

The Village News

Reception Phone: 477 3900 Nurses 24 hours: 021 861 706 **06 May to 12 May 2024** No. 320

From the Manager's desk



Dementia NZ Presentation Wednesday 8th May 2pm

Winifred Henderson will be returning to the Village next week to share her knowledge on Dementia and experience working with Dementia New Zealand. Her presentation last year was well attended and well received by residents.

Residents' birthdays morning tea Friday 10th May 10am

I am looking forward to celebrating with residents whose birthdays are in May. Cherie will be contacting those residents.



Mother's Day Lunch Sunday 12th May 12pm

Our Mother's Day Lunch menu is already out! Have a look at the end of this newsletter. Please pay and book at reception.

North Shore Brass Band Sunday 19th May 3.15pm

Your social committee has organised for the North Shore Brass Band to be playing for residents at Fairview on Sunday 19th May in the main lodge. Why not book dinner at Relish Café afterwards?



Breast Cancer Society Fundraising Brunch Thursday 23rd May 11am

You can now book for our fundraising event, refer to the flyer and menu attached to this newsletter. Bookings and payment at reception. We are also looking for raffle items, vouchers and/or donations. If you have something in mind you could offer, please let us know. We would love to be able to raise more money than last year with some fabulous items to sell and raffle!

Staff of the month

Congratulations to our housekeeper Dolores for being our Employee of the Month in April. Her smile and kindness are appreciated by residents and the team.



Happy birthday to Matt

Happy birthday to our gardener Matt today! He received his favorite for his special day, a giant blueberry muffin from Relish Café.

Have a great weekend everyone!

Marika

*Our full housekeeping team
was all together last week
(a rare event!)
for a shared lunch and training.*

Nuie, Ellen, Rebecca, Tayla, Dolores, Marika



We need as many votes as we can to win the Aged Advisor Awards!

Aged People's Choice Awards were created to **celebrate the best of the best of villages** and care facilities. Aged Advisor supports the Awards by providing an independent platform for residents, families, staff, and visitors to share their experiences. As you know, **the only way to win is to encourage as many people as possible to share their experience of Fairview**. It is all based on YOUR feedback! We know we are a great Village and we have an amazing community, so let's show everyone!

Please complete a form before the mid-year cut-off time.

The best way to place a review online is to click here:

<https://www.agedadvisor.nz/review>

Alternatively, you can print the form by clicking this link or pick up a hard copy at reception.

We can post it for you from reception.

<https://www.agedadvisor.nz/images/agedadvisor-Review-Sheet-A4-PRINT.pdf>



Information from reception, particularly for new residents

Any post without a villa number is delivered to reception and put into the numbered villa post boxes situated at the far end of the apartment boxes by Reception. They are numbered 3-70 and 71-147, so if you are expecting something to arrive in the post and it hasn't been delivered to your villa, try checking these boxes.

We are very fortunate to have willing residents who often deliver this mail to villas when they are out walking, and we are very grateful to them for doing this.

If you receive mail in your apartment or villa post box that isn't for you, would you please hand it in to reception next time you are passing, and we can forward it accordingly.

Thank you.

Condolences

Sadly, Betty Butler passed away peacefully on Tuesday 30th April at North Shore Hospital.





Health and Wellbeing Corner

Dear Residents

As we transition into the cooler months of autumn, it's essential to pay special attention to our skin's health and wellbeing. One of the most important aspects of skincare, especially as we age, is moisturizing. Let's explore the significance of moisturizing and how it can help keep your skin soft and prevent skin tears:

1. Hydration is Key: Moisturizing helps to replenish the natural moisture barrier of the skin, keeping it hydrated and supple. As we age, our skin tends to become drier and more prone to damage, making proper hydration essential for maintaining its health and integrity.

2. Softens the Skin: Regular moisturizing can help soften rough, dry patches of skin, making it smoother and more comfortable. Soft, hydrated skin is less likely to develop cracks or tears, reducing the risk of injury and discomfort.

3. Prevents Skin Tears: Dry, brittle skin is more prone to tears and injuries, especially in areas with thinner skin such as the arms, legs, and hands. By keeping your skin well-moisturized, you can help strengthen its natural defenses and reduce the likelihood of skin tears occurring.

4. Supports Skin Barrier Function: The skin serves as a protective barrier against environmental irritants, pathogens, and moisture loss. Proper moisturizing helps to maintain the skin's barrier function, ensuring that it remains strong and resilient against external stressors.

5. Promotes Overall Skin Health: In addition to preventing skin tears, moisturizing contributes to overall skin health by improving elasticity, reducing inflammation, and enhancing the skin's natural healing process. By making moisturizing a regular part of your skincare routine, you can help keep your skin looking and feeling its best.

Tips for Effective Moisturizing:

- Choose a moisturizer that is suitable for your skin type and concerns, whether it's dryness, sensitivity, or aging.
- Apply moisturizer immediately after bathing or showering to lock in moisture and maximize hydration.
- Pay extra attention to areas prone to dryness or skin tears, such as elbows, knees, and heels.
- Consider using a thicker, emollient-rich moisturizer for deeper hydration, especially during the colder months.

Remember, healthy skin is happy skin! By incorporating regular moisturizing into your skincare routine, you can help keep your skin soft, smooth, and resilient, reducing the risk of skin tears and promoting overall skin health.

If you have any questions or concerns about skincare or would like personalized recommendations, don't hesitate to reach out to our healthcare team. We're here to support you on your journey to healthy, radiant skin.

Wednesday May 8th at 2pm: We have Dementia NZ coming to talk to our village about how to recognize and accept this new diagnosis that is experienced in many older adults. It will be a great session, I'm sure many will attend.

Can I please make a request that if you attend hospital or attend A&E would you kindly share us your discharge summary with the nursing team so we can update these details on your personal file, so in the future we are able to assist you better medically.

Remember, you are not alone. Our caring and compassionate team are here to support you every step of the way. If you have any questions, concerns, or need assistance, please don't hesitate to reach out to us.

Wishing you a safe and healthy week ahead! Maria & the nursing team





From the Chef's Oven

Anzac Dinner

Thank you all for your wonderful feedback on our Anzac Dinner last week. We served a three-course meal; starting with a chicken canape, followed by roast lamb or salmon, and finished with a triple treats' dessert plate. Thank you very much for the social committee who did an amazing job in setting up the dining room.



Staff update – a baby on its way!

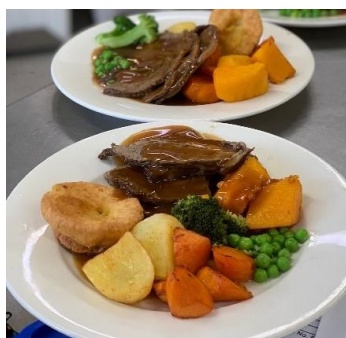
Our Chef Apple is expecting a baby! She is 4 months pregnant. Her partner Jake also works with us on a casual basis, you might see him around from time to time. Our team is so excited for the gender reveal and the baby shower coming up. We think it's a girl, what is your guess? 😊

Month of May - Happy Tuesday

Save the dates, on 7th and 21st of May, we will trial a **HAPPY TUESDAY** promotion. This will be a “**2 for 1**” special. All dinner meals served in the dining room on those 2 nights will be **Buy 1, Get 1 FREE**. A perfect promotion is for residents who want to catch up with friends, a get-together, or a date night for couples. *This deal is not valid on cabinet food, a la carte menu, frozen meals and any other alternative meals.

Dinner Menu and Alternative Frozen Meals

This week's frozen meals are; lamb bourguignon, corned beef and lamb shanks. Dinner menu for the week is always placed at the end of this newsletter. You can pre-book your dinner at any time, as early as weekdays (even for a Sunday dinner), or at the latest 10am cut off time within the day.



Upcoming Events

Sunday 12 May – Our Mother's Day menu will be a two-course lunch menu with complimentary glass of bubbles for all mothers. Please book and pay at reception. If you prefer to order from A la Carte menu, we will be serving this from 8am to 11:30am as the special lunch service will start at 12pm.

Thursday 23 May – Our menu for the Breast Cancer Society Fundraising Brunch can be found at the end of this newsletter. Please book and pay at reception.

Group Bookings and Party Reservations

We cater for all kinds of occasions, whether it is a small booking, takeaway platters, birthday party, anniversary or even just a simple catch up and get-together with your friends and families. Let us know of your requirements and we will sort everything for you, from food platters, plated dishes and even table setting. We can book events in The Sunroom, Level 2 bar or in our main lounge.

Monthly Chef's Special for May

This month, we are serving a pulled pork open sandwich. It is a 4-hour slow cooked pulled pork served on a buttered ciabatta, loaded with green salad drizzled with a barbeque sauce and an aioli dressing.



Have a great weekend everyone.

Noris & The Relish Café Team



Gardening Update

Kia Ora,

Goodbye, April! Hello, May!

In May, temperatures are still cooling off, and there may be the last of late summer harvest to preserve and store from the vege garden and fruit trees. You can try saving seed of your favourite edible plants ready to sow and enjoy again next year. Try this with your tomatoes, capsicums, beans and pumpkins.

Autumn is the main season for planting trees and shrubs as the soils are still warm and they can establish over the wet winter months to follow. It is also an excellent time for planting frost-hardy perennials and winter annuals and vegetables. Plant shrubs and start your new beds and plantings as well. If you need to move any shrubs now is the time to do so.

For all our potted colour gardeners the next couple of months are ideal for dividing up your perennials. Divisions taken from the outside of the old clump are best for replanting. It is easiest to dig up the whole clump and place two garden forks back-to-back where you want to split the clump. Then you can prize the two pieces apart. Before replanting, work compost into the planting site. Plant the new clumps in their new location with their crown just below the surface. New shoots may need protection from slugs and snails.

Autumn through winter is the best time to plant trees and fruit trees as the soil is still warm, enabling them to establish roots over the winter and spring months (a tree planted in the right season with mulch around it will need less water come the summer months). Also remember that just because your tree or plant is small it does not mean it always will be, choose the correct sized area for your plants. Check what the mature height and width of the tree/shrub will be before planting, ensuring that it will have enough space to grow and flourish without disrupting other plants or hitting roofs and windows.

Another busy week down for us here in the gardening department. We are continuing our projects and trimming with a fast pace. Margaret Drive is coming alive with all the flourishing of Camelia buds and flowers, our Metrosideros plants like Pohutukawa, Bottle Brush and Tahiti are flowing beautiful red blooms currently throughout the village. We have general maintenance jobs scheduled over the next week. Our bowling green surrounding just got a spruce up from young Connor and a treatment of wet and forget.

Cait and the Boys



Hair Salon Update

Hi residents,

I would like to take the time to update you all on some changes happening within the Fairview salon. Due to some ongoing health concerns, I am stepping away for retirement a little more abruptly than initially anticipated. My last day was Wednesday 24 April 2024 however you will see me around over the next couple of weeks as we change over.

I am pleased to leave the salon in the capable hands of Kim who has 30 years' experience and has excellent skills in all facets of hairdressing for both men and women.

There will be a change in salon hours which will be Wednesday and Thursday 9.00am - 11.40am and Friday 9.00am - 1.00pm. Bookings are essential, please make these through reception or the salon directly. We ask for patience and kindness during this change over period.

I apologize for the lack of notice, and I want to thank you all for your ongoing support and friendship during my time here and I wish you all well for the future.

Many thanks, Margaret



Digital Seniors

Free one-on-one coaching
to seniors in our
community

**EAST COAST BAYS
LIBRARY**
Tuesdays 10am-12pm

GLENFIELD LIBRARY
Wednesdays 10am-12pm

**WHANGAPARĀOA
LIBRARY**
2nd & 4th Wednesday of
the month 10am-12pm

**HOBSONVILLE POINT
HEADQUARTERS**
1st Wednesday of the
month 1pm-3pm

ALBANY LIBRARY
2nd & 4th Wednesday
of the month
1pm-3pm

NO. 12 GREENHITHE RD
3rd Wednesday of the
month
1pm-3pm

BIRKENHEAD LIBRARY
Thursdays 1pm-3pm

**DEVONPORT COMMUNITY
HOUSE**
Fridays 10am-12pm

TAKAPUNA LIBRARY
Saturdays 10am-12pm

Would you like some free help with your digital device, or are you keen to learn more? Bring your phone, tablet or laptop along to a hub and learn at your own pace with the support of a friendly coach. No need to book, just drop in to one of the hubs.

Please note, Hubs are closed on public holidays and during January.

0800 373 646

www.digitalseniors.co.nz

Hibiscus and Bays
Local Board



C H ● R U S

Devonport-Takapuna
Local Board



Upper Harbour
Local Board



What's on this coming week and next



Movie Group – Tuesday 7th May – The Phantom of the Open

Amazing true story of how Maurice Flitcroft, a dreamer and unrelenting optimist, manages to gain entry to the 1976 British Open despite being a complete novice.

Stars – Mark Rylance and Sally Hawkins.

+

You don't need to travel to a cinema outside the village to see a good movie, just take a comfortable seat in our level two Theatre at 7.15pm on a Tuesday evening and enjoy a good movie on our big screen. You are very welcome to join us.

Peter Woolnough



Friday Night Raffle – 26th April

Once again we had a great week this week having sold four major raffles and two minors. Again, thank you to Jocelyn for helping me out on the raffle table.

The dwelling draw was drawn by Alex Lee (visitor) and the winner was Bruce Benfell. Congratulations Bruce.

The main raffles were drawn by Clive Sandham. The winners were:

Maureen Capon, Monica Creedon, Viv Hood, Mary Gardner, Brynley Goodger, Trish Maunsell, Judy Jetten, Ted Ranyard, Alex Lee (visitor), Adele Carlisle, Barrie Flint, Dave Brand, Patricia Jansen, Luella Jacobson, Earl Troughton, John Gardner, Juliet Pratt, Trevor Turner, Neville Turner, Chris FitzPatrick, Annette Cook and Robin Hood.

Congratulations to all of our winners.

Please note that we cannot continue to accept \$50 notes as we do not have sufficient change.

Diane Brown
Raffle Convenor



Bingo – Saturday 4th May

Our next Bingo Night will be held on 4th May, bring along your family and friends, everyone is welcome.

The Bingo Team

Fairview Anzac Day Commemoration Function



Barrie Flint and Owen Young wearing the Winter Mess Dress of the Army (Major Barrie Flint) and the Navy (Commander Owen Young) at the Fairview Village Anzac Commemoration Function and dinner.



Residents' Notices

ANZAC DAY ADDRESS

If anyone would like an email copy of the address Barry Jones gave at the ANZAC Day event on Thursday evening, please contact him.

Phone: 0220683873 / Email: beejaynz05@gmail.com

PLANTS AVAILABLE FREE!!!

Lavatera - also known as Mallow.
I now have available seedlings in punnets.
The flowers look similar to petunias.
They are mixed colours - pale pink, deep pink and white.

Collect them from my driveway - Jim Turner, Villa 147



Thank you to Clive Sandham, Roy Keepin and Terry Denvers

Here's a big appreciation notice for all the work you've done in restoring the outside chairs to their former glory. You have improved the look of the place immeasurably!
Wendy Johnstone



Let me introduce you to Bev Barnes Resident in our village since 2002

Many of you know her well as a one-time residents' committee member, barmaid, Bingo night organiser, card games player, dancer, quiz team member and an enthusiastic party person. For twenty-five years she was a JP.



Here is the background story! Bev was born in Takapuna in December 1928 during the depression. Takapuna was a close-knit community as everyone was very hard up; running around bare-footed was par for the course. Her father built their house. Bev had two younger sisters and a brother and many cousins. This was an extended family who all supported each other. Her upbringing was strict, her schooling at Takapuna Primary and Takapuna Grammar was disciplined. Games, athletics and music were important in her early life and family parties often involved a sing-along around the piano.

At Auckland Teachers' College, Bev joined the athletics team and ended up representing Auckland as a champion hurdler. She won the Auckland title. She was in the College hockey team as well – always in wing or inside wing position as she was a fast runner. Bev spent her probationary year at Takapuna Primary School, then spent three years teaching at St Cuthbert's College. She met and married Lew during these early teaching years. He was a representative rugby player. They were both top athletes and enjoyed several years competing before having their three children, Craig, Sherryl and Carolyn. Lew and Bev's father built their house in East Coast Road. Bev stopped teaching for twelve years while her children were young.

In the 1960's Bev took up a position at Sunnybrae Normal School on the North Shore and this was when I met her. This school was a training school for students at North Shore Teachers' College and teachers were expected to do two or three demonstration lessons each week. A lecturer and about twenty students would all file into the classroom to watch the "perfect" lesson. This could be highly stressful, but we all became better teachers because of it. To this day, the staff at Sunnybrae in the early years of the school, remain close friends. Arch Jelley was the much-respected principal.

It goes without saying that Bev's career took a meteoric rise as she always put her heart, mind and soul into everything she did. She took on the responsibility of being deputy principal at two different schools and then was asked to join the Education Department at North Shore Teachers' College as a lecturer. Her next promotion was to Birkdale Primary as principal and after three years there, she won the position of principal at Bayview Primary School. During her first three years at Bayview, she represented the Education Board of Governors at Glenfield College as well as chairing the selection panel for future teachers. She also spent time as a member of the District Senior Inspector's management team and was involved in writing, preparing and demonstrating material for newly appointed principals' training courses. Bev was asked to join the Auckland Primary Inspectorate for a year and this involved travelling to many schools in the region, grading young teachers and assessing schools.

Bev always studied part time for further qualifications. Her research involved looking at the effects of peer mediation when resolving playground conflicts. This work proved successful in decreasing violent behaviour, and producing positive happy places for child learning. Another great enthusiasm was the New Zealand Children's Literature Association and as President, she travelled to Munich to promote New Zealand authors on an international stage.

When Bev retired – sadly she had just one year with Lew before he died. She became a very sort-after private tutor and started playing hockey again! She worked as a relieving school principal as well. An opportunity arose to play hockey again, and Bev played in a New Zealand team from 2000 – 2009, taking part in Golden Oldy festivals in Vancouver, Fiji, the Netherlands, Argentina and West Australia. Her team players begged her to tie a yellow ribbon to her hockey stick to denote her age! Nobody could tell she wasn't at least ten years younger. While visiting these countries, the hockey teams took up many travel opportunities.

During COVID, Bev was bedridden in Aria Gardens Hospital as she had had a fall, breaking her leg. It was discovered she had Paget's Disease and this meant extreme care needed to be taken. After two major surgeries and implants, the doctors thought she would never be able to walk again. They hadn't factored Bev's determination into that equation.

Bev loves being at Fairview Village, and she loves her family. She is a very proud mother, grandmother and great grandmother. Luckily many members of her family live nearby so she sees them on a regular basis. She plays keyboard, and is involved in crafts, card games, and reading pursuits. I have known Bev a long time now and it is a pleasure and privilege to write this brief biography.

Wendy Johnstone

Gareth's Puzzle

Last week's questions were:

- 1) What word is this? BOTMESSAGE TLE?
- 2) Which option would complete this animal list? Antelope, Newt, Iguana, Mole, Alligator, ??????? a) Lion or b) Turkey or c) Snake
- 3) Without adding or taking away any letter, what simple change will make these two words sound different and have a different meaning? polish & reading.

And the answers are:

- 1) Message in a Bottle
- 2) Lion as the first letter of each makes the word ANIMAL
- 3) Capitalise the first letter of and polish becomes Polish and reading becomes Reading, a town in Southern England.

This week's puzzles are:

- 1) In an Easter egg hunt 36 eggs are hidden. There are large, medium and small eggs in the ratio 1:2:6 How many of each are there?
- 2) What number comes next in this sequence 73614, 4637, 764, ??
- 3) 3 words start with the letter P and sound the same. What are they?
P---e, P--k, P-a-
- 4) A Russian had 3 sons. The 1st named Rab was a lawyer, the 2nd was named Ymra and was a soldier. The 3rd was a sailor. What was his name?
- 5) 1,2,3,4,5,6,7,8,9. Keeping these numbers in order, combining numbers as required and using + and - signs, make a total of 100.

Have fun - Gareth

LAUGHTER LINES

A Little Bit of Trivia:

1. The *Nullarbor* in the Nullarbor Desert in Western Australia is a Latin name. *Null* means *no* and *arbour* means *trees*, hence 'no trees.'
2. Elephants are the only animals that can't jump.
3. $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
4. It takes the average person 7 minutes to fall asleep.
5. The expression, '*knuckle down*,' originated in the game of marbles – players put their knuckles on the ground for their best shots.

Over the Coffee Cups:

1. Regulations for the hospital I worked at state that a wheelchair must be provided for patients being discharged . However, while working as a student nurse, I found one elderly gentleman sitting on the bed with a suitcase at his feet – who insisted he didn't need my help. After a chat about rules being rules, he reluctantly let me wheel him to the lift. On the way down I asked him if his wife was meeting him. "I don't know ," he said, "she's still upstairs changing out of her hospital gown." *Pearl Dansey*.
2. Late one night I stopped at one of those 24hr service station shops to get myself a freshly brewed cup of coffee. When I picked up the pot, I noticed that the brew was as black as tar and just about as thick. "How old is this coffee?" I asked the woman who was standing behind the counter. She shrugged. "I don't know, I've only been working here two weeks." *Peter Short*.

A young, newly minted Judge was appointed to conduct hearings for those involuntarily committed to a psychiatric hospital. On his first day, he asked the man at the door of the hospital, "Can you direct to where the courtroom is?" The man replied, "Why?" "I'm the Judge," came the reply. Pointing to the building the man at the door whispered. "Don't tell them that or they'll never let you out."

A defence lawyer made his final address to an all-male jury before its members retired to consider their verdict. The lawyer asked, "Gentlemen, shall we cast this beautiful, lonely young lady into a dim, dark cell in a horrible prison, or shall we return her to her lovely inviting Oceanside unit, telephone number 029 555 4531."

A policeman pulled his vehicle up alongside a speeding car and was shocked to see a little old lady behind the wheel busy knitting. The officer switched on his lights and sounded his siren, but the little old lady was oblivious. So the policeman got out his loudspeaker and shouted to the woman, "Pull over!" "No," the old lady shouted back. "Cardigan!"

Daffynitions: **TAXIDERM**, a skin condition peculiar to taxi drivers. **SWAIN**, trees in a breeze. **SUNDRY**, the last day of the week. **RIOTER**, an author. **RUSTIC**, degeneration through exposure to air. **SEMICOLON**, half way down the tummy. **EXPUNGE**, a cake made from eggs.

An elderly couple, admitted by St Peter through the Pearly Gates, found conditions there to be just heavenly. Said the man to his wife, "I could have been here two years ago if you hadn't kept feeding me all that oat bran stuff."

And finally. Snails mate only once in their lifetime, but it can take up to 12 hours.

From the Joke Books of A. Nonny Muss



BINGO

\$100-Jackpot



Saturday 4th May at 7pm
3rd Floor Lounge



Ticket Sales from 6.15pm
The bar will be open from 5.45pm to 6.45pm



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



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



Social Committee
WINTER CONCERT SERIES

You are invited to a free performance of the
NORTH SHORE CONCERT BAND

FAIRVIEW VILLAGE LEVEL THREE LOUNGE
SUNDAY MAY 19TH 3.15PM TO 4.15PM

BAR OPENS AT 4.15PM
FAMILY AND FRIENDS VERY WELCOME

North Shore Concert Band



**Will be performing at Fairview
Sunday 19th May at 3.15pm**

**Music from Movies, Shows, Jazz,
Classical and more...**

**COME ALONG AND ENJOY THIS
Great group of musicians.**



PLEASE JOIN OUR

Mother's Day Lunch

SUNDAY 12TH MAY 12PM
2 COURSES MEAL \$29/PERSON

Choice of Mains

Lamb leg roast (GF)

Italian chicken in Marsala wine sauce (GF)

Served with

Warm beetroot & spinach salad

Honey glazed carrots

Dukkha scalloped potatoes

Dessert

Homemade strawberry mousse

Seasonal fruits with mixed berry coulis

A complimentary glass of bubbles
will be served to Mothers on the day

**PLEASE BOOK & PAY
AT RECEPTION
BY THURSDAY 9 MAY 1PM**





Let's fundraise for

BREAST CANCER SOCIETY

BRUNCH WITH US
FOR THE CAUSE!

GOLD COIN DONATIONS WELCOME

THURSDAY 23RD MAY @ 11.30

\$20/person
including a glass
of bubbles

\$5 of our proceeds
will go to the Society

Please choose from:

Bruschetta Breakfast

Poached egg, roasted mushrooms, streaky bacon served on a toasted ciabatta with hollandaise sauce & balsamic glaze

Belgian Waffle

Belgian waffle, grilled banana, streaky bacon served with seasonal fruits & maple syrup

Please advise if any dietary requirements.

Please book and pay at reception by
Monday 20th May 4pm

Happy Tuesday 2 for 1 Deal

7th & 21st May

2 for 1
on dinner meals served in
the dining room only

**Not applicable to:
frozen meals, cabinet food, a la carte menu,
and/or any other alternative meal.

*Bon
Appétit*



Strength and Balance

Monday 06 May - 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 08 May. Natalie is at the Village every Wednesday from 9.45am – 4.00pm.

She 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 09 May – 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 10 May – 9.15am – level 2 swimming pool

\$5.00 per class

Attendance at the aqua class has been dropping and Libby will not be able to continue if people don't attend more regularly.

Doctor

Thursday 16 May – 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 16 May – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please contact reception if you would like an appointment to see Paul Hames.

WEEKLY SCHEDULE

06 May to 12 May 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 06 May	Hair Salon with Kim	9.30am	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 07 May	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting)	9.00am	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 Phantom of the Open
Wed 08 May	Hair Salon with Kim	9.00am – 11.40am	3 rd Floor Salon with Kim
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice	10.00am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 09 May	Hair Salon with Kim	9.00am – 11.40am	3 rd Floor Salon with Kim
	Croquet (weather permitting)	9.00am	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 Sunroom
	Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 10 May	Hair Salon with Kim	9.00 – 1.00pm	3 rd Floor Salon with Kim
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with Libby	9.15am	Level 2 Swimming Pool
	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 11 May	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 12 May	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

06 May to 12 May

Bookings by **10am** on the day
(please phone 09 477 3957)
Small Meals \$18.00 – Large Meals \$20.00
\$2.00 delivery fee applies per Villa

Monday / Chicken

GF Pan Grilled chicken breast, brown gravy, Brussel sprouts,
glazed carrots, roasted potatoes

Tuesday / Beef

2 for 1 Dine-in only deal – One large size only

Slow-braised beef sirloin, steamed peas, carrots, chives mashed potatoes

Wednesday Roast / Choice of meat

GF Roasted pork leg roll, gravy and apple sauce
Or chicken roast, vegetable gratin, roasted carrots & potatoes

Thursday / Chicken

GF Chicken Schnitzel, coleslaw salad, hot chips and dips

Friday / Choice of Fish

Beer-battered fish with tartare sauce, slaw and fries
Or baked fish pie (Kahawaii and hoki with boiled egg and peas) *large only

Saturday / Beef

GF Mild beef curry, steamed vegetables, roti, aromatic basmati rice

Sunday Roast / Lamb

GF Lamb roast, jus and gravy, mint sauce, mushy peas, buttered corn,
roasted pumpkin and potatoes

Alternative TAKEAWAY Dinner Menu – in foil tin:

AVAILABLE ALL DAY, JUST CALL IN, LIMITED BATCHES WEEKLY