

# The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706 **18 September to 24 September 2023** **No. 288**

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## **From the Manager's Desk**

Good afternoon everyone!

I am looking forward to celebrating with residents, whose birthdays are in September, tomorrow morning at our first special morning tea and celebrating again at Happy Hour to officially welcome new residents at Fairview.

## **Swimming Pool**

The swimming pool will be closed from Monday 18th of September for 7 days for repainting. We apologise for the inconvenience.

## **Monthly statements from Nicki, Administrator**

Just a quick reminder about the location of the Lodge letterboxes for villa residents. End of month accounts will be placed in the letterboxes situated by the lift closest to reception. The boxes are numbered 1-70 and 71-147. If you are unsure of their location simply reach out to a staff member who will happily show you where they are located.

## **Prostate Cancer Fundraising Breakfast Thursday 21<sup>st</sup> September**

We will be hosting a similar fundraising breakfast to our Breast Cancer Foundation event, but this time it will be for Blue September in honour of the Prostate Cancer Foundation. A \$20 breakfast (including a \$5 donation) will be served at 10.30 on Thursday 21<sup>st</sup> September. Please book and pay at reception. We are looking for residents who would like to organise the raffle prizes or speakers, please contact Cherie.

## **Annual General Meeting Monday 25<sup>th</sup> September**

Save the date, our Annual General Meeting will be on Monday 25<sup>th</sup> September at 10am. AGM packs were distributed last Monday 11<sup>th</sup> September. Let us know if you haven't received yours, please bring it with you to the AGM. You are welcome to submit any questions that you may have and wish to be answered in advance by Wednesday 20<sup>th</sup> September.

## **Elections at Fairview Tuesday 3<sup>rd</sup> October**

The Election team will be at the Village on Tuesday 3<sup>rd</sup> October from 1pm to 4pm in the Games Room for any Fairview residents who would like to vote. Should you wish to vote and have not received a voting acknowledgement, please go online and update your information.

## **Fundraising for Cancer Society Daffodil Day Wednesday 11<sup>th</sup> October 2pm**

Save the date, Wednesday 11<sup>th</sup> October 2pm! Be prepared for an afternoon of laughter with our own Benjamin being a "Quizmaster" for the occasion. The platters will be served at 3pm during the break and perfect for an afternoon tea. Read about the details of the event at the end of this newsletter. RSVP and payment at reception please.



## **Inorganic Rubbish Collection 23<sup>rd</sup> to 27<sup>th</sup> October**

The village will be having an Inorganic Rubbish Collection on the week of 23<sup>rd</sup> to 27<sup>th</sup> October. Waste Management will be collecting items from the designated collection point. We will provide more information on where and when you can start bringing your rubbish as we get closer to the date.

## **Market Day Thursday 23<sup>rd</sup> November**

Save the date! Our annual Market Day will be on Thursday 23<sup>rd</sup> November. If you would like to have a stall or know someone who would be interested in selling their products at our Market, please contact Diana or pop in at the weekend to see her at reception.

## **Christmas' Project for December**

Christmas is coming in just over 3 months. Yes already! For the occasion, we would like to throw a fun idea around! What about having a little competition with the best decorated apartment door in the Lodge and the best decorated mailbox for villas? There would be a nice prize for the 2 winners of course! We could circulate photos of the participants' work and residents would be able to vote. If you are interested in participating in this project, please let us know of your interest.

Have a lovely weekend everyone!

Marika



*Save the date*  
**Fairview Village  
Annual Market**

**23 NOVEMBER**

For more information & stall holders,  
please contact Diana at  
[dianaw@fairviewvillage.co.nz](mailto:dianaw@fairviewvillage.co.nz)



## Nurses' corner

Hello Everyone,

Welcome back to another week of the Nurses' Corner.

To open, I am wanting to do a manual check of the Nurse Call points in every Villa & Apartment as well as Pendants. This is to make sure that all the call points are working correctly should they need to be used. I am proposing the call point checks start from the week of the 25<sup>th</sup> of September 2023 beginning with **Ash Avenue, Beech Way, & Cherry Hill**. I will be hoping to do these checks between 10am and 11.30am Monday to Friday depending on how long it takes. I will let subsequent streets know when I will be coming by to do these checks. For Nurse Call Pendants, if you are going to be out of the village if you leave your pendant on the table, I will test it to see if it works then.

Given the significant number of call points to test across the village, I aim to complete this over the next few weeks to months. To aid in speeding this up, I will access the Villas or Apartments by knocking first, if there is no answer and you have indicated previously it is okay to access your villa or apartment without you being present, I will let myself in, test the call points and leave a card on your kitchen to let you know I have been by. **If there are any residents who wish to be excluded from this check or need to be present while I am checking their call points, please let me know by phoning myself directly on 021 861 706 and I will organise a time with you for this.**

**Dancercise with Libby:** Thank you to those who keep turning out! She will be back in again this Thursday for a 1045am start. This is a similar style class that focuses on building up strength, balance, & coordination, all of which are key to maintaining your overall wellbeing. Partially subsidized by our Residents Committee, the remaining cost is just \$5.00 per person.

**"Adopt a Grandparent" Initiative:** We're exploring a new collaboration with Albany Primary School, initially called "Adopt a Grandparent." The program's essence lies in bridging the generational gap by allowing certain children, especially those missing connections with the elderly, to 'adopt' a grandparent from our village. This presents a dual opportunity – for the kids to enhance their reading skills and for our residents to form a bond with the younger generation. This isn't just about reading; it's about creating lasting memories and connections. If this sounds like something you'd be keen on, please do get in touch.

**Dental Hygienist Visit:** WM Dental, whom I've mentioned before, is interested in sending a Dental Hygienist to Fairview Lifestyle Village for cleanings. We're targeting Tuesday, November 28th, 2023, for their first visit. The cost to Residents will be \$180.00. If you are interested in this service, please reach out to me directly and I will book you in once we sort.

Benjamin Peattie – HOD Health & Wellbeing – 021 861 706 – [benjamin@fairviewvillage.co.nz](mailto:benjamin@fairviewvillage.co.nz)



## From the Chef's Oven

### Meet the Staff

Meet our kitchen team! From left to right: Alexia, June, Chef Vicky, Devin, Chef Apple, Morgan (back), Star, Usha, Brooklyn, Aileen, Cherish and myself Noris.



### Comments and Suggestions

We love hearing your feedback on how we are doing. You can drop a written note in our suggestion box by the condiments section on the long table.

### Dinner Menu and Alternative Frozen Meals

Thank you for your wonderful feedback on our dinner meals. We sometimes run out of your favourite frozen meals as we do limited batches, and we are sorry if this has happened to you. We recommend booking in advance for those. This week we made three different dinner meals, but in small batches. Again, better be quick, those won't last long!

*(GF) Corned beef with mash potatoes & steamed vegetables*

*(GF) Fish pie with mash and boiled egg*

*Braised sirloin, peas and potatoes*

*Lamb Shanks*



### Cookies' Cabinet & Counter treats

We hope you are enjoying our freshly baked counter meals, cookies and goodies. All counter meals and food cabinet are half price after 2pm - except for the cookie cabinet. It's not a misprint!



## Café Menu Board

Please check out our Café Menu board. We also place menus for upcoming events such as:

- Weekly Dinners' Menu
- A la Carte Café Menu
- Prostate Cancer Fundraising Brunch
- Scottish Night
- Bingo Nights
- Cancer Society Fundraiser Quiz Pub Meal
- Monthly specials

## Group Bookings & Party Reservations

We cater for all kinds of occasions, whether it is a small group booking, takeaway platters, birthday party, anniversary or even just a simple catch up and get-together with your friends and family. Please let us know your requirements and we will sort everything for you, either as food platters or plated dishes, and we will even set up your tables for you.



Norris and the Relish Team

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## **Gardening Update**

Welcome to Matthew, our new gardener starting on Monday 18 September. Here is a little bit more about him.



*I have been working at Kensington Park in Orewa for the past 7 months, as part of the gardening team. Kensington Park is a 40-acre lifestyle park modelled on an American gated community.*

*Prior to that I was a self-employed lawn mowing and gardening contractor for 12 years, working mainly on the North Shore and Northwest Auckland (Kumeu, Waimauku, Muriwai, etc).*

*I live on a 7-acre lifestyle block in Waimauku (2 acres of lawns/gardens and 5 acres of native regenerating bush), so when I'm not at work, I'm busy working on my own property.*

*Looking forward to meeting you all next week! Matt*

## What's on this coming week and next



### Movie Group

**Tuesday 19 September – The Last Vermeer**

In this fact-based thriller, Emmy winner Guy Pearce stars as an art forger who sold fake Vermeer's to the Nazis.

Stars – Guy Pearce, Clary Bang and Vicky Krieps.

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 – 8<sup>th</sup> September 2023

The dwelling draw was undertaken by one of our visitors Bindi Briggs, thank you Bindi, and the winner was Dulcie Kortegast. Congratulations Dulcie.

The main raffles were drawn by Jim McGowan and the winners were:

Bev Barnes, Sandie Jennins, Bindi Briggs, Brenda Lee, Shirley Hughes, Gisela Taylor, Luella Jacobson, David Brand, Neville Turner, Bruce Draper, Ledlie Neville, Priscilla Page, Colleen Leonard, Linda Pinder, Annette Cook, Adele Carlisle, Daphne Markwick, Jill Draper, Neil Butt, Clark Robbie, Clive Sandham and Patrick Knell.

Congratulations to all our winners and see you next week.

Daphne Markwick

478 9803



### Friday 15th September 2023 - EAST COAST BAYS CATHOLIC PARISH

Our Liturgy Service for this month will be held in the Sun Room, 3<sup>rd</sup> Floor on Friday 15th September 2023 at 11.00 am.

Holy Mass will be celebrated by a priest of our parish. We are indeed 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 (Ph: 479 9527)



## **Monday 18<sup>th</sup> September 2023 - Garden Club**

Our Spring Trading Table will be held on Monday 18<sup>th</sup> September outside the lodge 10am to 12pm. Lots of bargains. Cash only. Any plants and produce will be very much appreciated. Inquiries phone Barbara 0211469258



## **Fairview Fellowship**

Next Meeting: Monday 18<sup>th</sup> September  
3pm in 3<sup>rd</sup> Floor Sun Room

Our Fairview Christian Fellowship meets monthly to learn from God's word and encourage one another in our shared faith. Come and join us – you would be warmly welcomed.

Contact Bronwen Charlesworth on 021 920 000.

## Residents' Notices

### **Condolences**

John Walker, formerly of Villa 19 and husband of Judy Walker, passed away peacefully on Saturday 9<sup>th</sup> September.

The funeral is at Dil's Funeral Service, 185 Schnapper Rock Road, Albany this Friday 15<sup>th</sup> September at 10.30am.

### **Volunteer Driver Required**

We are looking for a volunteer driver to drive the village bus to Morning Melodies at the Bruce Mason Centre on Monday 9<sup>th</sup> October, leaving the Lodge at 9.45am and returning at 12.30pm.

Please contact reception if you are able to help.

### **Morning Melodies**

*The Royal New Zealand Air Force Band – Monday 9<sup>th</sup> October.*

The bus will leave the Lodge at 9.45am and return at 12.30pm. Please contact reception if you are interested in attending.

### **Reminder – old batteries**

If you would like to dispose of your old batteries, please leave them at reception as we have a battery recycling bucket.

### **Rugby World Cup**



The All Black's next World cup match will be screened on the big TV in the lounge.

- Saturday 16<sup>th</sup> September - All Blacks v Namibia. From 8-30am.

*Please don't try to activate the Sky channel before the matches.  
Someone who knows how to find the appropriate Sky channel  
will see that it is operating before the start of each match.*



## Laughter Lines

### One Liners:

1. I found a book called "*How to solve 50% of your problems*," so I bought two.
2. We are not aging, we are ripening to perfection.
3. Countdown is opening dental services in selected stores. There will be a special lane for people with 12 teeth or less.
4. When I was a kid they didn't call it "Behavioural Disorder". They called it, "Being a Little Brat."
5. We all know mirrors don't lie.....I'm just grateful they don't laugh.

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I found that I have been much happier since I changed from coffee in the mornings to orange juice. My doctor said it is the vitamin C and all the natural sugars.....actually, I think it is the vodka.  
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Two highlanders stood looking at the imposing front of a large building in London. The corner stone bore the date in Roman characters, 'MCMIV'. "Would you look at that Alecm" said his companion proudly. "I've never heard of McMiv before, but there's a Scotsman who's got his name on one of the finest buildings in London. You just can't keep our lads down, can ye."  
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Two Martians met, shook hands, how -do-you-do, and so forth, then the first Martian introduced himself: "I'm TK55917." "And I'm SW63284," said the second. "Funny," said the first Martian, "you don't look American."  
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The curate of a small parish had been given the opportunity to transfer to a bigger parish with a consequent increase in salary. Unfortunately, his Vicar would not give him permission to make the move. Shortly after the interview, the Vicar came across the curate earnestly praying in a quiet corner of the church. "I see," said the vicar crossly. "Going over my head, eh?"  
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### A little bit of trivia:

1. Walt Disney named Mickey Mouse after Mickey Rooney, whose mother he dated for some time
2. The bloodhound is the only animal whose evidence is admissible in an American court.
3. Sheep theft is still legally a hanging offence in Scotland.
5. The human brain is 80% water.

### The best of Graffiti.

1. Jesus saves. (but he couldn't on my salary).
2. Graffiti was Mussolini's Minister of Defence.
3. If you feel strongly about graffiti, sign a partition.
4. Life is a sexually transmitted disease.
5. Silence those who oppose freedom of speech.

### Births and Birthdays:

1. When a man has a birthday he takes the day off, when a woman has a birthday, she takes a year off.
2. In what state were you born? In the nude.
3. "Have you known your wife long?" "Yes, ever since we were the same age."

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And finally: Hard work never killed anybody. But, it has frightened a lot of them to death.  
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From the joke books of A. Nonny Muss

## NEW BOOKS

**The Axeman's Carnival by Catherine Chidgey** - Everywhere, the birds: sparrows and skylarks and thrushes, starlings and bellbirds, fantails and pipits - but above them all and louder, the magpies. *We are here and this is our tree and we're staying and it is ours and you need to leave and now!*

**The Other Side of Mrs Wood by Lucy Barker** - A deliciously atmospheric historical novel about the rivalry between two female mediums during Victorian London's obsession with Spiritualism. Violet Wood accepts an apprentice, Miss Bird. But is Miss Bird all that she seems?

**All the Broken Places by John Boyne** - A devastatingly beautiful story about a woman who must confront the sins of her own terrible past, and a present in which it is never too late for bravery. Sequel to *'The Boy in Striped Pyjamas'*.

**Killing Moon by Jo Nesbo** - Time is running out! Two young women are missing, their only connection a party they both attended, hosted by a notorious real-estate magnate. When one of the women is found murdered, the police discover an unusual signature left by the killer, giving them reason to suspect he will strike again.

**State of Terror by Hillary Rodham Clinton and Louise Penney** - A series of terrorist attacks throws the global order into disarray, and the Secretary of State is tasked with assembling a team to unravel the deadly conspiracy, a scheme carefully designed to take advantage of an American government dangerously out of touch and out of power in the places where it counts the most.

## DONATED BOOKS

**When God Was a Rabbit by Sarah Winman** - Spanning four decades, from 1968 onwards, this is the story of a fabulous but flawed family and the slew of ordinary and extraordinary incidents that shape their everyday lives. Stripped down to its bare bones, it's about the unbreakable bond between a brother and sister.

**In her Blood by Nikki Crutchley** - Two missing girls, two decades apart. Only one person knows the truth ... Moody and atmospheric, a tense and twisting story that crackles off the page.

**Still Life by Sarah Winman** - With beautiful prose, extraordinary tenderness, and bursts of humour and light, *Still Life* is a sweeping portrait of unforgettable individuals who come together to make a family, and a richly drawn celebration of beauty and love in all its forms.

**The Covenant of Water by Abraham Verghese** - An expansive, multi-generational tale of an Indian family whose members all suffer from what is termed the "Condition." From the story's opening in 1900 to its close in 1977, this Condition leads to the death by drowning of many members of the family, usually male. Other members of the family become physicians. It's a hymn to progress in medicine and to human understanding.

# Prostate Cancer Fundraising Brunch

Thursday 21<sup>st</sup> September @ 10:30 am  
\$20 including a \$5 donation

## Choice of Plated Breakfast

### **Belgian Waffles**

*Served with grilled banana and bacon, fruits and maple syrup*



### **Breakfast Bruschetta**

*Toasted ciabatta with roasted tomato, bacon, mushrooms, poached egg topped with dukkha, drizzled with balsamic reduction & hollandaise sauce*



Book & pay at reception by 19 September

# **SCOTTISH NIGHT AT FAIRVIEW**

**Thursday 5th October**

**\$30 per Head**

ARRIVE EARLY AND WALK THROUGH RECEPTION WHILE ANTON PLAYS THE BAGPIPES. PROCEED TO THE BAR OR YOUR TABLE AND BE SEATED BY 5.30 FOR THE START OF THE SHOW.

*The evening starts off with a welcome from President of Residents Committee, Alastair, who will then hand over to Jill Draper, who will introduce Fiona Hunt and her dancing troupe of pupils who will perform the highland fling and other dances on the stage.*

**At 6 pm the haggis will be presented by Alastair and piped in by Anton**



DINNER WILL THEN BE SERVED.



*After dinner guests will be entertained by the Fairview Dancing group who will be performing Scottish dances led by their teacher Pat.*

Dress Code: Kilts or any Tartan

# Scottish Night

Thursday 5<sup>th</sup> October 5:30pm \$30

## To start

*Warm garlic bread*

## Choice of Plated Main Dish

*GF Poached salmon with lemon and caper sauce*

*GF / DF Braised beef bourguignon*

## Sides

*GF Buttery mashed potatoes*

*GF / DF Aromatic roasted vegetables*

*(sweet potatoes, carrots, beetroots, onion & garlic)*

## Dessert

*A traditional dessert sampler*

*Cheesecake, custard fruit tarts & red velvet*

*With chocolate sauce and berry coulis*

**Please pay & book at reception by 2<sup>nd</sup> October**





Cancer Society  
**Daffodil Day**

# Fundraiser Quiz

## Wed 11 Oct 2pm

**Join Quiz Master Benjamin & the Fairview team for a fun afternoon!**

- \$10/person - for a pub style food platter and a \$5 donation to the Cancer Society.
- 10 rounds of 10 questions.
- The Bar will be open.
- Team up to **6** people (we can also team you up with other people if need be).
- The winning team will receive a voucher of their choice each (either for Relish Cafe or Housekeeping services).

**RSVP & pay at reception by Mon 9 Oct 5pm.  
Wear something yellow for more fun!**

## **Strength and Balance**

Monday 18 September - 10.30am – 2<sup>nd</sup> 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 3<sup>rd</sup> floor.

If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

## **Tai Chi – with Weiping**

**Tuesday 19 September - 1.30pm - 2<sup>nd</sup> Floor Lounge**

**Monthly prepaid fee of \$20**

Do join us in improving our health and wellbeing in a quiet, calm way.

Our thanks to the Village Residents' Committee for their ongoing subsidy.

## **Beautician**

Wednesday 20 September - Natalie is at the Village every Wednesday from 9.45am – 4.00pm and works from the Doctor's Room on the 3<sup>rd</sup> floor.

Call or text on 0211458542 to make your booking.

## **Dancercise with Libby**

Thursday 21 September - 10.45am – 2<sup>nd</sup> Floor Lounge

\$5.00 per person.

We appreciate the subsidy from the Village Residents' Committee.

## **Restorative Yoga with Joy – *Stretch Strengthen Revitalise***

Thursday 21 September - 1.30pm – 2<sup>nd</sup> Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

## **Doctor**

**Please note, Dr Hunter is on holiday and will be away from the village until Thursday 5<sup>th</sup> Oct.**

If you require a Doctor's appointment, please phone Doctor Hunter's practice as there is a locum covering for him.

## **Podiatrist**

Thursday 21 September - 9.00am to 12.00noon – 3<sup>rd</sup> Floor Doctors Room

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

# WEEKLY SCHEDULE

18 September to 24 September 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

<b>Mon 18 Sept</b>	Hair Salon	9.30am	3 <sup>rd</sup> Floor Salon with Kim
	Strength & Balance	10.30am	2 <sup>nd</sup> Floor Lounge
	Line Dancing	4.00pm	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Lounge
<b>Tue 19 Sept</b>	Mini Bus –Albany Westfield	9.15am/9.45am/10.15am	Return: 10.30am/11.00am/11.30am
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 <sup>rd</sup> Floor Games Room
	Tai Chi	1.30pm	2 <sup>nd</sup> Floor Lounge
	Croquet (weather permitting)	1.30pm	Croquet Green
	Movie Group	7.15pm	<b>The Last Vermeer</b>
<b>Wed 20 Sept</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Beautician	9.45am	3 <sup>rd</sup> Floor Doctors Room
	Petanque	9.30am	Petanque Court
	Private Event	10.30am to 12.00pm	3 <sup>rd</sup> Floor Sun Room
	Scrabble	1.30pm	3 <sup>rd</sup> Floor Games Room
	Fairview Singers	3.00pm to 4.00pm	3 <sup>rd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Thu 21 Sept</b>	Hair Salon	8.30am – 3.00pm	3 <sup>rd</sup> Floor Salon with Margaret
	Dancercise Class with Libby <b>(New Class)</b>	10.45am	2 <sup>nd</sup> Floor Lounge
	Croquet (weather permitting)	1.30pm	Croquet Green
	Prostate Cancer Fundraising Brunch	10.30am	3 <sup>rd</sup> Floor Lounge
	Bus to Milford	11.30am	Returns 2.00pm
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Art Group	1.00pm	3 <sup>rd</sup> Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 <sup>nd</sup> Floor Lounge
<b>Fri 22 Sept</b>	Hair Salon	9.30am	3 <sup>rd</sup> Floor Salon with Kim
	Mini Bus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Rummikub	1.00pm	3 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	4.00pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
<b>Sat 23 Sept</b>	Croquet (weather permitting)	1.30pm	Croquet Green
	Cards 500	9.30am	3 <sup>rd</sup> Floor Games Room
	Indoor Bowls	1.00pm	2 <sup>nd</sup> Floor Games Room for 1.15pm
<b>Sun 24 Sept</b>	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



*Relish Cafe*  
By Chef Noris & Team

# Dinner Menu

## 18 to 24 Sept

Bookings by 1 pm on the day  
(please phone 477 3957)  
Small Meals \$17 – Large Meals \$19  
\$2.00 delivery fee applies per Villa

### Monday / Beef

**GF** Slow cooked beef sirloin, minted peas, glazed carrots, mashed potatoes

### Tuesday / Seafood (large only)

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

### Wednesday Roast / Pork

**GF** Pork roast, gravy, apple sauce, roasted pumpkin, potatoes, apple slaw

### Thursday / Chicken

**GF** Grilled butterfly chicken, BBQ sauce, mashed potatoes, green beans, carrots

### Friday / Fish

Battered Market Fish, slaw and fries

### Saturday / Chicken

Chicken Katsu, steamed rice, stir-fry vegetables

### Sunday Roast / Beef

Beef Roast, gravy, peas, corn, roasted pumpkin & potatoes, Yorkshire pudding

### Alternative TAKEAWAY Dinner Menu – in foil tin:

AVAILABLE ALL DAY, JUST CALL IN, LIMITED BATCHES WEEKLY

(GF) Corned beef with mash potatoes & steamed vegetables \$17

(GF) Fish pie with mash and boiled egg \$15

Braised sirloin, peas and potatoes \$17

Lamb Shanks \$19

