

The Village News

From the Manager's desk

Letter on Electric Vehicle Policy & Residents' consultation

A letter concerning Lithium-ion powered vehicles was distributed yesterday to all residents, at the same time we met with your committee to present the letter. The letter details how we are seeking feedback on the policy and will be holding a full residents' meeting on **Wednesday 3rd July at 10am** to consult on this policy. This is obviously a very important policy decision, and we would really appreciate all the feedback that we can gather. We would prefer that this feedback is in writing so that it can be captured accurately and concisely. Please email me directly with any feedback or alternatively if in writing please drop at reception for my attention. We have attached a digital copy of what was distributed to the weekly newsletter email.

Booking a room or a space in the Village

If you are hosting a function or would like to book a space or room in the Village, you can write it down in our yearly planner at Reception or let Cherie know and we will ensure there is no double booking.

Speaker David Wright – Sunday 23rd June 3.15pm

Your social committee has organized for an interesting speaker, David Wright, to come and talk to residents at the Village about his life on board with The Spirit of Adventure Trust.



Fairview's 24th Birthday Dinner – Wednesday 26th June

We are looking forward to seeing everyone dressed up for the occasion. Your social committee has been working hard organizing this special event for the Village and residents. It will be a fun night.

Transferring to an Apartment or Care Presentation – Thursday 27th June 10.30

I am inviting residents and families to attend an informative presentation giving residents more details on transferring to an apartment or care if need be, in the future. The presentation will be in the Movie Theater, please RSVP at reception to book your seat.



Public Holiday on Friday 28th June

Take note that on Matariki, we will have skeleton staff in the Village. There will be our nurse on duty as per usual. Relish Café will be closed but will be delivering dinner meals. Remember to bring your swipe if coming to the Lodge.

Vote for a staff member for the month of June

If you think one of our staff deserve the Staff of the Month Award for June, let us know. You can drop by at reception or email us. The team loves to hear all the lovely words we receive from our residents.



Aged People's Choice Awards

You still have time to vote alongside your family and friends. Let's dream of our Awards' night celebrating our success at Fairview! Thank you to all of you who have already completed a form, it is truly appreciated by all of us. The best way to place a review online is to click here: <https://www.agedadvisor.nz/review>. Alternatively, you can print the form here or pick up a hard copy at reception. We can post it for you. <https://www.agedadvisor.nz/images/agedadvisor-Review-Sheet-A4-PRINT.pdf>



Health and Wellbeing Corner

This week, we are going to chat about Number Two's

Welcome to this week's edition of our health newsletter. We are committed to providing you with valuable information to support your health and wellbeing. This week, we're focusing on a topic that's essential for your digestive health and overall comfort: the importance of having regular bowel movements.

The Importance of Regular Bowel Movements:

Maintaining regular bowel movements is crucial for overall health, particularly as we age. Regular bowel movements help prevent constipation and related complications, ensuring that your digestive system functions smoothly. Here's why it's important and how you can maintain regularity.

- 1. Prevents Constipation:** Constipation can lead to discomfort, bloating, and pain. Regular bowel movements help prevent constipation by ensuring that waste moves efficiently through the digestive tract.
- 2. Reduces the Risk of Hemorrhoids:** Straining during bowel movements can cause hemorrhoids, which are swollen blood vessels in the rectal area. Keeping stools soft and regular helps reduce the need to strain and lowers the risk of developing hemorrhoids.
- 3. Supports Digestive Health:** Regular bowel movements indicate that your digestive system is functioning well. They help your body get rid of toxins and waste products, which is essential for maintaining overall health.
- 4. Enhances Comfort:** Regular elimination can significantly improve your comfort and quality of life. It helps you feel lighter, reduces bloating, and can prevent digestive discomfort.

Tips for Maintaining Regular Bowel Movements:

- **Eat a High-Fiber Diet:** Include plenty of fruits, vegetables, whole grains, and legumes in your diet. Fiber adds bulk to stools and helps them pass more easily through the digestive system.
- **Stay Hydrated:** Drinking enough water is crucial for preventing constipation. Aim for at least 4-6 glasses of water a day to keep your digestive system well-hydrated.
- **Exercise Regularly:** Physical activity stimulates intestinal function and helps move waste through your digestive system. Even gentle activities like walking can make a big difference.
- **Establish a Routine:** Try to go to the bathroom at the same time each day, ideally after a meal, to train your body to have regular bowel movements.
- **Listen to Your Body:** Don't ignore the urge to go to the bathroom. Responding to your body's signals promptly can help prevent constipation.
- **Start your day with a high-fibre breakfast:** Options like oatmeal, whole grain cereals, and fresh fruit can kickstart your digestive system and help promote regularity throughout the day.

Did You Know?

Inadequate fibre intake is one of the most common causes of constipation. The recommended daily intake of fibre for adults is about 25-30 grams. Incorporating fibre-rich foods into your diet can make a significant difference in maintaining regular bowel movements. Also, the importance of drinking approx. 4 glasses per day is vital to support the bowel function.

That's all for this week's newsletter. If you have any questions, concerns, or need personalized advice, please don't hesitate to reach out to our nursing team. We're here to help you stay healthy and comfortable.

Upcoming Events:

- Friday July 12 10.30am Podiatry how to care for our feet.
- Pinehurst high school students: This week we had some high school students here at the village assisting with IT issues, dog walking and companionship. It was greatly appreciated by those who engaged in it. They will be coming back each Tuesday afternoon, if you would like to see them call Maria and it can be arranged.

Wishing you a week filled with health, happiness, and vitality!

Maria and the nursing team

Condolences

Sadly, Jill Devonshire passed away on Saturday.

The family will be having a private family funeral.

The family invites residents and friends to attend the memorial service for Jill.
This will be held at Long Bay Baptist Church on Glenvar Road, Torbay at
1.30pm on Saturday 6th July





From the Chef's Oven

Did you know?

- We have different types of bread always available: rye bread, white bread, wholemeal bread, ciabatta, brioche bun, gluten free bread and garlic bread. You can ask us for your preferred type for your toastie!
- We have plenty of sauces, condiments, and dressing that you can also choose from, e.g. BBQ sauce, Caesar dressing, hollandaise sauce, tartare sauce, teriyaki sauce, mayonnaise, aioli, mustard, ginger and lime dressing, French vinaigrette dressing, etc.
- Vegetarian options: Although our vegetarian options are not all written on our menu, various options are always available like vegan breakfast, truffled mushrooms on toast, vegetarian club and Greek salad. Please ask one of our Café staff.

Donut Friday

Thank you all for your wonderful feedback on our homemade donuts. We are now increasing our donuts' production on Fridays. Our talented baker Celeste will be making delicious donuts every Friday at an introductory price of \$4 each or 3 for \$10. Better be quick, first come first serve.



Wednesday June 26 – Village Birthday

It is a three-course menu that you can read at the end of this newsletter. Payments and bookings at reception.

Tuesday July 9 / Happy Tuesday Dine In Special

Please save the date! Based on your wonderful feedback and support, we will offer a 2 for 1 promotion again on Tuesday 9th July, for dine ins only.

Sunday July 14 & Monday 15 / Bastille Day

We will have a two-day French Cuisine Festival for Bastille Day! Our Chef Abdel, who cooks fantastic French food, will be starring French goodies – cheese croquettes, steak frites, pastries and more. Watch out for the flyer coming up!

Frozen Meals & Alternative Meals

This week's frozen meals are corned beef and braised beef. There is no cut off time on frozen meals as you can just pick it up at the café. If you would like it heated and delivered, cut off applies at 12pm.

Café is closed on Friday 28th June

Just a reminder, the Café will be CLOSED on Friday 28th June for the Matariki Holiday. However, our kitchen will still be delivering dinner on that day. Same cut-off time of 12pm.

Chef's Special for the month of June

It's the last week of our famous butter chicken. If you haven't tried it or would like to eat it again, this is the last chance! It's a diced chicken dish with our homemade butter chicken sauce – rich tomato and creamy curry sauce served with aromatic basmati rice, roti and garden salad.



Noris and Relish Café team



Gardening Update

Kia Ora Everyone,

As we welcome in the shortest day for 2024, we celebrate the turning point but know that the grind-out of winter will still be long and slow, with Saturday's daylight just one second longer. Even a month later, on July 21st, we will have only about 25 more minutes of daylight. Two months later things start looking rosier, with a daylight gain of about 90 minutes. Then by September 21st a couple of days short of the equinox there's a gain of nearly three hours.

Here in the gardening department, we have been completing a large variety of jobs around the village. Hugh has been continuing his landscaping journey through our Villa sales refurbishments. Starting off with some gardens looking a little bit wild and busy he's been transforming them into low maintenance tidy gardens, this has been a great opportunity for Hugh to strengthen his plant knowledge and understanding the structural systems of different plants. i.e. do they have tap roots, are they fibrous?

Wesley and I have had the pleasure of pond diving this last week. If you didn't know we actually have two ponds located here at Fairview. These ponds are designed for storm water runoff from the village to slow down the catchment before it flows into Lucas Creek. Unfortunately, we had an issue with a blocked drainage system leading from our pond into Lucas creek causing our pond to flood and unable to drain. We managed to get it unblocked and cleared and thankfully got the water to subside. This then caused the issue of WEEDS!! To be able to maintain the pond thoroughly we had to remove the weeds so Wesley and I spent two days in waders diving into the smelly muddy pond removing nearly 1tonne of weed and debris from inside the pond. The weight of the weeds was phenomenal, alongside the muddy silt at the bottom it became very challenging at certain points to trek across the pond.

Matt and Connor have been finishing up some of their low maintenance villa refurbishments around Elm Haven. The transformations the boys are completing are amazing, opening spaces in between plants replacing unsuitable plants with ones that will thrive in that area creating an easier to maintain garden. Some of our garden beds are so narrow and, in the past, have been planted with large growing shrubs causing issues with overhangs onto the lawns or the problem of not being able to prune the plant back hard without it dying off. They plan to continue the mission of low maintenance through the next few weeks.

One top tip we want to mention is about a plant that these two are battling in nearly every villa "*Raphiolepis indica*" or commonly known Indian Hawthorn.

This low growing plant can be beautiful in certain areas but for us here at Fairview it is becoming a nightmare. The leaves are leathery, oblong, alternate, serrate, and appear whorled at the ends of the stems. Initially, they emerge as bronze coloured and transition to deep green. In the spring, small fragrant white or pink flowers are born on panicles that cover the shrub. Dark berries appear after flowering and persist through the winter months. Birds and small mammals are attracted to the fruit.

Due to the dark berries being so delicious for our little bird friends we have seen a huge influx of hawthorn seedlings being spread across the village; this has then caused a big issue for our team. Once the hawthorn roots itself it has a large tap root that its horrible to remove and we are finding it everywhere, even if there is no mother plant in sight. If you have one of these plants get in touch with one of us for a chat. We would love to either replace it or try remove the berries before they spread.

Happy Gardening

Cait & The Boys



What's on this coming week and next



Movie Group – Tuesday 25th June – Fisherman's Friend

Uplifting story based on real life. A group of sea-shanty singing friends enjoy a likely rise to fame.

Starring: Daniel May, James Purelay and David Hayman

Our movies are carefully selected for your enjoyment. While we try to avoid reshowing any movie, we have shown in the last five years you might spot the occasional repeat. You can be confident any repeated movie is particularly good and well worth viewing again.

Peter Woolnough



Friday Night Raffle – 14th June 2024

This week we sold 3 majors and 3 minors.

Monica Renwick drew the dwelling draw. Won by Pat Gill. Congratulations Pat.

Annette Cook drew the main raffles. The winners were:

Bruce Benfell, Judy Jetten, Neil Butt, Chris FitzPatrick, Paula Turner, John Gardner, Neville Turner, Ted Ranyard, Rosalie Hancy, Dave Brand, Bev Wade, Bev Brand, Brynley Goodger, Pam Glaum, Patrick Knell, Viv Hood, Yvonne Keir, John Cook, Jocelyn Goodger, Dennis McCarthy, Sandie Jennins, Faye Bagosi, Dianne Turner, Luella Jacobson, Richard Jones.

Congratulations to all our winners.

Ian Johnstone Tel: 021 855227

On Behalf of Diane Brown

Raffle Convenor – Tel: 4783581



East Coast Bays Catholic Parish

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 21st June at 11.00am. 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



Fairview Fellowship

Our Fairview Christian Fellowship offers a warm invitation to join us each month. We meet to encourage each other in our shared faith and hear from an invited speaker.

Next meeting is on Monday 24th June at 3pm in 3rd floor Sunroom.

Bronwen Charlesworth 021 920 000



QUIZ NIGHT – Sunday 30 June 2024

In a low-scoring night on Sunday 26 May the Mixed Nuts prevailed again, with 48 points out of a maximum of 70, despite being reduced to only four quizzers.

The Secret Squirrels were second with 43. The Iris Watches were third with 40 and The Palms earned the right to choose a topic next month with 34. The topics were **General Knowledge 1, ABC**, (answers beginning with A, B or C), **General Knowledge 3, Famous Airports, Arts & Literature** and **General Knowledge 2**.

The Palms immediately chose **Rabbits** as their topic for June.

Consequently, the June questions will be on: **General Knowledge 1, Fight or Flight, Rabbits, the Eighties, South America** and **General Knowledge 2**. The first question is asked at 7.00pm and quizzers are home by 8.45, so 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 quizzers with cash prizes for the winners.

We will see you there!

Residents' Notices

Fairview Singers

The next meeting of the Singers is due on the 26th June, this is the same day as the Village Birthday Dinner and therefore will have to be cancelled. This means the next meeting will be on the 10th July 3pm in the Lounge.

Len Hancy 478 0274

Grand Final



WATCH THE MATCH LIVE IN THE LOUNGE ON SATURDAY 22nd JUNE AT 7.05PM

Barry Jones & Peter Woolnough

Danske Mobler Visit

Danske Mobler have invited Fairview Village on 3rd July at 10.30am to visit their factory (show home) upholstery and cabinet making area and finishing up having morning tea.

Any person who would like to go please let Cherie know. They can accommodate 20 to 25 people in total and we are arranging the Fairview Van and there is plenty of car parks on their premises for private vehicles to park.

For the men's shed personnel and others there are plenty of off cuts they can collect for whatever. They also advise that they have lots of upholstery fabric to view and items made in the factory to look at. Rod Poultney

From the Bar

Just a gentle reminder that if you are planning to have any functions in the lounge that involves The Bar please contact Mark Jennins so that the required level of bar staff can be organised. This is never a problem such is the high calibre of our dedicated group of volunteers, but we do require advanced notice.

Many thanks, The Bar

Flower Arrangements in the Lodge Entrance and Lounge



The residents at Fairview Lifestyle Village owe Robin and Peter Cusdin a huge vote of thanks for their work in maintaining the big flower arrangements we have become accustomed to seeing. At the time Robin and Peter moved into the village, the sales lady requested several large flower arrangements, and the flowers were paid for by the village. Robin and Peter store these flowers in their garage and Robin changes the arrangements quarterly.

On big social occasions such as the birthday dinner on the 26th June, Robin supplies the table arrangements as well. These smaller table arrangements are the property of the village and not to be taken home after the event.

Every visitor I have been with, invariably comments on the lovely ambience of the lodge lounge and what a welcoming place it is. The flowers certainly add to this atmosphere.

Thank you, Robin (for the flowers) and Peter (for all the assistance), on behalf of the Residents' Committee.

Wendy Johnstone

Gareth's Puzzle

Starting again now I am back on one and two-thirds feet!

So off we go again with a puzzle appropriate for this time of year.

If an FT gets you a GD, and being SD gets you an SR, what does being TD get you?

For Sale

A turquoise walker in excellent condition \$150.00.

Phone Helen 021 239 7659

For Sale

A 2-door white cabinet \$25.00.

Diane Lemmon 027 471 8250



Found

Black spectacles were left on the bar last Friday night. Please see reception.

For free – removal

Only a few months old. Scotch guarded. No marks.

Barbara Bailey 0274 168 945



Police Officer Phone Scam

Police are warning the public to remain vigilant against phone scams going around in which scammers are posing as police officers.

Many people have been targeted by someone telling them they have been a victim of a fraud or scam. The scammer, pretending to be a police officer from a particular department, then asks for the target's financial details.



If you receive a call of this nature, do not hand over any personal details.

A Fairview resident was contacted by this scammer and fortunately realized it was a scam, ended the call and advised the police.

For Dog Walkers

Please keep your dog on a leash when out walking. There is a regular dog walker who goes up Gardenia Grove and lets their dog loose and the dog goes in my garden.

On opening my window one morning there was a bad smell, a dog had left a fresh parcel (with flies) under the window. I found three other parcels in the same garden from previous days.

Thank you. Jim

Fairview Garden Club

Earlier this week at Fairview, we were delighted to showcase an extraordinary floral art display, courtesy of Shirley Jones and friends. Featuring 19 unique styles, our artists embraced the theme of “using what is around you.” We are enjoying having the art displayed in the main Lodge.



FAIRVIEW VILLAGE LIBRARY LATEST BOOKS JUNE 2024

NEW BOOKS

Dust Child by Nguyen Phan Que Mai - A suspenseful and moving saga about family secrets, hidden trauma, and the overriding power of forgiveness, set during the war and in present-day Việt Nam. When two sisters leave their rural village for the city of Saigon, and are hired to work at a bar, they meet and fall in love with American soldiers. The outcome of their relationships affects the future for them and the next generation.

The Engraver's Secret by Lisa Medved - Drawn into the lively household of Peter Paul Rubens, whose work her father engraves for a living, Antonia begins to see a life of colour a possibility for herself - until Lucas entrusts her with a terrible secret that will alter the course of their family's future.

The Fellowship of Puzzle Makers by Samuel Burr - Clayton Stumper might be in his twenties, but he dresses like your grandpa and fusses like your aunt. He was raised by a group of eccentric enigmatologists (puzzle makers). When the main maternal presence in Clayton's life passes away, she bestows her final puzzle on him: a promise to reveal the mystery of his parentage and prepare him for life beyond the walls of the commune.

The Library Thief by Kuchenga Shenje - Lord Francis Belfield's library is old and full of secrets - but none so intriguing as the whispers about his late wife. Then one night, the library is broken into. Strangely, all the priceless tomes remain untouched. Florence is puzzled, until she discovers a half-burned book in the fireplace. She realises with horror that someone has found and set fire to the secret diary of Lord Belfield's wife—which may hold the clue to her fate...

What Happened to Nina - Nobody knows! The young, fun, and deeply in love couple leave for a weekend away, and only he comes home. Simon's explanation about what happened in their last hours together doesn't add up. Nina's parents push the police for answers, and Simon's parents rush to protect him. They hire expensive lawyers and a PR firm that quickly wraps up a vicious, nothing-is-off-limits media campaign.

DONATED

The Quick and the Thread (Large Print) by Amanda Lee - Opening an embroidery specialty shop in quaint Tallulah Falls, Oregon, was a big deal for Marcy Singer. But it was nothing compared to finding a dead body in her store. She becomes a suspect but Marcy will be darned if she doesn't get to the bottom of this mystery, because it's starting to look as if someone's intent on putting the final stitch in her.

Agnes at the End of the World by Kelly McWilliams - Agnes loves her home of Red Creek--its quiet, sunny mornings, its dusty roads, and its God. There, she cares tirelessly for her younger siblings and follows the town's strict laws. What she doesn't know is that Red Creek is a cult, controlled by a madman who calls himself a prophet.

A Woman of Courage by Tania Blanchard - Inspired by a True Story. 1890, Northern England. Hannah Todd dreams of a future where women have the right to vote. Fresh from her teaching studies in Durham, the university city, she joins her parents in a rural village, brimming with newly found passion and the groundswell towards women's suffrage unfolding in London.

FAIRVIEW VILLAGE LIBRARY

FOR NEW RESIDENTS

INSTRUCTIONS FOR SIGNING A BOOK OUT and OTHER USEFUL INFORMATION

- There is an Issue book on the desk. Please complete the next blank line with your details and the details of the book.
- Complete the slip at the back of the book.

Page No.	Line No.	Date Borrowed	Initials
22	2	20.06.2024	NT

Sample

- Once you have completed the slip, if you transfer the details to the slip at the back of the book (see above) this will help you to find the place in the Issue book where you can sign your book back in later. By completing the slip at the back of the books, it can help the library committee members
- New books with label should be returned to the Library promptly - within two weeks.
- When returning the book, once you have found the correct entry in the Issue book complete the return with the date and your initials. Please leave in the Return Box and do not shelve. The library committee members will do that.
- Donated book box - because of the lack of space, we ask that donated books have a publication date of no more than two years ago.
- Large Print books are labelled and are found on the wall adjacent to the door
- Orange Labelled books (on the back wall) - Non Fiction books
- Green Labelled books (on the back wall) - Biographies etc.
- Magazines, Jigsaws and DVDs do not need signing out.

For further assistance, please contact Jill 476-6958 or Natalie 479-9527

SOCIAL COMMITTEE INVITATION
GUEST SPEAKER *DAVID WRIGHT*
SUNDAY JUNE 23rd 3.15 PM

SPIRIT OF ADVENTURE



The Spirit of Adventure Trust is a non-profit organization empowering young New Zealanders to reach their full potential.

During his many voyages sailing on the Spirit of Adventure David has seen many lives changed by the experience of crewing on a large three masted sailing vessel.

Please bring your family and friends to hear this very special speaker.

We will “splice the mainbrace” at 4.15 pm!

There will be a donation box for the Spirit of Adventure Trust

SOCIAL COMMITTEE INVITATION

FAIRVIEW WINTER CONCERT SERIES

SUNDAY JUNE 30th AT 3.15 pm

DREAMING OF OPERA

OLIVIA FORBES



Barry and Jennifer Jones are rightly proud of their granddaughter, Olivia. Olivia was a member of the Kristin School's premiere choir, Euphony, for 5 years and toured Europe in 2019. She played the lead part of Flora in New Zealand Opera's production of the 'Turn of the Screw' by Benjamin Britten. Olivia has recently studied a postgraduate Honors degree in Classical Voice.

This talented young lady has a passion for Classical Music. She is looking forward to performing at Fairview and sharing the joys of classical music with her audience.

The bar will be open at 4pm.

YOUR FAMILY AND FRIENDS WILL BE VERY WELCOME.



A fun, practical and FREE cooking and nutrition course for older people

Four Fridays from July 5th to 26th

10am - 1pm in the Rimu Room at
Windsor Park Baptist Church
morning tea & lunch included

Register via the QR code
or by emailing
[info@nutrition
foundation.org.nz](mailto:info@nutritionfoundation.org.nz)

Contact Priscilla
for more info:
027 444 7648



LAUGHTER LINES

One Liners:

1. She said that on his latest diet her husband had lost 5kg in a week. In 18 months she hopes to be rid of him altogether.
2. He was a consistent preacher. After each of his sermons there was a significant awakening.
3. She thinks that an Operetta is a girl who works in the telephone exchange.
4. I told my wife she didn't have a sense of humor. Then she reminded me that she had married me.
5. Wedding speech: "This is the happiest day of my life, and I really must thank my bride for pointing this out."

It could only happen in America – or Australia:

1. A woman was reporting her car stolen and mentioned that there was a car phone in it. The policeman taking the report called the phone number and told the guy who answered that he was answering the ad in the newspaper and wanted to buy the car. They arranged to meet and the thief was arrested.
2. A pair of nervous robbers entered a Michigan record shop waving revolvers. The first one shouted "Nobody move!" When his partner moved the startled first bandit shot him.
3. A guy walked into a 7-11 store in Wollongong, put a \$20 note on the counter and asked for change. When the clerk opened the cash drawer, the robber pulled a gun and asked for all the cash in the register, which the clerk promptly provided. The man took the cash from the clerk and fled, leaving the \$20 note on the counter. The total amount of money he got from the drawer - \$15.40.
4. In Oklahoma City, Dennis Newton was on trial in a District Court for the armed robbery of a convenience store, when he fired his lawyer. The prosecutor said that Newton was doing a fair job of defending himself until the store manager testified that Newton was the robber. Newton jumped up, accused the woman of lying, and then said "I should have blown your head off." Newton paused, then quickly added, "if I had been the robber." The Jury took 5 minutes to find Newton guilty and he was sentenced to 30 years.
5. When a man attempted to siphon petrol from a motor home parked on a Port Macquarie, he got much more than he bargained for. The Police arrived to find an ill man curled up next to a motor home near a pool of spilled sewage. A police spokesman said the man admitted to trying to steal petrol and had plugged his hose into the motor home's sewage tank by mistake. He tried to siphon the petrol by first trying to suck it up the hose. The owner of the vehicle declined to press charges, saying it was the best laugh he had ever had.

Two blondes were walking down the street. One notices a compact on the footpath and leans down to pick it up. She opens it, looks in the mirror and says, "Hmmm, this person looks familiar." The second blonde says, "Here, let me see!" So the first blonde hands her the compact the second one looks in the mirror and says, "You dummy, it's me!"

Three drunk guys were rambling through a cemetery to find the oldest person buried there. One wasted bloke yells out, "Here's a fella that died when he was 147 years old." "What was his name?" asked another of the inebriated trio. The third one strikes a match to see what else is written on the stone marker, and exclaims, "He was Miles, from Dublin."

A Little bit of Trivia:

1. A seagull can drink salt water because it has special glands to filter out the salt.
2. In ancient time drinkers warded off the devil by clinking their drinking mugs.
3. When you blush your stomach lining also reddens
4. Medical experts suggest you sleep on your right side to aid digestion.
5. When Mars is nearest the Earth, the number of UFO sightings increases.

And finally: I had a boring office job, I used to clean all the windows in the envelopes – *Rita Rudner*

From the joke books of A. Nonny Muss.

SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING JUNE 2024

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 June, 2024. Full minutes will be available in the library following the confirmation of the minutes at the next meeting.

PRESENT: Gordon Tasker (Chair), Andra Glyn-Jones, Wendy Johnstone, Barbara Bailey, Neville Turner, Wilma Cooper, Lois Hadfield, Jackie Thompson
Marika LaFlamme later
Apologies: Nil

FINANCIAL POSITION

The balance in the account as at 10 June 2024 is \$9191.71.

GENERAL

Fairview residents' committee will be meeting with the committee from Settlers as a friendly gesture. The following concerns were discussed with Marika:

- The lack of double glazing in the nurses' apartment.
- The need for safe pedestrian access on the pathway along Margaret Drive, between Ash Avenue and Beech Way. Those people using mobility scooters or walking frames really need a ramp from the pedestrian crossing on to the footpath, and a wider path and ramp leading into Ash Ave.
- The leaning light in Beech Way was reported.

Some of the safety work that has been done around the village such as the grinding of the pathway at the back of the apartment gardens was much appreciated. The added values partnerships programme was well received as well.

THE NEXT MEETING is scheduled for Tuesday 9th July at 10.00 am in the 3rd floor card room.

Strength and Balance

Monday 24 June - 10.30am – 2nd Floor Lounge

Please remember to bring your water bottles.

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 June.

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 27 June - 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 28 June – 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 27 June – 2.00pm to 3.45pm – 3rd Floor Doctors Room

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

Podiatrist

Thursday 27 June – 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

24 June to 30 June 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 24 June	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 25 June	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	Fisherman's Friend
Wed 26 June	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
	Village Birthday Dinner	From 5pm	3 rd Floor Main Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 27 June	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 28 June	Hair Salon with Kim Closed	9.00 – 1.00pm	3 rd Floor Salon with Kim
	Minibus – Browns Bay Cancelled	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class with Libby – class still on	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 29 Jun	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 30 Jun	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

24th to 30th June

Bookings by **12pm**
(Please phone 09 477 3957)
Small meal \$18.00 – Large meal \$20.00
\$2.00 delivery fee applies per Villa

Monday (Pork)

GF Braised BBQ pork belly, grilled mushrooms, peas
& roasted baby potatoes

Tuesday (Chicken)

GF Oven baked Maryland chicken in tomato sauce, steamed vegetables,
homemade stuffed baked potato agria with sour cream and bacon in foil bag.

Wednesday Roast (Beef)

Village Anniversary

GF Beef cheek Medallion, winter vegetables, kumara and potato mash

Thursday (Chicken)

GF Chicken Teriyaki, stir-fry vegetables, egg fried rice

Friday (fish)

CAFÉ IS CLOSED / MATARIKI

Steamed fish, lemon butter sauce, broccoli, beans, herb roasted potatoes

Saturday (Beef)

Guinness beef stew, maple carrots, grilled broccoli, kumara & potato mash

Sunday Roast (Lamb)

Roast lamb roll in classic jus & gravy, minted peas, roasted pumpkin, kumara & potatoes

Optional Dinner Menu – in foil tin:

Corned beef
Braised beef

JUST CALL IN, LIMITED BATCHES WEEKLY