

The Village News

From the Manager's desk



Coming soon...

Some of you might have already heard the news or maybe have had suspicions. I am thrilled to announce that Aaron and I are expecting baby 2. The baby is due on my birthday on 27th December. Can you believe it!? Mia is very excited to become a big sister and is wishing for a little baby sister so she can carry on watching her princesses' tv programs. I am planning on working through the month of December and will be away on

maternity leave in 2025. Details of my temporary replacement will be communicated in the next few weeks. Thank you to everyone for all the kind words I have already received.

Updates on Electric Vehicle Policy

We would like to thank you for taking the time to submit your feedback to our letter dated 29th of May in relation to Lithium-ion battery powered Vehicles and other modes of transport. At the meeting on the 3rd of July, we highlighted as much as possible the salient points in the feedback and also provided a full printed copy for the residents' review. We have also requested any further feedback subsequent to this to be put in writing within 10 working days, being by the close of business on Wednesday 17th of July.

All the feedback received to date, plus any further feedback submitted, is really important and will be taken into account by the board when it considers its options moving forward in relation to establishing a policy.

The minutes of the meeting held on the 3rd of July are currently being finalised and these will be distributed to residents when completed. We will advise through further communications the next steps in the process.

Once again, thank you for taking the time to submit your feedback.

Level 2 lounge

If residents use the Level 2 lounge for an event, can you please ensure that the chairs and tables are not placed on the wooden floor as they may scratch the floor.

Podiatrist's presentation - Friday 12th July 10am

Our podiatrist Paul Hames will be giving a presentation to residents tomorrow in the Lounge at 10am on how to care for your feet.



Gotta Sing Choir – Sunday 14th July

Your Social Committee has planned another great event on Sunday 14th July at 3.15pm with the Gotta Sing Choir, singing Rock'n'roll and Soul classic songs! An event not to be missed.

Bastille Day Celebrations – Sunday 14th and Monday 15th July

Our Relish Café team will be spoiling us with delicious French inspired food on Sunday 14th July and Monday 15th July in honour of Bastille Day. You can refer to the flyer in this newsletter for the full menu available. Steak frites can be pre-booked for lunch, only 50 portions available. You are welcome to dress the part too when visiting us in the Café, we would love to see your French inspired outfits. You will receive a complimentary pastry if you do so!



Farewell to Brooklyn – Thursday 18th July

We are very sad to inform you that Brooklyn will be leaving Fairview after more than 3 years of sharing your daily lives. Brooklyn and her partner have decided to move to Australia for a new adventure. We will host a farewell afternoon tea on Thursday 18th July at 3pm in the Lounge. Please RSVP at reception for catering purposes.

Residents' birthdays monthly morning tea – Friday 19th July 10am

I am looking forward to celebrating July's birthdays next week on Friday 19th July at 10am in the Lounge. Cherie will contact residents whose birthdays are in July.



Have a lovely weekend everyone!

Marika



Health and Wellbeing Corner

Kindness – something we all need to give and receive.....

The Importance of Kindness:

Kindness is a simple yet powerful act that can bring immense joy and positivity to both the giver and the receiver. Here are some key reasons why kindness is essential:

- 1. Boosts Emotional Wellbeing:** Acts of kindness release endorphins, the body's natural feel-good hormones. Whether you're offering a kind word, a helping hand, or a listening ear, these small gestures can improve your mood and overall emotional wellbeing.
- 2. Strengthens Social Connections:** Kindness fosters trust and builds stronger relationships. When we show kindness to others, we create a sense of community and belonging, which is vital for our social health.
- 3. Enhances Empathy and Understanding:** Being kind encourages us to look beyond our own experiences and consider the feelings and situations of others. This empathy helps us build deeper, more meaningful connections and supports a compassionate community.
- 4. Reduces Stress:** Acts of kindness can reduce stress levels and promote a sense of calm. Helping others or receiving kindness can provide comfort and alleviate feelings of anxiety or stress.
- 5. Creates a Positive Environment:** A culture of kindness contributes to a positive, supportive atmosphere. When kindness is practiced regularly, it becomes a part of the community's fabric, making our village a happier and more pleasant place to live.

Being Aware of Others' Experiences:

It's important to remember that everyone has their own challenges and struggles, often unseen.

Here are some ways to practice awareness and kindness:

Practice Active Listening: Take the time to listen to others without interrupting. Show genuine interest in their stories and experiences.

Be Mindful of Your Tone: The way we say something can be just as important as what we say. Use a gentle, compassionate tone, especially in sensitive conversations.

Offer Help: Look for opportunities to assist others, whether it's carrying groceries, offering a ride, or simply providing companionship.

Show Gratitude: Expressing thanks and appreciation can go a long way in making others feel valued and respected.

Avoid Judgement: Try to withhold judgement and approach others with an open heart and mind. Remember, you may not know the full extent of what someone is going through.

Acts of Kindness:

Here are some simple acts of kindness you can practice:

Smile and greet your neighbours.

Write a note of appreciation to someone who has helped you.

Offer to share a meal or coffee with someone who might be feeling lonely.

Volunteer your time or skills to help others in the community.

Simply ask, "How can I help?" and listen to the needs of others.

Wellness Tip of the Week:

Practice a random act of kindness each day. It could be something as simple as a compliment, a kind note, or helping someone with a task. These small gestures can have a big impact on both your mood and the recipient's day.

Remember we all have "stuff" going on in our lives we quite often don't share with others even our closest friends. So PLEASE be mindful of the way we speak to other residents, Village staff – including Kitchen, Gardeners, Housekeeping, Management, and our lovely Hairdresser, Physio, Podiatrist and Beauty Therapist. We are all an extension of the family within our village. We all try to do our best to please everyone.

Upcoming Events:

Tomorrow, July 12, at 10am Podiatry how to care for our feet.

During the month of August next month, Juila and I will be coming around testing all Pendants and house alarms.

Wishing you a week filled with health, happiness, and kindness. Maria and the nursing team



From the Chef's Oven

Frozen Meals Big Sale – 1 day only!

Save the date, Friday 12th July. All frozen meals will be “buy one, get one free”. This is not a misprint, there is no cut off time on frozen meals as you can just pick it up from the Café when convenient for you. First come, first served! Options available are: corned beef, braised beef, Guinness beef, pork ribs and lamb shanks.

Meet our new staff members

Meet Ravidu – He is a culinary student and loves to play cricket during his spare time. He is from Sri Lanka and arrived in New Zealand a month ago. He will be working either after school hours and on the weekend as kitchen assistant.



Meet Evangeline – You can call her Eva. She is our new kitchen assistant, and you will see on weekends. Eva loves the ocean, baking and adventures. She is in her senior high school year enjoying drama, geography and football. Please come and say hi.



Donut Friday

Donut Friday is getting more popular every week! We are so happy to see that you are enjoying this again. \$4 each or 3 for \$10. Better be quick, first come first serve. We sold 100 donuts last Friday before noon.

Our latest Happy Tuesday - 9th July

Thank you all for coming to our Happy Tuesday promotions. We are very sorry we SOLD OUT so quickly on Tuesday morning and we could not accommodate everyone. Check out our pub style dinner, a twice cooked pork belly with slaw and chips. Definitely happy residents!



Bastille Day - Sunday 14th and Monday 15th July

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. Please pre-book your eye fillet steak as we only have 50 serves at \$15. Only served for lunch only (not applicable for dinner).

Brooklyn's Farewell Afternoon Tea – Thursday 18th July 3pm

We are very sad to inform you that Brooklyn will be leaving Fairview after more than 3 years sharing your daily lives. Brooklyn and her partner have decided to move to Australia for a new adventure. We will have a Farewell afternoon tea on Thursday 18th July at 3pm in the main dining lounge. Please book at reception for catering purposes.

Gentlemen's Club Breakfast – Wednesday 7th August 10am

Every 2nd Wednesday of the month, we will be serving a Gentlemen's club exclusive \$15 breakfast: poached eggs, baked beans, streaky bacon, hash brown and toasts. Please book at the Café before Monday 5th August 12pm.

Ladies' Club Morning Tea – Tuesday 27th August 10am

Every 4th Wednesday of the month, we will be hosting a special ladies morning tea. Details of the event to come. Please book at the café before Monday 26th August 12pm.

Chef's Special for the month of July

For the month of July, Relish Café will take you on a tour of Italian Cuisine with their special spaghetti and meatballs dish! It is rich and thick tomato Bolognese sauce, topped with meatballs, parmesan, a drizzle of basil pesto and served with garlic bread.



Noris and the Relish Team

What's on this coming week and next



Movie Group – Tuesday 16 July – Elizabeth

Beautifully produced historic drama. Excellent cast, lavish costumes and spectacular scenes.

Starring Cate Blanchett, Geoffrey Rush and Clive Owen.

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

This week we sold three main raffles and one minor. This was a very good result given the fewer number of residents present. Thank you all very much for your support.

The dwelling draw was drawn by Clark Robbie and the winner was Muriel Sandham. Congratulations Muriel.

The main raffles were drawn by Graeme Pullar. The winners were:
Jean Elliott, Rosalie Hancy, Judy Jetten, Mary Gardner, Gareth Hancock, Bruce Draper, Lois Hadfield, Dave Brand, Lorraine Dale, Warren Brown, Jill Draper, Linda Pinder, Dulcie Kortegast, Brenda Lee, Clive Sandham, Earl Troughton, Monica Renwick and Jim McGowan.
We look forward to seeing you all again this Friday.

Diane Brown
Raffle Convenor



Fairview Fellowship

Bonjour! On Monday 15th July you are all invited to meet in the café at 12 noon for a chat and perhaps a French inspired lunch together. Book with Noris in the café.

Please confirm with Bronwen 021 920 000.



East Coast Bays Catholic Parish

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 19th July 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

Residents' Notices

Aqua Class

The aqua class is cancelled this Friday 12th July and will resume next Friday 19th July.



Saturday night 13th July – kick off 7.05pm

Watch the second test All Blacks v England on the big TV screen in the lounge level 3.

Barry Jones

Garden Club Members - Wednesday 17th July at 2.00pm

We will be screening an Andre Rieu Concert "A Wedding in Dresden".

Followed by Devonshire Tea in the level 3 lounge.

If you are interested in attending phone Anne Pike on 475 6741.

Bingo

Even the All Blacks game and the cold weather didn't stop the enthusiastic Bingo players enjoying another fun filled evening.

Congratulations to all the lucky winners, Jillian Milne who won the \$100 Jackpot and the lady from Settlers who won a lunch voucher for the line prize.

Looking forward to seeing you all again on the 10 August, 2024.

The Bingo Team

NOTICE FROM THE LIBRARY

Firstly, many thanks to the resident who returned the book 'Mary's Last Dance' the companion to 'Mao's Last Dance' so promptly. We hope you enjoyed it.

Now we are looking for 'Pilgrim' by Terry Hayes. Another resident has been waiting for it for some time. We know it is a large book, but when you have finished it, kindly return it to the Library.

'I read for pleasure and that is the moment I learn the most'

– Margaret Atwood

Gareth's Puzzle

Last week's puzzle asked what comes next in this sequence and why?

553125 , 44256 , 3327 , ????

And the answer is: 424

And the reason is : the first digit sequence is 5 4 3 2 - the second digit is the power to which each first digit is raised, so for 3327 the first digit is 3 so that is cubed to give the end digits. So next in the sequence is 2 and this raised to the power of 2, i.e. squared so the last digit is 4.

(there is another solution - can you find it!)

This week's puzzle is again what comes fourth in the sequence?
ASSAP , ASOONAP , ASASP , ??????????

Good luck.

Tickets for sale

I have 2x senior and 1x adult tickets for the Auckland Food show for Friday, 26th July, but unfortunately we are no longer able to go!

The usual price is \$85.28 incl GST and happy to pass them on for \$50.00 if any of the residents are keen!

I checked and they are fully transferrable to whoever has the ticket. Super Gold cards will need to be presented for the 2x senior tickets.

Residents can contact me directly on:

021 868 302 or pmcgregs@gmail.com

Thank you

A big thankyou to the lady who stopped her car, backed up to me when I was walking in Margaret Drive, and asked me if I would like a lift as she thought it was going to rain.

This is typical of the kindness of people who live in Fairview.

Heather

LAUGHTER LINES

More to Ponder On:

1. My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously there is a new strain out there.
2. It's not my age that bothers me – it is the side effects.
3. I am not saying I am old and worn out, but I always make sure I am nowhere near the kerb on rubbish collection day.
4. As I watch this generation try and re-write history, I'm sure of one thing: it will be misspelled and have no punctuation.
5. As I have gotten older, people think I've become lazy. The truth is, I am just being more energy efficient.
6. I haven't gotten anything done today. I've been in the fruit and vege section trying to open this stupid plastic bag.
7. If you find yourself feeling useless, remember: it took 20 years, trillions of dollars, thousands of lives and four presidents to replace the Taliban with the Taliban.
8. I want to be 18 again and ruin my life differently. I have several new ideas to try.
9. Turns out being "senior" is mostly just googling how to do stuff.
10. I put my weight scales in the bathroom corner, and that's where the little liar will stay until it apologises.

A Scoutmaster asked one of his troop what good deed he had done for that day. "Well," said the scout. "Mum only had one dose of castor oil left, so I let my baby brother have it."

"can I go swimming now, Mum?" asked the child. "No, there are sharks at this beach," replied his Mum. The child replied, "But dad's in swimming." Yes, he's got a one million dollar life insurance."

As Rev Saunders droned on the little boy's eyes started to wander around the church until he spotted the war memorial plaque."Daddy," he whispered, "what's that for?" "It's for all the men who died in the service." Growing pale the boy said: "Was Rev Saunders giving the sermon then too?"

A Russian reported to the police that his parrot was missing. The official took down all the particulars, including colour and description, and asked "And does the parrot talk?" "Yes," replied the owner, "but any political opinions he expresses are strictly his own."

Another example of Ozzie logic. "Hey Bazza, here's the \$5.00 I borrowed off you last week." "Thanks, Blue, I had forgotten all about it." Well, why didn't you tell me sooner."

A Little bit of Trivia:

1. Months that begin with a Sunday will always have a Friday 13th.
2. Oak trees do not grow acorns until they are at least 50 years old.
3. The oldest word in the English language is '*Town*.'
4. The music hall entertainer, "Nosmo King" derived his stage name from a no smoking sign.
5. The strengths of early Lasers was measured in Gillettes, the number of blue razor blades that a given beam could puncture

And finally:

Success always occurs in private, while failure generally happens in full public view.

From the joke books of A. Nonny Muss

Safety for Active Feet – Walking, Trekking and Traipsing



Come along to a discussion about:

1. Injuries commonly suffered while walking and trekking, i.e. biomechanical, skin injuries.
2. Footwear options.
3. Long-term care of the feet.
4. Maintaining balance and strength.

Podiatrist Paul Hames

will be here to talk about issues surrounding what it takes to keep you active.

Friday 12th July at 10am in the level 3 lounge

FAIRVIEW WINTER CONCERT SERIES

***GOTTA SING* Invites You To**



Celebrating some of the most unforgettable
ROCK 'N' ROLL & SOUL classic
hits of all time!



Fairview Lifestyle Village
Sunday, July 14th — 3.15pm

Bar opens at 4.15pm



Bastille Day at Relish Café

Sunday 14th & Monday 15th July

Croquette aux quatres fromages \$5

Cheese ball & garden salad

Croque Monsieur \$8

*Ham, bechamel sauce,
gruyere cheese*

Steak Frites \$15

*Eye Fillet, shoestring fries,
red wine and shallot sauce*

Soupe a l'oignon & crouton \$7

French onion soup, bread

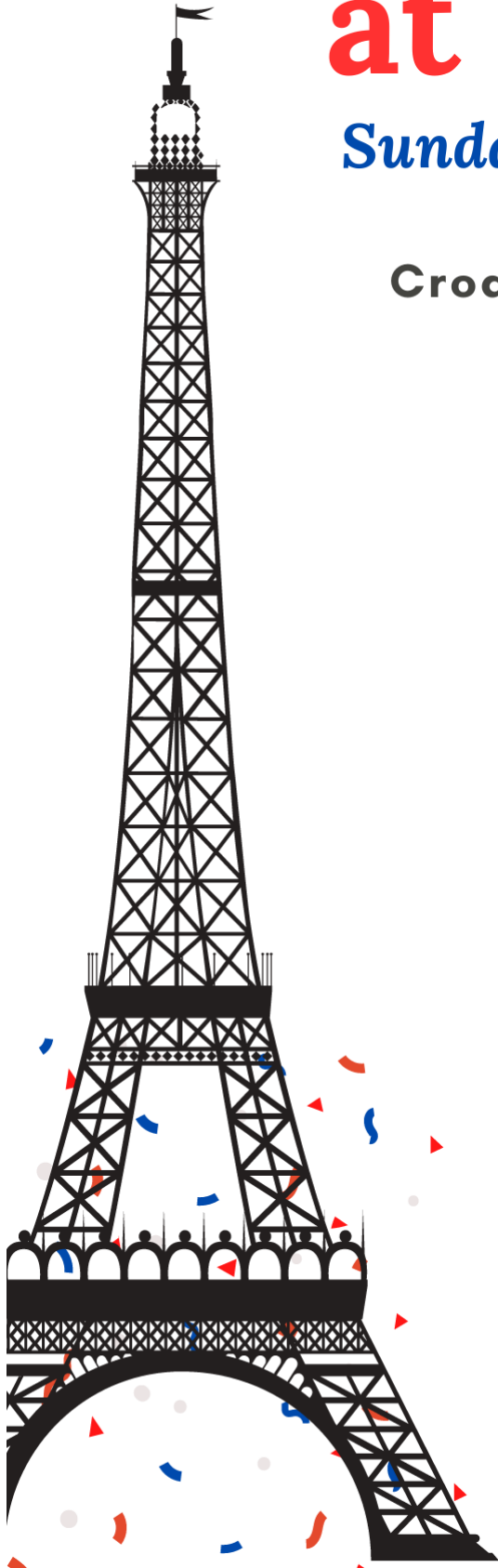
Desserts \$4.50

Croissant aux amandes

Mille feuille

Creme Caramel

***Wear your best French outfit
and receive a free pastry
with any purchases.***



Strength and Balance

Monday 15 July - 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 17 July.

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 18 July - 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 19 July – 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 25 July – 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 25 July – 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

15 July to 21 July 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 15 July	Hair Salon with Kim - closed	9.30am	3 rd Floor Salon with Kim
	Strength & Balance	10.30am	2 nd Floor Lounge
	Fairview Fellowship	12.00pm	Relish Cafe
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Lounge
Tue 16 July	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	Elizabeth
Wed 17 July	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Petanque	9.30am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance Practice	9.30am	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 18 July	Hair Salon with Kim	9.00am – 1.00pm	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 19 July	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
	Catholic Liturgy	11.00am	3 rd Floor Sun Room
	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 20 July	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 21 July	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

15th to 21st July

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

Monday (beef)

GF Bastille day - Boeuf Bourguignon a la francaise
Champignons de Paris, puree de pommes de terre à la ciboulette,
carottes au miel et broccoli vapeur

*French beef Bourguignon, mushrooms, chives mashed potatoes,
honey carrots, and steamed broccoli*

Tuesday (seafood) - large only

*Prawn twister (3), fish bites (3), calamari (3)
served with hot chips, cabbage & carrot slaw*

Wednesday (choice of roast)

GF Beef roast in classic gravy
OR BBQ Butterfly chicken
*All served with maple glazed carrots, steamed broccoli,
herbs roasted potatoes & kumara*

Thursday (chicken)

*Chicken schnitzel with Dijon mustard and cream sauce, grilled mushrooms,
served with tossed spaghetti and homemade basil pesto*

Friday (choice of fish)

Market beer battered fish with tartare sauce, slaw and fries
OR **GF** oven baked smoked fish pie (hoki and kahawai with boiled egg and peas)

Saturday (pork)

*Pork Teriyaki with toasted sesame seeds and garlic chips
served with stir-fry chop suey vegetables & rice noodles*

Sunday Roast (lamb)

GF Lamb shank, jus & gravy, minted peas and glazed carrots,
chives mashed potatoes

Optional Dinner Menu – in foil tin:
JUST CALL IN, LIMITED BATCHES WEEKLY