

The Village News

Reception Phone: 477 3900 Nurses 24 hours: 021 861 706 **09 June to 15 June 2025 No. 375**

From the Manager's Desk

Residents' birthday morning tea

We will be having this month's birthday morning tea on Thursday 12 June at 10.00am in the main lounge. I look forward to the opportunity of meeting with those residents celebrating their special day this month.

Fairview Birthday Dinner Wednesday 25th of June

You will find the menu for the evening further on in the newsletter. Bookings are open so please book with Cherie at reception, the closing date for bookings is Thursday 19th June by 3.00pm as Friday the 20th is a public holiday being Matariki.

Entertainment will be provided by the fabulous Jim Joll, so bring your dancing shoes and get ready to enjoy another amazing Fairview gathering.

The following is the order of events for the evening:

4.00 pm	Bar opens – Complimentary drinks sponsored by Management
5.30 pm	Residents to be seated
5.30 pm	Serving of the canape – family style service
5.40 pm	Warm bread to be served to the table
5.45 pm	Welcome speeches and cutting of the cake prepared by Mary Gardner
6.00 pm	Dinner served

Filming by Seven Sharp

Tomorrow morning, we have Seven Sharp at the village to film a special strength and balance class at 10am in the level 2 lounge. It is always a fantastic opportunity to have media at the village to showcase what a wonderfully engaged community we have within the village. When we have the details of the airing of the program we will advise the residents accordingly.

Piano in the level three lounge

Earlier this week we re-positioned and tuned the piano in the level 3 lounge. This is a very valuable piece of equipment, and I would like to remind all residents and their guests that under no circumstances should the piano be moved. I would also like to add that nothing should be placed on top of the piano, including glasses, cups etc. We thank you for your cooperation and understanding in this matter.

Parking in the Village

As everyone is no doubt acutely aware parking within the Village is limited. We request that residents who have two vehicles and only a single garage that they park their second car on their driveway if possible or alternatively in their street as much as possible. This will free up the main parking areas by the lodge for visitors and villa residents who need to drive when visiting the lodge.

Storage in villa roof spaces

As you may know we have had an issue during the initial stages of the villa roof painting project where dirt from the cleaning process has entered the roof void. A tile roof is constructed in such a way that there are gaps which is normal in any tiled roof. Tony will be visiting all the villa's that have already been completed to assess the situation and from there we will work with individual villa residents as needed.

Moving forward we need to understand what villas are using the roof void for personal storage so that we can plan accordingly. If you have not already advised Cherie please do so, as we cannot mitigate the issue if we do not know.

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.

Villa Roof Painting

Thursday	5-Jun	Spay Paint	113	No vehicle in drive of 113 + 104 + 105 and main road
Thursday	5-Jun	Install scaffold	30 - 32	No vehicle in drive of 30 - 32
Thursday	5-Jun	Remove scaffold	33 - 35	No vehicle in drive of 33 to 35
Friday	6-Jun	Spay Paint	113	No vehicle in drive of 113 + 104 + 105 and main road
Friday	6-Jun	Remove scaffold	33 - 35	No vehicle in drive of 33 to 35
Friday	6-Jun	Install scaffold	30 - 32	No vehicle in drive of 30 - 32
Saturday	7-Jun	Spay Paint	113	No vehicle in drive of 113 + 104 + 105 and main road
Saturday	7-Jun	Install scaffold	30 - 32	No vehicle in drive of 30 - 32
Saturday	7-Jun	Washing	30 - 32	No vehicle in drive of 30 - 32
Sunday	8-Jun	No work		
Monday	9-Jun	Install scaffold	30 - 32	No vehicle in drive of 30 - 32
Monday	9-Jun	Washing	30 - 32	No vehicle in drive of 30 - 32
Monday	9-Jun	Remove scaffold	113	No vehicle in drive of 113
Monday	9-Jun	Install scaffold	104	No vehicle in drive of 104
Tuesday	10-Jun	Washing	30 - 32	No vehicle in drive of 30 - 32
Tuesday	10-Jun	Install scaffold	104	No vehicle in drive of 104
Wednesday	11-Jun	Washing	104	No vehicle in drive of 104
Wednesday	11-Jun	Pointing	30 - 32	
Thursday	12-Jun	Pointing	30 - 32	
Friday	13-Jun	Pointing	30 - 32	
Friday	13-Jun	Pointing	104	

Note: Tasks could change depending on weather and may shift from one day to the next. The owners will be notified the day before

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

Upcoming Events:

Friday 6 th June at 8.30am	– Gentlemen's breakfast
Thursday 12 th June at 10am	– Residents' birthday morning tea
Tuesday 17 th June at 6pm	– Happy Tuesday 2 for 1 dinner deal
Tuesday 24 th June at 2pm	– Ladies Group afternoon tea
Wednesday 25 th June at 6pm	– Fairview Birthday dinner

Gary Jarvis



Health and Wellbeing Corner

Hi All,

Covid

You may have seen on the news that a new variant of covid has hit overseas. Doctors say don't panic!

So far it seems to be mild with the usual symptoms of sore throat, headache and fatigue being the top symptoms but check with your doctor and make sure that your covid vaccinations are up to date if you are at all concerned.

Please make sure you have some covid tests, not expired, in your cupboard. The clinic does not hold these anymore for resident use.

Protein in your diet

Protein supports good health, immunity, muscle maintenance and physical function. All those things that enable you to stay ageing in place.

Almost half the protein in your body is found in your muscle and as you age unfortunately muscle mass decreases and so does your protein storage.

How to increase your protein intake:

- Eat your protein first – before you go to your starches make sure that you eat protein. Protein makes you feel full and satisfied and can help your blood sugar from rising too fast after a meal.
- Snack on cheese – high levels of protein – choose a healthy cheddar type cheese and pair with crackers, tomatoes, apples for a healthy full of protein snack.
- Replace cereal with eggs. Remember the days of only having 3 eggs a week. Gone – eat a two egg omelette in the morning instead of high calorie cereals.
- Top your food with chopped almonds – a better source of protein than most nuts and you can add them to the top of yoghurt, cottage cheese, salads or oatmeal.
- Choose Greek Salad – this yoghurt has had whey removed and so it is a richer creamier yoghurt that is high in protein.
- Try a protein shake for breakfast – use protein powders, you can add ensure, unsweetened almond milk, whey powder, fresh berries, a healthy sweetener and ice, blend until smooth.
- Include a high protein food with every meal. – meat, fish, poultry, eggs, legumes and soy products.
- Choose leaner, slightly larger cuts of meat.
- Add peanut butter to your diet.
- Eat Lean Jerky – choose the healthy type.
- Indulge in cottage cheese.
- Munch on edamame- steamed soybeans.
- Eat canned fish – a 100gm serving of canned fish contains about 19 gram of protein – add it to an omelette or pasta dish.
- Enjoy more whole grains, legumes and beans.

Rebecca would like to start up a simple chat group

10am Tuesdays in the lounge. Have a cup of tea and discuss the news, history, reminisce and have some quality people time. All welcome.

Stay well everyone.

The Nursing Team



From the Chef's Oven

RELISH CAFÉ PUBLIC HOLIDAY HOURS:

MATARIKI DAY - Friday 20 June – CLOSED

We are closed on Matariki day, but we will do dinner deliveries. Please place your dinner meals early.

Condiments Section

We have lots of kitchen condiments and we kindly ask all residents to remember that condiments such as ketchup, salt, and pepper are available for use in the dining lounge. If you borrow any condiments, please return them to the lounge after use so that they can be enjoyed by others. We appreciate your cooperation in keeping these items available for everyone and ask that they not be taken home. Thank you for helping us maintain a shared and pleasant dining experience!

We Value Your Feedback!

A suggestion box is always available near the condiments section. We truly appreciate your compliments and welcome your concerns as well. Please don't hesitate to drop any suggestions or complaints into the box — the sooner we know, the sooner we can take action! Timely feedback helps us improve our food and service for everyone.

Thank you for helping us serve you better!

Donut Friday

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

Upcoming Events:

- **Friday 6th June – Gentlemen's Club** - Join us for our monthly Gentlemen's Breakfast every first Friday of the month. Enjoy great company and a hearty traditional breakfast featuring poached eggs on toast, mushrooms, crispy bacon, and a golden hash brown. And just to keep things exciting—watch out for our surprise add-on dish! Don't miss out, it's a special price of \$15 to all gentlemen of Fairview Village.
- **Tuesday 17th June - Happy Tuesday** - A trip to Italy. Enjoy a 2 for 1 dine in deal featuring Classic Italian Cuisine – Chicken Arrabbiata served on a bed of penne pesto pasta. Enjoy an optional dessert of Vanilla Panna Cotta with berry coulis for \$6. Bookings and payments at reception before 1pm on 16 June with a limit of 76 seats.
- **Tuesday 24th June 2pm** - To all the wonderful ladies of Fairview Village – you're warmly invited to our next 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 all at a special price of \$10 per resident.
- **Wednesday 25th June 6pm – Fairview Birthday Dinner**
Please see the menu towards the end of the newsletter. Bookings and payment at reception.

Chef's Lunch Special for month of June - Loaded chips with mince and cheese. Enjoy your favourite hot chips topped with beef mince, sour cream and cheese.

Noris and the Relish Team



Housekeeping Update

If you would like your villa or apartment cleaned, please contact reception. Housekeeping currently has a few available time slots.

Thanks Bev

What's on this Coming Week and Next



Movie Group – The Lightkeepers – Tuesday 10 June

Set in the year 1912 on Cape Cod, a lighthouse keeper who has disavowed any association with females, must deal with the appearance of two attractive women who move into a nearby cottage for the summer.

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

A good turnout for Happy Hour last Friday, despite the dodgy weather - 500 raffles tickets were sold. The Dwelling prize was drawn by Monica Renwick and won by Annette Cook.

Thanks Monica, and congratulations Annette.

The winning numbers for the raffles were drawn by Leigh Kenney, a visitor to the village, and the winners were: Barbara Dines, Lois Hadfield, Vince Sturmey, Maureen Capon, Bruce Benfell, Bev Wade, Chris Nicholls, Lesley Strobe, Gisela Taylor, Graeme Pullar, Dave Ellis, Wayne Nicholls, Adele Carlisle, Chris FitzPatrick, Ross Cornthwaite, Yvonne Keir, John O'Leary, Monica Renwick, Jean Jones, Pam Glaum, Linda Pinder, Jillian Milne, Jill Draper, Diane Brown. Congratulations everyone. Jocelyn Goodger



Bingo

Saturday 07 June at 7pm - level 3 main lounge
Everyone welcome



Garden Club Members

There is a trip organised to Auckland Wintergardens (free) for Wednesday 18th June followed by lunch (own expense). The bus is leaving at 10am.

If you would like to join us phone Barbara Dines 021 146 9258.

Residents' Notices

CROQUET GROUP

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

STRENGTH AND BALANCE

Hi everyone. I spoke to your former instructor (Charlotte) for strength and balance today and she wanted me to ask you whether anyone would be interested in a second strength and balance class taken by her. If you are interested, please will you call me to express interest. This class would have to be paid for by the participants but could be subsidised by the Residents' Association.

Andra Glyn-Jones
021 2410229

GARETH'S PUZZLE

This week's puzzles are:

1) What are these words?

a) XLYGLY b) GCAINGIT c) POHOMSA d) TNXFIEL

2) Which word is missing and why? spare, frame, start, or plane

WORST

OKAPI

RADAR

?????

TIRED

LAST WEEK'S PUZZLES WERE:

1) What connects these groups of items?

a) Dandy, beau, peacock, popinjay

b) Hobby, Kite, Owl, Eagle

c) Bear, Peace, Atlas, India

2) What is the name of this famous place in Paris (all vowels removed)

PMP DC NTR

And the answers are:

1) a) All fops, b) All birds of prey c) All derivatives of the Ocean names.

2) Pompidou Centre



SOCIAL COMMITTEE INVITATION

Fairview
Birthday Special!

KUMEU VINTAGE BRASS BAND

Sunday June 15th at 3:15pm



Come and enjoy these celebrated musicians

Friends and family are very welcome

Bar opens at 4:15pm

FAIRVIEW VILLAGE RESIDENTS

Can you help support our local food banks?



Items most in need:

- Canned fish
- Baked Beans and Spaghetti
- Canned veges
- Canned fruit
- Soup
- Diced tomatoes
- Spreads
- Rice
- Pasta
- Cereals

Rotary 
Combined Districts of
New Zealand

ROTARY CANS FOR A CAUSE

Many families across New Zealand are struggling to put enough food on the table for their whānau and are in urgent need of support.

The Rotary Clubs of New Zealand are committed to collecting 1 million cans of food to support local food banks in our communities.

You can help!

Donate your food items between 9th – 16th June to help us collect a million food items.

A community project organised by:

**Donate your cans of food in the box at Reception
from 9th – 16th June**

Thank you for helping.

A community project organised by the Browns Bay Rotary Club

Fairviews 25th Birthday

Come and celebrate!

WEDNESDAY 25TH JUNE
5.30 PM (SEATED)

ENTERTAINER: JIM JOLL



Fairview Village 25th Birthday

Wednesday 25th June 2025

Complimentary drinks on arrival

Starter

Gourmet Meatball Canape
de Pomme de Terre

Choice of Mains

- Wine Braised Beef Medallions
- Poached Salmon a la Salsa Verde

Served with candied carrots,
Julienne beetroot, young spinach,
golden herbed potato rosti

Dessert

Winter Warmer
Sticky Toffee & Date Pudding

RSVP by 19th June
Bookings and payment at
reception
\$37/person

HAPPY TUESDAY
2 for 1 Dine in Deal...

\$21

17 JUNE / TUE / 6PM

A Journey to ...

Italian Cuisine

Dinner Menu

Chicken & Pasta

*Classic Chicken Arrabiata served on
a bed of Penne pesto pasta*

Optional Dessert \$6

Vanilla Panna Cotta with berry coulis

Bookings and payments at the
reception before 16 June

Ladies Group
AFTERNOON TEA

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

Tuesday, 24th June at 2 PM

Bookings and payment at the Cafe

Strength and Balance



To all attendees of the Strength & Balance class

Exciting news! We have a special session with North Harbour Sport on **Friday, 6th June at 10:00AM, in the Level 2 lounge, which will be filmed by Seven Sharp.**

We would love for you to join us for this class – your presence would be greatly appreciated!

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 11 June

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 12 June – 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 13 June – 9.15am – Level 2 Swimming Pool

\$5.00 per class

Doctor

Thursday 19 June – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 12 June – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

09 June to 15 June 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 09 June	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 10 June	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 Sunroom
	Movie Group	7.15pm	The Lightkeepers
Wed 11 June	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 12 June	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Podiatrist	9.00am – 12.00pm	3 rd Floor Doctors Room
	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 13 June	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 14 June	Croquet	9.30am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 15 June	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Dinner Menu

09 June to 15 June

Bookings by **12pm** / Please phone 09 477 3957

Small Meal \$19.00 – Large Meal \$21.00

\$2.00 Delivery Fee applies per Villa

Monday (Pork)

GFI Grilled Pork Loin slices, aromatic orange sauce, steamed vegetables
Chives mashed potatoes

Tuesday (Chicken)

Relish Fried Chicken Wings(4pcs), creamy onion sauce,
Buttered corn & broccoli, mashed potato & gravy

Wednesday Roast (beef)

GF Roast Sirloin slices, gravy, or Chicken Roast
served with peas, roasted potato & pumpkin

Thursday (Lamb)

GF Lamb Bourguignon on a bed of mashed potato, green beans and carrots

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, white wine and mushroom sauce
With broccoli and peas on a bed of mashed kumara & potatoes

Sunday Roast (Kiwi Classic)

Lamb Roast in classic gravy, minted peas, roasted pumpkin, carrots & potato

Optional Dinner Menu – in foil tin:

Lamb Shanks

JUST CALL IN, LIMITED BATCHES WEEKLY

TERM USED: **GFI** – Gluten Free Ingredients