

The Village News

From the Manager's Desk

Thank you everyone

Thank you to all the residents who attended our Pre-Easter Brunch Buffet on Tuesday. It was a success, and everyone seems to be joyful. Thank you to Noris and our Café team, for putting on this beautiful event, from the girls planning the décor for the tables, to the Chefs cooking all the yummy food.



Work on the bund between the motorway and the western boundary of the village

Ashdown Landscapes completed vegetation clearance work earlier last week and Mulch Man were here yesterday to mulch the last 50m of bund. Ashdown Landscapes is to confirm when they will next be back to plant the remaining of the bund.

Easter weekend

This is a reminder that on Friday 7th April is Good Friday and Monday 10th April is Easter Monday, so we will have skeleton staff on site. What does it mean?

- Reception will be closed on both Good Friday and Easter Monday.
- We will have a nurse on duty as normal on those days.
- Please remember to bring your door swipe to access the village on those days.
- Relish Cafe will be open on both Good Friday and Easter Monday.
- We recommend to book in advance for our Special Lunch on Easter Sunday.
- We will not be operating a shopping bus on Good Friday.
- Rubbish collection will be postponed to Tuesday 11th April.
- Additional wheelie bins will be placed in the apartment laundries for the long weekend.

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.

Brain Health Presentation by Benjamin Friday 14th March

Benjamin will hold a presentation for residents on Brain Awareness on Friday 14th April at 2.30pm in the Lounge. Scones, cream and jam will be served complimentary. Please RSVP at reception.

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 tea will be served, biscuits, tea, coffee. You can also read more about the Trust here: <https://www.nzbutterflies.org.nz/>

Mobile Sharpening Service Tuesday 18th April

We will be having a mobile sharpening service coming to the village on Tuesday 18th April. Payment will be made directly to the technician by either Eftpos or cash. Please contact reception if you would like to book this service.

- Secateurs, loppers, shears, spades etc. \$10 each
- Kitchen knives Small \$4 each / Large \$8 each

Road marking

Following the repairs of the asphalt around the Village, we have booked our contractor to re-do the road marking in the Village. They will be here on Wednesday 19th April to start with water blasting of the asphalt and then will be back on Thursday 20th April for the painting of the markings.

Staff updates

Happy birthday to Cait our Head Gardener on Monday 10th April!

And it's not too late to farewell our Chef Lucky and our Gardener Ben! Today is their last day. They will be missed but are both up to exciting new ventures of their own. All the best!

Enjoy your Easter break and don't eat too many chocolates – it's hard to resist those chocolate baskets at reception. Cherie is the only one in the team who has had the willpower not to touch them yet!

I am up for an Easter Egg Hunt with Mia this weekend, that should be interesting and fun!

Marika

*Mia eating an ice cream at that nice place in Milford
Easy to get her to smile then!*



Dear Residents,

Be prepared for lots of important dates to follow:

I will be doing a presentation on **14th of April 2023 at 2.30pm**. RSVP to Cherie for the promised scones with cream and jam. The presentation will be on last month's focus for our newsletter which was brain health. This week, we are focusing on exercises that can help improve mobility, flexibility, and strength.

Mobility exercises are important as they help maintain the ability to move freely and easily, allowing you to carry out everyday activities such as getting up from a chair or walking upstairs with ease. Flexibility exercises help keep muscles and joints supple and mobile, reducing the risk of injury and increasing range of motion. Strength exercises help maintain muscle mass and bone density, improving balance and reducing the risk of falls.

Here are some exercises that you can do at home or in the village gym:

1. **Chair squats:** Stand in front of a chair with your feet shoulder-width apart. Slowly lower yourself into a sitting position, keeping your weight in your heels and your knees behind your toes. Hold for a second, then slowly stand back up. Repeat for 10-15 repetitions.
2. **Wall push-ups:** Stand facing a wall with your feet shoulder-width apart. Place your palms on the wall at shoulder height, shoulder-width apart. Slowly lower yourself towards the wall, keeping your body straight, then push back up. Repeat for 10-15 repetitions.
3. **Toe raises:** Stand with your feet shoulder-width apart, then slowly rise onto the balls of your feet. Hold for a second, then lower back down. Repeat for 10-15 repetitions.

Remember to warm up before exercising and cool down afterwards, and always listen to your body. If you experience pain or discomfort, stop the exercise, and seek advice from your healthcare provider.

On the **21st of April 2023 at 11am** we will also be having the wonderful team from Specsavers coming in to talk to us about protecting our ear and eye health so come along if you're interested in finding ways to protect your eyesight and ears going into the future!

Winifred Henderson is Community Development Manager and Educator at Dementia Auckland. She has agreed to come in and give a one-and-a-half-hour presentation on Dementia for our Residents on Monday the **8th of May 2023**.

Influenza season is soon upon us, so we have organized for Nurse Sharon & Dr Paul to come in and administer our flu vaccines this year on the **13th of April 2023 from 2.00pm till 3.45pm**. We will be doing the injections on the day in alphabetical order by Surname as follows:

1. A-D – 2.00pm till 2.30pm.
2. E-K – 2.30pm till 3.00pm.
3. L-S – 3.00pm till 3.30pm.
4. T-Z – 3.30pm till finish.

Please come at your corresponding time to ensure an easy vaccination day for all. For those with the FluadQuad injections those are payable on the day by either Cash or Card.

Covid-19 Booster is being organised. We will keep you updated.

Benjamin Peattie
Head of Department – Health & Wellbeing



From the Chef's oven

Hi everyone!

Meet our Staff:

Meet the Team of Teenagers – Morgan, Calvin & Sienna. They usually work at the weekends and during school holidays. They are young and cheerful. They do a lot of chores in the Café; washing dishes, helping chefs and doing meal deliveries.



Last week's Dinner & this week's Dinner options

Last week, we made roast beef on mashed potatoes served with glazed carrots. Check out this week's second and third dinner options – Smoked Fish Pie and Beef Lasagna.



April's Monthly Chef's Special

This month's Chef's Special is mince on toast with poached egg and garden salad.

Feedback Winner

Clark from Apartment 428 – thank you for your feedback and we will make sure we do your favorite dinner meal.



New in the Food Cabinet

Check out the variety of homemade pies we now offer! We sold more than 36 pies in less than 2 days last week.

Don't forget to check our selection of sweet treats - that will suit your dietary requirements such as gluten free, dairy free and vegetarian.

Promotions

This is not a misprint - all cabinet food is half price after 2pm,
better be quick 😊

Easter Sunday Special Lunch

Chicken Parma - crumbed chicken fillets topped with rich tomato
sauce and parmesan cheese served in a bed of cold basil
spaghetti. Look at our menu at the end of this newsletter.

Cheers
Chef Noris & the Relish Café team



What's on this coming week and next



Movie Group

Tuesday 11th April – Red Joan

The story of Joan Stanley who was exposed as the KGB's longest serving British spy. A brilliant performance by Judi Dench.

Starring – Judi Dench and Sophie Cookson.

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 – 31 March 2023

My last raffle report for the Newsletter. It has been a great time doing the raffle and I am now looking forward to just trying to be a winner occasionally.

Trevor Turner rolled the dwelling draw balls for us, thank you Trevor and the winner was Monica Renwick

Len decided I should roll the raffle balls and the winners were:

Alastair Glyn-Jones, John Cook, Mary Barrett, Lois Hadfield, Ledlie Nevill, Bruce Benfell, Bennie Gunn, Nancy Cotton, Helen Hunter, Luella Jacobson, Natasha Nevill, Diane Brown, Nancy Naden, Jill Draper, Don Gibbs, Viv Hood, Dulcie Kortegast, Robin Hood, Dennis McCarthy and Patrick Knell.

Congratulations to all our winners. Remember the next Raffle will be on the 14th April.

Again, please try to remember to wear your name badges. It takes time to remember everyone's name and Diane has not been in the village that long, which means she is still putting names to faces.

Daphne Markwick

Raffle Convenor – Tel: 478 9803



John's Jaunts

- Wednesday 12 April – Kaiaua for lunch, then to Tapapakanga Regional Park. Leaving at 10.30am.
- Wednesday 26 April – A trip out to Westgate new shops via the new North West motorway. Leaving at 1.30pm and returning at 3.30pm.

Call John on 479 9318 to book.



Garden Club

If you are interested in going to the Parnel Wintergarden and afterwards to a Cafe for lunch.

Date: Wednesday 19th April.

Bus leaves at 10.30am.

Phone Anne Pike 475 6741.



QUIZ NIGHT -- Sunday 30th April

We await The Palms choice of topic for April Quiz Night on the 30th April has five Sundays.

The first question is asked at 7.00pm and quizzers are home by 8.45, so why not give it a go? You can expect an entertaining evening of fun and laughter.

There is room for further teams, so come and join your fellow "inmates" and enjoy Quiz Night at 6.45pm Sunday 30 April. It is great fun! Ideal team size is 6 – 8 members and extended family members are welcome to bolster your team if required.

If you don't wish to form a team, we can always find you a place in an existing one.

Questions vary from very simple to almost impossible but entertainment and fun are the order of the evening.

Sample questions from the March Quiz:

What was the Italian Dictator Mussolini's given name?

What was Bob Hope's theme song?

Tony Stanaway

Rinnai Gas Fire Service

Exclusive Fairview Village Offer – Monday 1st May 2023

(must be a minimum of 10 appliances serviced at the village on the same day)

Rinnai Flame Fire Service & Gas Safety Certificate (parts additional)	\$209.00+GST (reduced from \$241.00+GST)
Rinnai INFINITY Service & Gas Safety Certificate (parts additional)	\$176.00+GST (reduced from \$201.00+GST)
Rinnai Convector Service & Gas Safety Certificate (parts additional)	\$176.00+GST (reduced from \$201.00+GST)

Service Includes:

- Complete strip down of appliance
- Cleaning of fan/s
- Cleaning of burners and combustion chamber
- Adjustment of ignition and flame rods
- Reassembling and re-commissioning
- Recalibration of gas valve
- Testing operation; and
- Issuing a Gas Safety Certificate

Please note that any parts would be an additional cost. Servicing a gas fire often includes the replacement of some parts - we have listed some examples below.

Pilot \$68.00+GST (recommended at each service - some fires have two pilots)

Glass seal \$52.50+GST (sometimes)

Paint \$27.50+GST (sometimes)

If you would like to book a service, please phone reception.

Residents' notices

Village Residents' Association AGM

The Village Residents Association AGM for 2022/23 will be held on 4th May 2023. This is a call for any Notice of Motions to be considered at the AGM to be deposited with the Secretary - Wendy Johnstone (Villa 140A). The deadline for this is 13th April 2023.

Change of time ...

Daylight saving will mean that Tuesday Twilight croquet will now be starting @ 5pm. Cheers Pat

Happy Hour/Raffle

There will not be a happy hour or raffle this Friday 7th April due to Easter Friday. The bar will be closed.

Croquet

From next Tuesday, 4th April, croquet will commence at 9.30am.

New members are very welcome. Contact Mary Gardner on 479 9318.

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

If anyone is interested in growing your own **Aloe** plant so you can cut a leaf and use on any skin problems - from sunburn to spots - do let me know. Free. The usual herbs in the garden are still available plus Oregano. Mint, Chives, Bay leaves, Sage, Rosemary, Thyme, Parsley welcome to pick your own. Anyone in the Apartments wanting a plot please phone me: Barbara Bailey 027-416-8945

Pam Davies' phone number

If you wish to contact Pam her phone number in Fairview Care is 477 3886. She would like to hear from her friends in the village.

Thank you

"Easter Breakfast/Brunch. Wow, what a delight arriving to see the wonderfully decorated tables with the Easter theme. The choice of food that followed was amazing, well cooked and so pleasantly served to us by our friendly kitchen staff. Well done and thank you to you all from a couple of long-standing residents who feel privileged to live here."

Thank you

Thanks to all the work from the kitchen staff and others who made it the best PRE-EASTER BUFFET. From the Easter Bunny.

Thank you

Noris and Marika for the fabulous brunch on Tuesday. It really was like being on a cruise ship with the wide selection to choose from. Thanks to the help of the kitchen staff for making things go so smoothly too. The omelettes and scrambled eggs were fabulous along with all the other items.
Barbara Bailey

Thank you

Thank you everyone that has donated bits and pieces to help me make the Twiddle Muffs. It is greatly appreciated.
Judy Jetten

<h2>For Sale</h2>

Single bed with drawer as new, headboard, luxury mattress, plus new mattress cover. Great bargain \$350. Phone 477 3929 or after 5pm 477 3832. Please leave a message on the first number.

Messages from the Library Committee

Fairview Library Picks for the Month

ONE SUMMER IN VENICE by Nicky Pellegrino Another delicious novel from this author. Don't be an observer in your life, have the joy of learning to live again. The story is full of wonderful locations and fabulous food.

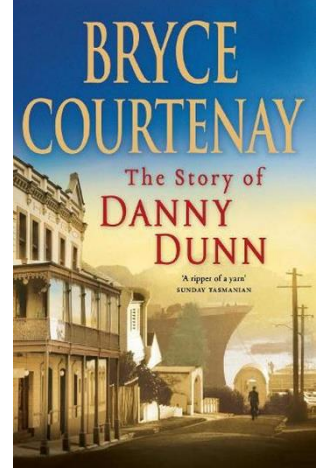
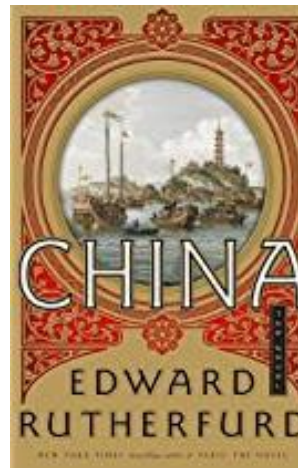
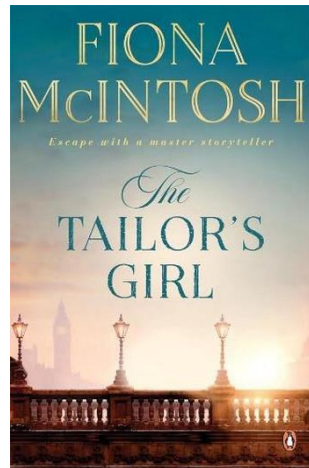
THE TAYLOR'S GIRL by Fiona McIntosh

A heart stopping story of true love and courage. A humble soldier wakes in a military hospital in Ypres with no memory and has to solve the puzzle of his identity.

CHINA by Edward Rutherford

The story begins in 1939 at the dawn of the first opium wars and follows Chinese history through Mao's culture revolution.

THE STORY OF DANNY DUNN by Bryce Courtenay Against the backdrop of Australian pubs and politics this family saga spans three generations.



Gareth's Puzzle

Last week's puzzle connects these four and why?

E=And , K=What , L=He , C=Yes.

Well the answer becomes easier with the clue - think Fawlty Towers - and becomes clearer still if you say the letters out loud as Manuel did all the time. All the words are Spanish when E (Y) is And, K (Que) is What, L (El) is He and C (Si) is Yes.

This week what these three have in common and why, and add a fourth similar item.

Oscar the Grouch's Trash Can, Mary Poppins' Carpet Bag , Snoopy's Kennel

Please text me for a clue if you get stuck.

Gareth - 021382646

LAUGHTER LINES

One Liners:

1. The difference between psychoneurosis and nervousness is about \$400.00.
2. Believe only half of what you hear, but be sure you are listening to the right half.
3. A newly-wed is a guy who tells his wife when he gets a pay rise - *Leonard Levinsen*.
4. "Sir, I want your daughter for my wife." "Well I'm not swapping until I've seen your wife."
5. Whatever you may look like, marry a man of your own age: as your beauty fades, so will his eyesight – *Phyllis Diller*.
6. This lovely young girl said to me the other day, "Hello handsome, could you tell me the way to the opticians." – *Ken Dodd*.

A sad-faced man came into the florist's shop early one morning. The salesperson was ready to take his order for a funeral piece, but he guessed wrong. The customer wanted a basket of flowers sent to his wife for their anniversary. "And what day will that be for?" the salesman asked. Glumly the poor man replied, "Yesterday."

Professor: "Joseph, describe hibernation to the class?" Joe: "To hibernate is to pass the winter in a state of torpor, as do certain animals. It is a sort of suspended animation during which life flickers low and the animal barely exists through the cold dark part of the year." Professor: "Correct, now give me an example?" Joe: "An All Black supporter."

He was a young father, wheeling the pram through the gardens while the baby was screaming its head off. "Take it easy Jason," he said calmly "there's nothing to fuss about."
A middle-aged lady noticed the soothing manner and marvelled at the new breed of young husbands. When the baby screamed louder she heard him say: "Cool it Jason, don't get excited lad, cool it son." Touched by his gentle manner the woman leaned into the pram and cooed: "There, there Jason, what's bothering you?" "Excuse me lady, that's Jeremy, I'm Jason."

Every day the ragged old man with a tray of shoe laces would take up position at the entrance to a city sky-scraper, and every morning the executive entering the sky-scraper would drop a dollar into the tray, without taking any laces. One day the executive dropped his usual dollar into the tray, and was about to walk away when the old man tapped him on the shoulder. "Excuse me, sir. I don't like to complain, but the shoe laces are now \$1.50."

From the schoolboy's dictionary: **ABUNDANCE**, a local hop, usually staged in a barn. **ADAMANT**, the very first ant. **AUTOBIOGRAPHY**, the car's log book. **BADMINTON**, the reason the lamb tasted a bit off. **MONOLOGUE**, a discussion between husband and wife. **APEX**, a gorilla's divorced wife. **BARBARIAN**, the bloke that cuts your hair. **DETEST**, the West Indies playing India.

After a long overseas assignment Charlie returned to the pub that he like to call his local. "You know, he said nostalgically to the barmaid, "It's all of ten months since I've had a drink here." "Look," she replied, "this is my first night here, and I am serving as fast as I can."

The father of the teen-aged girl answered the phone. "Is that Dreamboat?" enquired the voice at the other end. "No," replied the father, "it's the Supply Ship."

From the joke books of A. Nonny Muss

FAIRVIEW LIFESTYLE VILLAGE RESIDENTS' ASSOCIATION INCORPORATED

ANNUAL GENERAL MEETING

The Residents' Association Annual General Meeting is to be held on Thursday 4th May 2023 at 10.30am in the 3rd floor lounge.

Nominations for the Committee (either for Chairperson or Member) close on the 27th April 2023 at 12 noon.

The nomination sheet will be on the main notice board from 4th April.

The Committee meets once a month to conduct the Association's business. Reports are considered regarding the various aspects and facilities in the village; liaison with the Village Manager and consideration of requests for financial support from Village activities groups are an important part of the Committee's role.

Any Notice of Motion for the AGM to consider must be with the Secretary by 13th April 2023, signed by both the Proposer and the Seconder to be valid.

Wendy Johnstone
Secretary

21 Mar 2023

Strength and Balance

There will not be a class on Monday 10th April due to Easter Monday.

Tai Chi

Tuesday 11 April 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 11 April– 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 12 April- 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 13 April at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 20 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 13 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

10 April to 16 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 10 April	Hair Salon - CLOSED	9.30am	3 rd Floor Salon with Kim
	Strength & Balance – NO CLASS	40.30am	2 nd Floor Lounge
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 11 April	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet (Weather Permitting)	9.30am	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	Red Joan
Wed 12 April	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 13 April	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (Weather Permitting)	9.30am	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
	Dr Hunter	2.00pm	3 rd Floor Doctors Room
	Art Group	1.00pm	3 rd Floor Sun Room
Fri 14 April	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	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 15 April	Croquet (Weather Permitting)	9.30am	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 16 April	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Easter Lunch Special

Sunday 9th April

Chicken Parma ... \$15

Crumbed chicken fillet topped with a rich tomato sauce and parmesan cheese, served on a bed of basil spaghetti.



Dinner Menu

Culinary Journey @ Relish Café
Monday 10 to Sunday 16 April 2023

Bookings by 1 pm (Please phone 09 3957)

Small meals \$17 – Large meals \$19
\$2.00 Delivery fee applies per villa

Monday / Chicken

GF Pan seared chicken breast, brown gravy, grilled broccoli, glazed carrot, mashed potatoes

Tuesday / Beef

GF Slow pulled roast beef, jus, grilled mushrooms, buttered corn kernels,
herbed roasted potatoes

Wednesday / Pork

Crispy pork belly, apple sauce, maple glazed roasted carrot, wilted spinach,
roasted pumpkin

Thursday / Seafood

Seafood Salad – smoked salmon, 3 prawn twister and calamari
Served on a bed of garden salad with chips

Friday / Fish

Battered Market Fish, Slaw and Fries

Saturday / Lamb

GF 4-hours roasted pulled lamb, jus, steamed vegetables, herbed boiled potatoes

Sunday Roast

GF Beef Roast, brown gravy, garden salad, roasted pumpkin and potatoes

April's menu options:

Add \$2 extra for a garden salad with vinaigrette

Baked Lasagne per foil tin . . . \$15

Smoked Fish Pie per foil tin . . . \$15