

The Village News



Reception Phone: 477 3900 Nurses 24 hours: 021 861 706 **04 August to 10 August 2025 No. 383**

From the Manager's Desk

Reception

Diana is back this weekend so reception will operate as normal.

From the following weekend of the 9th of August, we will start to take payments at reception on the weekend as well as during the week. Due to the cashing up process we will be adjusting the reception times of the weekend to 09.30 am through to 4.30 pm, the time change will commence from the 9th of August.

Rates rebates forms

The rates rebates forms are now ready, and you can collect these from Cherie at reception. Cherie will complete the first part of the form with you and once you complete the rest of the form it needs to be posted back to the council.

Residents' birthday morning tea

We will be having next month's birthday morning tea on Friday 15th August at 10.00am in the main lounge.

I look forward to the opportunity of meeting with those residents celebrating their special day next month.

Jeanette accounts administrator away on annual leave

Jeanette will be away on annual leave with her last working day being next Thursday. She will return on Monday 1st September. In her absence, Vicky Cui from PLVL will be assisting with regular accounts activity.

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 will advise in the newsletter.

Housekeeping van

You may notice over the coming weeks that we have a new vehicle in the village, it is a Daihatsu Hijet van with the registration RHE211. This will be used by the housekeeping team to help them in getting around the village when cleaning villas. This will assist in reducing the time spent moving around the village and give them more time to offer cleaning services. So, if you are thinking about a spring clean coming up or want to book a regular weekly, fortnightly or monthly clean just let Cherie know and she will get Bev to contact you.

Painting villa roofs

The contractors are trying to finish the last of the current schedule but have been delayed by the unforgiving weather recently. As soon as they complete this they will drop the scaffolding and will then be away from the village for approximately one month. We will advise in upcoming newsletters when the program will be restarting obviously dependent on how mother nature behaves!

Upcoming Events:

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

Gary Jarvis



Health and Wellbeing Corner

Hello All,

I thought I would touch on arthritis here. Something that has started to affect me and my daily routines so here goes, and I hope we can sort out some myths and have some strategies to help you.

Words we use matter

At the NZ Pain Conference 2025 Australia researcher and Associate Professor Tasha Stanton discussed osteoarthritis and how common phrases like, “bone on bone” or “wear and tear” can make people feel worse about their pain.

This is because the suggestion that the joint is broken and there is nothing that can be done is not at all the case in fact the opposite is true. Research shows that gentle exercise and staying active help reduce your pain and support joint health and therefore improve mood.

More hopeful phrases would be

“Cartilage loves movement, it gets its nutrients from being used”

“Your joints are adaptable and can improve”

“There are some changes in your scans, they are like wrinkles, they’re normal with age.”

She also reminded us that pain from Osteo doesn’t always mean more damage. In fact, our nervous system can become overly sensitive over time, especially when stress, poor sleep, fear, or anxiety are added into the mix. This may mean your pain feels worse even though your joint isn’t worsening.

The three key messages for managing OA are

- Learn more about your condition
- Stay active (starts low and go slow!)
- Reduce inflammation in healthy ways.

The Four P’s of Joint Protection are

- Pacing – when feeling good are you doing too much on those days and then spend bad days recovering. Pacing is about little and often. Don’t tackle activities all at once. Know your limits and take regular breaks.
- Planning – work out your daily needs. Remember that sometimes you need to be flexible with these. Plan rest times, and break tasks into smaller chunks and decide what you could delegate to others.
- Priorities – set realistic goals, sometimes these goals need to change, don’t be too hard on yourself. Learn to say no and ask for help if you need it.
- Posture – poor posture increases fatigue. Good posture protects your joints and reduces tension on muscles. Be aware of where your body is (especially when walking with a walker) don’t hold any position for too long and keep moving.

Pain relief

- Gentle exercise and stretching.
- Maintain a healthy weight and eat healthy foods.
- Protect joints by using devices such as walking sticks and supportive cushioned footwear.
- Mind based approaches – deep breathing, relaxation, distraction.
- Relieve stress, pace yourself, prioritise, plan.
- Use medications, these can be paracetamol, NSAIDS, tricyclic antidepressants, Gabapentin, steroids, opiates etc be advised by your GP.
- Complimentary therapies such as acupuncture, massage, yoga, aromatherapy.

My News - A little feel-good story — Well, for me really

When my husband's older brother was just three years old, he was tragically run over. The accident left him with lasting challenges in both mobility and cognition. And yet, despite everything, he's always carried an incredibly positive spirit — a person who quietly gives so much back to the world through his work with the Scouts, charities, and his local community.

After his accident, there was a payout which was placed into a trust fund for him. Over the years, some of that money remained untouched. Recently, he made a decision that left us deeply moved: he chose to pass it forward and has set up a trust fund for our Erin. He’s never even met her — but wanted to help, in his own quiet, generous way.

It’s moments like these that remind you how unexpectedly beautiful people can be. Sometimes, humanity shines brightest when it isn’t asked for — when it just *is*.

Keep well everyone, The Nursing Team



From the Chef's Oven

Enjoy our delicious cabinet selection!

Choose from a wide range of fresh options including gourmet salads, sandwiches, homemade pies, frittatas, and irresistible sweet treats. But wait, there is more. As a Bonus Deal - Selected items are HALF PRICE after 2 PM daily!

FROZEN MEAL SALE – ONE DAY ONLY– Friday, August 1st!

This winter, skip the cooking and still enjoy hearty, homemade meals with One-day Frozen Dinner Meal Sale! We're offering a special range of delicious frozen meals – perfect for those nights when you want a comforting, wholesome dinner without the hassle. Just heat up and enjoy! First come, first served – limited stock available!

Donut Friday

See you tomorrow for our donut Friday - \$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

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 – Lonely Planet – Tuesday 05 August

Highly successful writer Katherine Loewe travels to a writer's retreat in an exotic Moroccan mountain resort to finish her latest novel. Though normally prolific, she finds herself struggling after breaking up with her sculptor partner, who wants her to move out of his idyllic farmhouse after living together for fourteen years.

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

Last Friday there were 600 tickets purchased - that's 6 'major' raffles.

Jill Keenan drew the Dwelling prize and the numbers for the 6 major raffles; thanks Jill.

The Dwelling prize was won by Jean Elliott - congratulations!

And the raffles winners were:

Dianne Turner, Allan O'Callaghan, Andrew Dunlop (visitor), Cynthia O'Callaghan, Luella Jacobson, Jean Elliott, Clark Robbie, Clive Sandham, Bruce Benfell, Elaine McClintock, Barrie Flint, Neil Butt, Earl Troughton, Lois Hadfield, Jillian Milne, Steph Scott (visitor), Brynley Goodger, Sandra Howlison, Pam Glaum, Graeme Pullar, Ted Ranyard, Andra Glyn-Jones, Chris FitzPatrick, John O'Leary. Congratulations to all.

Jocelyn Goodger - on behalf of Diane Brown (raffles convenor)



Bingo

Saturday 2nd August at 7.00pm in the Level 3 Lounge
Everyone is welcome.

Residents' Notices

Sunday Concert

We were privileged to enjoy the superb musical skills of 16 year old Junsu Na and his family, who entertained us with cello, violin and piano gems. Their skills were simply amazing. A well-attended concert was appreciated by all. Thanks to the social committee for organising this. After the Ten Minute Wonders, this was a case of the ridiculous to the sublime!

Jim Clarke (aka Manuel)



Thank you to all those who attended the Sunday performance of a very talented family. An incredible and overwhelming experience. The following is part of an email sent by the father, Jonglok, "It was our pleasure to have been able to play at Fairview. Everyone we met there were all very lovely and welcoming".

Thank you all for your kind donation of \$260.

Angela Woolnough
Social committee

Tech Help is Back!

We're delighted to share that the Albany Librarians will once again be visiting Fairview Village to assist residents with their mobile phones, tablets/iPads, and WhatsApp.

They bring a wealth of helpful tips and tricks to help you get the most out of your devices and apps. Their previous visits have been incredibly useful, and we're very grateful for their continued support.

They typically work with small groups, allowing for a more personal and hands-on experience.

If you are interested, contact Natalie Turner - 09/4799527 or 0204 068 5144 - theturnerfamily@actrix.co.nz



A resident has advised that they were contacted by FLA (Forever Living Assistance) on Facebook Messenger. If they contact you, do not respond. This is a scam.

Lost/Found

A necklace has been found outside the Lodge. Please contact reception if this is yours.



Social Committee Invitation

silver & strings

martin driessen - guitar
gayle askew - flute



a wonderful mix of easy
listening favourites,
instrumentals, country,
singalongs and rock & roll



Sunday 17th August

Level 3 Lounge at 3:15pm

Bar Opens at 4:15pm



Are you new to our village?

Or

***Have you been here a
while?***



Have you ever thought of giving outdoor bowls a go?

✓ It is fun

✓ It is sociable

✓ And it isn't difficult

***Village bowls provided for a fun, one-on-one
introduction to a game you're sure to fall in love with.***

Contact any of the following:

Gordon Tasker 027 660 3412

Mark Jennins 021 952 412

Priscilla Page 479 7668

Ron Crosby 027 371 5127

Strength and Balance

- Monday 04 August 10.30am – 2nd Floor Lounge
- Wednesday 06 August 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 06 August

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 07 August – 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 08 August – 9.15am – Level 2 Swimming Pool

\$5.00 per class

Doctor

Thursday 14 August – 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

04 August to 10 August 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 04 Aug	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 05 Aug	Minibus – Albany Westfield	9.15am/9.45am/10.15am	Return 10.30am/11.00am/11.30am
	Croquet	9.30am	Croquet Green
	Table Talk with Rebecca	11.00am to 11.30am	3 rd Floor Lounge
	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	Lonely Planet
Wed 06 Aug	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 07 Aug	Podiatrist	9.00am	3 rd Floor Doctors Room
	Hair Salon with Kim	9.00am – 1.00pm	3 rd Floor Salon with Kim
	Croquet	9.30am	Croquet Green
	Table Talk with Rebecca	11.00am to 11.30am	3 rd Floor Lounge
	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 08 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 09 Aug	Croquet	9.30am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 10 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start



Dinner Menu

04 August to 10 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)

GF 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 Jaime Oliver's lamb casserole, broccoli & cauliflower, roast potatoes.

Friday (KIWI classic)

Market Beer-Battered Fish with tartare sauce, slaw and fries
Or Smoked Fish Pie – Kahawai & Hoki with boiled eggs & peas – 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)

GF Lamb Shanks in classic gravy, minted peas, glazed carrots, mashed potatoes

Optional Dinner Menu – in foil tin:

Roast pork, pork ribs, beef bourguignon, roast beef

JUST CALL IN, LIMITED BATCHES WEEKLY