

The Village News

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

24 July– 30 July 2023

No. 280

From the Manager's Desk

Good afternoon everyone

Thank you all for your warm welcome back “home” at Fairview. It was so lovely to see you all again. I hear that the weather has been very wet while I was away! I like to say that I brought back the sunshine from Canada with me, or at least for a few days it was.

It's always funny when I explain to people that I am going back home for a visit but then I am coming home to New Zealand too. I am sure that some of you know what I mean! We had an amazing time with family and friends. Mia loved all the attention.

Mia is only speaking French since we came back but she fully understands both languages. Her daycare teacher was asking Mia if she wanted a cracker. Mia replied “oui oui” but the teacher told her “Oh do you need a wee-wee Mia?”. Mia was a bit confused and just wanted to eat her cracker!

Welcome to our new residents

Please join me in welcoming Bill and Wilma Cooper who moved in to Villa 98 this week. We hope you are settling in well and we are looking forward to seeing you around the Lodge.

Reminders to residents, relatives and visitors

A gentle reminder to Café customers to please place your crockery and cutlery on the kitchen trolley after your meal. Another kind reminder that dogs are not allowed in the dining and lounge area.

Monthly Staff Meeting Wed 26th July

We are holding our monthly staff meeting next Wednesday 26th July. You are all welcome to nominate staff if you think they deserve to be acknowledged. You can email me or Cherie or drop by reception to let us know.

Intimo Lingerie - Bra Fitting Thu 27th July

Maggie Hanna, Bra Fit Specialist, will be at the Village next Thursday 27th July from 10am to 2.30pm to do personal bra fittings. Please refer to the flyer attached for more details.

Winter Lunch Carvery Buffet Sunday 6th August

Chef Noris and his wonderful Café team will be holding a Winter Lunch Carvery Buffet on Sunday 6th August. \$25 per person. 2 sittings at 12.00 and 12.30pm. Please refer to the flyer attached for more details. Bookings essential at reception by Friday 4th August 12pm as limited seats available.

Have a lovely (and hopefully sunny) weekend!

*A special day!
My goddaughter Coralie at her prom.
She's Mia's godmother too! 😊*





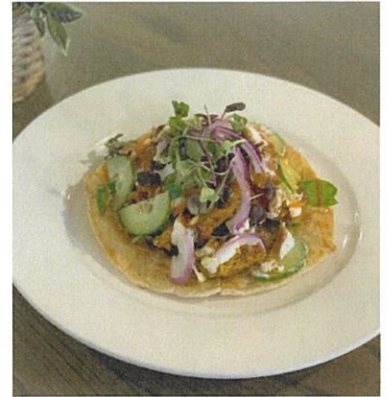
From the Chef's Oven

Feedback Winner:

Thank you for taking time to write your feedback and suggestions. We have received feedback this week but there was no name or apartment/villa number for a winner this time!

Chef's special for month of July

Moroccan Chicken & Mushrooms served on a Roti – pan grilled chicken slices and mushrooms, seasoned with Moroccan spices, served on a bed of garden salad and a roti, topped with aioli and sweet chili dressing.



Counter and Cabinet Food

We hope you are enjoying our wide selection of cabinet and counter meals. Our daily cabinet menu includes a variety of gourmet salads, sandwiches, quiches, sausage rolls, puff pastry treats, frittatas, and pies. And don't forget to look at our range of sweet treats like Oreo slices, cheesecakes, apple strudels, cinnamon rolls, muffins and scones. Let us know your favorite cafe treat and we might be able to make it on the next cabinet treats' cycle!



Sunday Lunch Winter Carvery Buffet

Save the date! We will offer a winter carvery buffet on 6th August for \$25. Book at reception by 4th August. Refer to the flyer for more details.

Cheers

Noris and the Relish Kitchen Team

Recipe of the Month

Just lately, I've had a craving for New Zealand mussels. I like mussels so much, I have them for dinner every other day, meaning 4 times a week! I like to cook them in 4 different ways such as mussel soup, in a stir-fry, and either grilled or steamed mussels. The recipe I will share this month is my mussels soup which is perfect for the winter season.



Did you know that mussels are high in protein and are heart-healthy with omega-3 fatty acids, selenium and iodine? They are relatively low in calories and fat and have exceptional nutritional value. Omega-3 are the 'good oils' that are beneficial for the heart by helping lower cholesterol and has anti-inflammatory properties. Selenium is an antioxidant compound that fights free radicals in the blood stream. Iodine is essential for natural production of thyroid hormones that contribute to basic metabolism as well as helping your body to efficiently burn calories.

Ingredients:

- 2 tbsp of olive oil
- 2 cloves of garlic
- 1 small red onion
- 1 thumb size of ginger crushed and sliced
- 2 pc of dices tomatoes
- 1 cup of water
- 1 kg of mussels (cleaned & rubbed)
- 1 tbsp of fish sauce
- 3 green chillies (optional)
- Some greens such as baby spinach or Bok choy
- Salt and pepper to taste

Procedures:

- Heat your saucepan with olive oil.
- Cook the garlic, onion, ginger and tomatoes for 2-3 mins.
- Add the mussels and cover with a lid.
- Simmer for 3-5 mins or until they are opened.
- Add water, seasoned with salt & pepper, chillies and some greens.
- Serve hot!!!



Gardening Update

Our blue truck is getting a little TLC at the mechanics as we've been putting it through its paces recently. So, if you see a Red Hilux driving round that's us in my Ute.

We are flat out with garden refurbishments currently so please bear with us with general maintenance requests.

Thanks

Cait & the boys

What's on this coming week and next



Movie Group

Tuesday 25th July – The Pursuit of Happyness

True story. A struggling salesman takes custody of his son and faces huge challenges.
Stars – Will Smith, Thandiwe Newton and Jaden Smith.

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 – 14th July 2023

We sold three major raffles and one minor raffle this week. The noisy boys' table started off with a hiss and a roar but then faded out.

The dwelling draw was undertaken by Nancy Cotton and the winner was Neville Turner. Congratulations Neville.

The main raffles were drawn by Linda Pinder. The winners were:

Peter Thompson, Brynley Goodger, Bruce Benfell, Earl Troughton, Don Gibbs, Linda Pinder, Adele Carlisle, Barbara Dines, Judy Jetten, Neil Butt, Len Hancy, Dulcie Kortegest, Patrick Knell, Lorraine Dale, Lois Hadfield and Alastair Glyn-Jones.

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

Our Liturgy Service for this month will be held in the SunRoom, 3rd Floor this Friday 21st July, 2023 at 11.00 am.

Holy Mass will be celebrated by a priest of our parish. We are very privileged to have a priest in attendance and to lead us at our regular liturgy gatherings.

Following the Mass, we will enjoy refreshments together in the lounge.

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 Phone 4799527



Tai Chi – with Weiping

Tuesday 25 July - 1.30pm - 2nd Floor Lounge - \$5

On Tuesday this week we were happy with our introduction to a new way of improving our health and wellbeing with our engaging new tutor and look forward to our regular classes starting in August with a \$20 monthly fee payable on the first day.

The subsidy provided by the Village Residents' Committee is much appreciated.



John's Jaunts

Wednesday 26 July – Morris and James Pottery at Matakana. A free pottery tour followed by lunch at their café. The bus leaves at 10.15am. **This trip is fully booked.**

Wednesday 9th August - due to popular demand, we are repeating the trip to Morris and James Pottery at Matakana. A free pottery tour followed by lunch at their café. The bus leaves at 10.15am. Please phone reception to book.



ATTENTION FAIRVIEW BOWLERS

Our mid-winter tournament will be held on Sunday 30 July. Roll up at 1.15 for a 1.30pm start. Two games of 6 ends followed by a sausage sizzle with the bar open.



QUIZ NIGHT -- Sunday 30 July 2023

After being cancelled due to illness in May, Quiz Night returned on 25 June.

The Mixed Nuts reasserted their superiority coming first with 59 points out of 70. Second were **The Palms** with 52 points, third were the **Iris Watches** with 50 and **The Secret Squirrels**, after two successful months, did not manage a threeppeat with 48 points. They earned the opportunity to choose a topic for the July Quiz.

Their choice was **BOOKS**

The July Quiz Night will begin at 7.00pm and quizzers will be home by 8.45, so why not give it a go? You can expect an entertaining evening of fun and laughter.

The July Topics are **General Knowledge 1, NZ Sport in the 21st Century, Books, Disney Characters, Geography and General Knowledge 2.**



Fairview Fellowship

Next meeting:
Monday 31st July at 3pm
In the 3rd Floor Sun Room

We are a group of Christians meeting monthly to encourage and share the friendship of our common faith.

Contact:
Bronwen Charlesworth
09 478 0513
021 920000

Residents' Notices

Bar Change

It would be appreciated if patrons could offer the correct amount, or a small value note for their purchases. Please refrain from tendering \$50 and \$20 notes as the bar has a limited amount of change.

Help with Apple iPhone

I am having trouble with the music play list on my Apple iPhone.
Is there anyone that could kindly help me with this?
Thank you.
Evelyn Dowd, villa 82, ph 478 5690.

Found

A hearing aid has been found, please contact reception if you have lost one.

Mobility Scooter for Sale

Blue 4-wheel mobility scooter. Comes with front basket, charge, manual and rain/dust cover \$1500.00.

Please contact Ray Barrett, V29, on 479 1951.



Gareth's Puzzle

Last week's puzzle is again what connected the following?

Large White Bronze Suffolk Hereford
Apple Bread Mint Horseradish

And the answer is the top line is a breed of animal, Large white pig, Bronze turkey, Suffolk lamb & Hereford bull and the second line is the sauce that goes with each meat, apple, bread, mint & horseradish that goes with each. A suitable question for an agricultural country!

This week's puzzle asks for a fourth to add to the other three, and why?
Garbage 25% , ABBA 50%, The Corrs 75% , ?????????? ??%

And I know it's a musical question, but it had to come!

Scam – Service Post

If you receive the following scam, please delete it, do not click on the link.



**DELIVERY OF THE
SUSPENDED
PACKAGE**



You have (1) package waiting for delivery. Use your code to track it and receive it

Schedule your delivery and subscribe to our calendar notifications to avoid this from happening again!

Your tracking code :

AU45126851

Schedule your delivery

LAUGHTER LINES

Humorous Quotations from Humorous People:

1. Assassination is the extreme form of censorship. *George Bernard Shaw.*
2. Those ferocious cannibals captured a poor missionary – he gave them their first taste of religion. *Anon.*
3. It's a funny kind of month, October. For the really keen cricket fan it's when you find your wife left you in May. *Denis Norden*
4. The woman who took the pill with a glass of pond water has been diagnosed three months stagnant. *The Two Ronnies*
5. I am not a fighter, I have bad reflexes. I was once run over by a car being pushed by two guys. *Woody Allen.*

Two fishermen rent a boat to go fishing in a local lake. By the end of the day they are delighted to find that they have caught no less than fifty fish. The first fisherman turns to his friend and says, "Mark this spot so we know where to come tomorrow!" The second fisherman fishes out his pocket knife and carves a big cross on the side of the boat. "You idiot," says the first fisherman, "What if we don't get the same boat tomorrow!"

It was lunch time on the building site and Fred opened his brown paper parcel of sandwiches. "Aw, damn," he said, "Not bloody jam sandwiches again." His mate says, "Why don't you have a word with your wife?" "I can't," says Fred, "she's away seeing her mother, I've had to cut my own lunch."

The Police Sergeant entered the home of Mrs Beemer to find her at the kitchen table eating a bowl of soup. "Sorry to disturb you," he said, "but I have some terrible news." What is it?" she asked, slurping her soup. "I am afraid your husband has been killed in an accident." said the cop. Mrs Beemer continued to slurp her soup. "I said," pressed the cop once more, "your husband has been killed." "I know what you said (slurp, slurp), believe me, as soon as I finish (slurp, slurp) this soup, I am going to let out one almighty scream."

Sandy had hitch-hiked all the way to Wembley for the big International and had thumbed his way back as well. "Was it a big gate?" asked his pal. "Aye, the biggest I have ever climbed over," said Sandy.

"We were the best drilled unit in the Army," said one Chelsea Pensioner to another. "Why, when we presented arms on parade, all you could hear was "Slap-2-3, slap- 2-3-slap!" "We were pretty good at drill too," said his friend, "but then of course we were a fighting unit. When we presented arms all you could hear was "Slap-2-3, slap2-3, slap, jingle"" "Jingle?" said the first old sweat, "What was that?" "Medals!" said his friend.

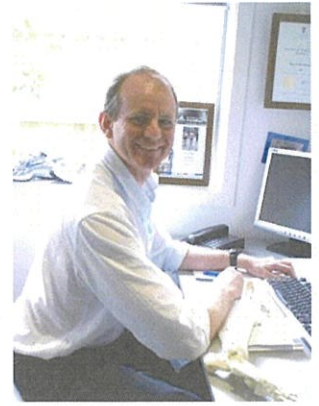
More Dictionary Daffynitions: **INKLING:** a small pen. **BUTRESS:** a female goat. **BLOOD BROTHER:** a vampire's relative. **HAIL:** hard boiled rain. **JUGGERNAUHT:** a jug full of nothing. **TANGENT:** a gentleman with a sun tan. **ANARACHNOPHOBIA:** a fear of anoraks.

Two inmates of an asylum meet in the corridor. "I'm Napoleon!" says the first. "How do you know?" asks the second."God told me," says the first. The second man shakes his head: "No I didn't."

And finally: Two eagles watched a jet hurtle overhead."Look at that." said the first. "So what," says the second, "I'd go as fast as that if my tail was on fire too."

From the Joke Books of A. Nonny Muss.

A word from Paul Hames Bay's Podiatry



Heel Pain

Plantar Fasciitis

When there is increased stress on the arch, microscopic tears can occur within the plantar fascia, usually at its attachment to the heel. This results in pain when standing up after rest, typically when you get out of bed in the morning. This problem can be associated with 'flat feet', poorly fitting or worn footwear, occupational factors and more...



Please note, for assistance with the above or anything else foot related, * Paul offers the ongoing special rate for 'Fairview Lifestyle' residents –

* Podiatry foot care, Scalpel reduction of corns /callus, management of ingrown nails (including nail care) \$40.00 (incl gst)

So, if you're suffering with foot pain, call reception today for an appointment.

Professional bra fitter with Intimo Lingerie

“Maggie has been a professional bra fitter with Intimo Lingerie for over 25 years and being an ex-nurse is caring and knowledgeable about all things lingerie.

She is passionate about helping women feel good about themselves from the inside out with a well-fitting bra. Bras are the foundation for your clothing and Maggie has a wealth of knowledge of what a bra should look and feel like.

Comfort is key and the most common mistake of discomfort is usually due to the incorrect size. 80% of women don't wear the correct size bras!

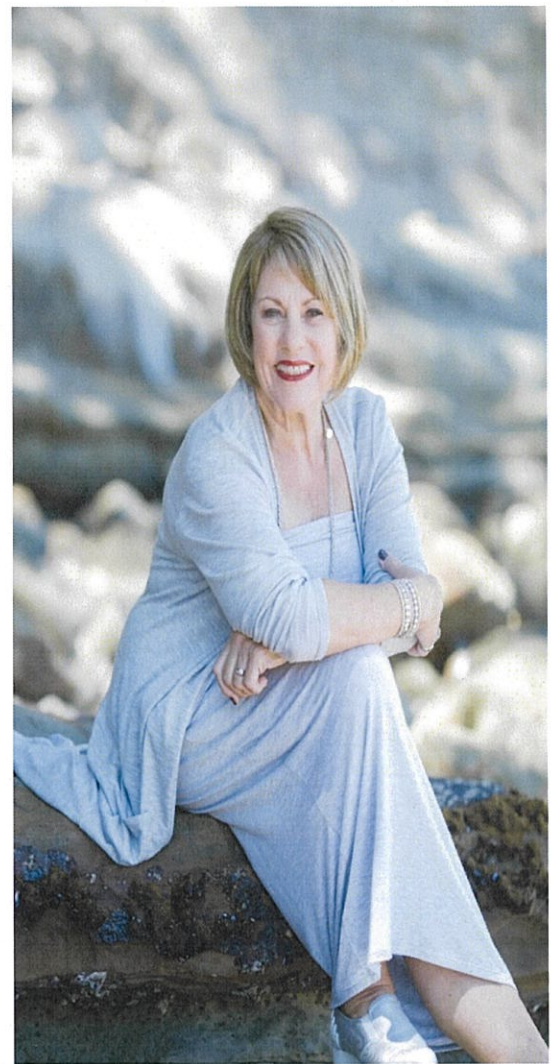
It's important to be fitted every time you purchase a bra, as all brands and styles are different.

Maggie will be available for fittings on Thursday 27th July in Apartment 436 by appointment only between 10am and 2.30pm. Size range is 30A – 46G and everything in between!

If you would like to make a booking, please contact reception by Tuesday 25th July as times are limited.

Intimo Lingerie also offer a small collection of leisure wear.”

Once you place your order Maggie will do an after sales fitting to ensure you are happy with your purchase.



Thursday 27th July
Bookings from 10am – 2.30pm

fitted by
Maggie Hanna

Available

Appointment Times

10am – 10.45am

10.45am – 11.30am

11.30am – 12.15pm

12.15pm – 1pm

1pm – 1.45pm

1.45pm – 2.30pm

2.30pm – 3.15pm

SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING JULY 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 11th July 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, Mark Jennins, Alison Leadley, Barbara Bailey, Gordon Tasker, Averil Denvers

APOLOGIES: Angela Woolnough

Terry Middlemost, Benjamin Peattie (later)

FINANCIAL POSITION

The balance in the account as at 9th July 2023 is \$1,936.05. The amount on fixed deposit is \$10,000.

GENERAL

- **Strength and Balance:** A number of people would like an extra class. Management will fund the Monday session only. Benjamin put forward a proposal that a class by a fitness instructor from Albany Stadium seemed good value for money. The committee agreed to subsidise the cost of this class on a trial basis.
- **Bingo Night Proposal:** A proposal to trial a series of Bingo evenings similar to those run by Settlers was put forward. They would be held on the first Saturday of each month and run from September to December. The committee agreed to put forward a sum of \$500 to start up this initiative.
- A Tai Chi instructor has been found and will start immediately on Tuesday afternoons. The committee agreed to subsidise the payment for the instructor on a similar basis to Yoga.
- The committee agreed to pay for new balls for the croquet club.
- **Health and Safety:** A list of lights not working as well as street markings deemed necessary was handed to Terry. Many of these lights have not been working for some considerable time. The committee was pleased that the rubbish opposite the petrol station has finally been cleared up.
- Another health issue was the underfloor heating in the 2nd floor lounge which is left on all the time. It appears that the changing sheds are governed by the same system. Several exercise classes held in the lounge area are not enjoying the heat. It was agreed to turn the heating off and have separate heaters in the changing sheds.

The next meeting will be on 8th August at 10.00 am.

Strength and Balance

Monday 24 July - 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 26 July - 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 27 July - 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Doctor

Thursday 03 August – 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 27 July - 9.00am to 12.00noon – 3rd Floor Doctors Room

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

WEEKLY SCHEDULE

24 July to 30 July 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 24 July	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 25 July	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Tai Chi	1.30pm	2 nd Floor Lounge
	Croquet (weather permitting)	1.30pm	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Movie Group	7.15pm	The Pursuit of Happyness
Wed 26 July	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
	Fairview Singers	3.00pm	3 rd Floor Main Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 27 July	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (weather permitting)	1.30pm	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 28 July	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 29 July	Croquet (weather permitting)	1.30pm	Croquet Green
	Cards 500	9.30am	3 rd Floor Games Room
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 30 July	Outdoor Bowls	1.00pm	Assemble for 1.15pm start
	Quiz Night	7.00pm	3 rd Floor Main Lounge

Winter Carvery Buffet

Sunday Lunch 6th August 2023

2 seatings @ 12:00pm & 12:30pm / Max of 40 people per seating

Booking essential at reception by Friday 4th August 12pm

\$25.00 per person

The Carvery & More

GF / DF Roast Pork Carvery & its condiments

(apple sauce, English mustard, gravy)

GF / DF Beef and Mushrooms Casserole

Hot Sides

GF / DF Roasted Vegetables – potatoes, carrots and pumpkin

GF Buttered corn, peas and carrots

Dessert

Plated apple crumble served with custard

Dinner Menu 24-30 July.

Small Meals \$17 - Large Meals \$19

Bookings by 1pm - Phone 477 3957 - \$2 delivery fee per Villa

Monday / Beef

GF Roast beef, gravy, peas, crispy roasted pumpkin and potatoes

Tuesday / Seafood (large only)

GF Seared salmon Teriyaki, soba noodles, grilled mushrooms, vegetables

Wednesday Roast / Pork

GF Roast Pork, gravy, apple slaw, peas, roasted vegetables

Thursday / Chicken

Chicken Schnitzel, napolitana sauce with parmesan & basil spaghetti

Friday / Fish

Battered market fish, slaw and fries

Saturday / Chicken

GF Moroccan rubbed chicken, salsa verde, Israeli couscous, vegetables

Sunday Roast / Lamb

GF Roast lamb, brown gravy, peas, corn, roasted pumpkin and potatoes

Alternative Takeaway Dinner Menu - in foil tin

AVAILABLE ALL DAY, JUST CALL IN, LIMITED BATCHES WEEKLY

Pulled Roast Lamb \$17

Roast Beef and Mash \$17

Spaghetti Beef Bolognese \$12

Add a small tub of green salad for \$2