

The Village News

Reception Phone:477 3900 Nurses 24 hours:021 861 706 25 August to 31 August 2025 No. 386

From the Manager's Desk

Operators AGM

The operators AGM for this year will be held on Monday the 1st of September at 11am in the main lounge on level 3. The packs have been delivered; please remember to bring them with you to the AGM. We encourage you to submit any questions you want to raise in advance of the AGM and would request that these are submitted by this coming Monday the 25th of August so that a response can be prepared.

Painting villa roofs

The current painting stage has now been completed, and the scaffolding should be removed tomorrow. A trailer will be left near the scaffolding today and, when loaded tomorrow, will be removed from the village. We will advise in further newsletters when the program restarts and update the schedule accordingly.

Father's Day

Father's Day is on Sunday the 7th of September. We will be serving 'Traditional Roast Beef' at 12.00 noon with a complimentary drink from the bar for all our Fairview Dads. You will find the menu further on in the newsletter. Bookings need to be made at reception by Wednesday the 3rd of September.

Spring Dance Wednesday 17th September

Noris and the team will be preparing a wonderful spring menu to hopefully welcome in a change of season and some warmer weather. This will be a three-course meal priced at \$37.00 per person. You will find the menu further on in the newsletter. Bookings need to be made at reception by Monday the 15th of September. Entertainment for the evening is being arranged by your social committee.

Key Cutting

I would like to remind residents that additional keys for apartments and villas need to be ordered through reception and should not be taken to a key cutting service. This is to protect the security of the village.

Upcoming Events:

Sunday 7 September at 12 noon	- Father's Day Lunch
Wednesday 17 September at 6pm	- Spring Dance Dinner
Tuesday 23 September at 6pm	- Happy Tuesday 2 for 1 Dine in Deal

Gary Jarvis



Health and Wellbeing Corner

Hello All,

Mobility Problems

I thought I would go through some of the issues affecting mobility, as I feel it is the most important part of aging well and aging in place.

Getting to grips with mobility problems – most older Kiwis have at least one chronic health condition, and some have a combination of a few.

Arthritis is one that is prevalent, and chronic pain is also high up on the list. Knowing this, we can make sure we have good medical care so that we can maintain our health.

Signs to look out for

- Feeling woozy or off balance – seek medical care.
- Having trouble with getting up or sitting down – look at the type of chair and height of chair, pain relief for joints.
- Decrease in physical activity levels – tiredness, depression, isolation.

Aging leads to changes in both bone density and muscle mass/strength which result in other health conditions such as osteoporosis and sarcopenia.

The biggest risk factor in falls, however, is decreased physical exercise – leading to reduced muscle strength. So, deal with the health conditions through medical care as quick as you can so that you can maintain a good level of joint movement and muscle strength.

The Power of Exercise

Movement supports preservation of our balance, maintains joint function and flexibility, and keeps the mind agile.

Walking – enhances blood pressure and cardiovascular health and strengthens muscles and mobility.

Water aerobics or swimming – reduces impact on joints while resisting build muscle strength.

Tai Chi – improves balance, agility and strength.

Chair yoga – increases flexibility, balance and mental wellbeing.

Strength and Resistance Training – builds muscle mass and strength.

Balance exercise – heel to toe walking.

Stretching – improves flexibility and range of motion.

Next week we will talk about environmental factors and diet.

My News

Mark turns 65 tomorrow, so by the time you read this, we'll have enjoyed a lovely lunch in town. I'll catch up with you all on Friday, and in the meantime, Lauren will be holding the fort - do pop in and say hello!

Keep well and WARM everyone.
From the Nursing Team



From the Chef's Oven

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 for your cooperation.

Donut Friday

See you tomorrow for our donut Friday - \$4 each or 3 for \$10.

Relish Café Spring/Summer Menu is here!

Time really flies! We're freshening things at Relish Café with our new Spring/Summer à la carte menu! Some favourites are making a comeback — like our Smashed Avo with Eggs & Feta and the delicious Haloumi Bruschetta. Plus, keep an eye out for tasty Weekly Chef's Lunch Deals — there's always something new to try!

The flavours of the season will start on 1st September.

Upcoming Events:

- **Sunday 7 September / Father's Day Lunch Set Menu** - Join us for a special Father's Day celebration featuring a delicious **two-course set menu** - mains and dessert included. All Dads and Great Granddads will have a complimentary bottle of beer. Bookings and payment are to be made at reception by **Tuesday, 3rd September**. Don't miss this chance to treat Dad to something special!
- **Wednesday 17 September at 6pm / Spring Dance Celebration**
Come and join us for our Annual Spring Dance and Dinner Event. Celebrate the season with good vibes, great company, and a delicious three-course dinner including a tasty starter, a choice of mains, and a sweet dessert to finish. It's all about fun, food, and springtime feels. Please check out the full menu at the end of this newsletter! Bookings and payment at reception.
- **Tuesday 23 September at 6pm / Happy Tuesday 2 for 1 Dine in Deal**
Next month, we're taking you to MANILA - Philippines. Taste an authentic Filipino dish made by Filipino chefs. We will feature our classic all-time favourite Chicken Adobo, Asian slaw and java rice. Top it off with an optional Filipino favourite dessert MAHA BLANCA (coconut-corn pudding) for only \$6 for a sweet finish to your Filipino-inspired evening.

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.

What's on this Coming Week and Next



Movie Group – Tuesday 26 August – Bank of Dave 2

Based on a true-ish story – two years after founding Britain's very first community bank, Dave Fishwick takes on an even more dangerous and formidable opponent than the big banks – Payday Loan Companies. Dave recruits Jessica, an American investigative reporter, and Oliver, a local Citizen's Advice counsellor, to his cause. Together they embark on a journey that will eventually take them to the United States and help bring down an entire industry of predatory corporations.

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

700 tickets were purchased last Friday. Dwelling prize drawn by: Gareth Hancock (thanks Gareth) and won by: Dulcie Kortegast - congratulations Dulcie.

Raffles drawn by: Ray Barrett (thanks Ray), and the winners were:

Cynthia O'Callaghan, Allan O'Callaghan, Richard Jacobson, Mark Jennins, Jillian Milne, Richard Jones, Bruce Benfell, John O'Leary, Brenda Lee, Brynley Goodger, Adele Carlisle, Barrie Flint, Trish Maunsell, Annette Cook, Jill Cornthwaite, Margo Sturme, Patrick Knell, Peter Croft, Ross Cornthwaite, Alison Leadley, Vince Sturme, Terry Carter, Lorraine Dale, Luella Jacobson, Pam Glaum, Priscilla Page, Chris FitzPatrick, Neville Turner, Ted Ranyard, John Gardner, Brian Sutherland. Congratulations to all.

Jocelyn Goodger
On behalf of Diane Brown (raffles convenor)

NEW TIME FOR RAFFLE TICKET SALES

By popular request, raffle tickets will not be sold until 4pm from now on.

So, from tomorrow (15 August) onwards, no sales before 4pm.



Garden Club

Film and morning tea
Part 2 "English Gardens"
Presented by Alan Titchmarsh

Date: Monday 25th August
9.45am
Level 2 Theatre

Attending phone Anne Pike 475 6741 or text 027 641 0543



Fairview Fellowship

Next Meeting

Monday 25th August at 3pm

3rd Floor Sunroom

Our village Christian Fellowship offers a warm welcome to all who would like to join us each month. We meet for prayer and to hear from an invited speaker and to enjoy the friendship of our shared faith.

Contact: Bronwen Charlesworth 021 920000



QUIZ NIGHT — Sunday 31 August 2025

Quizzer numbers were reduced to 23 in 3 teams in July, as the Secret Squirrels were otherwise occupied with overseas holidays in the sun and withdrew their team. They will be back in August, although somewhat poorer. The topics were **General Knowledge 1, Acronyms, General Knowledge 3, Mathematics, Flowers and General Knowledge 2**. The Mixed Nuts returned to their winning ways after scoring a bonus point for knowing the correct definition of the acronym Laser. The Iris Watches were second and The Palms brought up the rear by 1 point. After their choice of topic, **New Zealand Geology**, in June confounded everyone, The Palms came back to earth with the choice of **The Colour Red** for August.

Consequently, the August questions will be on: **General Knowledge 1, 1960's Hit Parade Music, The Colour Red, Peter (questions to do with the name Peter), The Natural World 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 quizzer with cash prizes for the winners.

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

Tony Stanaway

Residents' Notices

Silver and Strings Concert

Village punters were treated with a delightful variety of musical favourites performed by Silver and Strings, Martin and Gayle, guitar and flute.

Spanish guitar, Bossa nova flute and everything in between, none of this modern-day incomprehensible stuff!

Thanks to the Social Committee for arranging these winter concerts, catering to all tastes, and getting us out of our hibernating caves!

Jim Clarke (aka T Rex)



WINTER CONCERT SERIES

We wish to thank all our residents and their families for supporting the winter concert series.
We hope it brightened up some grey rainy Sundays.

The performers often say that Fairview is their favourite venue.
So many thanks for the welcome you give them and your participation.

Hopefully, we will do it all again next year!

Angela Woolnough
Social committee



Operatunity: Last Night of the Proms

Time & Venue: Wednesday 27th August. Fairview bus leaving reception @ 10.10am.

Operatunity's Last Night of the Proms promises to be a stirring iteration of a time-honoured tradition, infused with our signature fun and flair. Don't miss this chance to be part of this sensational showcase of music and merriment, as we come together for an event filled with joy, camaraderie, and unforgettable sing-along moments. Tickets can be booked via phone or internet or at the door.

Ph: 0508 266 237 / bookings@operatunity.co.nz. Buy at the door - \$39

Please add your name to the list at reception.



All Blacks vs Pumas



The Wallabies win over the Springboks last weekend means that the All Blacks now have the number one ranking in world rugby.

On Sunday morning the All Blacks are playing their second test against the Pumas. Come and see the match shown on the large TV screen in the 3rd floor lounge. **Kick-off is at 9-10am.**

Barry Jones

Gareth's Puzzle

Three little expressions - what do they mean?

- 1) STA4NCE
- 2) T_RN T_RN
- 3) PETS
STEP
PETS.

Enjoy!

Rules of the Pool (for children)

- Children's Hours (under 16 years) 11.00am – 5.00pm
- Children are NOT permitted in the Hot Tub at any time.
- For health reasons children in nappies are NOT permitted in the pool.
- Children MUST wear bathing costumes at all times.

In addition to the above and for safety reasons:

- No children in the Gym at any time.
- No children in the Sauna at any time

This information is on the signage at the entrance to the pool area.

Your cooperation is appreciated.

North Harbour SDA Church - Invitation to Free Concert

As you may know, our church choir has been touring retirement villages around the North Shore. We've received a lot of feedback and requests for repeat visits, so we're excited to announce that we're going to be hosting a free concert at North Harbour SDA Church. We'd love for our friends at the local retirement villages to be able to attend, so I am just contacting you to provide you the relevant information and extend the invitation to all your residents and their friends/family.

Date: Saturday 6th September @ 6pm

Location: North Harbour Adventist Church, 40 Bronzewing Terrace, Auckland 0632

Cost: FREE

I have included a link below to book tickets (I do recommend booking in advance, as seats have been filling).

<https://www.eventbrite.com/e/thanksgiving-praise-worship-concert-free-entry-tickets-1596529064409>

Kind regards

Shane Drought



FAIRVIEW VILLAGE LIBRARY LATEST BOOKS AUGUST 2025

NEW BOOKS

Vianne by Joanne Harris - A prequel to *Chocolat* it tells of Vianne Rocher's early life, long before she arrived in the French village of Lansquenet-sous-Tannes. The novella offers a glimpse into her childhood on the run with her mother, who was a kind of nomadic witch, teaching Vianne about magic, mistrust of authority, and living outside society's norms.

Nemesis by Greg Horowitz - *Nemesis* by Gregg Hurwitz follows Evan Smoak, aka *Orphan X*, as he battles a deadly new assassin and the corrupt agency that created him—putting his life and mission to help others at risk.

A River is Waiting by Wally Lamb - A novella about a woman reflecting on her life as she returns to her childhood home in the American South. Facing personal loss and change, she reconnects with family, memories, and unresolved emotions. It's a lyrical, emotional story about identity, grief, and the healing power of returning to one's roots.

The First Gentleman by Bill Clinton and James Patterson - A political thriller about America's first female president, whose husband is accused of a decades-old murder. As the scandal threatens her presidency, two journalists race to uncover the truth. It's a fast-paced story of power, secrets, and justice.

By Your Side by Ruth Jones - This story follows Linda, an heir hunter nearing retirement, who takes on one last case—tracing the past of a reclusive man who died on a remote Scottish island. As she uncovers his secrets, she also finds unexpected friendship and a new sense of purpose.

The Silence in Between by Josie Ferguson - A gripping story set in 1961 Berlin, where Lisette is suddenly separated from her newborn son by the Berlin Wall. Her daughter Elly, a gifted young musician, longs to reconnect with her emotionally distant mother. As tensions rise, Elly risks everything on a daring plan to cross the border, reunite their family, and bring music—and hope—back into their lives.

DONATED BOOKS

Chocolat by Joanne Harris - tells the story of Vianne Rocher, a free-spirited single mother who opens a chocolate shop in a conservative French village during Lent, challenging the town's established traditions and clashing with the rigid morality of the local priest, Father Reynaud.

The Invisible Women's Club by Helen Paris - A warm, uplifting novel about Janet, a reclusive woman in her seventies, who teams up with lively neighbour Bev to save their beloved allotments. Together, they rediscover friendship, purpose, and the power of being seen—proving it's never too late to make a difference.

The Courage of Women (NF) by Rob Harley - A nonfiction collection of inspiring true stories about women who've overcome immense challenges. From illness and loss to social injustice, each story highlights strength, resilience, and hope.

Act of Defiance by Tom Clancy - is set in motion by the sudden, secret deployment of the Russian super-submarine *Belgorod*. This rogue nuclear-capable vessel poses an unprecedented threat to the U.S. Pacific coast.



PLEASE JOIN US FOR A

FATHER'S DAY

Lunch

\$29.00 PP

7 | SEPTEMBER | 12 NOON

MAINS

TRADITIONAL SUNDAY ROAST
 GRASS FED ROAST BEEF
 AND ITS TRIMMINGS, JUS AND GRAVY
 CLASSIC YORKSHIRE PUDDING
 SERVED WITH ROASTED VEGETABLES

ALL TIME FAVOURITE DESSERT
 CLASSIC APPLE CRUMBLE
 WITH HOT CUSTARD

COMPLIMENTARY BOTTLE OF BEER TO ALL DADS

BOOKINGS AND PAYMENTS AT
 RECEPTION BY 3RD SEPTEMBER



SPRING

dance

Dinner Menu

Wednesday / 17 September / 6pm

3 course set menu
\$37pp

Starters

Warm Bread Rolls
 Fennel & Pork Roulade

Choice of Mains

Twice Cooked Roast Pork
 Succulent pork, slow roasted served with
 jus, pan gravy & mango chutney

Oven-Baked Salmon Fillet
 Atlantic Salmon, oven-baked and draped
 over zesty lemon and white wine sauce

Accompaniments

Spring asparagus & romaine ceasars salad tossed
 with parmesan shavings & light anchovy dressing

Herbed ROasted Potato Croutons

Dessert

Blueberry & Cherry Cheesecake
 Velvety cheesecake infused with
 blueberries, triple berry coulis finished
 with thread of pistacio dust

RSVP: Bookings and Payments at
 reception by 15 September at 1pm

Made with PosterMyWall.com

Strength and Balance

- Monday 25 August 10.30am – 2nd Floor Lounge
- Wednesday 27 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 27 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 28 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 29 August – 9.15am – Level 2 Swimming Pool

\$5.00 per class

Doctor

Thursday 28 August – 2.00pm to 3.45pm – 3rd Floor Doctors Room

Please phone reception to book an appointment with Dr Hunter.

Podiatrist

Thursday 04 September – 9.00am to 12.00 noon – 3rd Floor Doctors Room

Please phone reception to book an appointment with Paul Hames.

WEEKLY SCHEDULE

25 August to 31 August 2025

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

KITCHEN 477 3957 / HAIRDRESSER 477 3950

Mon 25 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 26 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	Bank of Dave 2
Wed 27 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 28 Aug	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
	Dr Hunter	2.00pm	3 rd Floor Doctor's Room
Fri 29 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	4.00pm	3 rd Floor Main Lounge
	Happy Hour	4.00pm to 6.00pm	3 rd Floor Main Lounge
Sat 30 Aug	Croquet	9.30am	Croquet Green
	Indoor Bowls	1.00pm	2 nd Floor Games Room for 1.15pm
Sun 31 Aug	Outdoor Bowls	1.00pm	Assemble for 1.15pm Start
	Quiz Night	7.00pm	3 rd Floor Main Lounge



Dinner Menu

25 August to 31 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 (Chicken)

GFI Chicken Schnitzel, steamed vegetables
mashed potatoes with gravy

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 Lamb Leg Roast, jus and gravy,
Maple carrots, steamed broccoli and roasted potato & pumpkin

Thursday (Beef)

GFI Beef 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 eggs and peas)

Saturday (Chicken)

GFI Crumbed Chicken in sweet and sour sauce
served with stir-fry Asian vegetables and rice noodles

Sunday Roast (Pork)

GFI Roast Pork and its trimmings, jus & gravy, peas and glazed carrots,
Roasted pumpkin, kumara & potatoes

Optional Dinner Menu – in foil tin:

Braised sirloin, roast beef and lamb casserole

JUST CALL IN, LIMITED BATCHES WEEKLY