

The Village News

From the Manager's desk



Welcome to new residents

Please join us in welcoming new residents Dayle and Khen Fong who moved into Villa 124 earlier this week. We hope you will enjoy our community at Fairview as much as we do. We are looking forward to seeing you out and about in the Village.

New art in our Movie Theatre

Thank you to David & Gaby Ellis from Villa 61 who donated gorgeous, themed picture frames for our Movie Theatre. Also, a big thank you to Peter Woolnough from Villa 3 who has kindly put them up on the walls for everyone to enjoy.



Fire Drill – Friday 20th September

We will hold a staff fire drill on Friday 20th September in the afternoon so expect to hear our fire system in function and see our staff around the Lodge. You are welcome to participate in the fire evacuation exercise if you wish to join us.

Annual General Meeting - Tuesday 24th September

Our Annual General Meeting will be held Tuesday 24th September at 10.30am in the Lodge. AGM packs were distributed last week. If you have not received your copy, copies are available at reception. Thank you to those who have forwarded questions ahead of the AGM.

Inorganic rubbish collection – Save the date

The next inorganic rubbish collection will be taking place between Monday 21st October and Friday 25th October 2024. Closer to the time, we will confirm the exact date when you can start bringing your rubbish to the back of the Village.

Staff updates



We are happy to inform you that a new gardener will be joining our team shortly. Matthew Ireland will be joining Wesley, Matt and Connor from 7th October. Matthew has worked in retirement villages before and is also a personal trainer. He has a great understanding of what this job entails. We are looking forward to welcoming him.

Congratulations to our Head Housekeeper Ellen on her 4th year work anniversary and our gardener Matt on his 1st year work anniversary in the last week. Thank you both for your hard work every day and keeping the village pristine, inside and outside!



Upcoming events

- Residents Monthly Birthdays Morning Tea - Friday 20th September 10am
- Annual General Meeting – Tuesday 24th September 10.30am
- Ladies' Group Afternoon Tea – Tuesday 24th September 2pm (refer to flyer)
- Café fundraising deals for the Prostate Cancer Foundation - Friday 27th Sept (refer to flyer)
- AOK Clothing Sale in the Lodge – Tuesday 2nd October 10am-2pm (refer to flyer)
- Audika Audiology Presentation – Friday 4th October 10.30am (refer to flyer)
- Grandparents Special Lunch - Sunday 6th October 12pm (refer to flyer)

Have a lovely weekend everyone! Hoping for a bit of sunshine after all this rain! Marika

Message from our CFO

Please note, our IT providers have advised that the network switches for the village need to have their software upgraded for security purposes. **This will occur at or around midnight next Monday 23rd September.** There will be a small internet outage while this occurs.

Brett Noonan



Health and Wellbeing Corner

*** Please note to all Dr Paul Hunters patients, he is away from 27 September to 4 November. A locum will be covering at Dr Hunter's practice while he is away. ***

As we transition from winter into the vibrant season of spring, it's the perfect time to focus on nurturing our bodies and boosting our immune systems. With the changing weather comes the need to take extra care of ourselves, and one great way to do that is by incorporating probiotics and healthy habits into our daily routines.

Probiotics are the "good" bacteria that live in our digestive system, helping maintain a healthy gut. A balanced gut is important because it plays a significant role in supporting our immune system, digestion, and overall well-being—especially as we move into a season known for allergies and changing weather conditions. By adding probiotics to your diet, you can help:

- **Boost Immunity:** A healthy gut can protect against common illnesses.
- **Improve Digestion:** Probiotics aid in better digestion, preventing discomfort such as bloating or constipation.
- **Enhance Mood and Energy:** A healthy digestive system can improve how you feel overall, helping you enjoy the newfound energy that spring brings.

Here are some simple and delicious ways to include more probiotics in your diet:

- **Yogurt:** Choose natural, unsweetened yogurt that contains live cultures. It's a great source of probiotics and makes for a tasty snack or breakfast.
- **Fresh vegetables and salads:** Vegetables are rich in probiotics and are a fantastic addition to salads or sandwiches.
- **Miso Soup:** A traditional Japanese soup made from fermented soybeans, miso is another great way to get your daily dose of probiotics.

One of the simplest and most effective ways to support your immune system and soothe your body during the seasonal change is with a warm lemon and honey drink. This classic remedy has been used for generations to boost health and wellbeing, especially as we shift between seasons. Benefits of lemon and honey drinks:

- **Rich in Vitamin C:** Lemon provides a healthy dose of Vitamin C, which supports immune function and helps ward off seasonal colds.
- **Soothes the Throat:** Honey acts as a natural antibacterial agent, soothing the throat and providing relief from any dryness or irritation brought on by seasonal changes.
- **Hydrates and Refreshes:** A warm lemon honey drink hydrates your body and provides a natural, gentle cleanse.
- **Recipe for a Simple Lemon and Honey Drink:** Squeeze the juice of half a fresh lemon into a mug. Add a teaspoon of raw honey. Pour in warm (not boiling) water. Stir well and enjoy first thing in the morning for a refreshing, health-boosting start to your day!

With spring now upon us, it's a great time to refresh our plates with seasonal fruits and vegetables that are full of nutrients. Spring brings a bounty of fresh produce that can boost your energy, support your digestion, and improve overall wellbeing. Some Springtime Superfoods to Include:

- **Leafy Greens:** Spinach, kale, and Swiss chard are great for their vitamins and minerals.
- **Berries:** Strawberries/blueberries are rich in antioxidants and can be added to yogurt or salads.
- **Asparagus and Peas:** High in fiber and vitamins, a great side dish or addition to any meal.
- **Citrus Fruits:** Oranges, lemons, and limes are not only delicious but also packed with Vitamin C, giving your immune system a boost.

By focusing on probiotic-rich foods and adopting healthy spring habits, you can help your body transition smoothly into this vibrant new season, full of energy and vitality.

As we embrace these healthy habits, remember to drink plenty of water throughout the day and make sure you are getting enough rest. And as always, if you have any questions about how to incorporate probiotics or healthy habits into your diet, or if you'd like further advice, feel free to speak with me or any of the health & wellbeing team here at Fairview Lifestyle Village. Let's welcome spring with open arms and healthy bodies!

Upcoming event: 4th October Audika Audiology 10.30am

Maria and the Nursing team



From the Chef's Oven

Did you know?

1. We have different dressings and sauces you can choose from: Ceasar, French vinaigrette, mayonnaise, aioli, BBQ sauce, chipotle and more.
2. We sell bottles of milk, fresh fruits and loaves of bread.
3. There are always vegetarian dishes available, even if not on our menu or cabinet. Just ask us! We can prepare mushrooms on toast, vegan breakfast and vege club sandwiches.
4. You can choose your favourite lettuce on the kitchen menu: iceberg, baby spinach, mixed garden salad.
5. We have different kinds of bread to choose from: ciabatta, brioche bun, multigrain, rye, white bread and gluten free bread.
6. We have our own Relish Café Loyalty Card. Stamp all 9 coffees and the 10th coffee is on us. Simply ask one of our team and every time you order coffee, we will stamp it for you.

Spring Summer Menu

Please watch out for our updated Spring/Summer Menu which will be launching on 1st October. We will have 3 new additions: smashed avocado and eggs, grilled haloumi bruschetta and a Moroccan C.A.B. salad as pictured.



Alternative Dinner – Frozen meal

This week we have Fish Pie (GF), Lamb Shanks (GF) and Pork Belly (GF) frozen meal options. You can pick up any time from the Café. If you would like it heated and delivered, the dinner cut off time applies at 12pm.

Happy Tuesday – Happy Residents

Thank you all for coming to our 2 for 1 Happy Tuesday Dine in deal last Tuesday. Our residents enjoyed a culinary tour to Ireland with an Irish and Guinness beef stew and an Irish apple tartlet. Next stop will be JAPA! Save the date of 15th October. Bookings and payment at the Café.

Gentlemen's Breakfast

Thank you all for coming to our monthly Gentlemen's breakfast. Last week, we offered pancakes served with grilled bacon and banana. Next month, we are thinking of offering "Breakfast Benedict", a poached egg, streaky bacon, mushroom & wilted spinach on toasted ciabatta with hollandaise sauce for \$15.



Ladies' Group Afternoon Tea – Tuesday 24th September 2pm

Our next ladies Group is on 24th September at 2pm. We will be serving afternoon tea with a different sweet and savoury, plus your favourite barista coffee for \$10. Please book at the Café.

Prostate Cancer Foundation fundraising event - Friday 27th September

We will 2 options to help us fundraise money for the Prostate Cancer Foundation on Friday 27th September. You can have a donut and a small hot drink for \$8, or a special bangers and mash lunch for \$12. No booking required and no seating arrangement. \$1 of every serving will go to charity.

Grand Parents Day Special Lunch – Sunday 6th October 12pm

Please save the date! We will have a two-course meal with your choice of mains, including a dessert for \$25. On this occasion, kids will eat for only \$7, including a complimentary ice cream. Bookings and payment at Reception.

Chef's Special for the month of September

This is the last week of our culinary tour in Mexico. The last chance to try the famous quesadilla at Relish Café. It's a grilled chicken and mushroom filled tortilla wrap with melted cheese. Served on a bed of garden salad drizzled with BBQ sauce and aioli, topped with sour cream and mashed avocado.

Noris and the Relish team



What's on this Coming Week and Next



Movie Group – Tuesday 24 September – Katherine Jenkins Live at Llangollen

Delightful and very successful Welsh Mezzo – soprano Katherine Jenkins in concert with the National Symphony Orchestra. The guest is Tenor Nicky Spence.

If you are a new resident you are welcome to join us in the Level 2 Theatre every Tuesday at 7.15pm to enjoy a good movie. With our big screen, brilliant picture and great sound it's like going to the cinema for free!

Peter Woolnough



Friday Night Raffle

This week we sold four main raffles and one minor raffle. Thank you everyone for your support.

The dwelling draw was drawn by Brenda Lee. The winner was Margo Sturmeay. Congratulations Margo.

The main raffles were drawn by Jean Elliott. The winners were:

Adele Carlisle, Natasha Nevill, Jill Draper, Judy Jetten, Luella Jacobson, Ledlie Nevill, Richard Jacobson, Richard Jones, Vince Sturmeay, Viv Hood, Peter Thompson, Clark Robbie, David Brand, Denis McCarthy, Muriel Sandham, Monica Renwick, Claude Martignier, Clive Sandham, Annette Cook, Bruce Benfell and Dulcie Kortegast.

We look forward to seeing you all again this Friday.

Diane Brown

Raffle Convenor



East Coast Bays Catholic Parish - Friday 20th September

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 20th September 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

Next Meeting Monday 30th September

3pm in the 3rd Floor Sunroom

We are an interdenominational group of Christians meeting to share the friendship of our common faith and hear from an invited speaker.

Enquiries to Bronwen Charlesworth - 09 478 0513 or 021 920 000



QUIZ NIGHT -- Sunday 29 September 2024

The August Quiz Night saw The Secret Squirrels return from travelling overseas and immediately get back into the groove by winning a tight competition with 51 points. The Mixed Nuts stunned their supporters by coming fourth in a tie-break with The Palms on 48 points out of a maximum of 70 which left The Iris Watches second with 50.

The topics were **General Knowledge 1, The Romans, Mottos, Vegetables, Hands & Feet** and **General Knowledge 2**. The Iris Watches choice of **Mottos** as their topic for August created havoc for all teams, as well as the Quizmaster who had to come up with the questions. It is significant that the members who chose Mottos were overseas on the August quiz night when their topic caused one team to score 5/10, one scored 4 and two scored 3, so the choosers knew when to take a holiday!

The Mixed Nuts chose **Time** as their choice for September.

Consequently, the August questions will be on: **General Knowledge 1, Green, Time, Famous Roads, Also Known as** 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 quizzier with cash prizes for the winners.

We will see you there!

Residents' Notices



All Blacks v Wallabies Saturday 21st September. Kick-off time 5.45pm.

Come and watch the match live on the big screen in the level 3 lounge.

Barry Jones

Pool Tables – level 2

Please ensure that you replace the covers on the pool tables when finished playing. Thank you.

Recycling lids

Recycling bins can now be found outside New World Albany Mall to collect plastic lids and tin lids.

Found

Red (fold-up) umbrella found in the café. Please see reception.

Gareth's Puzzle

Last week's puzzles were:

A. What number comes eighth in this sequence 4, 27, 36, 5, 86, 43, 72, 8 ?

B. What phrase comes fourth in this sequence?

I am not, They aren't either, However quizzing befuddles, ??

And the answers are:

A. There are only 8 numbers given and the eighth one is written as 8 as above.

B. The phrases written have 1, 2 & 3 letters, then 4, 5, & 6 letters, then 7, 8 and 9 letters so the last phrase has to have words of 10, 11 & 12 letters, such as announcing anticipated brainwashing.

This week's puzzles:

1. What comes next: Sunday 6 August, Tuesday 7 January, Saturday 8 December, ??

2. What are these four phrases?

a) Sell	b) Choice	c) - ->>>	Lady	d) Busines
	Choice		Lady	
Buy	Choice		Lady	

Enjoy

SUMMARY OF DECISIONS MADE AT RESIDENTS' COMMITTEE MEETING SEPTEMBER 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 10th September, 2024. Full minutes will be available in the library following the confirmation of the minutes at the next meeting.

PRESENT: Gordon Tasker, Lois Hadfield, Wendy Johnstone, Barbara Bailey, Neville Turner, Wilma Cooper, Jackie Thompson

Marika LaFlamme later

Apologies: Andra Glyn-Jones

FINANCIAL POSITION

The updated balance will be published after our next committee meeting.

GENERAL

- Marika was welcomed back. This was just her second day, and she had a full manager's report ready. (Very impressive)
- Lights either not working or obscured were reported: 38, 70, 80 and two on the lodge wall at the back.
- The committee were concerned that villa and apartment upgrades needed to be reassessed with particular attention being paid to sharp drawer handles, slippery bathroom tiles, lack of shower handrails and the height of the microwaves and some drawers.
- The excellent work of all the bar staff was discussed. It was felt that the whole village owed them a big thank you, as it is through their efforts producing a good profit that a lot of our village entertainment and activity groups are funded. Management contributes to the yearly birthday dinner and pays for the strength and balance class on Mondays.
- The Social Committee deserves praise for continuing to organize a varied entertainment programme, with a tight budget!
- The need to know how to turn the gas mains off quickly in an emergency was noted.

THE NEXT MEETING is scheduled for Tuesday 8th October at 10.00 am in the 3rd floor card room.

Blank Canvas – free artist-led class

Hi there!

My name is Alana and I am a youth development coordinator for Raise Up. Raise Up is a program for young people through the YMCA for youth aged 13-18 who want to plan events in the community, gain new skills, and connects with others.

We are planning and running an event on the 1st of October during the school holidays from 1:00-3:30pm, which is an artist-led class for all generations. The event is being held at Meadowood Community House in Unsworth Heights, is being run by our young people, and we are hoping to invite residents of your community to come along and enjoy some painting and free lunch.

This could be a great event for grandparents and grandchildren to attend together, or a group of residents from the village to come and enjoy together. This is for all age-levels and art ability and our goal is for fun and connection.

If anyone in your community would be interested in attending, please let me know, as spaces are limited, so we can set tickets aside. I look forward to hearing from you.

<https://events.humanitix.com/blank-canvas-artist-led-class>

Kind regards,
Alana



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 12pm-2pm	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
Devonport-Takapuna Local Board
Upper Harbour Local Board
C H O R U S

LAUGHTER LINES

Losers:

1. He has always worked for charity. He has to; no-one will pay him.
2. He willed his body to science and science is contesting the will.
3. The last time he was in hospital he got 'Get Well' cards from all the nurses.
4. He once lent \$10,000 to a mate for plastic surgery and now he can't recognise him.
5. He was an only child and he still wasn't his mother's favourite

A man walked into a pub and ordered six whiskies. Lining them up on the bar he downed the first one, then the third one, followed by the fifth one. "Excuse me," said the barman as the man turned to leave, "but you have left three of the whiskies you ordered untouched."

"Yes," replied the man. "My doctor said it was OK for me to have the odd drink."

On Valentine's Day a few years ago, a friend of mine's daughter received a bouquet of beautiful flowers accompanied by a card that simply said, "No." She spent the whole morning trying to figure out what her husband had meant by this message. Eventually she gave up and rang him. He was adamant he had not attached a message. "When I was on the phone to the florist," he told her, "she asked me if I had a message and I said, "No."

Visiting a pub, a tourist was fascinated by a stuffed lion's head mounted on a plaque over a door behind the bar. "Is there a story behind that magnificent trophy?" asked the tourist. "That lion killed my husband." replied the Landlady grimly. "Were you on safari?" "No," said the landlady, "it fell on his head."

An archaeologist working in the Israeli desert found a casket with a mummy inside. "I have just found a three-thousand-year-old body of a man who died from heart failure." Tests on the mummy proved that the archaeologist's diagnosis had indeed been correct. "How did you know he died of heart failure?" asked a journalist. "Simple," came the reply, "There was a piece of papyrus clutched in his hand on which was written, "10,000 shekels on Goliath, to win.'"

At a dinner in his honour, a wealthy businessman delivered an emotional speech. "When I first came to this town 50 years ago," he said, "I had no car, my only clothes were what I was wearing, the soles on my shoes were paper thin and I carried all my possessions in a brown paper bag." After dinner, a young man nervously approached the great man. "Sir, I really admire your accomplishments. Tell me, after all these years, do you still remember what you carried in that brown paper bag?" "Yes, vividly," he replied. I had \$400,000 in cash and \$2.5 million in shares."

A Little Bit of Trivia:

1. Between 1931 and 1969 Walt Disney collected 35 Oscars.
2. Most lipsticks contain fish scales.
3. The names of all the continents end with the same letter that they started with.
4. The number of births in India each year is greater than the entire population of Australia.
5. The human heart creates enough pressure each pump to squirt blood nine metres.

Q: How many Lawyers does it take to change a light bulb. **A:** How many can you afford?

And finally: Bumper sticker on a car – "If you can read this, I have lost my caravan."

From the joke books of A. Nonny Muss.

LADIES' GROUP

morning Tea

Tuesday

24th September 2pm

\$10/person including

1 savoury & 1 sweet treat

A drink of your choice

Pay & book at Relish Cafe





BLUE SEPTEMBER IS PROSTATE CANCER AWARENESS MONTH

Fundraising on Friday 21st September



Donut Friday &
Small Hot Drink \$8



Bangers & Mash
Special Lunch \$12

**\$1 of the sale proceeds from
each option will go to the
Prostate Cancer Foundation**



TOP-UP Shop

YOU'RE INVITED - COME ALONG

QUALITY KNITWEAR AND CLOTHING

Crafted for the ages, not just the season

VENUE Fairview Lifestyle Village
The Main Lounge

DATE Wednesday 2nd October 2024

TIME 10am - 2pm

Can't make it?... Visit us online or in store

www.aokclothing.co.nz
2 Talbot St Geraldine NZ

Phone 0800 586 737

Aok
CLOTHING

Audika Audiology Presentation

Level 3 lounge

Friday 4th October at 10.30am



Having trouble hearing?

“It’s not me, people are just mumbling”

“The restaurant is too noisy to hear my family”

“The TV seems to be getting quieter, but I’m turning
the volume up”

Does the above sound familiar?

Maybe it’s a good time to attend the presentation.

**You may learn something new on how to manage hearing loss
as you age, it’s a normal part of getting older.**

Please RSVP to reception by 3rd October.



HAPPY GRAND PARENTS DAY LUNCH

SUNDAY 6TH OCTOBER AT 12PM
2-COURSE LUNCH \$25

Choice of main meal

Slow braised rump steak slices

OR chicken cordon bleu

served with mushroom sauce,

julienne carrots & wilted kale mashed potatoes

Dessert

Custard tart, passionfruit,

topped with mascarpone & maraschino cherry

Kids Menu (under 12yo) \$7

Chicken nuggets, chips & complimentary ice cream cup

RSVP AND PAY AT RECEPTION.

RELISH CAFE A LA CARTE MENU WILL CLOSE AT 11.30AM.

BARISTA COFFEES AVAILABLE ALL DAY.

Strength and Balance

Monday 23 September - 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 25 September.

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 26 September - 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 27 September – 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 (Returning to the village on 14th November)

There will be a locum covering for Dr Hunter at his practice while his is away.

Podiatrist

Thursday 03 October– 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

23 September to 29 September 2024

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 23 Sept	Hair Salon Closed	9.30am	3 rd Floor Salon
	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 24 Sept	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	Katherine Jenkins Live at Llangollen
Wed 25 Sept	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 (POSTPONED)	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 26 Sept	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 27 Sept	Hair Salon with Kim	11.30am to 3.00pm	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 28 Sept	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 29 Sept	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start
	Quiz Night	7.00pm	3 rd Floor Lounge



Relish Café
By Chef Noris & Team

Dinner Menu

23 to 29 September

Bookings by **1pm**
Please phone 09 477 3957

Small Meal \$18.00 – Large Meal \$20.00
\$2.00 Delivery Fee applies per Villa

Monday / Chicken

GF Butter chicken, steamed vegetables, roti & aromatic basmati rice

Tuesday / Beef

GF Braised beef sirloin, grilled mushrooms, broccoli
served with chives mashed potatoes

Wednesday Roast / Choice of meat

GF Roasted pork loin and its trimmings, gravy and apple sauce
Or Cajun Chicken Roast
Steamed vegetables, roast pumpkin & potatoes

Thursday / Chicken

GF Oven baked chicken with tomato sauce topped with crème fraiche and parmesan
cheese served with pesto fettuccine and grilled seasonal vegetables

Friday / Choice of fish

Market beer-battered fish with tartare sauce, slaw and fries
Or Oven baked salmon with hollandaise sauce, steamed vegetables and mashed
potatoes (large only)

Saturday / Lamb

GF Shepherd's Pie with garden salad and French vinaigrette

Sunday Roast / Beef

GF Beef roast, brown gravy, mushy peas, buttered corn, roasted pumpkin and potato,
Yorkshire pudding

Alternative TAKEAWAY Dinner Menu – in foil tin:

This week's frozen meals are Lamb Shanks, Fish Pie & BBQ Pork Belly
JUST CALL IN, LIMITED BATCHES WEEKLY