

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 31 March to 06 April 2025 No. 365

From the Manager's desk

Welcome to our new residents

We are thrilled to welcome Karen and Andrew Beedie, who have moved into Villa 136, and Joyce Hill, who has moved into Apartment 419, this week. Let's make sure we give them a heartfelt welcome, ensuring they feel right at home at Fairview.

EV Policy

Reminder that we have arranged for the installer of the EV charging system to come to the village on Tuesday the 8th 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.

Croquet Green

At this stage the green is forecast to open on Monday week, we will update and confirm this in next week's newsletter.

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. There is a slight change to the previous works advised last week to today and tomorrows schedule.

Villa Roof Painting

Day	Date	Works	Villas	Notes
Monday	24-Mar	Pointing	12 & 14	
Monday	24-Mar	Remove scaffold	6	No vehicle in drive of 6, 10 + 11
Monday	24-Mar	Install scaffold	10 & 11	No vehicle in drive of 6, 10 + 11
Tuesday	25-Mar	Pointing / Spray Primer coat	12 & 14	No vehicle to be in drive or road of 6, 7 & 8, 10, 11, 12 & 14
Tuesday	25-Mar	Install scaffold	10 & 11	No vehicle in drive of 6, 10 + 11
Wednesday	26-Mar	Spray Primer coat & Spray Top coat	12 & 14	No vehicle to be in drive or road of 6, 7 & 8, 10, 11, 12 & 14
Thursday	27-Mar	Sprary second and Top coat	14	No vehicle to be in drive or road of 6, 7 & 8, 10, 11, 12 & 14
Thursday	27-Mar	Washing	11	No vehicle in drive of 10 + 11
Friday	28-Mar	Remove scaffold	14	No vehicle in drive of 12 + 14
Friday	28-Mar	Install scaffold	10	No vehicle in drive of 10 + 11
Friday	28-Mar	Sprary second and Top coat	12	No vehicle in drive of 12 + 14
Friday	28-Mar	Pointing	11	
Saturday	29-Mar	No work		
Sunday	30-Mar	No work		
Monday	31-Mar	Washing	10	No vehicle in drive of 10 + 11
Monday	31-Mar	Pointing	11	
Monday	31-Mar	Remove scaffold	12	No vehicle in drive of 12 + 14
Monday	31-Mar	Install scaffold	16 + 17	No vehicle in drive of 16 + 17
Tuesday	1-Apr	Install scaffold	16 + 17	No vehicle in drive of 16 + 17
Tuesday	1-Apr	Pointing	10	
Wednesday	2-Apr	Spray Primer coat	10 + 11	No vehicle in drive of 10 + 11
Thursday	2-Apr	Sprary second and Top coat	10 + 11	No vehicle in drive of 10 + 11
Thursday	2-Apr	Washing	16 + 17	No vehicle in drive of 16 + 17
Friday	2-Apr	Sprary second and Top coat	10 + 11	No vehicle in drive of 10 + 11
Friday	2-Apr	Pointing	16 + 17	No vehicle in drive of 10 + 11
Saturday	3-Apr	No work		
Sunday	3-Apr	No work		

Please be aware that a platinum painters van is currently permanently parked at the village this allows for storage and is essential to ensure the program stays on target. Also note that the above program is subject to change with weather conditions etc.

Annual palm maintenance

We have the annual palm maintenance booked in for the week beginning 14th April 2025. Please be aware during this period there will be cherry pickers and people working at heights in the village.

Bookings for dinners and events

We have had some recent cancellations on the day for dinners and just wanted to advise on our policy for this. If you cancel on the day we cannot offer a refund as the stock has already been purchased and preparation commenced. We can offer the meal as a takeaway option, or possibly as a frozen meal. Please speak directly with the kitchen to make these arrangements.

Intranet access

As you may be aware we have an intranet on our main website that is for resident access only. On this part of the website residents can access the phone book and newsletters. If you would like access to this, please see Cherie who will set you up in the system, this will then require you to login into the website where this material is stored.

Charges for services

We have reviewed our current charges and costs and will be making the following adjustments from next Tuesday the 1st 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.

Upcoming Events

- Friday 28th March at 2pm - Westpac presentation on fraud/scams in main lounge
- Thursday 3rd April – Flu Vaccinations – time to be advised
- Tuesday 8th April at 2pm – Travelwise Holidays presentation

Gary Jarvis



Health and Wellbeing Corner

Flu Injections next Thursday April 3 Level 2 lounge.

We will be trying something a bit different this year.

Usually, we space things out with street names but to make it easier for us to find your forms we will have set times for surnames alphabetically, as follows:

A to F - please come at 1415 – 1430

G to O – please come at 1430-1450

P to Z – please come at 1450- 1500

We will be calling your last names out and giving you your consent back before you see the Vaccinator. You are required to stay 10 minutes after the vaccination.

Blood Pressures

If you are concerned about your blood pressure or would just like to keep an update for your own record, please make an appointment and we will be happy to take your blood pressure for you.

The GP may advise you after a change of medications to monitor your blood pressure daily for a while so purchasing a BP machine for home or for when you go on trips is a good idea but as we have found in the past sometimes, they can have mechanical problems so do feel free to get things checked with us.

Be guided by how you feel. Blood pressures can change with anxiety, grief etc so if you feel fine you probably are.

Independence

Think about what independence means to you.

Some of those things may be taken away as you get older and seemingly without your permission.

Driving, friends, family, mobilising etc so when we get down to it, we have to plan for those possible eventualities.

To be independent at home you need to be able to get up by yourself, you need to be able to walk around the house and attend to your health needs promptly and that's basically it.

Everything else can be supplied for you by food being delivered, organisations driving you to appointments, carers coming in to assist.

So mobilising, regular health checks and keeping your brain active are the three key elements.

Brain health – Your brain needs sensory inputs so that means making sure you are doing your best to provide your brain with those senses by checking:

- Eye health
- Hearing checks
- Oral health

This involves corrective eye wear or surgery, or if your eyesight is diminishing you can set up your home so that you know it well, everything has a place, and it stays that way. Advocate for yourself, tell anyone that comes to leave things in their place when cleaning or showering etc. Avoid tripping hazards so remove mats, over cluttering pathways.

Stay in touch with the world with the radio, podcasts, regular conversation groups or groups that you used to be a part of now you are an observer of.

Hearing checks – this may involve hearing aids, or regular professional cleaning of wax build up. Ask family and friends to text instead of ringing. Have visual cues.

Research has been done to show that people who don't take care of sight and hearing early are more likely to develop dementias due to the isolation factor, so very important to keep yourself socially active.

Oral health - to be able to take in the nutrition that you need to stay well. Get ill-fitting dentures fixed, see the doctor if you are having trouble with anything regarding oral health, i.e. dry mouth, bleeding gums, halitosis, mouth breathing etc.

Enjoy the food you eat, have smaller meals, get help with your food planning so that you don't have to just reach for anything but have things planned for the week.

Regular GP visits are important. If all is well going 3 monthly, just 4 visits a year, it is worth it to keep on track with blood tests, vaccinations, changes in weight, changes in medication, BP checks etc.

Use the clinic here to have your BP reviewed as well, discuss changes that you are concerned about so we can guide you.

Early intervention for anything is the key.

If you are having some difficulties remembering things. Please let us or your trusted health professional know. This may be a health reason not related to the brain. It can be something that can be halted by medications so don't hide these things, get help early.

Taking medications properly is a big factor. If you are concerned that you may be missing doses or can't remember if you have had doses there are many ways to assist with this. Again, let someone know and plan together. Your body can quickly become toxic with some drugs if not taken correctly and this can lead to presenting with what seems like early dementia.

Keep doing jig saws, crosswords, watching the Chase, wordle, documentaries etc.

Social Interaction – some people do not need a lot, but everyone needs some. Social interactions can occur when carers visit to assist with activities like showering or general care. They can also happen during appointments, casual chats at the checkout, or social visits through organisations like Aged Concern. Not everyone has family or friends who can visit, so simply having someone to talk to is beneficial for well-being—it helps maintain a sense of self."

Next week we will talk about mobilisation and how to best help yourself to keep safe and to prevent those muscles from not assisting you with your goals.

My News – It was lovely to share little Erin around last Friday on World Downs Syndrome Day. It is so important that she gets used to being around a lot of people and she certainly was, and not a tear in sight. And yes, Cathy you still have the magic touch! My daughter has come a long way from not wanting to take her out because of people staring to wanting to show her to everyone and her first visit was here, and you have all been so kind so thank you. It has meant a lot.

Catharina and Nurses Team.



From the Chef's Oven

New Café Menu & Price adjustments

We will add some exciting dishes to the kitchen ala carte menu such as creamy mushrooms, breakfast wraps, bruschetta and by popular demand – mince on toast. We also hope that you are enjoying the different selections of both savouries and sweet treats.

From 1st April there will be a slight price increase. Dinner prices will be \$19 for a small meal and \$21 for a large meal. Some cabinet meals and kitchen ala carte menu will increase from .50 cents to \$1.

Donut Friday

Don't forget it's donut Friday tomorrow. \$4 each or 3 for \$10. First come first served.

Upcoming Events:

- **Friday 4th April at 8:30am – Gentlemen's Club Breakfast**

Enjoy your favourite breakfast plate with poached eggs on toast, bacon, mushrooms, and hashbrowns. Good food and great chat await you, gentlemen of Fairview!

- **Wednesday 16th April at 10:30am – Pre-Easter buffet**

Celebrate the upcoming Easter in style with a delightful cruise-style breakfast-brunch experience for only \$19 per person. Our buffet features a variety of delicious options to satisfy every craving. Highlights include:

- **Live Omelette Station:** Watch as our chefs prepare fresh, custom-made omelettes just the way you like them!
- **Eggs Cooked Your Way:** Whether you prefer scrambled, poached, or fried, we've got you covered!
- **Variety of Cooked Breakfast Dishes:** From sizzling sausages and crispy hash browns and bacon to savoury mushrooms and more, enjoy a mouthwatering selection of classic breakfast favourites.
- **Bread Toasted Your Way:** Choose from a selection of fresh breads, toasted to perfection, and paired with a variety of spreads.

This is the perfect opportunity to indulge in a delicious, hearty breakfast while enjoying great company and festive cheer. We can't wait to share this special Pre-Easter brunch with you! Bookings and payment at reception.

- **Sunday 20th April at 12:00pm – Traditional Easter Sunday Roast Lunch**

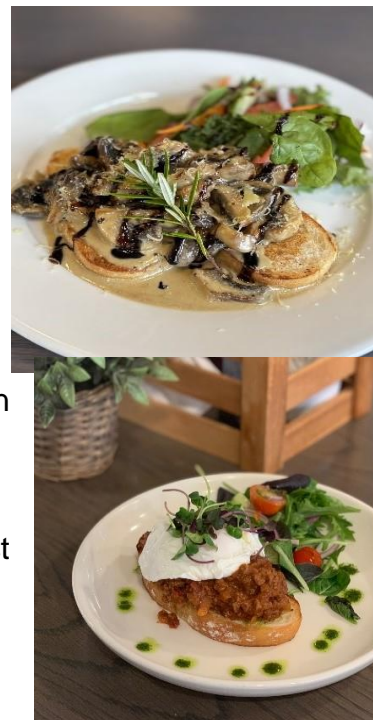
Enjoy a delightful two-course lunch on Easter Sunday. Bookings and payment can be made at reception. Please note, from 12:00pm onwards, we will only be serving the two-course meal, and the café kitchen menu will not be available. However, our food cabinet and coffee will still be available as usual. We look forward to serving you!

- **Tuesday 22nd April 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.

- **Friday 25th April – Anzac Dinner**

We are finalising the menu for Anzac dinner. Please save the date.



- **Tuesday 29th April – Happy Tuesday**

Please save the date. We are going to Mexico this time – Enjoy their favourite chicken enchiladas made the Café Relish way. An optional dessert – dulce de leche chocolate cheesecake. Bookings and payment are now at reception accepting maximum of 76 seats.

Staff Updates:

Meet Usha – our dedicated and energetic kitchen staff member who recently celebrated an impressive 17 years of service at both Fairview Care and Relish Café. Usha is known for her hard work, reliability, and unwavering commitment to the team. She plays a key role as the chef's assistant in the Hospital Care Meals section and also lends a hand during function dinners at the café. Always willing to step in, Usha is the go-to person to cover staff leave and sick days. Outside of work, Usha has a passion for gardening and loves to plant a variety of plants. A deeply religious person, she also prepares meals for her prayer group, reflecting her caring and nurturing nature. We are grateful to have Usha as part of our team!



Chef's Lunch Special for Month of April

This April, treat yourself to our mouth-watering **Breakfast Burger**—a delicious twist on your favourite morning meal! Made with a juicy Angus beef patty, mustard and ketchup and served with two perfectly sunny side-up eggs, served on two slices of buttered ciabatta. This burger is the ultimate comfort food. To balance out the richness, we add a fresh, crisp green garden salad on the side, making it the perfect meal for any time of day. Don't miss out on this scrumptious special—only available this month!

Noris & the Relish Team



What's on this Coming Week and Next



Movie Group Tuesday – TBA



Friday Night Raffle

We had another very good night on Friday, selling five main raffles and one minor. Thank you everyone.

The dwelling draw was drawn by Neville Turner. The winner was Neil Butt. Congratulations Neil.

The main raffles were drawn by Earl Troughton. The winners were:

Barrie Flint, Carole Vale, John O'Leary, Chris FitzPatrick, Brenda Lee, Rosalie Hancy, Clark Robbie, Lois Hadfield, Bev Wade, Peter Croft, Adele Carlisle, Cynthia O'Callaghan, Yvonne Keir, Dulcie Kortegast, Earl Troughton, Graeme Pullar, Brynley Goodger, John Gardner, Jillian Milne, Bruce Benfell and Mary Gardner.

See you all again this week.

Diane Brown
Raffle Convenor



Fairview Fellowship

Next meeting: Monday 31st March
3pm on the 3rd floor sun room

We are an interdenominational Christian group meeting each month to hear from an invited speaker and encourage the friendship of our common faith. Visitors are most welcome.

Enquiries: Bronwen Charlesworth 021 920 000



Quiz Night – Sunday 30th March

Quiz Night returned on Sunday 23 February for the 2025 season.

The February topics were **General Knowledge 1, Planet Earth, Germany, World History, Superstitions and General Knowledge 2.**

The result was The Palms won the night with 59 points out of a possible 70. Second place went to the Mixed Nuts on a tie-break from the Iris Watches, both with 57 points and Fourth were the Secret Squirrels with 52 points.

The March questions will be on : **General Knowledge 1, Food, History, Nursery Rhymes, Africa 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!



Bingo – Saturday 5th April

Level 3 Lounge at 7pm. Everyone is welcome.

Residents' Notices

AQUA CLASS

Libby will be away for the whole of April so aqua classes will be cancelled for April and will resume in May.

Barbara having fun on her new tricycle which she has named Trudi



GARETH'S PUZZLE

This week's puzzles are:

1) Turn flour into bread. FLOUR _ _ _ _ _ BREAD

2) What does these say?

a) www.optician.co.nz

b) XQQme

c) Aa Bb Cc Dd e

Last week's puzzles were:

- 1) In June, a publisher sold the three million, one hundred and forty one thousand, five hundred and ninety second copy of one of its books. What was its title?
- 2) A male census taker knocked on the door of a house. A woman answers the door and he starts asking her the usual questions.
Man: Do you have any children?
Woman: I have three children, all girls.
Man: How old are they?
Woman: If you multiply their ages together you get 72. And if you add their ages together you get my house number that you can see on the door
Man: I need more information please.
Woman: My oldest daughter runs to school.
Man: Thank you. Now I know the ages of your daughters.
What are they?
- 3) In a room of 100 people, 99% are left-handed. How many left-handed people have to leave the room to bring that percentage down to 98%

And the answers are:

- 1) The book/film is " LIFE OF PI" as the number is 3.141592 and is pi, the ratio of the circumference of a circle to its diameter.
- 2) 9,2 and 2
- 3) 50

FREE

Ladies size 36 fur lined shoes. Never worn as purchased the incorrect size.

Phone Roy on 021460913



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

Inky needs a new home



Sweet and shy Inky urgently needs re-homed. Inky is fully vaccinated, and about 11 years old. She has enjoyed a wonderful life at Villa 111, and could be your quiet fur-companion! Contact Rebecca (Health and Wellbeing Assistant) to register your interest, or leave your name with Cherie. Email

village.nurse@fairviewvillage.co.nz

Joy Crabtree
Solo piano performance
Sunday 6th April
Level 3 Lounge from 2pm to 3pm

Joy is delighted to be coming to Fairview Lifestyle Village on Sunday afternoon 6th April to share her love of the old and familiar piano solos like Remembrance, Robins' Return, Clair de Lune and many more.

On a personal note, Joy went to Takapuna Primary School where her first teacher was our own resident, Beverley Barnes.

You might remember Joy from the Bacchus Piano Trio who entertained us last February with a fabulous repertoire.





SCAMS AND FRAUD WORKSHOP

Do you feel confident to spot a scam? If not, you're not alone. Come and join us for a FREE and interactive workshop to help you identify the red flags.

You'll walk away feeling more confident in identifying the current scams that the banking industry see every day, so that you can protect you and your whānau.

This workshop will cover:

All things scams and fraud!

Friday 28th March @ 2pm

Level 3 Lounge

Please RSVP to reception

Whitaker New Zealand Limited



**TOGETHER
GREATER**



Gentlemen's Club BREAKFAST MENU

Friday, 4th April | 8:30 am

POACHED EGGS ON TOAST WITH
HASHBROWN, MUSHROOMS &
STREAKY BACON

Book and Pay at Relish Cafe



Ladies Group AFTERNOON TEA

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

Tuesday, 22 April at 2 PM

Bookings and payment at the Cafe





Travelwise *Holidays*

Added Value Programme Member



Join Us for an Inspiring Travel
Presentation and a light afternoon
tea with Tour Leader David Libeau!



**Tuesday
8 April**



2:00pm

Lounge Level 3



Quiz Prizes

**Travel
Deals**

I'm looking forward to seeing you.

*Kind regards
David Libeau*



0800 11 60 60

www.travelwiseholidays.co.nz

Strength and Balance

Monday 31 March 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 02 April 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 - Stretch Strengthen Revitalise

Thursday 03 April – 1.30pm – 2nd Floor Lounge

Monthly prepaid fee of \$20.00

We appreciate the subsidy from the Village Residents' Committee

Aqua Class with Libby – Cancelled for month of April

Doctor

Thursday 10 April – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 03 April – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

31 March to 06 April 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 31 Mar	Hair Salon is closed on Mondays		
	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 01 Apr	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet (weather permitting) Closed	9.00am	Croquet Green
	Outdoor Bowls	Meet at 1.00pm	Assemble for 1.15pm start
	Mahjong	1.00pm	3 rd Floor Games Room
	Craft Group (newly formed group)	1.30pm	3 rd Floor Sun Room
	Movie Group	7.15pm	TBA
Wed 02 Apr	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 (Cancelled until further notice)	5.00pm	Croquet Green
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 03 Apr	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Croquet (weather permitting) Closed	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 04 Apr	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 Cancelled for April	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 -05 Apr	Croquet (weather permitting) Closed	9.00am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 06 Apr	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Dinner Menu

31 Mar to 06 Apr

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 Sweet and sour pork with pineapple & capsicum, grilled broccoli
egg and vegetable fried rice

Tuesday (Chicken)

Chicken schnitzel, napolitana sauce with parmesan, steamed vegetables & basil
spaghetti

Wednesday Roast (choice of meat)

GF beef bolar roast, jus and gravy or BBQ butterfly chicken
All served with maple glazed carrots & green peas
roasted pumpkin & potato

Thursday (Pork)

GF bourbon baby back ribs, homemade baked and seasoned potato wedges
steamed broccoli and cauliflower

Fish Friday (KIWI classic) your choice of fish

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

Saturday (Beef)

GF beef and mushroom casserole, broccoli & carrots, potato and pumpkin mash

Sunday Roast (Lamb)

GF lamb roast, gravy, mushy peas, crispy roasted potato, carrots and pumpkin

Optional Dinner Menu / Frozen Meal – in foil tin:

Limited batches, please inquire at the Cafe