The Village News



Reception Phone:477 3900 Nurses 24 hours:021 861 706 19 May to 25 May 2025 No. 372

From the Manager's Desk

Residents' birthday morning tea

We will be having this month's residents' birthday morning tea on Friday 23rd May at 10.00am in the main lounge. I look forward to the opportunity of meeting with those residents celebrating their special day this month.

Storage in villa roof spaces

With the cleaning and painting of the villa roof's an issue has been identified with the cleaning process. We request that residents let reception know if you are storing personal belongings in the roof space so that it can be assessed before the process commences on your villa. We will record this and ensure that we review them individually so that we can make any necessary arrangements.

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.

The painters will be working this Saturday to make good use of the weather whilst they can.

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Wednesday	14-May	Spray second coat and third coat	28 + 29	No vehicle in drive of 28+29 and 32 + 33 + 34 + 35	
Wednesday	14-May	Washing	26 + 27	No vehicle in drive of 26 + 27	
Thursday	15-May	Spray second coat and third coat	28 + 29	No vehicle in drive of 28+29 and 32 + 33 + 34 + 35	
Thursday	15-May	Washing	26 + 27	No vehicle in drive of 26 + 27	
Thursday	15-May	Pointing	26 + 27		
Friday	16-May	Pointing	26 + 27		
Friday	16-May	Spray second coat and third coat	28 + 29	No vehicle in drive of 28+29 and 32 + 33 + 34 + 35	
Saturday	17-May	No work			
Sunday	18-May	No work			
Monday	19-May	Spray first coat	26 + 27	No vehicle in drive of 26 + 27 and 30 - 32 and main road	
Monday	19-May	Remove scaffold	28 + 29	No vehicle in drive of 28+29	
Monday	19-May	Install scaffold	30 - 32	No vehicle in drive of 30 - 32	
Tuesday	20-May	Install scaffold	30 - 32	No vehicle in drive of 30 - 32	
Tuesday	20-May	Spray second coat and third coat	26 + 27	No vehicle in drive of 26 + 27 and 30 - 32 and main road	
Wednesday	21-May	Washing	30 - 32	No vehicle in drive of 30 - 32	
Wednesday	21-May	Spray second coat and third coat	26 + 27	No vehicle in drive of 26 + 27 and 30 - 32 and main road	
Thursday	21-May	Spray second coat and third coat	26 + 27	No vehicle in drive of 26 + 27 and 30 - 32 and main road	
Thursday	21-May	Washing	30 - 32	No vehicle in drive of 30 - 32	
Thursday	21-May	Remove scaffold	26 + 27	No vehicle in drive of 26 + 27	
Friday	22-May	Install scaffold	30 - 32	No vehicle in drive of 30 - 32	
Friday	22-May	Install scaffold	113	No vehicle in drive of 113	

Please note that the above program is subject to change with weather conditions, which we are now experiencing.

Message from Alastair Glyn-Jones regarding the EV policy

Any residents interested in understanding the nature of the complaint on the EV Policy that has been raised by a number of Villa residents, please contact either Alastair Glyn-Jones (alglynjones@outlook.com – 027 837 5983) or Warren Brown (warrenbrown@outlook.co.nz - 021 188 7997)

Upcoming Events:

Tuesday 20th May at 2pm - Ladies Club Afternoon Tea Friday 23rd May at 10am – Residents' Birthday Morning Tea Tuesday 27th May at 6pm – Happy Tuesday 2 for 1 Dinner Thursday 29th May at 11am – 3 Choirs from Westlake Girls High School. Gary Jarvis

Health and Wellbeing Corner



Hi All,

Well with the garden getting watered properly we head into seasonal depression time of the year. We can't win can we?

Many people don't get this but for those of you that do about 5% of us notice changes in mood, sleep, appetite and energy levels. We do go into a slight hibernation mode and more sleep is needed for our bodies in winter but lack of sunlight and exercise that summer brings depletes us of the endorphins that we would normally be getting.

You may have feelings of sadness, withdrawal from hobbies and social interactions, be self-critical, question your choices, eat more comfort food and have some undesired weight gain, have difficulty in concentrating, even feelings of not wanting to go on.

These all in themselves are not uncommon as people age but if you notice that they are especially prevalent at this time of the year then you may be suffering from Seasonal Affective Disorder.

Answers are simple but you must commit to them.

- Make a habit of getting out and walking or hop on your mobility scooter and head up Margaret Drive. A chat and a wave do wonders, make this first thing in the morning if you can to get the endorphins flowing for the day and give you that sense of achievement.
- Add Vitamin D into your diet and think about less Carbs.
- Plan fun activities and stick to those commitments.
- Get social with friends and family.
- Move your body with physical activity.

You may want to invest in a light therapy lamp – these are online, and I see that Temu has them for sale for around \$42.00 or you could change light bulbs to those that replicate sunlight. One of the sites for this is info@blockbluelight.co.nz.

Seasonal Depression is different from the winter blues. With winter blues you just want to hunker down more, possibly having a day in bed here and there watching movies, but then feeling social the next day.

If you notice that with Spring and Summer your mood does not lighten then do seek medical help. **Note** if you are having thoughts of death or suicide and these are feelings that stay with you, you do need to seek help with someone that will listen and act. This could be a friend, family member, nurse, religious leader, doctor, lifeline etc whomever you may feel more comfortable with.

I would like to introduce Scho – pronounced Scholar. She is a Registered Nurse working at North Shore Hospital in Older Peoples Health. Scholar will be helping with odd duties as her roster allows. Please say Hi when you meet her.

"I am a mother to 3 teenagers, a proud nurse who is passionate about older adult's health and wellbeing. I love providing person- centred care and throughout my career have enjoyed helping patients recover and regain health. I am patient and empathetic which helps me in delivering personalized service. I enjoy making a positive difference in someone's day be it with a smile or any act of kindness. I am looking forward to creating and maintaining good rapport while learning from everyone at Fairview Village".



Stay well everyone. Nursing Team

From the Chef's Oven

Did you know?

 At Relish Cafe, we whip up mostly everything from scratch - gooey cookies, golden loaves, sweet bakes, muffins, scones and sinful cakes, all rolled, baked, and set fresh in our cozy food and cookie cabinet. Craving something savoury? Our homemade sausage rolls, hearty pies, and rustic quiches are all made by our talented Chefs, served warm and ready for your plate. It's homemade goodness, just like Grandma used to make (but with better coffee)!

Condiments Section- please use considerately

We have a condiments section for all our residents to enjoy. This includes items like salt, pepper, tomato sauce, HP sauce, and other commonly used condiments to make your meals more enjoyable. To make sure everyone has a fair opportunity to use these items, we kindly ask that you return any condiments to their place after use and avoid taking them home. These shared items are meant for the dining lounge, and we rely on everyone's cooperation to keep them available and in good condition. Let's all do our part to keep the shared condiments space organised and accessible for everyone. Thank you for your understanding and cooperation!

• Clearing Lounge Dishes - Reminder

This is feedback from one of our Residents. Please remind your visitors that when they dine- in at the Café, to please place their dirty dishes on the trolley provided near the kitchen door entrance.

If we could also segregate the leftovers, to the container provided, and the cutlery on the other end of the trolley. Thank you all for your cooperation.

Mother's Day

Thank you for your wonderful feedback on last week's Mother's Day lunch.



Donut Friday

Donut Friday tomorrow, \$4 each or 3 for \$10.

Upcoming Events:

- Tuesday 20th May at 2pm Ladies' Club Afternoon Tea. Come and enjoy a relaxed afternoon with good friends, delightful conversation, and a special treat featuring one sweet and one savoury item, paired with your choice of barista-made coffee or tea.
- Happy Tuesday 27 May at 6pm Hello from Germany

Join us for our next *Happy Tuesday Trip*, as we take your taste buds on a delicious journey to Germany! Enjoy a 2-for-1 dine-in dinner deal featuring a classic German menu: crispy pork schnitzel, sautéed cabbage, and mashed potatoes topped with rich gravy. And for those with a sweet tooth, don't miss our optional dessert: a warm German apple strudel with fresh whipped cream—just \$6. Bookings and payment at reception before 1pm 26th May. We have 12 seats available – be quick!

Westlake Choir lunch Thursday 29th May at 12pm. You asked, and we listened! Our Chicken Enchiladas with corn chips and salsa, the star of April's Happy Tuesday meal, is making a comeback! Join us again for this flavourful favourite on Thursday May 29th at 12:00 noon. Please make a booking at the Café before 28th May 1pm.

Chef's Lunch Special for Month of May – As the days get shorter and the weather gets colder, we're bringing some heat back to the menu. By popular request, our Signature Butter Chicken is returning this May as the Chef's Special! Rich, creamy, and packed with flavour, it's a seasonal favourite that always draws a crowd. It comes with aromatic basmati rice, garden salad and roti.



What's on this Coming Week and Next



Movie Group – The Dig – Tuesday 20 May

In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground.

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!

Muriel Sandham



Friday Night Raffle

There were 460 tickets sold on Friday 9 May - a great turnout even though there was such horrible weather outside.

Thanks to Warren Brown for drawing the Dwelling Prize, and it went to Chris FitzPatrick - congratulations Chris.

The winner for the special Mothers' Day prize was another Chris - Chris Nicholls - congratulations to you too.

Thanks also to Dave Brand, who drew Raffles prizes this week; he drew the numbers for: Lois Hadfield, Brynley Goodger, Bruce Benfell, John O'Leary, Clark Robbie, Bev Barnes, Warren Brown, Barrie Flint, Richard Jones, Liz O'Leary, Adele Carlisle, Peter Croft, Rosalie Hancy, Neil Butt, Robin Hood, Allan O'Callaghan, Bruce Draper, Andra Glyn-Jones, Elaine McClintock, Richard Jacobson, Chris Nicholls, Gareth Hancock, and Karen Beedie. Congratulations to all.

Jocelyn Goodger on behalf of Diane Brown (raffles convenor)



Catholic Liturgy – Friday 16th May

Our Liturgy Service for this month will be held in the Sunroom on the 3rd Floor on Friday 16th May 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



Garden Club Members

Our next event will be a 45 minute movie featuring "English Gardens" (not boring). Screening at 9.45am in the level 2 theatre.

Followed by a 10.30am morning tea with homemade fruit cake and shortbread.

Date: Monday 26th May

If you would like to attend, please phone Anne Pike on 475 6741

Fairview Fellowship



Next Meeting:

Monday 26th May 3pm in 3rd Floor Sunroom

Our village Christian fellowship offers a warm welcome to all who would like to join us each month. We meet to hear from an invited speaker and encourage each other in our shared faith.

Contact Bronwen Charlesworth 021 920 000

Residents' Notices

SERVICE TO CELEBRATE THE LIFE OF JENNIFER JONES

The service to celebrate the life of Jennifer Jones is being held on Saturday 17th May at 1.30pm in the Takapuna Methodist Church, 427 – 429 Lake Road, Takapuna.

There are two seats still available in the Village van that is taking residents to the service.

If you are interested in a ride, please ring/email Barry. 0220 683 873 beejaynz05@gmail.com

MINUTES OF THE ANNUAL GENERAL MEETING OF THE FAIRVIEW LIFESTYLE VILLAGE RESIDENTS' ASSOCIATION HELD ON 6TH MAY 2025

These are now filed in the Residents' Association folder in the library, should anyone wish to read them.

Wendy Johnstone Secretary

POI & STICKS

Due to the lack of participants, we have cancelled poi & sticks. Pat

CROQUET AGM

The croquet AGM is on Tuesday 17th June at 11.00am in the 3rd Floor Sunroom.

<u>HELP</u>

Has anyone got any brown coloured paint that is not being used. I need some for a prop for a stage show in the Village.

Please contact Gordon 416 2320, 027 660 3412, villa 112.

RUMMIKUB

Our Rummikub group has been getting smaller, so we are warmly welcoming new players to join us. We meet on Fridays at 1pm in the 3rd Floor Games Room. Heather

GARETH'S PUZZLE

This week's puzzles:

1) What do these expressions mean?

a) abcdefghijklmnopqrstvwxyz b) XQQQQME c) aged aged

d) VICE + VICE e) lang4uage f) COME (TABLE, TABLE, TABLE, TABLE)

2) These symbols represent the numbers 1 to 4. Work out what number each symbol stands for to give a working sum.

- ##%
- ⊦ #\$%
- + <u>\$@%\$</u>
- = #%%\$

And last week's puzzles were:

A) The first puzzles this week the names of musicals and their protagonists with all the vowels removed:

- 1) VTN DVP RN To get you started, this is EVITA AND EVA PERON
- 2) CB RTN DSL LYB WLS
- 3) NNN DNN
- 4) THS NDFM SCN DMRV NTR PP
- B) And these ask what is the connection between each group of four:
- 1) BEAN MALEK WALTZ WISEMAN
- 2) CORINTH GRAND KIEL SUEZ
- 3) RAG DIRT NOSE GAS
- And the answers are:
- 1) EVITA AND EVA PERON
- 2) CABARET AND SALLY BOWLES
- 3) ANNIE AND ANNIE
- 4) THE SOUND OF MUSIC AND MARIA VON TRAPP
- B)

1) Bond villains, 2) Canals 3) All can make words with the word bag added 4) The first part of every word is a kitchen utensil.

SAIL CITY STOMPERS



Special Invitation from the Entertainments Committee

at

Fairview Village

Sunday 18th May

3.15pm to 4.15pm Come along and enjoy an hour of great music.

Social Committee Invitation

Rob Harley

Speaker/Communicator/Author/Documentary Maker

Sunday 25th May

3.15pm in the level 3 lounge

Rob is one of New Zealand's most acclaimed journalists and writers.

Rob will be sharing stories from his fifty-year career in some of the world's most challenging places, among some of the bravest people you will ever hear about!

He'll talk about his time in war zones and solving some international mysteries.

He will also bring with him copies of his latest best-selling book, 'The Courage of Women.'

Friends and family welcome

Bar opens at 4.15pm



Westlake Girls High School

CHOIRS

ARE VISITING FAIRVIEW!

Thursday 29th May 2025

11:00am - 11:45am

Cantare - Premier Choir / Cigno Voce - Senior Choir / Nota Bella - Junior Choir





Strength and Balance

Monday 19 May 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 3rd floor. If you would like to make an appointment with Darrell, please phone him on 021 046 6777.

Beautician

Wednesday 21 May 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 22 May – 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 23 May – 9.15am – Level 2 Swimming Pool \$5.00 per class

Doctor

Thursday 22 May – 2.00pm to 3.45pm – 3rd Floor Doctors Room Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 29 May - 9.00am to 12.00 noon - 3rd Floor Doctors Room Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

19 May to 25 May 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 19 May	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 20 May	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet	9.30am	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	The Dig
Wed 21 May	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 on Request	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 22 May	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Croquet	9.30am	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 23 May	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 24 May	Croquet	9.30am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 25 May	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start





Bookings by 12pm / Please phone 09 477 3957 Small Meal \$19.00 – Large Meal \$21.00 \$2.00 Delivery Fee applies per Villa

<u> Monday / Chicken</u>

GF Grilled Prawns & Chicken Pad Thai – Asian vegetables and vermicelli noodles

<u> Tuesday / Beef</u>

GF Irish Beef Stew, seasonal steamed vegetables & mashed potatoes

Wednesday Roast / choice of meat

GF Roasted Pork and its trimmings, gravy and apple sauce. Or Cajun Chicken Roast Vegetable gratin, roast carrots & potatoes

<u> Thursday / Chicken</u>

GF Baked Chicken with truffled mushroom sauce, broccoli, glazed carrots, roasted potato

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)

<u>Saturday / Lamb</u>

GF Lamb Casserole, broccoli and green beans, roasted pumpkin & potatoes

<u>Sunday Roast</u>

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

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