

From the Manager's Desk

I am looking forward to our Royal High Tea which will be taking place this afternoon. I did taste some of the food which will be served, and the King's favorite chicken and apricot sausage roll is also my favorite! Who will be watching the King's Coronation on Sunday?

Croquet lawn maintenance

The area will be closed for a further week. We are sorry for the inconvenience.

Upcoming events:

You can save the dates below to your calendar.

- Presentation from Auckland Dementia - Monday 8th May 11am – Please RSVP at reception.
- Mother's Day Lunch – Sunday 14th May 12.00pm – Please refer to the menu in this newsletter and RSVP at reception to book a seat.
- Pink Ribbon Event - Thursday 25th May. Details to be confirmed.

Emergency Preparedness Presentation – Thank you

Thank you to all the residents from villas and apartments who attended our Emergency Preparedness Presentation on Monday and thank you to our fire Consultant Paul Walters for answering residents' questions. We will make the presentation available for all residents shortly, in a printed format in the Library.

Bringing butterflies to Fairview

We are hoping to establish a group of interested residents to help care for chrysalises and hatch butterflies. When they return from overwintering, we would love to have an established team ready to help get butterflies in the sky. Are you interested in saving them? Would you like to know what a caterpillar hotel is? Let us know if you are interested in joining the butterfly group and we will hold a meeting to discuss how we can give this project wings.

Newsletters – did you know?

If you would like to join me in making small environmentally friendly changes like me, know that you can receive the newsletter directly in your email on a weekly basis, please let us know at reception if you wish to do so. Alternatively, the newsletter is always available on our intranet as well. And of course, the printed copies of the newsletter will still be available.

For the weekly newsletters, we use 15% of a tree each week.
After 6 newsletters (or after 6 weeks), we use one tree.
After 1 year, we use 8 trees for the weekly newsletter only.

Staff Updates

Welcome to Apple, our new Chef in the Café. She started yesterday. Pop in to say hi!

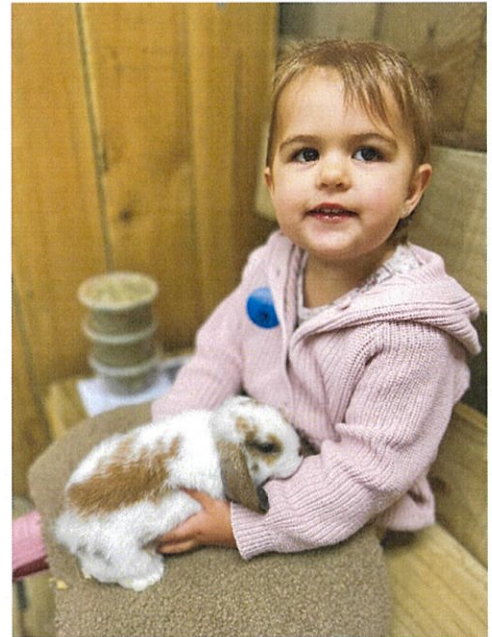
Happy birthday to Benjamin today!

Our Sales Manager Robyn will be back from her leave next Tuesday 9th May. She is visiting her mother in Sydney.

Have a good weekend everyone and enjoy the royal festivities!

Marika

*Mia loves bunnies!!!
At Kiwi Valley Farm a couple of weekends ago*





Nurses' Corner

Welcome back to our weekly health and wellbeing newsletter! This week, we are focusing on the importance of regular health check-ups and preventative care. As the old saying goes, an ounce of prevention is worth a pound of cure! Regular check-ups can help detect health problems early, when they are most treatable, and can help prevent the onset of many chronic diseases.

Here are some reasons why regular health check-ups are important:

1. **Early detection:** Regular check-ups can help detect health problems early when they are most treatable. This can help prevent serious health problems from developing and can improve the chances of successful treatment.
2. **Preventive care:** Regular check-ups also allow your healthcare provider to provide preventive care, such as vaccinations and health screenings. These measures can help prevent the onset of many chronic diseases and can help keep you healthy.
3. **Better management of chronic conditions:** If you have a chronic condition, such as hypertension or diabetes, regular check-ups can help ensure that your condition is well-managed. This can help prevent complications and improve your overall quality of life.

Remember, regular health check-ups are an important part of maintaining good health and wellbeing. If you haven't had a check-up in a while, be sure to schedule one with your healthcare provider.

Be sure to mark your calendars for the following important dates, thank you to everybody who has been coming along to these presentations as they are a lot of fun to do:

- Dementia presentation by Winifred Henderson from Dementia Auckland on Monday, 8th of May at 11am 2023 – Please RSVP to Cherie so we can get an idea for numbers.

On Friday our dog Duckie is getting neutered so no doubt this weekend will be a quiet one. I'm sure I will still find some time to celebrate my 26th Birthday!

Best regards,

Benjamin Peattie – HOD Health & Wellbeing – 021 861 706.

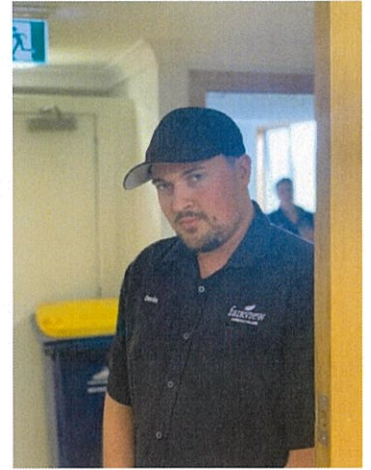


From the Chef's oven

Hi everyone!

Meet the staff

Meet Devin! He has been working at Fairview for almost 4 years now. You will often find him baking your cookies, loaves, and biscuits, all together with Brooklyn. He also makes your coffees and is a great chef assistant reliever. He is one of our all-rounder staff.



Feedback Winner

The winner for this week's feedback is Jill Draper V99. Thank you for taking the time to write to us.

This Month's Lunch Special - May

Thai Beef Salad \$12

Garlic & soy striploin steak slices, organic soba noodles, green salad with lime & ginger dressing



Cabinet Food

We hope that everyone is enjoying our new range of homemade cabinet food; homemade pies, puffs, quiches, gourmet salads and sandwiches.



Mother's Day Lunch Menu

Please save the date – Sunday 14th May. You can refer to the special menu for this occasion at the end of this newsletter. Please pay and book at reception. Complimentary bubbles with each meal. Family and friends are all welcome.

Recipe of the Month

SPANISH OMELETTE

Hungry for breakfast? Try this Cafe style omelette. It is a quick and easy breakfast as you can add anything you want. My one is chorizo sausages, onions, capsicum herbs and spices plus my favourite garlic bread matched with a cup of coffee. This is a perfect breakfast for me, delicious! You must try!



Did you know that eggs are a very good source of high-quality protein? More than half the protein of an egg is found in the egg white along with vitamin B2 and lower amounts of fat and cholesterol than the yolk. The whites are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. Egg yolks contain more calories and fat.

Ingredients:

- 3 eggs
- 1/4 cup of cream
- Slices of chorizo sausages
- Onions
- Capsicum
- Salt and pepper
- Chopped parsley
- Chili flakes

Procedures:

Beat eggs with cream. Set aside.

On a hot Teflon pan, add in olive oil and sauté sausages, onions and capsicum. Set aside.

In the same pan, pour in the egg mix and cook on low heat.

When the eggs are almost firm, add the chorizo, capsicum and onion.

Cover for a minute and enjoy!

Cheers, Chef Noris & the Relish Café team

What's on this coming week and next



Movie Group

Tuesday 09 May – Rams

Two estranged brothers set aside their past feuds to save their flocks.
Stars – Sam Neil and Michael Caton.

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 – 28th April 2023

We had a good turnout this week. We sold three major raffles and two minor raffles.

The dwelling draw was undertaken by Arthur Levett and the winner was Yvonne Keir. Congratulations Yvonne.

The main raffles were drawn by Muriel Sandham and the winners were:

Brynley Goodger x 2, Don Gibbs x2, Richard Jacobson, Luella Jacobson x2, Barbara Dines, Patrick Knell x2, Colleen Leonard, Priscilla Page, Clark Robbie, Pam Glaum x2, Ruth Duxfield, Susan Keir (visitor), Sandie Jennins, Pat Gill, Clive Sandham x3, Denis McCarthy x2.

This week it was the ladies table that was making the noise. Congratulations to all of our winners and we look forward to seeing you all back this week.

Diane Brown
Raffle Convenor - Tel: 478 3581



QUIZ NIGHT -- Sunday 30 April 2023

The third Quiz Night of the 2023 season was on Sunday 30 April with 29 hardy quizzers braving the wind and rain to take part.

The Secret Squirrels climbed even further up the leader board, coming first with 54 points. Congratulations! **The Iris Watchers** were second with 50, and **The Palms** were third with 49. Without Lois and Tom, **The Mixed Nuts** could not live up to their reputation and earned the right to choose a topic for next month by coming in fourth with 46 points. It was an enjoyable and close contest throughout the evening with plenty of laughs.

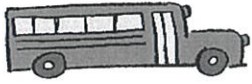
In a departure from usual, one topic was when certain easy listening songs were played and quizzers were required to identify the singers. Nat King Cole and Tony Bennet especially tested the contestant's ability to recognise with between 4 and 7 correct answers out of 10.

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.

Garden Club



Floral demonstration on Wednesday 17th May at 1.30pm.
To be held in the level 3 Lounge.
Anne Pike



John's Jaunts

Wednesday 10th May – Trip to Leigh for a fish and chip lunch. Leaving reception at 11am.

Wednesday 17 May – We are having a 2nd trip to Leigh for a fish and chip lunch. Leaving reception at 11am.

Call John on 479 9318 to book.

Residents' Notices

King's Coronation Level 3 Lounge

If you missed the last Coronation 70 years ago, now is your chance to catch up!

You are very welcome to join us on SATURDAY NIGHT MAY 6TH 7.00pm onwards to watch this fabulous event in glorious colour on our large screen TV. Main event 10.00pm.

(Bring your pajamas, blanket and cocoa).

Peter Woolnough

Bowling Champ

Our resident, Elaine McClintock, won the Champ of Champ singles and pairs for North Harbour. She is going to the NZ playoff singles in Hastings at the beginning of July and the following weekend to Dunedin where she is hoping to win a NZ title. Well done Elaine and good luck with the upcoming tournaments.

Apartment Gardens

Thanks to Sheryl Wales for the large number of lettuce seedlings. I think I'll have enough lettuce to see us through several months! Luckily, I'd prepared the ground for them using the food from Richard and Jean - all going so well with this warm weather and light rain (so far).

I bought some silver beet seedlings, so they are on their way too. All is going well thanks to so many other Village residents. The roses are all confused, so many have buds and new shoots, and I haven't even pruned them yet.

Whoopee only 1 month to go before I see the surgeon & find out when he will operate so I need to keep up-to-date.

Hopefully all the Lavatera and Cinnareria will come into flower when I'm restricted so their colour & growth will suppress any unwanted weeds.

Don't forget to help yourself to the herbs too as they are growing well.

As usual any apartment resident wanting a plot, please phone me.

Barbara Bailey Ph. 027-416-8945

Apple System

Does anyone have a good knowledge of the Apple system and is willing to help other residents in need, if necessary. Please contact reception.

Albany Library e-collection

The Albany Library are coming to the Village as part of a new outreach program to the Retirement Villages in the Albany area.

The program will be held on Thursday 1st June from 2pm – 3pm in the 3rd floor games room.

This program is to introduce the Albany Library's e-collection and to help residents with any Auckland Library-related questions.

E-collections enable you to: download and read eBooks, eNewspapers and eMagazines, eAudiobooks, listen to books on the go, stream New Zealand and international movies and documentaries, listen to Podcasts.

If you are interested, please contact reception.

Free Tickets

We have been given free tickets for one table of eight, from North Shore Brass, for a Mother's Day concert "Songs for Our Mothers" featuring the Madeleines. If you are interested in getting a group of 8 together, please contact reception. Be quick, first in first served basis.



NORTH SHORE BRASS

Songs For Our Mothers

Featuring The Madeleines

SAT 13 MAY, 7:30pm

THE NORTH HARBOUR LOUNGE, LEVEL 1
NORTH HARBOUR STADIUM, ALBANY

TABLES: of up to eight \$250
TICKETS: Adults \$35; Seniors and students \$30
Cash bar for food and drinks
BOOKINGS: Eventfinda.co.nz
or owen@mortgagesupply.co.nz
ph 021 281 0405



Active Seniors 2024 Diary & Annual Guide

Active Seniors 2024 diaries can be ordered for \$10 each, however they require bulk orders in lots of 12 or more per Village. The Diary has recipes and information on travel, health issues and mobility matters.

If you are interested, please order your Diary at reception before 19th May. If you would like to view the Diary, we have the 2023 Diary at reception.

Delivery of the Diaries will be late October or early November.

Gareth's Puzzle

Last week's puzzle asked what comes next?

A barber showing photographs, a banker with a motorcar, a fireman with an hourglass, xxxxxxxx
And the answer, as recognised by children of the sixties, is: "a pretty nurse selling poppies" as these are the personalities in the lyrics of the song "Penny Lane" by the Beatles.

This week , again, what comes next? 1B=2S , 1S=2M, 1M=2C, ???????

LAUGHTER LINES

One Liners worth noting:

1. My wife does bird imitations. She watches me like a hawk.
2. A bird in the hand is useless when you have to blow your nose.
3. He was responsible for feeding the pelicans in the zoo. Wasn't much of a job but it filled the bill.
4. Beauty comes from within....from within bottles, jars, tubes, phials, compacts.....
5. The better a woman looks, the longer a man does.
6. A good Aussie one. There is a big difference between buffaloes and bisons. For a start, you can't wash your hands in a buffalo

The young couple sat together on a park bench. After a long pause, she asked, dreamily, "Do you think my eyes are like the stars?" "Yeah." he replied. "And do you think my teeth are like pearls?" she continued. "Yeah." he said. "And do you think my hair is like spun gold in the moonlight?" "Yeah." he repeated. "Oh, Joe!" she exclaimed ecstatically. "You say the most wonderful things."

As an assignment for schoolwork, the young girl was interviewing a quarry worker about the different specimens of rock and stone, what they were used for, and how much profit could be expected once sold. As she looked around, the girls discovered the large hole from which all the rock had been taken, and she asked, "And then, what do you do with this great big hole?" "Oh, we make a profit on that too," replied the worker. "We cut it up and sell it for basements."

Several hunters were sitting around one night bragging about the dogs they owned. Nothing that an old feller in the corner was listening intently to the conversation, they laid it on thick. "Take my setter," said one man. "When I send him to the store for eggs, he refuses to accept them unless they are fresh. What a nose that dog has." "That's nothing," boasted another. "My springer goes out for my cigars and refuses to accept any but my favourite brand. Not only that, he won't smoke any until he gets home and I offer him one." "Say, old timer," said another of the hunters, turning to the old man, "did you ever hear of any dogs as smart as ours?" "Just one, my brother's dog," was the reply. "I think he's maybe a bit smarter." "How?" he was asked. "Well, replied the old man, "he owns the store that your dogs purchase from."

Daffynitions: **CONDESCENDING**, A Greek parachutist. **IDOLISE**, eyes that refuse to look at anything. **SNUFF**, sufficient unto the day. **BALANCE**, something you lose if the bank pushes too hard. **ELECTRICIAN**, a switch doctor. **NONDESCRIP**, a television play. **COWARD**, a man who thinks with his legs. **ARIEL**, patron saint of television. **APOCALYPTIC**, a kind of fit or seizure.

Signs for English speakers. **Pie Shop**, "Try our home-made pies. You'll never get better." **In a pub**: "Ladies are requested not to have children in the bar." **New Delhi restaurant**, "Customers giving orders at the table with be promptly executed." **In a hotel bathroom**, "to avoid burning your hands with hot water, patrons are advised to feel the water first." **Sign on the office photocopier**, "the typist's reproduction equipment is not to be interfered with without prior approval of the manager." **Outside a funeral parlour**, "this parking is for clients only." **River Crossing sign**, "When this sign is under water the crossing is extremely dangerous." **Staff wanted advert**, "Man wanted for washing dishes and two waitresses."

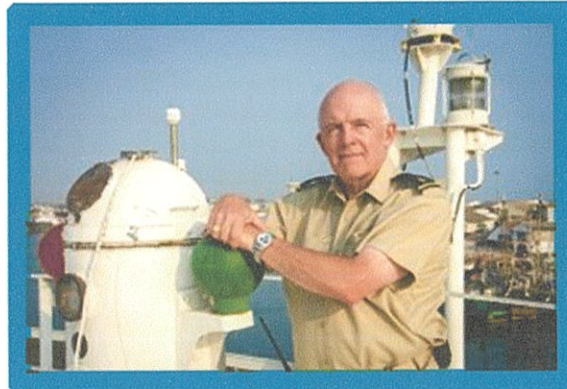
From the joke books of A. Nonny Muss

*Fairview Social Committee, invites residents to listen to our
guest speaker - Commander Larry Robbins (OBE)*

on

SUNDAY MAY 21st 3.00pm to 4.00 pm

**BAR WILL BE
OPEN AT 4PM**



**DONATIONS
TO
MERCY SHIPS
ARE WELCOME**

*Mercy ships is an international Charity, operating the world's two largest
hospital ships which deliver free health and surgical services to the poorest
nations of the world. Larry will talk of his exceptional experiences on board
the ship 'AFRICA MERCY'*



*To assist with seating please register your
name with Cherie at reception*



WESTLAKE MUSIC PRESENTS

MUSIC of the LAKE

12.05.2023

7:30PM | WESTLAKE GIRLS' EVENTS CENTRE

FEATURING WESTLAKE'S
PREMIER MUSIC ENSEMBLES

CANTARE CHOIR

VOICEMALE CHOIR

CHORALATION CHOIR

WESTLAKE CHAMBER ORCHESTRA

WESTLAKE SYMPHONY ORCHESTRA

WESTLAKE BIG BAND

WESTLAKE CONCERT BAND

Scan for tickets

\$10 Concession

\$15 Adult

\$45 Family



Door sales available

Strength and Balance

Monday 08 May 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 09 May at 2.30pm – 2nd Floor Games Room.

Physiotherapist

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

A 45-minute rejuvenating facial	Only \$40.00
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A 20-minute massage for your neck and shoulders	Only \$25.00
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Wednesdays are available with Natalie until 31 May.

Call or text on 0211458542 to make your booking.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 11 May at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Podiatrist

Thursday 18 May 9.00am to 12.00noon – 3rd Floor Doctors Room

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

Doctor

Thursday 11 May – 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

08 May to 14 May 2023

RECEPTION 477 3900 / NURSES Mob 021 861 706 / BLOKES SHED 477 3966

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 08 May	Hair Salon	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Presentation from Auckland Dementia	11.00am	3 rd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 09 May	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Croquet- Cancelled due to Maintenance	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	Rams
Wed 10 May	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
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 11 May	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet- Cancelled due to Maintenance	9.30am	Croquet Green
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Art Group	1.00pm	3 rd Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 12 May	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 13 May	Croquet- Cancelled due to Maintenance	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 14 May	Outdoor Bowls	1.00pm	Assemble for 1.15pm start
	Mother's Day Lunch	12.00pm	Relish Café

Dinner Menu 8-14th May

Bookings by 1pm / Phone 477 3957

Small Meals \$17 – Large Meals \$19 / \$2.00 Delivery fee applies per Villa

Monday (pork)

Grilled pork belly & BBQ sauce, mashed potatoes, creamed sliver beet, glazed carrots

Tuesday (chicken)

Chicken Parmigiana served with napolitana pasta, side of garlic bread

Wednesday Roast (beef)

Roasted corn beef, mustard gravy, maple glazed carrots, broccoli gratin, mashed potatoes

Thursday (lamb) – Large only

Braised lamb shanks, jus, mashed potatoes, peas and carrots

Fish Friday (KIWI classic)

Market Fish, Slaw and Fries

Saturday (beef)

French style beef Cassoulet & sausages, carrots, mushy peas and mashed potatoes

Sunday Roast (lamb)

Rolled lamb leg roast, jus, mushy peas, roasted potatoes, carrots and pumpkin

Optional Dinner Menu – in foil tin:

GF Smoked fish pie \$15

Beef Lasagna \$15

Vegetarian Lasagna (cauliflower, spinach, chili beans, courgettes) \$15

Beef Bolognese \$12

Add a small tub of green salad \$2





SUNDAY 14TH MAY

MOTHER'S DAY LUNCH

12:00 PM

2 COURSE MEAL - \$27

YOUR CHOICE OF MAINS

4H SLOW COOKED ROAST BEEF & RED WINE JUS (GF)
SEARED SALMON & LEMON BUTTER SAUCE (GF)

SERVED WITH GRILLED BROCCOLI, MUSHY PEAS, MASHED POTATOES

DESSERT

CHEESECAKE & BERRY COULIS

COMPLIMENTARY GLASS OF
BUBBLES ON ARRIVAL

RSVP at Reception before
Thursday 11th May 1pm

