

From the Manager's Desk

Good afternoon Fairview

I had a lovely long weekend. While Aaron was busy working on the house, Mia and I went out and about. We met some friends again in Mangawhai on Sunday, Mia loved getting wet in the waves at the beach, even if she was shivering!

Printed newsletter

From next week on Thursday 2nd November, we will carry on printing the newsletter for residents who wish to pick up a copy from reception but will no longer be delivering to all residents by default. Cherie will keep an updated list of residents who cannot collect a copy from reception, for health reasons, so it can be delivered to those only. It will be delivered at the end of the day by the Kitchen team with dinner deliveries. Please inform Cherie if this is the case for you. Thank you to our Priscilla, Angela Woolnough and Garry Pike for delivering the newsletters, week after week, rain or shine!

“Transfer to an Apartment or Fairview Care” Presentation

Our presentations are very popular and got fully booked quickly. Our next presentations will be on Thursday 2nd and Friday 10th November at 2pm in the Movie Theatre. Those presentations are for any residents interested in getting to know more about transferring to an apartment or to Fairview Care, as well as financial details. Sessions are open to 10 people at a time to ensure we can answer all your questions as we go. Please RSVP at reception.

Floor Cleaning Levels 2 and 3

Our contractor Slique will be cleaning the tiles in the toilets on Level 3 and in the hallway Level 2 on Friday 27th October. Those areas will still be open for traffic but please be mindful.

Travelwise Holidays Presentation

Travelwise Holidays will be hosting a presentation in the Village Lounge on Monday 20th November at 2.00pm. Spot prizes and complimentary afternoon tea will be offered by them. Book at reception if you would like to hear more about travel deals.

Market Day Thursday 23rd November

Our annual Market Day is only 4 weeks away! 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.

Christmas' Competition

Christmas is coming in 2 months! From 1st December, residents are welcome to join our 'best decorated apartment door' or 'best decorated villa mailbox' contest? There will be a prize for both winners. If you are interested in participating in this project, please let us know at reception.

Staff of the Month

It's the time of the month where you can vote for one of our Staff who has perhaps gone above and beyond for you, or perhaps has simply been delightful in helping you. You can let me or Cherie know, or you can vote via this QR code.

Enjoy the weekend everyone! Marika

Fairview Lifestyle Village Staff
Member of the Month





Nurses' corner

Hello Everyone,

Welcome back to another week of the Nurses Corner.

With the warmer weather approaching, I'm just wanting to take a moment to remind our residents of the importance of drinking water. As you age, your body's thirst signal diminishes. When your body needs water, you may not even realize it because you don't feel thirsty like you once did. It's important after exercise or on particularly hot days to remember to drink water.

Some of the signs of dehydration include:

- Feeling of having an unquenchable thirst
- Dry, sticky mouth
- Not urinating frequently
- Dark-coloured urine
- Unexplained tiredness
- Feeling dizzy or lightheaded
- Confusion

The wonderful Libby Augustin who runs our Dancercise Class has expressed interest in running an Aqua class every week beginning Friday 10th of November 2023, not Friday 3rd November as previously advertised, at 9.15am in our Level 2 pool. This will be a brilliant addition to our existing program, and it is encouraging to see more and more people turning out to these classes. This Aqua class will be \$5.00 per person.

As mentioned, the last few weeks, I am wanting to do a manual check of the Nurse Call points in every Villa & Apartment as well as Pendants. Thus far all the call-points are working as they are supposed to. The next group of call points I will test next week beginning the 30th of October is **Lavender Close**. I will be hoping to do these checks between 10am and 11.30am Monday to Friday depending on how long it takes. Typically, I do these checks on the Fridays of the week nominated. 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 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.

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



From the Chef's Oven

Meet our staff

Meet Celeste, our multi-talented barista, chef and baker! She has previously worked in a retirement village for over 7 years and was even feeding the construction workers of this same village while it was being built. Have a look at the birthday cake she made for a resident, her first special order. She will work on a part time basis as she is also currently working in a French bakery. Come and say hi!



New items on the Café menu

Thank you for your wonderful feedback on our new Café Menu. It is always available on the regular menu. Below are some of the photo's of our new Spring and Summer Cafe Menu:

1. Grilled Haloumi Bruschetta (Vegetarian)
2. Moroccan CAB salad (GF/DF)
3. Southern Fried Chicken Waffles
4. French Toast with bacon and banana



Dinner menu and alternative frozen meals

Thank you all for coming early to pay and book for your dinner meals early. It helps us to plan and know how many meals to prepare. Reminder, cut off time is 1pm.

Our weekly dinner menu is always placed at the end of the newsletter, which also details our alternative frozen meals available for that week. We offer roast meals on Wednesdays and Sundays and our famous Friday fish & chips.

For this week, we added Gluten Free Snapper Fish Pie, Beef Casserole and Lamb Shanks as our frozen meal alternatives. Better be quick, it won't last.

Bingo Special – Saturday 4th November - \$19

Relish Café will be serving a yummy special Bingo platter from 5.30pm. Please book directly with the Café, before 1pm on that same day.



Cheers, Noris and the Relish Café team

Recipe of the month

BLUEBERRY AND ALMOND CHEESECAKE

There are thousands of recipes for cheesecakes on Internet and in cookbooks. The version of a cheesecake I want to share with you today is a non-baked cheesecake. Recently, it turned out to be one of my favourite cakes to make. Do you know why? It's simple, it's very easy to make and you can create different flavours and toppings. To add a crunchy texture, I simply add toasted sliced almonds then mixed with a blueberry sauce. Do you know that almonds improve the movement of food through the colon, thereby helping to prevent colon cancer? Almonds also help in reducing the rise in sugar and insulin levels after meals which offers protection from diabetes.



Crust:

- 250 grams plain biscuits
- 100 grams butter
- 1/2 cup white sugar
- 1 tsp cinnamon powder

Procedure:

- Using a food processor, blend all the "crust" ingredients together.
- Place and press in a 8" diameter baking tin sprayed and covered with baking paper.
- Spread jam on top, this will serve as sticky agent to the cheesecake.
- Place in fridge and let it cool for 30 minutes.

Blueberry Sauce:

- 1 cup blueberries
- 2 tbsp cornstarch dissolved in 1/2 cup water.
- 1 cup icing sugar
- 1/2 cup water

Procedure:

- In a small saucepan, boil water and place blueberries and icing sugar.
- Let it boil for about 2 minutes, then pour in cornstarch mix and remove from heat.
- Do not boil berries once you add cornstarch. This will help maintain the shine on the blueberry sauce.

Cake filling:

- 2 cups heavy whipped cream
- 2 cups cream cheese
- 1 cup white sugar
- 2 tbsp gelatin powder dissolved in 1/4 cup hot water.
- 1/2 cup blueberries
- 1/2 cup sliced almonds.
- 1 piece pineapple ring for garnishing (optional)
- 1/2 cup strawberry jam
- 1 tbsp lemon juice

Procedure:

- In a mixing bowl, using electric mixer, whip the cream until fluffy, set aside.
- In another mixing bowl, using electric mixer, whip cream cheese and sugar until fluffy and well mixed.
- Add in lemon juice and dissolved gelatine powder.
- Then add in whipped cream and fold.
- Place mixture in your baking tin then place in fridge for one hour or until set.
- Pour in blueberry sauce on top and garnish with almonds on the side or using your imagination, decorate your cake as you wish.

What's on this coming week and next



Movie Group – Tuesday 31st October

7.15pm Level 2 Theatre – Morecambe and Wise

It was the 1970s and their BBC show was one of the most beloved TV series ever produced. Stars – Eric Morecambe and Ernie Wise

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 – 20th October 2023

Another good night at the raffle and happy hour and once again there were lots of very lucky winners.

The dwelling draw was undertaken by Brynley Goodger – thank you Brynley – and the winner was Bev Barnes.

Annette Cook, who was celebrating her 61st wedding anniversary, kindly volunteered to draw our raffle winners. Thank you Annette and congratulations on your Anniversary.

Congratulations to our winners who were: Nancy Cotton, Pat Gill, Bruce Benfell, Jill Draper, Shirley Hughes, Peter Thompson, Don Gibbs, Brynley Goodger, Judy Jetten, Robin Macdonald, Luella Jacobson, Dianne Turner, Clark Robbie, Colleen Leonard, Annette Cook, Bev Wade, Pam Glaum, Alastair Glyn-Jones and Jean Elliott.

See you all again next week. Daphne Markwick 478 9803



QUIZ NIGHT -- Sunday 29 October 2023

After a few difficult months, Quiz Night returned on 1 October, being the belated September Quiz.

The Mixed Nuts asserted their superiority coming first with 55 points out of 70. Second were **The Iris Watches** with 50 points, third were **The Palms** with 49 and our new team **The Future Inmates** brought up the rear with 42 points. They earned the opportunity to choose a topic for the October Quiz.

Their choice was **STAR WARS**

The October Quiz Night will begin at 7.00pm and quizzers will be home by 8.45, so you can expect to miss the first 45 minutes of the Black Caps slaughtering Australia. Why not give it a go? You can expect an entertaining evening of fun and laughter. Bring a bottle of wine and some nibbles. The cost is \$2 per quizzer with cash prizes for the winners.

The October Topics are **General Knowledge 1, Numbers, Star Wars, History of Auckland, 2016 and General Knowledge 2.**

Go the Black Caps!



Fairview Fellowship

Next meeting Monday 30th October 3pm in 3rd Floor Sun room

You are most welcome to join our monthly interdenominational meeting. Our group gathers for friendship and to hear from an invited speaker. This month is Rev Robin Palmer from Browns Bay Presbyterian.

Contact Bronwen Charlesworth 021 920 000



Croquet Summer Schedule

Croquet now commences at 9.30am. Twilight croquet will resume on Wednesday's at 5.30pm starting 1st November. Richard Jones



Aqua Class – Now commencing on Friday 10th November

Aqua class - level 2 swimming pool commencing at 9.15am. The cost is \$5.00 per class. Swimming shoes are recommended.

Please note, the aqua class will now commence on Friday 10th November not the 3rd November.

Residents' Notices



Rugby World Cup

Grand Final. Sunday 29th October kick off time at 8.00am

All Blacks vs the Springboks.

Come and join others to watch on the large screen in the lounge.

INTERVILLAGE BOWLING TOURNAMENT



On Monday 30 October the Fairview Bowling Group will be hosting an Intervillage Bowling Tournament.

This is a low-key tournament, not to be confused with the prestigious Fairview Challenge Tournament held later in the season. However, we look forward to entertaining guests from Settlers, Hibiscus Coast, The Poynton, Evelyn Page, Park Lane, Mayfair and Knightsbridge villages. Spectators and Fairview supporters are most welcome but, please understand that parking spaces will probably be at a premium between 9.00am and 3.00pm.



Melbourne Cup – Tuesday 7th November

Sales at \$2 per bet in the card room. The race is at approximately 5pm on the big screen in the lounge. You can place multiple bets. Noris will be serving sliders, salmon canapés, chicken pieces and other yummy food. The cost will be \$19 per plate and must be ordered by Sat 4th November. Please book in the Café. Your Social Committee.

Fairview Village's gardens showcased in a Calendar

The photographing of the Villa Gardens will be carried out this Friday 27th October weather permitting. To keep prices as low as possible only one size will be printed for a wall hanging calendar. Once the printing numbers are finalized, that will be the numbers available to those who have preordered. Thank you to the residents that have given approval to have their gardens photographed.

Ron Crosby 0273715127

Guess Who?

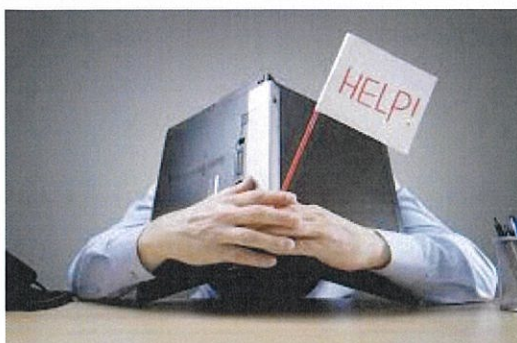
Last week's mystery resident was Mike Fish and no one guessed correctly.



Found

A silver brooch has been found in the Level 2 Theatre. Please see reception.

Computer and IT Help



We have two young ladies from Kristin High School helping us out with IT issues once a month on Mondays between 4.00 – 5.30pm. The first session will be on Monday 30th October.

They will be able to help with any problems you may have with your laptop, computer, or handheld devices. It doesn't have to be anything serious; you may just want some re-assurance. Please RSVP at reception.

Gareth's Puzzle

Last week's puzzle was "What connects these four?" Harris, Martin, Morse, Duckworth?
And the answer is they all have an associate called Lewis. Harris and Lewis is a Scottish island,
Dean Martin had a sidekick Jerry Lewis, Morse had a sidekick Robbie Lewis in the crime series and
Duckworth and Lewis rules sort out winners in rain-affected cricket matches.

This week, what comes next?

g , j , p , ??????.

Go the AB's!

VIDEO "TEN MINUTE WONDERS"



Theatre Level 2
Tuesday 31st October
4.00 – 5.00pm

For:

1. Cast and Crew.
2. Those who missed the performance.
3. Those brave enough for a second viewing!

ALL WELCOME

BINGO

\$100 Jackpot



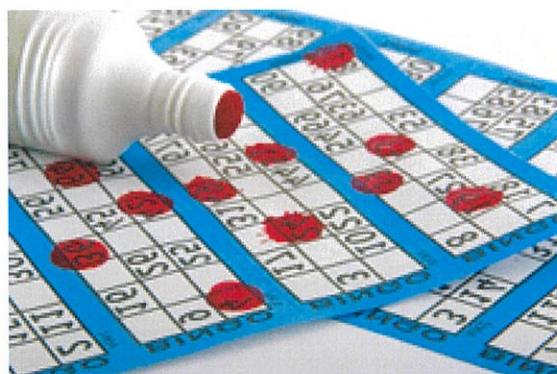
Saturday 4th November at 7pm
3rd Floor Lounge
Ticket Sales from 6.15pm

20 games – will you be a winner?
Come and join in the fun.

**** 2 choices of Ticket Packets****
\$10 gives 2 chances at Jackpot
\$15 gives 3 chances at Jackpot
Plus Lunch Voucher

The bar will be open from 5.30pm to 6.45pm

The more people that come along means Bigger Prizes.
Looking forward to seeing you.



Laughter Lines

Did You Know:

1. You can survive entirely on a diet of potatoes and butter which will provide all the necessary nutrients the human body needs.
2. Beer reduces the risk of developing kidney stones by 40%.
3. Bananas are curved because they grow against the pull of gravity. They start off hanging downwards, but as they get bigger, they start trying to grow upwards to get more sun and end up having a curved shape.
4. There is a village in the Netherlands with no roads. The only form of transportation is by boat.
5. 25,000,000 of your cells died while you were reading this sentence.

Murphy died the day he arrived back from a vacation in the tropics. He was laid out in the coffin for friends to pay their last respects."He's got a great tan," mused Mrs Doolan from next door. The holiday did him the world of good." "And he looks so calm and serene," said Mrs McGinty. "That's because he died in his sleep," explained Mrs Murphy, "and he doesn't know he's dead yet. But when he wakes up and finds out the shock will kill him."

Fred consulted his lawyer. "I've been receiving threatening letters," he said. "That's terrible," said his legal eagle. "We'll soon put a stop to that. Who are they from?" "The Inland Revenue Department," said Fred.

They had been married for ten years. She looked up from her sewing and said, Darling, why don't we go out tonight?" He put his book aside and said, "What a splendid idea. And if I get home before you I'll leave the light on in the porch."

A farmer and a small boy were gazing at a flock of sheep in the paddock. "How many do you reckon there are?" asks the farmer. "Six hundred and seventeen", said the boy after a few seconds. "That's amazing," exclaims the farmer. "That's absolutely right! How did you count them so quickly?" "Easy," said the boy, "I just counted the legs and divided by four."

The census taker pulled up outside the house of a backwoodsman deep in the bush of New South Wales. He approached the old geezer sitting on the porch. "What ya sellin sonny?" asked the old man. "I'm not selling anything. We are trying to find out how many people live in Australia." "Well, you've wasted you time coming out here." said the old man. "I haven't got the faintest idea."

Benefits of Growing Older:

1. In a hostage situation you are likely to be released first.
2. No one expects you to run into a burning building.
3. Your investment in Health Insurance is finally starting to pay off.
4. You have a party and the neighbours don't even realise it.
5. Your secrets are safe with your friends because they can't remember them either.

Little Bit of Trivia.

1. According to podiatrists, the average pair of feet travel about 190,000km in a lifetime.
2. Kilogram for kilogram the human body produces more heat than the sun.
3. Every three days, your body makes a new lining for your stomach.
4. Penguins have an organ above their eyes that converts seawater into fresh water.

And finally: If at first you don't succeed then sky diving isn't for you.

From the Joke Books of A. Nonny Muss.

MELBOURNE CUP

TUESDAY 7 NOVEMBER 5.30PM

COCKTAIL BUFFET MENU
\$19 PER PERSON

Beef Sliders

Chicken Nibbles

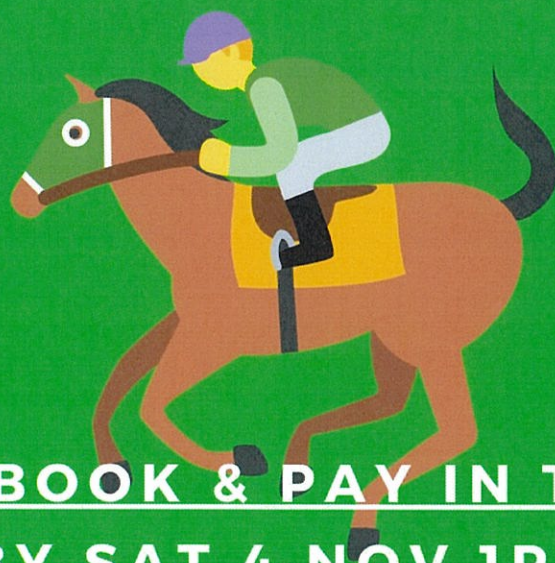
GF Vegetarian Frittata

Mini Pork Sausage Rolls

Smoked Salmon Canapes

GF Cucumber & Chicken Canapes

Hot Chips & Dips



PLEASE BOOK & PAY IN THE CAFE

BY SAT 4 NOV 1PM

Strength and Balance

Monday 30 October – 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.

Tai Chi – with Weiping (NOTE: Change of Venue)

Tuesday 31 October - 1.30pm

Level 2 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 01 November - 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.

Dancercise with Libby

Thursday 02 November – 10.45am – 2nd Floor Lounge

\$5.00 per person.

We appreciate the subsidy from the Village Residents' Committee.

Restorative Yoga with Joy – *Stretch Strengthen Revitalise*

Thursday 02 November - 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00.

We appreciate the subsidy from the Village Residents' Committee.

Aqua Class with Libby

Friday 10th November – 9.15am – level 2 swimming pool

\$5.00 per class

Doctor

Thursday 02 November – 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 02 November - 9.00am to 12.00noon – 3rd Floor Doctors Room

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

WEEKLY SCHEDULE

30 October to 05 November 2023

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 30 Oct	Hair Salon	9.30am	3 rd Floor Salon with Kim
	Intervillage Bowling Tournament	9.00am to 3.00pm	Bowling Green
	Strength & Balance	10.30am	2 nd Floor Lounge
	Fairview Fellowship	3.00pm	3 rd Floor Sun Room
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 31 Oct	Mini Bus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting)	9.30am	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Tai Chi (change of venue)	1.30pm	2 nd Floor Lounge
	Movie Group	7.15pm	Morecambe and Wise
Wed 01 Nov	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Scrabble	1.30pm	3 rd Floor Games Room
	Fairview Singers	3.00pm	3 rd Floor Main Lounge
	Twilight Croquet	5.30pm	Croquet Green
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 02 Nov	Hair Salon	8.30am – 3.00pm	3 rd Floor Salon with Margaret
	Croquet (weather permitting)	9.30am	Croquet Green
	Dancercise Class with Libby	10.45am	2 nd 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 rd Floor Sun Room
	Restorative Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 03 Nov	Hair Salon	9.30am	3 rd Floor Salon with Kim
	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 04 Nov	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
	Bingo	7.00pm	3 rd Floor Main Lounge
Sun 05 Nov	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

30 Oct to 05 Nov

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)

Spaghetti Bolognese with meatballs & garlic bread

Tuesday (Seafood) / Large only

Grilled tuna, prawns & mushrooms on a bed of mashed potato and green beans

Wednesday Roast (Beef)

GF *Roast sirloin slices, gravy, peas, roasted potatoes & pumpkin*

Thursday (Lamb)

GF *Lamb casserole in a stroganoff sauce, roasted potatoes, grilled mushrooms*

Friday (Fish)

Market Fish, slaw and fries

Saturday (Bingo Special) / Large only / Dinner starts @ 5:30pm

*Slider burger (1), chicken nuggets (3), onion rings (3)
chips & garden salad with tartare sauce*

Sunday Roast (Beef)

Roast beef in classic gravy, roasted pumpkin, carrots, potatoes, Yorkshire pudding

Optional Dinner Menu – in foil tin

Lamb Shank & Mash \$19

Beef Casserole \$17

Snapper Fish Pie \$17

