# The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706 17 March to 23 March 2025 No. 363

# From the Manager's desk

#### **EV Policy**

We have arranged for the installer of the EV charging system to come to the village on Tuesday the 8<sup>th</sup> of April at 1.00pm to answer any questions and talk about the facility that will be in place. If you have specific concerns about the charger's capabilities, please submit them in writing so we can compile a Q&A document to address these queries.

Additionally, please return your completed EV Policy form to reception as soon as possible. If you do not own a vehicle, kindly indicate "no vehicle" on the form. Thank you to all those who have already returned their EV Policy forms.

#### Village Fire drill – Evacuation

On Tuesday the 25<sup>th</sup> of March The fire drill will be at approximately 2.00pm. You are welcome to take part in the fire drill if you are in the fire zone at the time when the fire alarm rings. We will not ask residents to evacuate from their apartments for the fire drill, but we may knock on your door.

#### **Charges for services**

We have reviewed our current charges and costs and will be making the following adjustments from the 1<sup>st</sup> of April 2025.

Staff charge out rates for Housekeeping, maintenance and gardening for personal requests will increase from \$39.00 per hour to \$42.00 per hour.

Dinner pricing will increase from the current \$18.00 and \$20.00 to \$19.00 and \$21.00. The lunch menu will be updated in terms of price and selection; cabinet pricing will be reviewed on an individual basis.

#### Housekeeping shortages

Unfortunately, we are currently a team member down due to an injury and will be like this until the middle of April. We will prioritise essential cleans as much as possible and we would appreciate your understanding during this time.

### Lawn Mowing

During the growing season the lawns are mowed every two weeks, it has been noted recently that there is an issue in some areas where dog faeces has not been cleared from the lawn area. If the team arrive and the resident lawn has not been cleared, we will not be able to mow it due to the health risk. We ask that all residents with dogs monitor their lawns and clear them so that we can mow them for you.

#### Residents' birthday morning tea

We will be having this month's residents' birthday morning tea on Wednesday 19 March at 10.00am in the main lounge. I look forward to the opportunity of meeting with those residents celebrating their special day this month.

#### 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.

Thursday	13-Mar	Spray second coat & spray third coat	8	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Thursday	13-Mar	Washing	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Thursday	13-Mar	Fix pointing	7	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Friday	14-Mar	Remove edge protection	8	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Friday	14-Mar	Install edge protection	8	No vehicle to be in drive of 6	
Friday	14-Mar	Spray primer coat	7	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Saturday	15-Mar	No work			
Sunday	16-Mar	No work			
Monday	17-Mar	Washing	6	No vehicle to be in drive of 6	
Monday	17-Mar	Spray second coat & spray third coat	7	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Tuesday	18-Mar	Spray primer coat	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Tuesday	18-Mar	Remove edge protection	7	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Tuesday	18-Mar	Install edge protection	12 & 14	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Tuesday	18-Mar	Fix pointing	6		
Wednesday	19-Mar	Spray primer coat	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Wednesday	19-Mar	Spray second coat & spray third coat	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Wednesday	19-Mar	Washing	12 + 14	No vehicle in drive of 12 + 14	
Thursday	20-Mar	Fix pointing	6		
Friday	21-Mar	Spray primer coat	6	No vehicle to be in drive or road of 6,7 & 8, 10, 11, 12 & 14	
Friday	21-Mar	Pointing	12 + 14		

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

#### **Croquet Green**

At this stage the green is forecast to reopen on the 24<sup>th</sup> of March.

#### **Upcoming Events**

- Monday 17<sup>th</sup> March at 6pm St Patrick's Dinner
- Tuesday 18<sup>th</sup> March at 2pm Ladies Club Afternoon Tea
- Thursday 20<sup>th</sup> March at 12pm Volunteers Lunch
- Tuesday 25<sup>th</sup> March at 6pm Happy Tuesday 2 for 1 Dinner
- Friday 28<sup>th</sup> March at 2pm Westpac presentation on fraud/scams in main lounge

Gary Jarvis



# Health and Wellbeing Corner

Pain is something many of us experience from time to time, whether it's a headache, joint discomfort, or general aches and pains. While mild pain is common, it's important to **manage it early** to prevent it from worsening.

#### What to Do If You Experience Pain

1) Start with Simple Pain Relief – If you begin to feel discomfort, you can take Paracetamol (Panadol) as directed on the packaging, provided you have no allergies or contraindications. This is a gentle pain reliever that can help ease minor aches.

2) **Consider Ibuprofen** – If the pain persists, and you do not have any medical conditions that prevent you from taking it, **Ibuprofen** (such as Nurofen) may help, especially for inflammation-related pain. Always take it with food to protect your stomach.

3) **Rest & Listen to Your Body** – Sometimes, **rest, hydration, and applying heat or cold packs** can provide relief for sore muscles or joints.

4) **Don't Ignore Ongoing Pain** – If pain **does not improve** or worsens, it's time to **reach out for help**. Contact the **village nurse** for advice, or if needed, make an appointment with your **GP**.

#### When to Seek Help Immediately

If you experience chest pain, severe headaches, difficulty breathing, sudden swelling, or any unexplained or intense pain, call for help immediately—don't wait! If you're ever unsure, it's always better to reach out.

Pain is not something you should have to live with. Managing it properly helps maintain **your comfort, mobility, and overall well-being**. Stay well, and always remember that **help is available when you need it**.

I will be away for the next 4-6 weeks as I'm having surgery next week. Catharina will be covering my role while I'm away, so you can always reach out to her or Rebecca, or any of the great nursing team we have.

Maria and the nursing team



#### Did you know?

- 1. Every Wednesday, we offer a drop-off service for used cooking oil. Simply place your used oil in a container, and our team will take care of the disposal for you. Please note that we only accept used cooking oil—no other kitchen condiments, please.
- 2. In the lounge, you'll find a condiments station fully stocked with everything to enhance your coffee, tea, and meals. From freshly brewed coffee and a selection of teas to essentials like ketchup, salt, pepper, and more, we have you covered! To ensure everyone can make use of this service, we kindly ask that you return any items after use and avoid taking them home. This helps us maintain a welcoming environment for all and ensures that everyone can enjoy these shared amenities. Thank you for your understanding and cooperation!

#### Staff Updates:

**Introducing Anah**, one of the most cheerful, friendly, and dedicated members of our café family. With her constant smile and positive energy, Anah has a special way of making everyone feel at home the moment they walk in. Whether she's behind the counter crafting your perfect cup of coffee, taking your order, or serving up your favorite treats, she's always on the go. But her dedication doesn't end there—Anah is also quick to lend a hand with kitchen duties, always ready to pitch in wherever needed to keep everything running smoothly. Her enthusiasm and commitment shine through in all she does, and her bright, infectious spirit makes her a true joy to be around. Next time you're in, be sure to say hello to Anah—her warmth and kindness will definitely make your day!



#### Kitchen Menu

On 1<sup>st</sup> April, we will update our kitchen menu to some of our autumn and

winter favourites such as mince on toast, creamy mushrooms and more. If the weather is slightly colder, we will do soup of the day and garlic bread.

#### Donut Friday

Sorry, there will be no donuts tomorrow as our talented baker Celeste is unwell.

#### **Upcoming Events:**

- Monday 17<sup>th</sup> March at 6pm St Patrick's Dinner The menu is at the end of the newsletter. It will be a three course meal. Bookings and payment at reception.
- Tuesday 18<sup>th</sup> March at 2pm Ladies Club Afternoon Tea
   A special afternoon tea of one sweet and one savoury plus your favourite barista coffee for
   only \$10. Book at the Café.
- Thursday 20<sup>th</sup> March at 12pm Volunteers Lunch

Volunteers appreciation lunch – A special thank you to the residents of Fairview.

We want to extend our heartfelt thanks to all the wonderful volunteers who have given their time and energy to support our community here at the village. To show our appreciation, we are hosting a complimentary lunch exclusively for our volunteers! This is our way of saying "thank you" for all your hard work and dedication. Invitations have been sent, please RSVP to reception.

#### Tuesday 25 March at 6pm - Happy Tuesday 2 for 1 dinner A Culinary Tour of American Cuisine

Get ready for a mouthwatering journey through America's flavours with our special 2-for-1 Tuesday dinner deal! This time, we're featuring a classic American BBQ feast: tender, smoky **BBQ Baby Back Ribs** paired with crispy potato chips and fresh, tangy **Southern Slaw**. It's the perfect way to savour some of the best tastes the U.S. has to offer. But wait there's more, we will have an optional dessert – the classic American apple pie topped with whipped cream for \$5. Bookings and payment at reception accepting a maximum of 76 bookings.

#### Chef Lunch Special for Month of March

March Chef's Lunch Special - We're thrilled to announce that, by popular demand, we're bringing you a beloved British classic! For the entire month of March, we're serving up the ultimate comfort food: Bangers and Mash. Enjoy juicy, savoury sausages perfectly paired with creamy mashed potatoes and a side of vibrant, sweet peas that bring it all together. Whether you're craving something hearty for lunch or just in the mood for a comforting classic, this dish is sure to hit the spot.



Noris and the Relish Team.

# What's on this Coming Week and Next



# Movie Group Tuesday – Shakespeare in Love

This romantic comedy is presented by an excellent cast. Brilliantly funny, warm and fast moving. 7 Oscars.

Stars Colin Firth, Judi Dench, Gwyneth Paltrow and Geoffrey Rush.

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 a very good night on Friday, selling four main raffles and one minor.

The dwelling draw was drawn by Peter Croft. The winner was Christine Smith. Congratulations Christine.

The main raffles were drawn by Denis McCarthy. The winners were:

Dave Brand, John Gardner, Adele Carlisle, Brian Sutherland, Bruce Benfell, Neil Butt, Alan O'Callaghan, Lois Hadfield, Brenda Lee, Christine Smith, Dulcie Kortegast, Richard Jones, Andra Glyn-Jones, Warren Brown, Jillian Milne, Mary Gardner, Cynthia O'Callaghan, Richard Jacobson, Peter Croft, Wayne Nicholls, Clark Robbie, Dave Ellis, Jill Cornthwaite and Margo Sturmey.

We look forward to seeing you all again this week.

Diane Brown Raffle Convenor



# Catholic Liturgy – Friday 21<sup>st</sup> March

Our Liturgy Service for this month will be held in the Sunroom on the 3<sup>rd</sup> Floor on Friday 21<sup>st</sup> March 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**

#### **DANCERS**

Please note, dancing is cancelled on Monday 17<sup>th</sup> March due to St Patrick's dinner. Cheers, Pat

#### **10 MINUTE WONDERS**

Attention members of the 10 Minute Wonders group, as well as any residents interested in joining: we invite you to our next meeting on Wednesday 19<sup>th</sup> March at 3.30pm in the main lounge where we'll be exploring new short plays and skits! Whether you're interested in acting, assisting with props, working behind the scenes, or helping with "voices off," we would love to have your support. No experience is necessary—just bring your enthusiasm and a willingness to have fun! Contact: Diane Lyons

#### VISA SCAM

A resident received a call from an automated female voice stating, "Your Visa card has been charged for two transactions, one from Amazon and one for an iTunes gift card. Press 1 to discuss further." Please hang up immediately, as this is a scam.

#### GARETH'S PUZZLE

This week's puzzles are:

1) If the silent letters from these words are put together, what new word do you get? ANCHOR, GUITAR, MNEMOMIC, CRUMB, GUILD, GNAT.

2) Fill in the blank. W8ED , T1D , OF10 , NE\_RK

3) If New Year's Day is on a Sunday, which of these dates can't fall on a weekend? February 5th, May 14th, August 30th, November 31st?

4) What do you get if you remove the wrong letters from this sequence WAROKINSGS?

#### Last week's puzzles and answers

1) What are these 3 vegetables plus a pudding?

YPRSALE, COBILCOR, MEANGOERTAP, SEEACHKEC.

2) What does this say? KNOW it NO.

3) Take me out of a window, and I leave a grieving wife. But stick me in a door, and I can save somebody's life. What am I?

4) A blind man has 25 red socks, 47 green socks and 3 blue socks in a drawer. How many does he have to pull out to make a pair?

And the answers are:

1) Parsley , Broccoli , Pomegranate , Cheesecake - (all are edible but maybe not strictly vegetable - oops)

2) No two ways about it.

3) The letter n

4) 2 if he doesn't care if he wears contrasting socks or 4 if a pair matches.

#### **BUG DOCTOR**

Hello again Fairview Lifestylers.

Peter, that's me, the Bug Doctor will be treating villas and apartments.

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

# 17 MARCH / MONDAY / 6PM <u>PUB STYLE</u> <u>DINNER MENU \$35 PP</u>

ATRICK'S DAY

to start: Margherita Tortilla Pizza -Choice of Mains: SMOKEY BARBECUED PORK BELLY

# SMOKEY BARBECUED CHICKEN THIGH FILLETS

both served with garden salad with french vinaigrette and seasoned potato wedges

DESSERT: ST. PATRICK'S PISTACHIO GREEN CHEESECAKE

green cheesecake with biscoff crust filled with mascarpone & cream cheese topped with matcha & pistachio dust

Bookings and payment at the reception on or before 13th March





## **Strength and Balance**

Monday 17 March  $10.30am - 2^{nd}$  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 3<sup>rd</sup> floor. If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

# **Beautician**

Wednesday 19 March 2025. Natalie is at the Village every Wednesday from 9.45am – 4.00pm. She works from the Doctor's Room on the 3<sup>rd</sup> floor. Call or text on 0211458542 to make your booking.

# **Restorative Yoga with Joy - Stretch Strengthen Revitalise**

Thursday 20 March – 1.30pm – 2<sup>nd</sup> Floor Lounge Monthly prepaid fee of \$20.00 We appreciate the subsidy from the Village Residents' Committee

# **Aqua Class with Libby**

Friday 21 March– 9.15am – Level 2 Swimming Pool \$5.00 per class

### Doctor

Thursday 27 March – 2.00pm to 3.45pm – 3<sup>rd</sup> Floor Doctors Room Please phone reception to book an appointment with Dr Hunter.

### Podiatrist

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

# WEEKLY SCHEDULE

# 17 March to 23 March 2025

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

#### KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 17 Mar	Hair Salon is closed on Mondays		
	Strength & Balance	10.30am	2 <sup>nd</sup> Floor Lounge
	Line Dancing	4.00pm	2 <sup>nd</sup> Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Lounge
Tue 18 Mar	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting) Green Closed	<del>9.00am</del>	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 <sup>rd</sup> Floor Games Room
	Craft Group (newly formed group)	1.30pm	3 <sup>rd</sup> Floor Sun Room
	Movie Group	7.15pm	Shakespeare in Love
Wed 19 Mar	Hair Salon with Kim	9.00am – 1.00pm	3 <sup>rd</sup> Floor Salon with Kim
	Petanque	9.00am	Petanque Court
	Beautician	9.45am	3 <sup>rd</sup> Floor Doctors Room
	Dance on Request	9.30am	2 <sup>nd</sup> Floor Lounge
	Scrabble	1.30pm	3 <sup>rd</sup> Floor Games Room
	Twilight Croquet (Cancelled until further notice)	<del>5.00pm</del>	Croquet Green
	Happy Hour	5.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
Thu 20 Mar	Hair Salon with Kim	9.00am – 1.00pm	3 <sup>rd</sup> Floor Salon with Kim
	Croquet (weather permitting) Green Closed	<del>9.00am</del>	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 <sup>rd</sup> Floor Sunroom
	Yoga with Joy	1.30pm	2 <sup>nd</sup> Floor Lounge
Fri 21 Mar	Hair Salon with Kim	9.00am to 1.00pm	3 <sup>rd</sup> 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 <sup>rd</sup> Floor Games Room
	Friday Night Raffle	3.30pm	3 <sup>rd</sup> Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 <sup>rd</sup> Floor Main Lounge
Sat 22 Mar	Croquet (weather permitting) Green Closed	<del>9.00am</del>	Croquet Green
	Indoor Bowls	1.00pm	2 <sup>nd</sup> Floor Games Room for 1.15pm
Sun 23 Mar	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start





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 – St Patrick's Dinner Smoky BBQ pork belly, potato wedges and garden salad

# Tuesday / Beef

Roasted beef brisket, jus and gravy grilled cauliflower & mushrooms with chives mashed potatoes

# Wednesday Roast / choice of meat

GF roast lamb leg roll, jus & gravy, mint sauce. Or cajun chicken roast steamed broccoli & carrots, roast pumpkin & potatoes

# Thursday / Pork

GF 6 hr slow roast pulled pork, apple sauce and gravy, peas and corn and chives mashed potatoes

# Friday / Choice of Fish

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

GF grilled chicken, teriyaki sauce, vegetable chop suey & egg and vegetable fried rice

# Sunday Roast

GF braised lamb shanks, jus & gravy, minted peas & glazed carrots, parsley mashed potatoes

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