

The Village News



Reception Phone: 477 3900 Nurses 24 hours: 021 861 706 **28 July to 03 August 2025 No. 382**

From the Manager's Desk

Reception

Diana is off on annual leave again this weekend, so there will be no reception services. Please remember to bring your swipe keys when coming to the lodge as the doors will be locked over the weekend. We will of course have a nurse on duty as normal.

Also on Monday 28th July, Cherie will not be working. Whilst we do not have any receptionist cover our wonderful Health Care Assistant, Rebecca, has volunteered to cover the reception desk between 9am and 2.45pm. During this time, Rebecca will answer the phone and take messages etc. Unfortunately, we will not be able to process any payments on that day, but full services will be available again from the Tuesday.

Rates rebates forms

The calculations are being finalised and the forms will be ready for collection next week. We will confirm in the morning email when you are able to collect one from Cherie.

Maintenance charges

I would like to remind residents that some items are chargeable including Tony's labour when it is a personal request, if a request incurs a charge, we will advise in advance of completing the work.

Light bulbs are also chargeable as these are a consumable and are the responsibility of the resident. We do not charge for the labour to replace them just for the cost of the bulb at the price we pay without any mark up.

Inorganic collection

We have been advised that the next inorganic collection for the village will be in October. As soon as we have firm dates on this, we will advise in the newsletter.

Painting villa roofs

The contractors are now on the last roof for this current part of the program, hopefully this will be completed next week and then the scaffolding will be removed from the village. We will update in later newsletters when the program recommences and provide an updated schedule. I would like to thank all residents to date for their cooperation and understanding whilst this important maintenance program is being carried out.

Upcoming Events:

Tuesday 19 August at 6pm – Happy Tuesday 2 for 1 dinner deal

Gary Jarvis



Health and Wellbeing Corner

Steady Steps: A Note from Rebecca on Preventing Falls

Hello everyone, it's Rebecca here—this week I'd like to share a few thoughts on **preventing falls** in our village. Over the last few months, I've seen the impact that falls and collisions with sharp edges and hard surfaces can have on our residents. The injuries, pain, and long road to recovery have really made me stop and think: **What can we do together to help prevent injuries?**

Here are some simple, practical tips to help stay steady and upright—which, as we know, is often easier said than done!

Simple Ways to Prevent Falls

◆ Keep your home safe

Remove clutter, secure loose rugs, and place non-slip mats in the bathroom. Ensure hallways and stairways are well-lit and consider installing grab bars where needed.

◆ Stay active

Gentle exercises like walking, stretching, or balance routines help strengthen legs and improve coordination. Stretch and Balance is PERFECT for this. Or, try the **Nymbi app**—a free, easy-to-use phone app that combines light physical exercises with fun brain games. It only takes around 10 minutes a day and is part of the **ACC Live Stronger for Longer** program focused on preventing injuries.



◆ Wear safe footwear

Choose supportive shoes with non-slip soles. Avoid walking in socks or slippers that don't stay firmly on your feet.

◆ Check your health

Talk to your doctor if you're feeling unsteady or dizzy, especially if you're on new medications. Also, regular eye and hearing checks can make a big difference in avoiding trips and falls.

◆ Aids and accessibility tools

There are a multitude of aids available to make daily tasks safe and manageable. My two recommendations today are the 'helping hand reacher' and the 'car bar or 'vehicle assist handle' Available at <https://mobilitywarehouse.co.nz/> or <https://radiusshop.co.nz/>



Taking these small steps can help you **stay safe, steady, and independent**.

If you'd like to talk about ways to reduce fall risks in your apartment or villa, **please reach out—I'm happy to help**.



My life outside the village is directed by my dear 8-year-old Leili and precious 11 year old Pearl. We are involved with the National Youth Theatre. A few weeks ago, I took leave to be a volunteer for the show 'Seussical the Musical' at the Aotea Centre. This was a big effort for all involved, 7 shows over 5 days. The make-up, the costumes, the hair (yes, I braided 30 or so girls' hair; sometimes twice a day!). But, what a sense of belonging and community the theatre provides. My girls are thriving in this environment. We are starting rehearsals and auditions for The Wizard of Oz next week – this will show in November. This is my favourite production, so you will hear me singing or whistling the odd show tune in the next few months. My husband is sitting his major exams before becoming a consultant – so if you are getting ENT surgery look out for Omid! **Rebecca**





From the Chef's Oven

Back to work – recharged and grateful!

It's so good to be back after three wonderful weeks of holidays spent with my family. I finally had the chance to reunite with my mum and sister — it's been 7 years since we've seen each other in person, so the time together was truly special. We shared plenty of laughs, great food, and unforgettable moments. One highlight was celebrating my daughter Pepper's birthday at Jollibee — the Philippines' beloved equivalent of McDonald's! We also enjoyed a traditional "Boodle Fight" dinner, where all the food is laid out on banana leaves and everyone eats together using their hands — a fun and meaningful Filipino cultural experience. Here are a few lovely photos from our trip. I'm back feeling refreshed, grateful, and ready to jump back into work!



Big thanks to our amazing Relish Café team!

A big thank you to our wonderful Relish Café team for all the hard work behind the scenes. You keep our kitchen tidy, organized, and running smoothly every day while I am away — and most importantly, you serve every resident with delicious food with warm and exceptional service.

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:

- **19 August / Happy Tuesday –2 for 1 Dine in Deal**

Next month, we're taking your tastebuds on a cozy trip to the Emerald Isle! As winter sets the mood, enjoy our Irish Beef Stew—slow-cooked and hearty, served with steamed vegetables and classic mashed potatoes for the perfect winter warmer.

Top it off with an optional fruit crumble pie for only \$6 for a sweet finish to your Irish-inspired evening.

- **Club Update: Ladies Afternoon Tea & Gentlemen's Club**

We regret to inform you that due to low attendance, the Ladies Afternoon Tea and Gentlemen's Breakfast Club will be discontinued. We truly appreciate the support and participation of those who joined us, and we thank you for being part of these gatherings. Stay tuned for future events—we're always looking for new ways to bring our community together.

Chef's Lunch Special for Month of August Warm up this winter with a hearty classic! Enjoy spaghetti pasta topped with rich Bolognese sauce and savoury meatballs, finished with a sprinkle of parmesan cheese. Served with a side of crispy garlic bread—it's comfort food at its finest.



Noris and the Relish Team

What's on this Coming Week and Next



Movie Group – Book Club 2 The Next Chapter– Tuesday 29 July 2025

The Next Chapter is the highly anticipated sequel following our four best friends as they take their book club to Italy for the fun girls' trip they never had.

When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

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 600 tickets purchased last Friday, and 48 dwelling tickets given out.

The Dwelling prize was drawn by Jim McGowan - thanks Jim - and he drew the ticket held by Natasha Nevill - congratulations Natasha.

The winning raffle tickets were drawn by Wayne Nicholls - thank you Wayne.

The winners were:

Chris Nicholls, Bruce Benfell, Liz O'Leary, Brenda Lee, Bev Wade. Maureen Capon, Allan O'Callaghan, Denis McCarthy, Lorraine Dale, Chris FitzPatrick, Mary Gardner, Brynley Goodger, Dianne Turner, Margo Sturmey, Neil Butt, Barrie Flint, Earl Troughton, Peter Croft, Bruce Draper, Graeme Pullar, John Gardner, Monica Renwick.



Quiz Night – Sunday 27 July

The number of Quizzers remained above 30 for the fourth consecutive month with another 34 participants in the June Quiz Night. Admittedly it was below April's record 37, but it maintained the 2025 average in excess of 31 residents and

friends per night, which confirms the fun and popularity of the evening. The topics were **General Knowledge 1, Scandinavia, New Zealand Geology, the 1930's, Long-Running Television Series** and **General Knowledge 2** The Iris Watches became the fourth different team to win in the last four months. The Mixed Nuts were second. The Palms were third and a depleted Secret Squirrels brought up the rear. The Palms endeared themselves to nobody with their choice of topic: New Zealand Geology, which no team knew much about, least of all the Palms. Out of 10 questions on New Zealand Geology there were two scores of 2, one of 3 and the all-conquering Iris Watches scored 4. The Secret Squirrels had mercy on their opponents by selecting a much more acceptable topic of General Knowledge 3 in July.

Consequently, the July questions will be on: **General Knowledge 1, Acronyms, General Knowledge 3, Mathematics, Flowers** 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 quizzers with cash prizes for the winners.

All are welcome! There are places available. The evenings are getting more popular, and the fun is increasing!



Fairview Fellowship

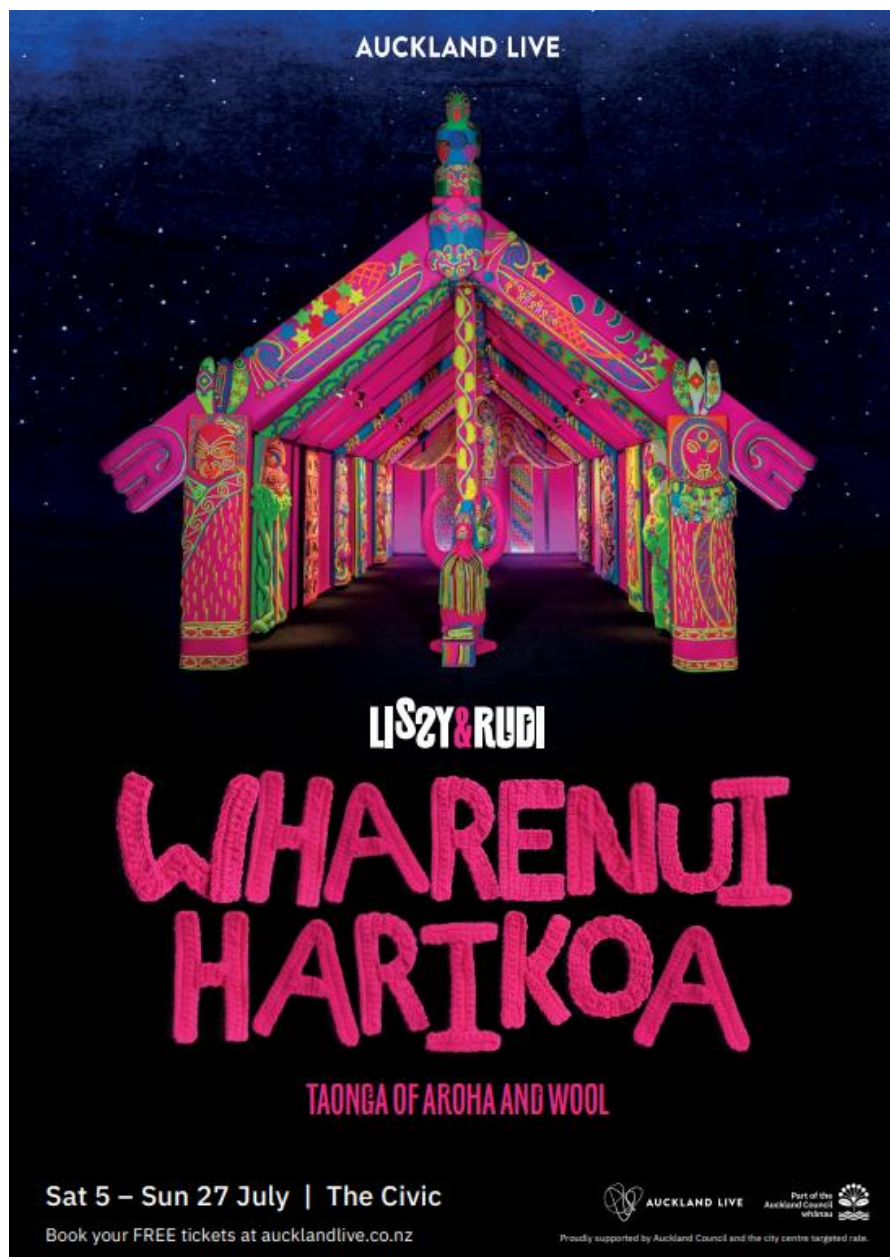
Next Meeting
Monday 28th July
3pm in 3rd Floor Sunroom

Our village Christian Fellowship meets each month to hear from an invited speaker and study the Bible.

We offer a warm welcome for all residents to join us as we encourage the friendship of our shared faith.

Contact Bronwen Charlesworth 021 920000

Residents' Notices



Saturday 5 – Sunday 27 July / The Civic
Book your FREE tickets at [Aucklandlive.co.nz](https://aucklandlive.co.nz)



If you receive a text asking you to pay a traffic fine, please do not click on the link. There is a text scam that includes a link to pay a fine, claiming to be from NZ Police. Police do not issue speeding fines via text, this text is a scam!

60 years ago, kids learned

A is for **APPLE**

B is for **BALL**

C is for **CAT**

D is for **DOG**

Today...

A is for **ANDROID**

B is for **BLUETOOTH**

C is for **CHAT**

D is for **DOWNLOAD**



And to Senior citizens

A is for **ARTHRITIS**

B is for **BLOOD PRESSURE**

C is for **CHOLESTEROL**

D is for **DIABETES**

SOCIAL COMMITTEE INVITATION

Sunday 27th July at 3:15pm

SUPERB!

Recommended by management!

Junsu Na

Playing Cello

Eunyoung Jung

Playing Piano

Come and enjoy a delightful musical experience

Friends and family very welcome

Bar opens at 4:15pm



Strength and Balance

- Monday 28 July 10.30am – 2nd Floor Lounge
- Wednesday 23 July 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 30 July

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 31 July – 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 01 August – 9.15am – Level 2 Swimming Pool

\$5.00 per class

Doctor

Thursday 31 July – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 07 August – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

28 July to 03 August 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 28 July	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 29 July	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	1.30pm	3 rd Floor Sunroom
	Movie Group	7.15pm	Book Club 2 The Next Chapter
Wed 30 July	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
	Strength & Balance	10.30am	2 nd Floor Lounge
	Scrabble	1.30pm	3 rd Floor Games Room
	Line Dancing	4.00pm	2 nd Floor Lounge
	Happy Hour	5.00pm to 6.00pm	3 rd Floor Main Lounge
Thu 31 July	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
	Doctor Hunter	2.00pm	Level 3 Doctors Room
	Yoga with Joy	1.30pm	2 nd Floor Lounge
Fri 01 Aug	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 02 Aug	Croquet	9.30am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 03 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Dinner Menu

28 July to 03 August

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 Braised Pork belly, apple sauce, carrots and peas, roast potatoes

Tuesday (Seafood treat) - large only

Seafood Treat – Fish Bites (3), Prawn Twister (3) Calamari (3)
With tartare sauce, garden salad & hot chips

Wednesday Roast / choice of meat

GFI Beef Roast, jus and gravy,
Maple carrots, steamed broccoli and roasted potato & pumpkin

Thursday (Lamb)

GFI Lamb Bourguignon, cauliflower, peas & mashed potatoes

Fish Friday (KIWI classic) your choice of fish

Market Beer Battered Fish with tartare sauce, slaw and fries
Or **GFI** Baked Smoked Fish pie (hoki and kahawai with boiled egg and peas)

Saturday (Pork)

GFI Pork Teriyaki with toasted sesame seeds and garlic chips
served with stir-fry Asian vegetables & rice noodles

Sunday Roast (Lamb)

GFI Lamb Shanks, jus & gravy, minted peas and glazed carrots,
Chives mashed potatoes

Optional Dinner Menu – in foil tin:

Pork ribs, lamb shanks, roast beef

JUST CALL IN, LIMITED BATCHES WEEKLY