

The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706

19 June – 25 June 2023

No. 275

From the CEO's Desk

Good afternoon everyone.

Standing in for Marika whilst she is away on leave, it has been great catching up with residents this week and being a little closer to the goings on at the village.

Marika flew out to Canada on Monday, and I trust she is relaxing and finding time to catch up with friends and family.

The Fire Place in the Lounge is fixed, and no doubt will be taken well advantage of with these chilly mornings we are experiencing.

The Pool was closed down for maintenance this last week but is now back up and running.

Apologies for the inconvenience of the kitchen closing down on Saturday. Fairview Care has been in lock down due to a Nora Virus infection and as the kitchen supports Fairview Care with all the meals, we had to undertake a deep clean of the kitchen to ensure it was free and unaffected. I am pleased to advise that Fairview Care is now out of lock down this morning and is operating business as usual.

Thank you to everyone who has completed the Aged Advisor Awards form! Cross fingers we land at the top of the list this year. Congratulations to John Cook for winning the \$200 draw.

For those that attended, I hope you enjoyed the afternoon with Travelwise Holidays last Monday.

Fashion Show Friday 16th June. A complimentary glass of bubbles will be served at our Fashion Show on Friday 16th June at 1.30pm. It will be a fun afternoon. Even our own Head Gardener Cait will be one of our models! Clothes and jewellery for sale after the show. Please RSVP at reception.

We will be hosting an Open Day on Tuesday 20th June from 12pm to 2pm. Thank you to our ambassadors again for helping us and making a success of those events.

The Village 23rd Birthday Dinner is on Thursday 22nd June. Fairview's Social Committee has been busy preparing the biggest event of the year for you all. Bookings are open at reception and tables are filling up fast. Pre-dinner drinks are being paid by the Operator, so I look forward to catching up with you all then.

Dave our Gardener is leaving us on Friday, and I am sure you will join me in wishing him all the best.

Have a fun week and keep yourselves warm through these chilly days and nights.

Terry



Nurses' Corner

Welcome to the third edition of our winter wellness focus. This week, we will be discussing the importance of caring for our cardiovascular health during the winter months. Cold weather can put extra stress on the heart, so it's essential to take steps to maintain a healthy cardiovascular system.

1. **Stay Active:** Engage in regular physical activity to support heart health. Choose activities that get your heart rate up, such as brisk walking, cycling, or swimming. If it's too cold to exercise outdoors, consider indoor options like dancing or using home exercise equipment.
2. **Eat Heart-Healthy Foods:** Incorporate heart-healthy foods into your diet, including fruits, vegetables, whole grains, lean proteins, and foods rich in omega-3 fatty acids (such as fatty fish, flaxseeds, and walnuts). Limit intake of saturated and trans fats, sodium, and added sugars.
3. **Manage Stress:** Chronic stress can have a negative impact on the heart. Find healthy ways to manage stress, such as practicing relaxation techniques, deep breathing exercises, engaging in hobbies, or seeking support from loved ones.
4. **Maintain a Healthy Weight:** Aim for a healthy weight range by following a balanced diet and engaging in regular physical activity. Maintaining a healthy weight can reduce the risk of cardiovascular diseases.
5. **Check Blood Pressure and Cholesterol Levels:** Regularly monitor your blood pressure and cholesterol levels. The best way to check if you do have issues with hypertension is a 24-hour ambulatory blood pressure monitor which can be organised through your GP. Follow their recommendations for medication and lifestyle modifications if needed.

In other News, it is unfortunate to announce that one of our Residents, Christine Williams from Villa 39, has passed away on Tuesday 12 June 2023 at North Shore Hospital. Her sons Dallas and Daniel are organising funeral arrangements, please contact myself for those details.

Just a friendly reminder / notice to Residents with Nurse Call pendants, I will be doing spot checks randomly on the wearing of these. In the event of a significant fall these could make the difference between being found quickly or having to experience a long lie if you are unable to get yourself back up. Please do wear them, I would rather come out to a false alarm from having accidentally pressed it than come to someone who has been laying on the ground for hours unable to get help. If you are interested in getting a personal Pendant, please get in touch.

Lastly, a big thank you to everyone who has kept out of Fairview Care over the last week as they have contained a Norovirus outbreak, it is now safe to resume visiting with no current infections. Please remember to wear masks and keep vigilant with hand hygiene to help prevent these infections from happening again in the future.

Benjamin Peattie – HOD Health & Wellbeing – 021 861 706 – benjamin@fairviewvillage.co.nz



From the Chef's Oven

Hi everyone!

Feedback Winner:

This week's feedback winner is Pat Levett. Thank you for your very positive feedback. It means a lot to our kitchen team. We are pleased that you enjoyed the "dance group dinner" last Monday.



This Week's Alternative Takeaway dinner:

GF Pulled Roast Lamb \$17, Roast Beef with mash \$17, Spaghetti Bolognese \$12

What's Popular at Relish Café?

We hope you are enjoying the freshly baked counter food and homemade pies. An all-time favourite is the chicken filo and corn fritter served with salad and relish. NOT a Misprint – it's all half price after 2pm.



Chef's Recipe of the month:

Beef Casserole.....

Slow cooked beef is probably one of the best and easiest dishes we can prepare for dinner. Just place all ingredients together in a thick pot or slow cooker and leave. All casseroles have a different version, sometimes it depends on our liking. My version of casserole will be - beef brisket,(meat and some bones) tomatoes, carrots, capsicum, potato and a little bit of red wine. Did you know that the main ingredient of my recipe for today is tomatoes? and tomatoes are a number one source of lycopene which act as a powerful antioxidant that fight cancer cells. And in addition, according to some studies, daily consumption of tomatoes decreases the oxidative stress in type 2 diabetes. Also tomato helps in reducing the risk of developing hypertension.



Ingredients: serves 4-6 persons

- 1 kl Beef brisket with bones (cut in serving size)
- 3 pcs potatoes (big diced)
- 2 pc carrots (big diced)
- 3 pcs tomatoes chopped
- 1 large capsicum
- 4 cloves garlic (crushed)
- 1 large onion (sliced)
- 1/2 cup water
- 3 tbsp soy sauce
- salt & pepper to taste
- 1/4 cup grated cheese
- 2 tbsp fish sauce(patis)
- chillies optional
- ¼ cup red wine

Procedure:

- in a large pot add in little oil and sear beef until brown then place all ingredients except cheese. Bring to boil using low heat for 45 minutes.
- when beef is half tender add cheese, stir and serve hot and best with toasted bread or even naan rice or green salad.

Cheers, Chef Noris & the Relish Café team

What's on this coming week and next



Movie Group

Tuesday 20 June –Two Weeks Notice

Love at a glance! It's a delightful, witty and romantic comedy. Stars Hugh Grant and Sandra Bullock.

Every week we endeavor 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 – 9th June 2023

We had another good turnout at Happy Hour this week. We again sold 4 major raffles.

The dwelling draw was undertaken by Earl Troughton and the winner was Annette Cook. Congratulations Annette.

The main raffles were drawn by Beryl McCarthy. The winners were:

Bev Barnes, Shirley Hughes, Gordon Tasker, Sandie Jennins, Warren Brown, Jim McGowan, Richard Jacobson, Brynley Goodger, Gareth Hancock, Peter Thompson, Don Gibbs, Ivy Mann, Patricia Jansen, Brenda Lee, Richard Jones, Dulcie Kortegast, Brian Dalbeth, Gisela Taylor and Barrie Flint.

Congratulations to all of our winners. We look forward to seeing you all there this week.

Diane Brown

Raffle Convenor - Tel: 478 3581



East Coast Bays Catholic Parish – Friday 16th June

Our Liturgy Service for this month will be held in the Sun Room, 3rd Floor on Friday 16th June 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).



Fairview Fellowship

Next Meeting:
Monday 26th June at 3pm
In the 3rd Floor Sun Room

Our Fairview Christian Fellowship offers a warm welcome to all who would like to join us. We meet monthly to learn from God's word and encourage each other in our shared faith.

Contact:
Bronwen Charlesworth
09 478 0513
021 920000



Fairview Singers

The Fairview Singers will meet on Wednesday the 28th of June at 3pm in the third floor Lounge and thereafter at 3pm on alternate Wednesdays.

Over the last couple of years, there have been many new residents in the village, and I am sure that among them there must be those who just enjoy the pleasure of song. Our Wednesday afternoon get togethers are very laid back – just singing for the fun of it, not a choir, no parts, just singing. Please come along or give me a call – you will be most welcome. Even if you don't want to sing just join us for the fun of it.

Len Hancy (478 0274)

Residents' Notices

For Sale

Two small Vegepods 1m x 0.5m with small trolley and wheels. \$25 for both.
Tricia 022 152 4091 Text only.

Gardening Bags

Could villa residents please write their villa numbers on their garden bags (with vivid pen) so that if they get misplaced they are returned to the correct person.

Thank You

The Browns Bay Rotary Club would like to thank residents that donated books for their upcoming book fair. We had a great response with four large boxes of books being donated.

Found

A pair of ladies spectacles have been handed into reception. A Ralph Lauren, dark tort, semi rimless frame.



Tai Chi

As most of you will know we no longer have an instructor for this class. We need to know if there are enough people interested in taking part should a new class be offered.

Please phone Averil on 475 6624 to register an interest and I will look into getting a replacement teacher if the desire is there.

Washco – Window Cleaning

Washco has advised that they will commence the Village window cleaning on Monday 3rd July. The window cleaning schedule will be in next week's newsletter.

Hair Salon

Unfortunately, due to sudden health issues, Kim has advised that she is taking a break and will not be available at the hair salon until further notice. Margaret will still be available on Wednesdays and Fridays.

Tulip Bulbs for Sale on behalf of Parkinson's NZ

There are tulip bulbs for sale at reception. A pack of 5 bulbs costs \$5.00 (cash only). Colours are deep purple, white, yellow and pink.

Mobility Scooter for Sale

Mobility Scooter, Invacare Leo. Purchased new February 2023 for \$4,000, 6 weeks minimal use. \$2,800 ONO. Please contact reception if you are interested in this scooter.



Orchid Show – Albany Village Hall

Saturday 24th June, 10am – 3pm

Sunday 25th June, 10am – 3pm

North Shore
Orchid Society

Orchid show

Albany Village Hall
21 LIBRARY LANE CORNER, ALBANY HIGHWAY

Saturday 24 June, 10am–3pm
Sunday 25 June, 10am–3pm

\$2 Entry fee

Award winning orchids & displays
Buy direct from commercial growers & club trading table

The poster features a vibrant background of various orchids in shades of pink, yellow, and red. The text is white and black, providing clear information about the event's location, dates, and entry fee.

LAUGHTER LINES

One Liners:

1. If it is true the world is getting smaller, why do they keep on raising the cost of postage?
2. IRD agent to taxpayer: "We sympathise with your problems, but we don't have the space on our computer."
3. The advantage of being bald is that when you are expecting company, all you have to do is straighten your tie.
4. My divorce came as a complete surprise to me. That will happen when you haven't been home in eighteen years. *Lee Trevis*
5. I genuinely do not believe in divorce. *Elizabeth Taylor*

The wealthy playboy had been showing his guests the trophies he had brought back from a hunting expedition in India. Indicating a tiger skin rug, he said, "When I shot this tiger it was a case of him or me." One of his rather un-cultured guests stared at the tiger skin, and then at the host. "Well old boy," he declared, "he sure makes a better floor rug."

A business executive stopped his car each morning as he passed the city jail. In the yard one of the inmates was going through the motions of winding up and pitching an imaginary ball. His friend asked, "Why do you stop each morning and watch that unfortunate fellow go through his act?" "Well, he answered, "if things keep going the way they are. I'll be there someday catching for that guy and I want to get to learn all his curve ball moves."

Golf was invented in Scotland and there are still clubs there that have signs on the course which read, MEMBERS WILL REFRAIN FROM PICKING UP LOST GOLF BALLS UNTILL THEY HAVE STOPPED ROLLING.

The Vicar walked around the back of the church and saw three boys sitting on the ground with a pile of coins at their feet. "What are you boys doing?" he enquired. "We're having a competition," explained one of the boys, "whoever tells the biggest lie gets the money." The Vicar was visibly shocked. "When I was a boy," he said, "I never told untruths." The boys said, "Ok, you win," and gave him the money.

Napoleon came home tired and weary, wet and wounded, and went straight around to Josephine's flat. He was shocked to find a pair of large gumboots on the front doorstep. "Josephine, Josephine!" he called out. "What are these rubber boots doing out here?" "Oh, they're not rubber boots, they're wellingtons."

Epitaphs discovered on some tombstones: **A hippie**, Don't dig me, man, I'm real gone. **A Cowboy**: He called Billy the Kid a coward. **A lawyer**: And the prosecution rests. **A Gentleman**: Excuse me for not rising. **A Waiter**: God caught his eye at last. **A husband (from his wife)**: Rest in peace. Until we meet again. **A Pin-table addict**: Please don't tilt.

A to Z of Bible Characters: **Bathsheba**, inscription on the door of the Queen of Sheba's private bathroom. **Gabriel**, patron saint of Louis Armstrong. **Gideon**, wrote a special version of the bible for use in hotel rooms. **Ham**, patron saint of actors. **Levi**, inventor of jeans. **Caesar**, the name given to Roman Emperors to distinguish one from the other.

And then there was the one about the comedian, who was booked to appear at the Vatican, then discovered he was expected to do his whole act in Latin.

From the Joke Books of A. Nonny Muss



INVITATION

**SOPHIE PINK FASHIONS INVITES YOU TO
A RESIDENTS FASHION PARADE & SALE**

ON Friday 16th June at 1.30pm

AT Fairview Village main lounge

LADIES TOPS TUNICS & DRESSES

ALL DISCOUNTED 60% OFF

Priced \$19 - \$59

SIZES: XS S M L XL

PAYMENT: CASH OR ONLINE PAYMENT

AOK Clothing

- MOBILE STORE IS COMING TO YOU!

Please join us for a Unique

Shopping *Experience*

At: Fairview Lifestyle Village

Date: Tuesday 20th June 2023

Venue: The Main Lounge

Time: 10 AM - 2PM

AOK Clothing are passionate about Merino, Possum & Merino
100% Cotton & Natural Fibre Clothing.

They will be showing their multi-seasonal range for women along with
a selection of lightweight jerseys & vests for men.

YOU'RE INVITED - COME ALONG

Eftpos & Credit Cards Accepted



**Fairview 23rd Birthday
DINNER AND SHOW
Thursday 22nd June
\$30 per person**

**ALL PRE DINNER DRINKS
SPONSORED BY MANAGEMENT**



**Join Us For A Night with
Kane Steves - Musician
Starting at 6pm**

Village Dinner starts 6.30pm

MENU

To Start...Warm Garlic Bread per table

MAINS (gf)

*Herb Roast Lamb (Mint sauce drizzle)
Potato Gratin with Toasted Pine Nuts
Winter Veges & Glazed Broccolini & Carrots*

DESSERT (gf)

*Citrus cake topped with mascarpone & candied orange peel
on a trail of chocolate drizzle, triple berry coulis, Pistachio dust.*

**CUTTING OF FAIRVIEW
ANNIVERSARY CAKE**

*Book & Pay
at Reception*

Strength and Balance

Monday 19 June at 10.30am – 2nd Floor Lounge

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

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

Call or text on 0211458542 to make your booking.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 22 June at 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Doctor

Thursday 22 June – 2.00pm to 3.45pm – 3rd Floor Doctors Room

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

Podiatrist

Thursday 29 June 9.00am to 12.00noon – 3rd Floor Doctors Room

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

WEEKLY SCHEDULE

19 June to 25 June 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 19 June	Hair Salon	CLOSED	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 20 June	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	AOK Clothing	10am to 2pm	3 rd Floor Lounge
	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 CLASS CANCELLED		
	Movie Group	7.15pm	Two Weeks Notice
Wed 21 June	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 22 June	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
	Art Group	1.00pm	3 rd Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
	Fairview Village Birthday Dinner	6.30pm	3 rd Floor Main Lounge
Fri 23 June	Hair Salon	CLOSED	
	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	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 24 June	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 25 June	Outdoor Bowls	1.00pm	Assemble for 1.15pm start

Dinner Menu:

Theme: Culinary Journey with Relish Café
19-25 June / Bookings by 1pm (Phone 477 3957)
Small Meals \$17 – Large Meals \$19 / \$2.00 Delivery Fee applies per Villa

Monday (Pork)

GF Grilled Pork Belly, BBQ sauce & apple slaw, roasted root vegetable medley

Tuesday (Lamb) – Large only \$19

GF Braised Lamb Shanks, jus, mashed potato, green beans and carrots

Wednesday Roast (chicken)

GF Chicken Roast, gravy, minted baby peas and roasted pumpkin, carrots & potato

Thursday (Lamb)

GF Lamb Roast, jus, mint sauce, winter vegetable gratin, steamed vegetables

Friday (KIWI classic)

Fish on Friday - market fish , slaw and fries

Saturday (Beef)

GF Beef Bourguignon, mashed carrots and parsnips, scalloped potato bake

Sunday Roast (Kiwi Classic)

Pork Roast, gravy, apple sauce, peas, crispy roast potato & pumpkin, Yorkshire pudding

Alternative TAKEAWAY Dinner Menu – in foil tin:

AVAILABLE ALL DAY, JUST CALL IN, LIMITED BATCHES WEEKLY
Spaghetti Beef Bolognese \$12, Pulled Roast Lamb \$17, Roast Beef and Mash

