

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 03 February to 09 February 2025 No. 357

From the Manager's desk

Farewell and Welcome!

As you are aware our Accounts Administrator, Nicki Currin, has resigned after five years in her role at Fairview and eighteen months prior to that at Fairview Care. Again, we sincerely thank Nicki for her dedication and contribution over the past years to the business, and we wish her all the best for the future. She will be missed around the office.

We are pleased to announce that Jeanette Bramley will be stepping into the role of Administrator from this Monday 3rd February. Jeanette brings valuable experience and is excited and looking forward to supporting our residents and the Fairview community.

Please join us in thanking Nicki for her service and welcoming Jeanette to her new role.

Painting villa roofs

The villa roof program continues as per the below schedule of works. Please note the guidance about parking of vehicles. Whilst all care is taken, with the wind it is likely that there will be overspray so vehicles should be parked in garages. Please advise any visitors of the same to prevent any issues. You will note that the program now includes the additional Villa 147.

Villa Roof Painting

Day	Date	Works	Villas	Notes
Friday	31-Jan	Spray second coat	136 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Friday	31-Jan	Fix pointing / replace tiles	143	
Saturday	1-Feb	No work		No work
Sunday	2-Feb	No work		No work
Monday	3-Feb	Spray second coat - if needed	136 & 137	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Monday	3-Feb	Washing	143	No vehicle to be in drive of 143
Tuesday	4-Feb	Fix Pointing	143	
Wednesday	5-Feb	Fix Pointing	143	
Thursday	6-Feb	No work - public holiday		Public Holiday
Friday	7-Feb	Spray primer coat	143	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Saturday	8-Feb	No work		No work
Sunday	9-Feb	No work		No work
Monday	10-Feb	Removal of edge protection	136 & 137	No vehicle to be in drive of 136 and 137
Monday	10-Feb	Edge Protection	145 & 146	No vehicle to be in drive of 145 and 146
Monday	10-Feb	Spray first coat	143	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Tuesday	11-Feb	Edge Protection	146	No vehicle to be in drive of 146
Wednesday	12-Feb	Spray second coat	143	No vehicle to be in drive of 136, 137, 143, 145 or parked on the road
Thursday	13-Feb	Washing	145	No vehicle to be in drive of 145
Thursday	13-Feb	Removal of edge protection	143	No vehicle to be in drive of 143
Thursday	13-Feb	Edge Protection	147	No vehicle to be in drive of 147
Friday	14-Feb	Washing	146	No vehicle to be in drive of 146
Friday	14-Feb	Fix Pointing	145	
Saturday	15-Feb	No work		
Sunday	16-Feb	No work		
Monday	17-Feb	Fix Pointing	146	

Please note that the above program is subject to change with weather conditions etc.

WashCo Update

Current Status: WashCo are planning to complete cleaning the building/windows for the remaining Villas by tomorrow. Internal window cleaning has been completed.

Waitangi Day on Thursday 6th February

A reminder that Thursday 6th February is a public holiday, therefore only the nurse on duty will be available. Please bring your swipe when visiting the Lodge as the automatic doors to the entrance of the Lodge will be locked. Relish Café will be closed but meal deliveries will be available, please contact the Café to book.

Village Shopping Bus

There will be no shopping bus to Milford on Thursday 6th February.

Level 3 lounge furniture

We kindly request that if residents move the furniture in the lounge for gatherings that they please put it back as it was before they moved it. This will ensure that all residents can enjoy the space, and it remains neat and tidy.

Apartment rubbish rooms

Over the weekend we had an infestation in one of the rubbish rooms on level four. We would like to remind all residents to please make sure that they tie up their rubbish securely before putting them in the bins, this is particularly important in the food waste bins. There are notices up in these areas advising which bins are to be used and again we ask residents to be mindful of these notices.

Upcoming Events

- Bingo – Saturday 1st February 7pm
- Gentlemen's Club Breakfast – Friday 7th February 8.30am
- Valentine's Day Dinner – Friday 14th February 6pm
- Ladies Club Afternoon Tea – Tuesday 18th February 2pm
- Happy Tuesday 2 for 1 dine-in deal – Tuesday 25th February 6pm

Gary Jarvis



Health and Wellbeing Corner

Strong Bones, Strong Women: Staying Active and Nourished to Prevent Falls and Fractures
As we age, especially for women, maintaining bone strength becomes more important than ever. Our bones naturally lose density over time, making them more fragile and prone to fractures. But with the right care, we can support our bones and reduce the risk of falls and injuries, keeping us active and independent.

Why Bone Health Matters

Osteoporosis, a condition where bones become weak and brittle, is particularly common in older women due to hormonal changes after menopause. It increases the risk of fractures, especially in the hips, wrists, and spine, which can greatly affect mobility and quality of life.

Building Stronger Bones

The good news is there are several steps you can take to support bone health:

1. Nourish Your Bones with the Right Foods

Calcium: Essential for strong bones, calcium-rich foods include dairy products (milk, cheese, yogurt), leafy greens (spinach, kale), almonds, and fortified plant-based milks.

Vitamin D: Helps your body absorb calcium. Spend a little time in the sun each day and include foods like salmon, eggs, and fortified cereals.

Protein: Vital for maintaining muscle mass and bone strength. Incorporate lean meats, fish, eggs, beans, and nuts into your meals.

Magnesium and Vitamin K: Found in nuts, seeds, whole grains, and green vegetables, these nutrients play a key role in bone health.

2. Exercise Regularly

Physical activity strengthens bones and improves balance, reducing the risk of falls. Focus on:

Weight-bearing exercises: Walking, dancing, or light jogging helps build bone density.

Resistance training: Using light weights or resistance bands strengthens muscles and bones.

Balance exercises: Yoga or tai chi improves stability and prevents falls.

Even a short daily walk around the village or gentle stretching can make a significant difference!

3. Avoid Bone Drainers

Limit caffeine and alcohol intake, as they can interfere with calcium absorption.

Quit smoking, as it accelerates bone loss.

Preventing Falls

Strong bones are important, but so is preventing the falls that cause fractures.

Keep your home well-lit and free of tripping hazards.

Wear well-fitting shoes with good grip.

Use handrails or walking aids if you need extra support.

Empowering Yourself for Healthy Aging

Looking after your bones is a lifelong commitment, but it's never too late to start. Remember, every small step you take—whether it's choosing a calcium-rich snack, attending a gentle exercise class, or going for a walk—helps build a healthier, stronger you.

If you'd like guidance on exercises or have concerns about your bone health, feel free to reach out to me. Let's work together to ensure we stay active, resilient, and independent in our golden years. Here's to a strong and vibrant life!

Rebecca and I will be starting the emergency call testing in all Villas and Apartments as part of the 6 monthly testing. This will start the Monday 3rd February. If you **DO NOT** wish for us to enter while you are out, please contact me to let me know. This is totally OK I respect the privacy of your homes.

Nurse Maria & the nursing team



From the Chef's Oven

Did you know?

1. We have a variety of different bread. Our kitchen offers a delicious selection of bread for you to choose from. Whether you're in the mood for our soft ciabatta, hearty wholemeal, classic white bread, buttery brioche buns or nutty rye, we've got something for everyone. You can swap your toast when ordering from any of our kitchen menu items. It's the perfect way to elevate your meal with your favourite bread! Please also let us know if you require your toast well done or just warm.
2. We also have a variety of delicious dressings and sauces to take your salads and sandwiches to the next level - creamy mayonnaise, Caesar dressing, zesty French dressing, savoury pesto sauce, tangy mustard, and rich tartare sauce. We've got something for every taste! Just let us know which one you'd like when you order and we'll make sure your meal is perfectly dressed!
3. We offer a delicious range of homemade treats, from gooey cookies and flaky biscuits to soft, fragrant loaves and more! Every bite is made with love and the finest ingredients, creating the perfect sweet moments for any occasion. Come visit us and indulge in a taste of homemade goodness, fresh from our oven to you!

Staff Updates:

Meet DEVIN, our loyal FOH/Kitchen Assistant who's been a part of the team for over five years now! He helps bake our delicious cookies, loaves, makes your barista coffees and your favourite apple strudel. He takes your orders, serving, washing dishes and more. He is the true definition of a Café all-rounder and we're lucky to have him. Please stop by and say hi. Stay tuned for next week, when we'll introduce another amazing member of our kitchen team!



Donut Friday

Unfortunately our talented baker won't be in tomorrow. There will be no donuts, instead we will add a selection of different sweet treats.

Upcoming Events:

- **Friday 7th February at 8:30am – Gentlemen's Club Breakfast**
Bookings and payment at the café. See flyer in newsletter.
- **Friday 14th February at 6pm – Valentines Day**
Bookings and payment at reception. See flyer in newsletter.
- **Tuesday 18th February at 2pm – Ladies Club Afternoon Tea**
A special afternoon tea of one sweet and one savoury plus your favourite barista coffee for only \$10. Bookings at the Café.
- **Tuesday 25th February at 6pm – Happy Tuesday 2 for 1 Dine-in Deal \$20**
Join us on our first Happy Tuesday of the Year – This time we will take you to FRANCE, we will have a culinary tour of their famous Ratatouille and poulet griller with a twist (chicken and vegetable stew) and pana cotta as an optional dessert. Bookings and payment are now at reception accepting maximum of 76 seats. We have 4 seats available – be quick!

Café Holiday Opening Hours:

Thursday 6th February - CLOSED

Restaurant Card

Just a reminder that when you use your Fairview Village Restaurant card at the café, please sign the receipt. Thank you.

Chef Lunch Special for month of February

This February we will offer you a Korean Cuisine. Indulge in our Chef's Special featuring tender grilled striploin in Korean bulgogi sauce paired with a vibrant soba noodle and fresh garden salad. The savoury richness of the perfectly grilled striploin compliments the refreshing cold soba noodles and mesclun garden salad, tossed in a delicate Korean-inspired dressing topped with toasted sesame seeds and seaweed.

Noris and the Relish Team



Fairview Cleaning Schedule for January 2025

Date	Building
13th January	Villas 1 to 147 - Building & Window Wash
14th January	Villas 1 to 147
15th January	Villas 1 to 147
16th January	Villas 1 to 147
17th January	Villas 1 to 147

20th January	Apartment Building - Window Wash Villas 1 to 147
21st January	Apartment Building Villas 1 to 147
22nd January	Apartment Building Villas 1 to 147
23rd January	Apartment Building Villas 1 to 147
24th January	Apartment Building Villas 1 to 147

27th January	Villas 1 to 147
28th January	Villas 1 to 147
29th January	Villas 1 to 147 + Garden Apartments Internal Window Cleaning Requests
30th January	Villas 1 to 147 + Garden Apartments Internal Window Cleaning Requests
31st January	Villas 1 to 147 + Garden Apartments Internal Window Cleaning Requests

What's on this Coming Week and Next



Movie Group - Tuesday 4th February – Where the Crawdads Sing

A young woman, who is left to raise herself alone in a remote marsh area, finds herself on a murder charge.

Stars – Daisy Edgar-Jones, Taylor John Smith and Harris Dickson.

WARNING – Contains violent scenes (PS Crawdads are marsh birds)

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

We had another great night on Friday, once again selling five main raffles.

The dwelling draw was drawn by Allan O'Callaghan. The winner was Murray Keenan. Congratulations Murray.

The main raffles were drawn by Clark Robbie. The winners were:

Adele Carlisle, Neil Butt, Graeme Pullar, Allan O'Callaghan, Waren Brown, Jean Elliott, Earl Troughton, Brynley Goodger, Jill Keenan, Jill Cornthwaite, Lois Hadfield, Jocelyn Goodger, Christine Nicholls, Bruce Benfell, Neville Turner, Sandra Howlison, Jean Jones, Patrick Knell, Luella Jacobson, Yvonne Keir, Richard Jacobson, Monica Renwick, Annette Cook, Brenda Lee, Margarete Bock, Sandie Jennins, Wendy Johnstone, Dave Brand and Richard Jones.

We look forward to seeing you all again this week.

Diane Brown

Raffle Convenor



Fairview Fellowship

**** Date Change ****

Next Meeting

Monday 3rd February at 3pm in the Level 3 Sun Room

Our village Christian Fellowship offers a warm welcome to join us each month.

We meet with an invited speaker to learn from God's word and encourage each other in our shared faith.

**** Meeting on Monday 3rd February at 3pm in the Sun Room ****

Contact Bronwen on 021 920 000



Bingo

Bingo resumes on Saturday 1st February at 7.00pm in the main lounge. Everyone is welcome.

Residents' Notices

SCAM

**If you receive an email as follows from Gordon Tasker it is a SCAM.
Please do not reply, delete it.**

From: Gordon Tasker <e.presidet2797@gmail.com>

Date: 29 January 2025 at 11:54:04 AM NZDT

To:

Subject: URGENT

Hello, do you have a minute?

I am in a conference meeting and not with my mobile phone. So just reply by email.

Art Group Restarts Thursday 6th February

Art can be a relaxing hobby where you can enjoy the pleasure of creating your own masterpiece. You can start with 'painting by numbers' or be creative just brushing paint onto canvas to produce your own abstract work.

Make your start by joining us in the Level 3 Sunroom at 1pm on Thursday 6th February.

We have materials you can use so come and join us.

Peter Woolnough 027 485 5637

Clothing alterations required

Is there anyone in the village happy to help a resident in Fairview Care with clothing alterations? Please contact Cherie at reception for more information.

Gareth's Puzzle

This week's Puzzles

A) What are these four expressions?

a) gsg e gsg	b) I FELL	c) ENTUARY	d) T	M
egsg egsg	I FELL		A	U
gges gges	I FELL		H	S
esgg esgg	I FELL		W	T

B) Mr and Mrs Smith have six dogs. Their names are: Rocket, Olaf, Yogi, Ginger, Buster and Iggy. They are getting a new dog and want to choose the name of a planet for it. Which one did they choose?

C) Mr Owl ate my metal ??????. What is the missing word?

Previous puzzles and their answers

1) If all the 12 months had 30 days, would the year be shorter or longer?
2) How many squares are there in the outside squares on a chess board?
3) On a standard analogue clock, how many digits appear only once?
4) What does this say?

B	B
U	U
R	R
N	N
S	S

1) Shorter 2) 28 3) 8 & 4) Sideburns - and the next series

1) How many vowels are there in the names of these countries?

Grease , Hungry , Spain

2) In this sequence, what number would logically come next?

2 4 8 4 6 5 9 4 ?

3) If you count from 1 to 30, how many numbers have exactly three syllables?

1) 2 - Spain is the only country 2) 4 - nos of letters in each word 3) 10

Bug Doctor

Hello again Fairview Lifestylers

Peter, that's me, the Bug Doctor will be treating villas and apartments from Monday 2nd December onwards.

Villas \$115.00 and Apartments \$75.00.

The village gets a great discount (villas 40% and apartments 35% off) compared to the outside world. For those of you that haven't experienced this non-smelling, clear to re-enter in one hour, 6 months guarantee, lasts for a year treatment – then ask your neighbors. I've been in the village for at least 17-18 years and still have my customers on board.

Cheers, Peter.

Phone/text 021 244 5909

Resident Phone Book Updates

We will advise you of any changes to the phone book so you can update the book you have. The current phone book is available at all times on Fairview Intranet.

Please cut and paste this into your phone books.

New Resident

A429	Milliken, Andy
Home number	477 3929
Mobile number 1	
Mobile number 2	
Email 1	
Email 2	

Add mobile number

A310	Wade, Beverley
Home number	477 3810
Mobile number 1	021 0247 9934
Mobile number 2	
Email 1	
Email 2	

Fairview Village presents



First Saturday of the month

Ticket Sales from 6.15pm
7.00pm Start

Friends and family welcome!

30

44

B
12

10 Minute Wonders

They're at it again!

Featuring Bennie Gunn on the piano and the usual cast of idiots presenting little skits and stories written and performed by your residents.

The one and only performance so don't miss out!

3rd Floor Lounge

Sunday 16th February at 4.00pm



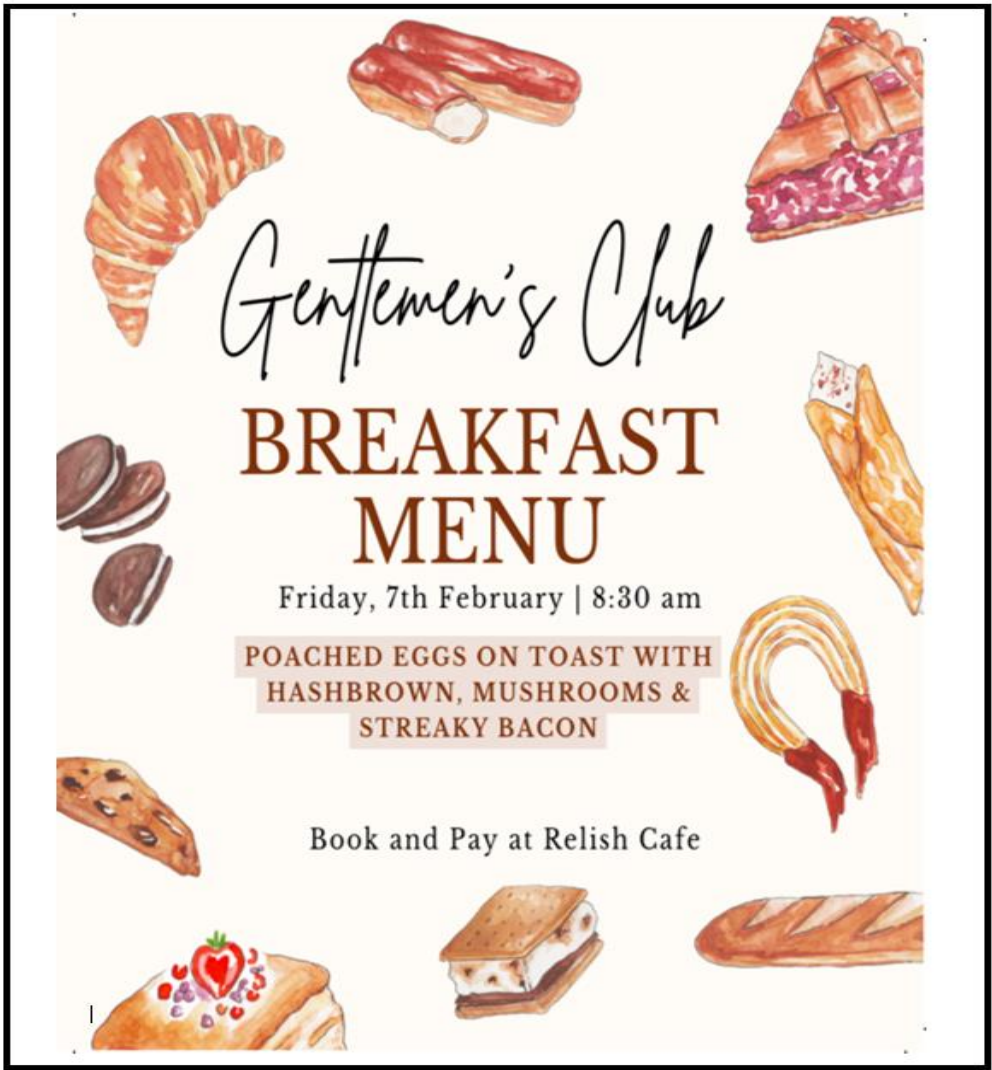


Ladies Group AFTERNOON TEA

\$10 per person, enjoy a sweet and a savoury plus your favourite Barista Coffee

Tuesday, 18 February at 2 PM

Bookings and payment at the Cafe



Gentlemen's Club BREAKFAST MENU

Friday, 7th February | 8:30 am

**POACHED EGGS ON TOAST WITH
HASHBROWN, MUSHROOMS &
STREAKY BACON**

Book and Pay at Relish Cafe

Valentine's Day Dinner

Friday 14th February at 6pm

\$35 per person

Appetizer

Mediterranean Vegetable Crostini Canape

Grilled ciabatta, drizzled with basil oil.

A medley of sun-ripened olives, tangy sundried tomatoes and creamy feta.

Choice of Mains

Slow-cooked Guinness Beef Medallions

4 hour slow-cooked beef medallions, seasoned and cooked in Guinness beer.

Poached Salmon in Prosecco Sauce

Tenderly cooked in golden butter and champagne-infused prosecco sauce.

Both served with silky pumpkin and pomme puree, grilled broccolini, raw julienne beetroot slices and wild rocket salad.

Dessert

Strawberry Mousse

A decadent strawberry mousse accompanied by a vibrant wild berry coulis.

Please book and pay at reception by Wednesday 12th February 4pm

Strength and Balance

Monday 03 February 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 05 February 2025.
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 - Cancelled 6th February

Aqua Class with Libby

Friday 07 February – 9.15am – Level 2 Swimming Pool
\$5.00 per class

Doctor

Thursday 13th February – 2.00pm to 3.45pm – 3rd Floor Doctors Room
Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 20th February – 9.00am to 12.00 noon – 3rd Floor Doctors Room
Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

03 February to 09 February 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 03 Feb	Hair Salon with Lisa	9.30am	3 rd Floor Salon with Lisa
	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 04 Feb	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	Where the Crawdads Sing
Wed 05 Feb	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Petanque	9.00am	Petanque Court
	Beautician	9.45am	3 rd Floor Doctors Room
	Dance on Request	9.30am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Twilight Croquet	5.00pm	Croquet Green
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 06 Feb	Hair Salon with Kim (Salon Closed)	9.00am – 1.00pm	3rd Floor Salon with Kim
	Croquet (weather permitting)	9.00am	Croquet Green
	Bus to Milford (Cancelled)	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 (Cancelled)	4.30pm	2nd Floor Lounge
Fri 07 Feb	Hair Salon with Kim	9.00am to 1.00pm	3 rd Floor Salon with Kim
	Minibus – Browns Bay	9.15am/10.15am	Return: 10.30am/12.00pm
	Aqua Class	9.15am	Level 2 Swimming Pool
	Rummikub	1.00pm	3 rd Floor Games Room
	Friday Night Raffle	3.30pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 08 Feb	Croquet (weather permitting)	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 09 Feb	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Relish Café

By Chef Noris & Team

Dinner Menu

03 Feb to 09 Feb

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 BBQ pork belly, steamed vegetables, roasted pumpkin and potatoes

Tuesday (Lamb)

*GF Jamie Olivers aromatic mild lamb curry
steamed rice & roti with steamed peas and carrots*

Wednesday Roast (beef)

*GF roast sirloin slices, gravy, or chicken roast
served with peas, roasted potato & pumpkin*

Thursday (Chicken) (café is closed - delivery only)

KFC style boneless fried chicken with gravy, coleslaw and chips

Friday (KIWI classic)

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

Saturday (chicken)

*Grilled chicken, fettuccine pasta with creamy carbonara sauce
Served with broccoli and mushrooms*

Sunday (Lamb Roast)

*GF lamb shanks, jus and gravy, served with green beans and carrots,
parsley mashed potatoes*

Optional Dinner Menu – in foil tin:

JUST CALL IN, LIMITED BATCHES WEEKLY