

The Village News

From the Manager's desk

Rates rebate application forms

The rates rebate forms for the rating year 1st July 2024 to 30th June 2025 are available at reception.

Level 2 bench seat by the Lift

Our bench seat by Level 2 has been moved but we can't find it. If you have seen it, please let us know or kindly bring it back. Residents appreciate being able to sit on our benches by the lifts while waiting.

Goodbye to our Gardener Hugh

We are sad to announce that our gardener Hugh will be leaving Fairview on Friday 9th August. Hugh has been with us for almost 2 years and has been a great staff member to have amongst our Gardening and wider team. He is now pursuing new opportunities. We wish him all the best and thank him for his hard work and dedication. We are currently looking for a replacement gardener and will keep you updated on the progress.

My leave

A reminder that I will be away from Monday 12th August to Friday 6th September. During my absence, please rest assured that the team will be here for you and our CEO Terry Middlemost will be spending some time in the Village to ensure all matters are addressed in a timely manner.

Sophie Pink Fashions – Wednesday 14th August

We will be having our annual fashion parade, hosted by Sophie Pink Fashions, on Wednesday 14th August. If you are interested in being a model, please contact Cherie at reception.

Inorganic rubbish collection – October 2024

Save the date, the next inorganic rubbish collection will be taking place between 21st October and 25th October 2024. We will confirm the date closer to the time.

Upcoming events – Refer to the flyers in this newsletter

- Saturday 3rd August 7pm – Bingo
- Wednesday 7th August 10am – Gentlemen's Club Breakfast
- Sunday 11th August 3.15pm – City of Sail Stompers
- Tuesday 13th August 6pm – Happy Tuesday Dine in 2 for 1 Deal
- Wednesday 14th August 1.30pm – Sophie Pink Fashion Show
- Friday 16th August 2pm – Grief Centre Presentation on Grief & Loss
- Wednesday 28th August 10am – Ladies' Group Morning Tea

Have a lovely weekend everyone!

Marika



Health and Wellbeing Corner

Dear Residents, as we continue to embrace the beauty of our retirement years, it's important to take a moment for self-reflection and gratitude. Reflecting on our journey and expressing thankfulness for the care and support we receive can bring immense joy and peace to our lives.

Reflecting Journey & Self-Reflection Tips:

Retirement is a unique and precious phase of life. It is a time to look back on the many accomplishments, experiences, and lessons we've gathered over the years. It's also a time to enjoy the fruits of our labour, to relax, and to pursue interests and hobbies that bring us joy.

- **Acknowledge Your Achievements:** Take pride in the milestones you've reached, both big and small. Every achievement has contributed to the person you are today.
- **Embrace the Present:** Live in the moment and cherish the daily experiences that make life fulfilling.
- **Set New Goals:** Retirement doesn't mean an end to ambitions. Set new, attainable goals that give you purpose and direction.

The Power of Gratitude & Gratitude Practice Ideas:

Gratitude is a powerful tool that can transform our perspective and enhance our wellbeing. By focusing on what we are thankful for, we can cultivate a positive mindset and build stronger connections with those around us.

- **Keep a Gratitude Journal:** Write down three things you are grateful for each day. This simple practice can boost your mood and help you recognize the good in your life.
- **Express Thanks:** Take time to thank those who care for you, whether it's a family member, a friend, or a staff member. A heartfelt thank you can brighten someone's day and strengthen your bond.
- **Reflect on Relationships:** Think about the people who have supported and loved you throughout your life. Reflecting on these relationships can bring a sense of fulfilment and joy.

Appreciating the Care We Receive & Ways to Show Appreciation:

As we age, the support we receive from caregivers, family, and friends becomes increasingly important. Recognizing and appreciating their efforts can deepen our relationships and improve our overall wellbeing.

- **Simple Gestures:** A smile, a kind word, or a small note of thanks can go a long way in showing your appreciation.
- **Spend Quality Time:** Engage in meaningful conversations or share a meal with those who care for you. Building these moments strengthens your connection.
- **Participate Actively:** Be an active participant in your own care. Communicate your needs and preferences clearly and show appreciation for the efforts made on your behalf.

A Note of Thanks

We would like to take this opportunity to extend a thank-you to all the caregivers, staff and volunteers who make Fairview a supportive and nurturing community. Your dedication and compassion are appreciated by all.

Inspirational Quote

As we reflect on our journey and express our gratitude, let's be inspired by these words: *"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It makes sense of our past, brings peace for today, and creates a vision for tomorrow."* – Melody Beattie

Wellness Tip of the Week

Practice daily gratitude. Start or end your day by thinking about or writing down three things you are grateful for. This simple practice can improve your mood and overall outlook on life.

Did You Know?

Studies have shown that practicing gratitude can lead to numerous health benefits, including improved mental health, better sleep, and enhanced overall wellbeing. Taking time each day to reflect on what you are thankful for can make a significant difference in your quality of life.

Upcoming events:

- Friday 16th August 2pm in the Lodge. Refer to the flyer at the end of the newsletter.
- Maria and Julia will commence call bells and pendants testing starting this week. **IF YOU DO NOT WANT ME TO ENTER your property while you are out, please contact me directly to arrange a suitable time to complete this on : 021 861 706.**

Wishing you all a week filled with reflection, gratitude, and happiness! Maria and the nursing team



From the Chef's Oven

Belated Welcome to our New Residents' - High Tea

Thank you to all of our newer residents who attended our High Tea yesterday. We hope you enjoyed our selection of savouries and sweet treats.



A la Carte Menu, Frozen Meals & Dinner Menu

- Our A la Carte Menu is available from 8am to 2pm. From 2pm to 5pm, we serve light options such as chips, toasted sandwiches and cabinet food. Some of our residents' favourite dishes on our A la Carte Menu are our big breakfast and the fisherman's plate.
- Barista Coffee is available from 8am to 4pm.
- Our Dinner Menu changes weekly and there are two options on Wednesdays and Fridays. Dinners can be delivered, picked up or you can dine in at 6pm. Daily dinner cut off time is 12pm.
- There is no cut off time on our frozen meals unless you require it delivered hot (same cut off applies at 12pm) otherwise you can pick up any time.
- Photos of our Relish big breakfast and roast dinner meal below.



Donut Friday

Our talented baker Celeste is spoiling us with her donuts every Friday! \$4 each or 3 for \$10. Better be quick, first come first served!

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 browns and toast. Please book at the Café before Monday 5th August 12pm.

Ladies' Club Morning Tea – Wednesday 28th August 10am

Every 4th Wednesday of the month, we will be hosting a special ladies morning tea for \$10 which includes 1 savoury, 1 sweet treat and a drink of your choice.

Please book at the café before Monday 26th August 12pm.

Happy Tuesday – Tuesday 13th August 6pm

Thank you for booking your table early for our upcoming Happy Tuesday Dinner Deal. We have over 40 bookings so far already! Please book your dinner as soon as possible to avoid disappointment as we SOLD OUT quickly last time. We have now increased this deal to a maximum of 70 dine in meals.

Chef's Special for the month of August

This month we will take you on a culinary journey tour to Thailand with a warm sweet beef salad. Marinated tendered beef strips on a bed of soba noodles and garden salad, served with a ginger, lime and sesame dressing topped with fried shallots & dukkha sesame seeds. Yummy!

Noris and Relish Team





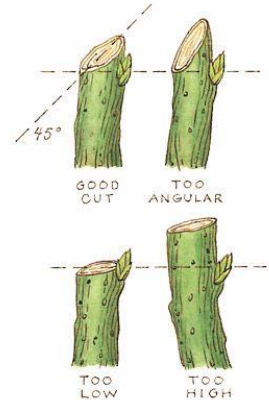
Gardening Update

Kia Ora everyone,

Welcome to August! August marks the transitional period from winter to spring here in Aotearoa, New Zealand, making it a crucial month for gardening and landscaping.

This time of year, means it's time to cut back those hydrangeas, hibiscus, roses, Tibouchina.

Prune hydrangeas and hibiscus by removing dead or old branches at the base. Thin out the center of the bush to reduce congestion and cut back branches to a double set of leaves. Lavenders, with their vibrant blooms, can also be pruned now to increase bushiness and ensure a stunning summer display. Pruning fruit trees now also encourages the growth of fruiting wood, trim summer flowering shrubs, roses.



Early spring is an excellent time to add compost, sheep pellets, garden boosters or liquid fertiliser. This will ensure your garden thrives when the soil warms up and dries out, ready for spring planting. Down in our garden area, we have been composting our grass clippings which is free for resident's use, we will be bringing it up from the grass area tomorrow morning and it will be located by our red skip, please help yourselves.

As you are all aware, we are in full restoration mode with our lawns here at Fairview. This week, we completed phase one of our restoration by using 260kgs of lawn fertilizer throughout the village across all our villa lawns and common areas. Weather dependent, we will begin phase two on Monday 5th August. This will entail spraying the lawns with a broadleaf spray targeting the weeds/moss. We will be using blue die so that not only the residents but ourselves can see where we have sprayed. **Please keep an eye out for the text notification Monday morning if we go ahead. If you don't receive a text message, this means the spraying has been postponed. Rescheduled day is Wednesday 7th August.**

We do want to make sure that you are all aware that this will be a continued process and it will take some time and extra love to get the lawns booming again. We are using the quote "it will look a little rough before it gets better", so be patient with us.

Please note, all those with pets, keep them inside for at least 3-5 hours once your lawn has been sprayed so that the chemical dries before they walk on it. This includes the main drive.

We are sad to announce that our lovely Hugh will be leaving us next Friday. Hugh is off to embark on the next chapter in his gardening career. The boys and I will miss his loud laugh and positive energy. If you see Hugh around, be sure to say goodbye and join us in wishing him all the best of luck in his new endeavors.

<u>Activity</u>	<u>ETA</u>	<u>When</u>	<u>Where</u>
Fertilising lawns	30 th July	Rain Due	All villas, Margaret Drive, Care, Common grounds
Spraying lawns	5 th – 9 th Aug	No wind/rain	All villas, Margaret Drive, Care, Common grounds
Fertilising lawns	26 th Aug	Rain Due	All villas, Margaret Drive, Care, Common grounds
Spraying lawns	2 nd – 6 th Aug	No wind/rain	All villas, Margaret Drive, Care, Common grounds
Seeding if needed	9 th -13 th Sept	No rain	Selected Villas

Cait and the gardening team



Maintenance Update

If you have received an email from Maintenance saying that your maintenance request has been completed, but you know that it hasn't yet, please scroll down to the end of the email and you will see a note detailing progress and/or explaining what is happening with your request.

Tony

What's on this coming week and next



Movie Group – Tuesday 06 August – Victoria and Abdul

A cheerful, naïve clerk from India visits England to bestow a gift on Queen Victoria. They form an unlikely friendship. Starring – Judy Dench, Ali Fazal and Tim Pigott-Smith.

You are very welcome to join our Movie Group each week. Take a comfortable chair and enjoy good entertainment on a big screen with awesome sound. Don't miss the musical concert movie at the end of each month.

Peter Woolnough



Friday Night Raffle – 26th July 2024

This week we sold 4 majors. Brian Sutherland drew the dwelling draw. Won by Andra Glyn-Jones, congratulations Andra.

Allan Roberts drew the main raffles. The winners were: Mary Gardner, Pam Glaum, Graeme Pullar, Neville Turner, Monica Renwick, Judy Jetten, Sandy Watson, Patrick Knell, David Brand, Brian Sutherland, Alastair Glyn-Jones, Sandie Jennins, Natasha Nevill, Clark Robbie, Diane Brown, Trish Maunsell, Joan Poultney, Wendy Johnstone.

Congratulations to all our winners.

Ian Johnstone Tel: 021 855227

On Behalf of Diane Brown, Raffle Convenor – Tel: 4783581



Bingo – Saturday 3rd August

Our next bingo night will be on Saturday 3rd August at 7.00pm in the Lounge. Bring along your family and friends. Everyone is welcome.



Fairview Singers – Cancelled on Wednesday 7th August



Garden Club – Monday 19th August

The weather is too wintry at present for garden tours, so we have planned a trip to "Blossoms" at Riverhead for a club lunch on Monday 19th August. Leaving at 11.00am. (So sell up your investments to pay for the lunch!!)

Interested, phone Anne Pike 475 6741

Residents' Notices

Aqua Class

The aqua class is cancelled this Friday 02 August.

Alcohol Free Wine Tasting

Alcohol free wine tasting this Friday 2nd August at Happy Hour. No Charge. You may have seen the item on last Friday's Seven Sharp, regarding Giesen wines NZ Alcohol Free range. More and more people are choosing not to drink alcohol for various reasons, so GIESEN have successfully removed alcohol from several of their wine range. I am one of those that seldomly drinks alcohol for health reasons and so I have organised the tasting from the bar so that you can try one.

Sandie Jennins

Schedule of Social Committee Events – August to December 2024

Sunday 11 th August	Music 3.15pm	City of Sail Stompers
Wednesday 14 th August	Fashion Show	Sophie Pink Fashions
Wednesday 11 th September	Spring Dance Dinner	The 3 Decibelles
Tuesday 5 th November	Melbourne Cup	Afternoon
Wednesday 11 th December	Christmas Dinner	Theme night + Kane Steves
Friday 13 th December	Christmas Carols	Fairview Singers at 2pm

Ema Hurtado

Ema will be known to many here at Fairview as she is a therapist who has assisted residents for the past 17 years. She specializes in toenail cutting, polish and foot massage, all done in residents' own apartments or villas on a regular 6-week cycle. Currently, she can accept some new customers and if you are interested, please phone Ema 021 159 8662. Her next visit is scheduled for Monday 5th August.

For Sale

Electric wheelchair in good condition for a quick sale \$1800. Ring Therese 021 187 1449

Are you missing any clothing?

The following items are on the coat rack by the entrance to the bowling area.

Pink cardigan, black puffer vest, 2 x black jackets, black jumper, stone & navy coat and white hat.

Gareth's Puzzle

A couple of puzzles last week.

1. What is the odd word out in this sentence?

Look Rove, over there three spoilt pilots, Leon, Noel and Dan.?

2. What number comes next in this sequence?

131 228 331 430 531 630 731 ???

And the answers are:

1. "Look" as all the other words are anagrams of each other.

2. 831. The first digit is the number for the month, January is 1 etc and the second two digits are the number of days in each month.

This week's puzzle:

Lucy likes talking numbers with her Mum. But she hates hearing any number with a 3 and/or a 6 in it. So when Mum tells Lucy all the numbers from 1 to 100 avoiding 3 and 6, how many numbers does she tell Lucy?

LAUGHTER LINES

Drunk and Disorderly:

1. You are not drunk if you can lie on the floor without holding on.
2. Work is the curse of the drinking classes.
3. (After a few drinks): He climbed into bed as it came around for the second time.
4. Two drunks were walking down the railway tracks. After a couple of miles one says, 'All these steps are killing me.' 'It's not the steps that are the problem,' replies his friend, 'it's these low handrails.'
5. I'm on a whiskey diet; I have lost three days already.

Coming from the Soviet Union, I was not prepared for the huge variety of products available in UK supermarkets. On my first shopping trip I saw powdered milk – you just add water and you get milk. I saw powdered orange juice – just add water and you get orange juice. Then I saw baby powder and I thought to myself, what a country! *Yakov Smirnoff*

A Russian spy was sent to Wales to activate a sleeper. He was told the password he had to use was, 'The eagles will fly tomorrow.' So he arrived at his destination in the small Welsh village, knocked on the door of the cottage and said to the woman who opened it, 'the eagles will fly tomorrow.' Immediately she said, "No, you have come to the wrong house, love. You want number 8, other side of the road. That's where Jones the spy lives."

A young Scotsman left home and moved into his own flat. After a few weeks his parents rang to find out how he was going. "What are your neighbours like?" asked his mother. "A bit strange," he replied. On one side there is a man who keeps banging his head against the wall and on the other side a woman who just lies on the floor crying and moaning." "I'd keep yourself to yourself if I were you," advised his mother. "Oh, I do" the young man replied. "I just stay in my room all day and play my bagpipes."

An insurance salesman was trying to persuade a young wife to take out a policy on her husband's life, and working around the subject rather gingerly. She didn't seem to understand, so he tried a more direct approach. "Look at it this way, if your husband died tomorrow, what would you get?" "Oh, she said, probably a budgie."

An artist had just seduced his beautiful young model in his studio. "Do you know, he said "you are the first model I have ever made love to?" I bet, said the girl. Who were your other models?" "Let me see....a vase of flowers, a dead pheasant, and a kipper."

Murphy's Law for Frequent Flyers:

1. No flight ever leaves on time, unless you are running late and need the delay to make the flight.
2. If you are running late for a flight it will leave from the farthest gate within the terminal.
3. Only passengers in window seats ever have to get up to go to the toilet.
4. The crying baby on board your flight is seated next to you.
5. If you must work on your flight, you will experience turbulence as soon as you touch pen to paper.

A beautiful young bride of the month greeted her husband one evening with a particularly happy smile. "Your dinner is going to be different tonight, darling." she said. "A neighbour just told me that you have to add water to those dehydrated foods."

And Finally: Did you hear about the Aussie who locked his keys in his car? Took him two hours to get his wife and kids out.

From the joke books of A. Nonny Muss.

Fairview Residents Social Committee
requests expression of interest to attend a concert of

Forest of Harps



With a large repertoire of music the Forest of Harps concert will last 45 minutes with time to answer questions and allow the audience to try a harp.

Saturday 7th December either 10:30am or 3:00pm

Tickets are just **\$10** per person

We need a minimum of 40 people to register, so please invite family and friends from outside Fairview village so we can secure these wonderful artists.

Please register with Cherie at the front desk

FOREST OF HARPS

At this stage, we are dipping our toe in the water to test your reactions.

We can formalise a definite time later.

If we can interest 40 or more people to attend, we will make a definite booking.

No fee is required at this stage but please put your name down with Cherie at reception by August 8th if you would like to attend.

Many thanks Angela

1

10 Minute Wonders Postponed



Watch this space!

Due to sickness in the cast, we will need to postpone this event and reschedule to a later date. Thanks Evelyn.



***Are you new
to our village ?***

or

Been here a while?



Ever thought of giving outdoor Bowls a go?

It is fun

It is Sociable

And it isn't difficult

Village bowls supplied

***For a fun, 1 on 1 introduction to a game
that you will likely fall in love with***

give any of the following a ring.

Gordon Tasker 027 660 3412

Mark Jennins 021 952 412

Roy Keepin 021 460 913

Ron Crosby 027 371 5127

FAIRVIEW WINTER CONCERT SERIES

SAIL CITY STOMPERS



WILL BE PERFORMING AT

**Fairview Lifestyle Village
on the**

11th August 2024

3.15pm – 4.15pm

The bar opens at 4.15pm

Come along and enjoy an hour of great music.

Gentlemen's Club
BREAKFAST MENU




Wednesday 7th August 10am
\$15/person

Every 2nd Wednesday of the month

2 poached eggs
2 streaky bacon slices
1 hash brown
Baked beans
2 toasts

*Book and pay at Relish Café
by Tuesday 6th August 12pm*



HAPPY TUESDAY
Fröhlichen Dienstag

2 FOR 1
DINNER DEAL

Tuesday 13th August
Dine in only

Let us take you to Germany this time!

Chicken Schnitzel
with a creamy mushroom sauce &
buttered salt and pepper green peas
served with parsley mashed potatoes

\$5 option pre-booked dessert
German Apple Streusel Cake served
with custard

Book and pay at Relish Cafe by
Monday 12th August 12pm

**Guten
Appetit**



Grief Centre

support + education

The Grief Centre is a charitable trust and their vision is to support all people living through loss.

They provide loss and grief counselling, resources and support groups for anyone experiencing any form of significant loss.

The Grief Centre Birkenhead will be presenting at Fairview Village on **Friday 16th August at 2pm**. Our friends from Settlers & family are welcome.

For those attending, please confirm your presence by ticking the list on the easel notice board at Reception.

Loss and Grief in the Village

Loss and grief for residents is almost inevitable at some stage during their life in the village. This presentation from Katrina King, General Manager of the Grief Centre, will cover:

- What is grief?
- Grief and life transitions: retirement, selling the family home, loss of close friends/family, illness etc.
- Grief literacy: how to be comfortable talking about grief.
- How to support residents and staff.
- Practical tools and tips for working alongside loss and grief.

Resident, Bronwen, is organising the following event in the Level 2 Theatre, followed by a light afternoon tea. Please RSVP to Bronwen.



Hamlin Speaking Tour

Sunday 18 August

2pm - 3.30pm | Fairview Lifestyle Village

A story of hope - the Hospital by the River

Come and be inspired by the team from Hamlin Fistula NZ followed by a light afternoon tea. All welcome. The event is free of charge.

Please RSVP **BRONWEN 021 920000**

VENUE: 21 Fairview Avenue, Fairview Heights, Auckland



The Hamlin Speaking Tour is a vital awareness raising event to help Hamlin Fistula NZ continue the incredible work started by Drs. Reg and Catherine Hamlin in treating and preventing devastating childbirth injuries (obstetric fistula) across Ethiopia. www.hamlinfistula.org.nz  HamlinNZ

LADIES' GROUP

morning tea

Wednesday 28th August 10am

4th Wednesday of every month

\$10/person including
1 savoury & 1 sweet treat
A drink of your choice

*Pay & book at Relish Cafe
by Tue 2nd Aug 12pm*



Strength and Balance

Monday 05 August - 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 07 August.
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 08 August - 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 09 August – 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 08 August – 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 08 August – 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

05 August to 11 August 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 05 Aug	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 06 Aug	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	Victoria and Abdul
Wed 07 Aug	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
	Gentlemen's Breakfast	10.00am	3 rd Floor Main Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Fairview Singers CANCELLED	3.00pm	3rd Floor Main Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 08 Aug	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Croquet (weather permitting)	9.00am	Croquet Green
	Podiatrist	9.00am	3 rd Floor Doctor's Office
	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
	Dr Paul Hunter	2.00pm	3 rd Floor Doctor's Office
Fri 09 Aug	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 10 Aug	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 11 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm start



Relish Café
By Chef Noris & Team

Dinner Menu

5th to 11th August

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 Tender juicy slow cooked beef brisket slices and trimmings, minted peas, sauteed savoy cabbage, garlic roasted potatoes

Tuesday / Chicken

GF Smoky grilled chicken breast cooked in white wine & mushroom sauce, penne pasta tossed in our homemade basil pesto served with garlic ciabatta bread

Wednesday Roast / Choice of meat

Jamie Oliver's inspired epic British pork roast seasoned with fennel, thyme & rosemary, jus & demi glaze gravy, pear & fig chutney

OR Chicken roast with gravy

Both served with parsley kumara & potato mash, green beans and maple carrots

Thursday / Beef

GF Corned beef slices, mustard sauce, steamed vegetables
parsley mashed potatoes

Friday / Fish

Market beer-battered fish with tartare sauce, slaw and fries

OR Oven baked salmon, hollandaise sauce, steamed vegetables, mashed potatoes
(large only)

Saturday / Pork

Pub-style twice cooked braised and BBQ pork belly,
apple and cabbage slaw, chives mashed potatoes

Sunday Roast / Lamb

GF Rolled lamb leg roast slowly cooked in red wine sauce, jus & gravy, peas & corn,
roasted pumpkin, kumara and potatoes

Alternative TAKEAWAY Dinner Menu – in foil tin:

JUST CALL IN, LIMITED BATCHES WEEKLY