
Did you know that learning new skills can improve brain function? By practicing a new skill, you start creating new connections and pathways in your brain. This process is called brain plasticity. Research has shown that regular physical exercise is one way to improve cognitive functions like memory recall, problem-solving, concentration, and attention to detail. However, it's not just physical exercise that can boost your brainpower. Creative outlets like painting and other art forms, learning an instrument, doing expressive or autobiographical writing, and learning a language also can improve cognitive function.

The best part? Your brain can learn and grow as you age. So don't let age be an excuse - it's never too late to start learning something new. So go ahead and challenge yourself. Pick up a new hobby or learn a new language. Your brain will thank you for it!

Next Friday, 31st March, at 2.30pm I will be hosting a little talk about brain health in the Level 3 lounge. **Scones with cream and jam** will be available to those who RSVP to Cherie at Reception.

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 **13th 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. **Thank you to those of you who have already signed the consent forms. It's still not too late! Feel free to grab a consent form from reception, sign it and hand it back into the nurses' station to secure your spot!**

Last weekend Maia and I went to Dunedin, we visited Moeraki where we found a half crayfish and chips deal for \$26.00. I was stoked with that!





From the Chef's oven

Hi everyone!

Meet our Staff:

Meet Vicki – She made your St Patrick's Smoked Fish Pie last Friday. She normally works in the Hospital/Care Section, providing delicious and healthy meals to our Care Residents. She does help a lot when we have big functions.



Functions & Catering:

Please check out some of the highlights of our 'Thank you to our volunteers' function and other small functions we had last week. Whatever the occasion is, we will have something that will suit your requirements.



Last Week's Favourite dish

Sandie's Smoked Fish Pie. Thank you Sandie for sharing your recipe.



Feedback Winner

Thank you to Daniele Montour for your feedback this week.

Recipe of the month – Carrot Cake



Carrot cake is one the best-selling cakes here in NZ. I remember the first time I made it; it went all the way to the rubbish bin. Yes, Chefs do make mistakes. I made the mistake of not following the standard procedures. Sometimes I take short cuts but I have since learnt from my mistakes: not to take short cuts when it comes to baking. Do you want to know what I did? I did not sift all the dry ingredients like the salt, baking soda and flour. The result was a very hard and salty carrot cake. So, from then on, I learnt that baking means patience.

Did you know that carrot is a good source of beta carotene? And carrot has an outstanding role in anti-cancer effect. Some studies show that people with lack of beta-carotene were more likely to have 2 times higher risk of cancer than normal people. It is wiser to eat an appropriate amount of carrot per day to prevent cancer. This is because beta-carotene in the carrot can be easily changed by our body into vitamin A, which is essential for healthy cell growth, strong immune system, and protection against macular degeneration.

Ingredients: recipe makes 2 sets of 5" inch diameter cake or one set of 9" diameter.

Wet Ingredients:

- 4 cups grated carrot
- 3 cups grated apples
- 5 pcs fresh eggs
- 1 cup crushed walnuts
- 1 tbsp cinnamon
- 1 tbsp minced ginger
- 1 tbsp vanilla essence
- 1 cup canola oil

Dry Ingredients:

- 2 cups self-raising flour
- 2 cups wholemeal four
- 2 tsp baking soda
- 1 tsp salt

Toppings:

- 100 gms butter
- 200 gms icing sugar
- 300 gms cream cheese
- 1 tbsp lemon juice
- 1 tbsp lemon grind(peel)

Garnishing:

- pumpkin seeds
- dried apricots

In a mixer stand with bowl, mix butter and sugar until creamy, then add cream cheese and lemon grind. Mix for about 5 minutes or until smooth. set aside.

Procedures:

- In a large mixing bowl, mix all the wet ingredients, mix well.
- Then one at a time, sift in flour, salt, baking soda and wholemeal flour. Mix well.
- Transfer mixture to a non-stick cake tin of 2 sets 5-inch diameter or a 9 inch diameter cake tin.
- Pre-heat oven at 180 degrees and bake for 1 hour then turn to 45 mins and bake at 150 degrees Celsius.
- When the cake is cooked, transfer into a serving platter and rest for an hour. Then start preparing the toppings.
- Using your creative imagination, top the carrot cake with icing, pumpkin seeds and dried apricots.
- Enjoy!!!

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 28 March – Riverdance

Twenty-four very talented Irish dancers present the world's most successful dance show. Starring – Breandan de Gallai and Joanne Doyle.

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



Friday Night Raffle – 17 March 2023

St. Patrick's Day and the lounge turned green and we certainly had one leprechaun visit us, well done Judy J, as well as a lot of folk joining in the fun of the evening. Huge thank you to Mary for all her Irish music and to Len for his singing and jokes. I certainly remember Dave Allen, one of mine and my father's favourite shows.

Okay we certainly had a good raffle night 500 tickets sold. The dwelling draw was undertaken by John Gardner, thank you and the winner was Viv and Robin Hood congratulations to you both.

Who did we get to draw the raffle, Patrick [Knell] of course, and the winners were:

Clive Sandham, Shirley Jones, David Brand (visitor), Lorraine Dale, Richard Jones, Wilma Halling, Neville Turner, Angela Woolnough, Margaret Read, John Poultney, Richard Jacobson, Jill Draper, Patrick Knell, Cherry Bramwell, Colleen Leonard, Earl Troughton, Luella Jacobson, Pam Glaum, Mary Barrett, Brynley Goodger, Viv Hood, Dianne Turner, Dulcie Kortegast, Cathy Lloyd, Monica Creedon, Neville Turner, Don Gibbs, Shirley Hughes, Nancy Cotton and Audrey Ansell. Congratulations to all our winners and look forward to seeing you all Friday.

Daphne Markwick

Raffle Convenor – Tel: 478 9803

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** was 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 20th 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 20th 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 27th March
3pm in the 3rd 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

Social Committee News

Sad news. Sandie Jennins has resigned from her role as Convenor of the Social Committee. We would all like to thank Sandie for her hard work over the last year. We admire Sandie's boundless energy and enthusiasm and her skills as a Graphic Designer. Sandie will be staying on the Committee and Lois Hadfield will take over as Convenor. A warm welcome and many thanks, Lois. We really appreciate you taking on this important role.

The Retirement Village Residents' Association

Retirement Village Residents Meeting at Fairview on Thursday March 30th 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 28th March for seating arrangements.

Residents' notices

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.

Apartment Gardens

Thanks to Mark Jennins marking with white pegs the area Lesley Strode has her Rhubarb and parsley in, it is now easier to see what part I am taking care of - the rest of the area from the barked bank by the motorway, plus the 3 Feijoas down to and including the lovely new Cercis tree I bought by the doorway to the gym also the raised gardens plots 1- 2- & 3. These areas are marked on the retaining wall posts. When Geraldine is ready she will choose one of these raised plots for her veges and have her roses in tubs up by the 3 Feijoa trees where I have some pots too.

It's been great having the lettuce and spring onions being picked by residents, some are still available.

Dennise Beavon has been wonderful helping me lately as Arthur has been demanding my attention. Together we have worked well and all is looking quite good. The new table I bought was so much easier to work with when re-doing the hanging baskets. As usual you are welcome to any of the herbs: mint, chives, parsley, thyme, sage & rosemary in my garden areas.
If anyone would like a garden plot please phone me on -27-416-8945 Barbara Bailey

Automatic Door – main lounge

Please remember to bring your swipes to Happy Hour as the door locks at 5pm.

For Sale

Radio that takes tapes and disks. \$10

Free – book case with 3 shelves.

Call Barbara on 477 3929 or after 5pm 477 3832.

FAIRVIEW LIBRARY PHOTO ALBUMS EXHIBITION

An exhibition is on show in the library, displaying photo albums of past functions, shows and events that have been held over recent years at Fairview.

Come and have a look. They will be on show for the next month. After that we will show the original albums of what Mary Gardner took of the very early days of the village fun.

If you want copies just take a photo on your phone but please do not remove from library. Unfortunately, there is no record of the year different shots were taken.

Jill Draper

Gareth's Puzzle

Last week's puzzle asked "What do the proper nouns Tangier, Natal, Polish and August have in common and why? "The answer is they are all capitonyms - there's a word you can drop into a conversation! - which means that when the word is capitalized and relates to a country/month it is pronounced differently from when it is a word without a capital letter.

So Tangier is a place in Morocco and tangier means more tangy, Natal is in South Africa and natal is to do with birth, Polish is to do with Poland and you polish your furniture, and August is a month and august means venerable.

This week's puzzle asks what comes next (in the question marks) and why:

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Cheers - Gareth

LAUGHTER LINES

One Liners:

1. He once lent a mate \$10,000 for plastic surgery and now he can't recognise him.
2. To attract men, I wear a perfume called "new car interior" – *Rita Rudner*
3. It was so cold I almost got married – *Shelly Winters*.
4. A jury is one thing that never works properly once it has been fixed.
5. The last time he was in hospital he got Get Well cards from all the nurses on the ward.
6. When the police put a price on Jock's head, he turned himself in to claim it.

The reason there are so many Irish jokes is because the Irish have a quaint way with words. Like the Irish patient who hobbled into the surgery's waiting room: "I hope to God the doctor finds something wrong with me, because I'd hate to feel like this if I was well."

He said he came from a large family where all the names started with haitch. "There's 'Arold, 'Orace, 'Erbert, 'Ugh, 'Etty and 'Ariett," he said, "all except the baby, she's Halice."

At a waterside bar the young fisherman was describing the crayfish he had pulled to the surface."It was at least a metre long," he said. His listeners were amazed. "Well, where is it?" they asked. "Oh, it busted out of the pot and got away," he said. An old salt who had been leaning on the bar during the discussion said, "I was fishing and my line hooked onto an old ship's lantern on Shipwreck Reef. When I pull it up the lantern was still burning." The young man eyed the old salt with suspicion. "Fair go mate, you don't expect us to believe that do you?" "Well," said the old man, "if you chop half a metre off your crayfish, I will blow the candle out."

A clergyman was asked to officiate at the Mother's Union Bible Class, but instead of discussing matters theological, the ladies spent most of the time chattering about their aches and pains, their children's tonsils and adenoids, and their husband's slipped discs and dicky hearts. On returning home the clergyman's wife asked him how he had enjoyed the evening. "Well," said the minister, "it was not so much a Bible Class, more of an Organ Recital."

"Do you have any physical disabilities?" asked the medical officer at the army examination centre. "As a matter of fact I have," said the young man hopefully. "One of my legs is shorter than the other." "Oh, don't worry about that," said the officer. "We'll make sure you are stationed in the hill country."

From the schoolboy's dictionary: **ACRE** – anything that hurts. **ANEMONE** – one who is hostile. **AUTO-SUGGESTION** – offering a car for sale. **BARBEQUE** – a long line at the barbers. **BAILIFF** – a leaf used in cooking. **CARTOGRAPHY** – the art of writing things on the side of carts. **EUPHONIUM** – ring him up. **HOROSCOPE** – a machine for projecting horror films.

An American, an Englishman and a Jewish guy were indulging in a bit of boasting. The American said, "One of my ancestors signed the Declaration of Independence," The Englishman spoke up and said, "That's nothing – one of my ancestors was present at the signing of the Magna Carta." The Jewish guy just said, "You think that is something?" "Remember one of my ancestors drew up the Ten Commandments."

From the joke books of A. Nonny Muss

Some photos taken at the St Patrick's Day Dinner



Pre-Easter Brunch Buffet

Tuesday 4th April 10:00 am

The Breakfast Menu

Eggs Your Way – Omelette Station

Mushrooms, ham, cheese, onion, spinach

Meats

breakfast sausages, glazed ham slices, streaky bacon

Vegetables

Mushrooms, hashbrowns, baked beans, roasted tomatoes

Breads & Jams

Ciabattas, white bread, brown bread

butter, marmalade, jams

From the Oven

Mini croissants, savoury scones, sweet muffins

Desserts

Sweet treats, fresh fruits

Beverages

Complimentary standard coffee and tea trolley

\$15 per person

Book your table/seat and payment at reception by Sunday 2nd April

Maximum of 120 people

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.

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



SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING MARCH 2023

To assist residents to be informed of decisions made by the Residents' Committee below is a summary of matters following our meeting of the 14th March 2023. Full minutes will be available in the library following the confirmation of the minutes at the next monthly meeting.

PRESENT: Alastair Glyn-Jones (Chair), Andra Glyn-Jones, Wendy Johnstone, Averil Denvers, Mark Jennins, Angela Woolnough, Alison Leadley, Barbara Bailey, Gordon Tasker

Marika Laflamme, Terry Middlemost, Brett Noonan, Benjamin Peattie, Cait Hughes, Noris Vargas (later)

FINANCIAL POSITION

The balance in the account as at 13th March 2023 is \$1,360.33.

GENERAL

- Alastair presented the third draft of the updated constitution for the Village Residents' Association and asked the committee for final feedback.
- It was agreed that the swimming pool rules needed to be enlarged and made more obvious in the swimming pool enclosure. The rules needed to be included in the new residents' pack as well.
- Cait – the new head gardener was introduced and congratulated on her garden management.
- Apartment garden management was discussed – and the need to circulate information and protocol was deemed important. Some members of the committee have agreed to meet Cait to discuss village planting.
- The problem of where to park scooters and trundlers was discussed. There needs to be a safe place for them where they are not a danger to people walking by.
- Terry and Brett outlined the need to adjust the café prices in order to keep pace with inflation. They were mindful of the need to keep costs affordable. Noris said he was keen to improve and provide food to suit everyone. He welcomes suggestions and feedback.
- The time was set for the Residents' Association AGM as at 10.30 am on Thursday 4th May.

The next meeting will be on Tuesday 11th April.

Strength and Balance

Monday 27 March at 10.30am – 2nd Floor Lounge

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

Tai Chi

Tuesday 28 March 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 28 March – 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 29 March- Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3rd 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 30 March at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 06 April 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 06 April – 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

27 March to 02 April 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 27 Mar	Hair Salon	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 28 Mar	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	Riverdance
Wed 29 Mar	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
	Fairview Singers Rehearsal – L2 Theatre	3.00pm	2 nd Floor Theatre
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 30 Mar	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (Weather Permitting)	9.00am	Croquet Green
	RVR Meeting	10.30am	3 rd Floor Lounge
	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 31 Mar	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
	Brain Health Presentation with Benjamin	2.30pm	3 rd Floor Lounge
	Friday Night Raffle	4.00pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 01 Apr	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 02 Apr	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Dinner Menu:

Theme: Culinary Journey with Relish Café

27th March to 2nd April 2023

Bookings by 1pm (Phone 477 3957)

Small Meals \$17 – Large Meals \$19

\$2.00 Delivery Fee applies per Villa

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

Monday (United Kingdom)

GF *Dijon Roast Beef Sirloin with mushroom gravy on a bed of Mashed Potato & glazed roasted carrots*

Tuesday (South Louisiana)

GF *Cajun Spice Oven-Baked Chicken with gravy, peas and carrots*

Seasoned boiled herbed potatoes

Wednesday (Hawaiian)

GF *Pork Roast Belly in apple sauce served with Hawaiian Roasted Vegetables*

Thursday (South American)

Fried chicken wings-3 pcs (6 pcs nibbles) or large 4 pcs chicken wings (8 nibbles) served with chips and chipotle mayonnaise.

Friday (KIWI classic)

Fish on Friday

Battered Market Fish, Slaw and Fries – can do crumbed fish if prefer.

Saturday (Relish Favourite)

GF *Smoked Fish Pie (smoked salmon & kahawai), mashed potato topped with bacon bits*

Sunday Roast (Kiwi Classic)

GF *Pork Roast with gravy served with roasted carrots, potatoes and pumpkin*