

Residents' News

APRIL 2025



Hello everyone,

Easter is just around the corner and the committee have made up 3 Easter baskets filled with goodies that are in the foyer on display, don't miss out on a raffle ticket to be in to win!

The Managers Forum will be held on the first Friday of this month due to both public holidays falling on Fridays. The second half of the meeting will be focused on personal preparedness if a disaster occurred particularly for major events like a large earthquake. This will be presented by guest speaker Francie Hills who is the Health Promoter from Age Concern and is in contract with TCDC to visit and share vital information about the Emergency Response Plan to established groups and clubs. Francie will also be accompanied with Anna Wylie from Red Cross. They are especially keen to connect with individuals who have special requirements such as those with hearing, vision, or mobility challenges. This is a great opportunity for us all to be reminded of what is involved with getting prepared for an emergency so please if you can, try and come along.

We were lucky enough to have 2 voluntary performances last month, one was by The Ukulettes and the other was a music group consisting of a singer and 4 guitarists. These were of very short notice but nice to have them offer some entertainment.

St Paddy's Day Pea, Pie and Spud dinner went down a treat as always with a good turnout of people attending.

Finally, we now have the Spa pool back in working order and we would like to keep a record on how many people are using the Spa. It would be much appreciated if anyone who uses it writes down in the booklet the date and the number of people who has been in it, this way you don't have to write down your name. This is beneficial for us so we can gauge how often the Spa is being used and help us with water quality treatment.

Don't forget to nominate someone you think may be a good candidate for the Committee this year and consider joining as well.

A pot luck dinner will be held on Good Friday after Mix and Mingle, hope you all have a wonderful and Happy Easter!

*From Stephanie, Amy and all staff
at Richmond Villas 😊*





Residents Committee & Upcoming Events

Message from the Committee:

As the **Residents A.G.M** is fast approaching, we will be seeking new Committee members to join as some existing members will be coming off the Committee. **Now is your chance to nominate someone you know is interested in being on the Committee.** Remember Nominations close 3 weeks prior to the A.G.M but will remain open in the event that insufficient nominations have been received by this date to ensure a quorum. Nomination Forms are now on the reception counter.

If anyone would like to display a stall at the **Art and Craft Show on Saturday 17th May** please speak with Karen Gulley or see the office for more information.

We are also going to have a **pre-loved stall** so if anyone would like to donate second hand items that are in good order then these will be sold on the day and the funds raised will go towards the Committee expenses. A box will be put in the dining room for anyone wanting to donate their pre-loved items.

Mark these dates on your Calendar!

Men's Night – Saturday 10th May

Art and Craft Show – Saturday 17th May (*Exhibitors required*)

Residents A.G.M – Thursday 22nd May at 1.30pm

Mid-Year Christmas Lunch – Saturday 21st June

► **Friday Mix n Mingle Happy Hour: 4:30pm start.** Raffles: The weekly Raffle is drawn on Friday night @ 5:30pm. Tickets are \$1 for 2 draws; the **jackpot** is running – the winner must be present to collect the jackpot. *Come along at 4.30pm grab your Raffle Ticket and join in the fun & surprises.*

► ***Events this month:***

❖ **Friday Forum: Friday 4th April at 10.00am**

Come along for a cuppa at 10am, Amy and Stephanie will join you at 10:30am, to discuss current happenings in the village and provide you with the opportunity to raise questions or offer feedback. **Please note from 11.00am** *we will be focusing the meeting on things you can start doing to get yourself in the best position should there be an emergency.*

❖ **Caroline eve Show Case: Tuesday 8th April at 10.00am**

Come along and view their 2025 winter range in the main hall of the Community Lodge.

There will be a brief presentation about the range of clothes starting at 10.00am.

You may purchase with **CASH ONLY This day!** But remember this is only a peek into what they have, visit the store, and explore their range.

❖ **Guest Speaker from The Booms: Tuesday 8th April at 3.00pm**

Come and join us for a cuppa and meet Simone, the relieving Manager of The Booms. Ask the questions that are important to you about Care Homes.

Afternoon Tea is provided so please let us know by the 7th of April if you are attending.

❖ **Lunch Outing to Café 131: Thursday 10th April 10.00m** – Departing from village at 11.00am and will arrive in Paeroa at 11.30am. Lunch will be at Café 131, **Names need to be in before Monday 7th April,** *we will be taking village van and carpooling.*

❖ **EASTER CELEBRATION - POT LUCK DINNER: Friday 18th April 4.30pm**

Join us for Mix and Mingle to celebrate Easter, Dinner will follow from around 6pm.

❖ **FLU VACCINATIONS – Wednesday 30th April from 9.30am held in the Community Lodge:** Pollen Street pharmacy will be administering Flu Jabs in the Village. **Please put your name down at reception if you want to have this done, we also require your NHI number. Names need to be in ASAP or no later than 4th April.**

► ***Coming Up, May:***

❖ **Men's Night – Saturday 10th May**

❖ **Art and Craft Show – Saturday 17th May**

❖ **Residents A.G.M – Thursday 22nd May at 1.30pm**



Happy Birthday to those born in APRIL!

😊 03 Gary Pye 😊 08 Noman Bates 😊 13 Bruce Hogarth
😊 24 Curtis Boyd 😊 28 Colin Hovell



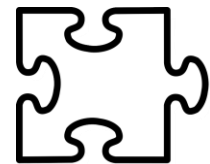
Join us to celebrate those born in January, February, March & April on Thursday 24th April 2:30 pm.


All welcome to come along for a cuppa and a piece of cake!

Regular Activities

▶ Visitors entering the Community Lodge are required to sign in under our health and safety policy.

- ❖ **Spec Savers: Tuesday 15th April 9:45am.** FREE clean of glasses and minor repair, held in the small lounge off the foyer in the Community Lodge.
- ❖ **Thames BLIND & LOW VISION Support Group: Thursday 3rd April at 10:00am.** Every FIRST THURSDAY of the month. This group is open to the public and is for anyone affected by low vision, including support people, e.g. partners and friends. Extend an invite to anyone you may know who can benefit.
▶ Any queries, contact **Michelle Mackie**, Community & Volunteer Coordinator at Blind Low Vision NZ. Ph: **022-010-3254** or email: mmackie@blindlowvision.org.nz
- ❖ **JIG SAW:** most of the jigsaw puzzles have now been done!!
Participants are running low on choice! – **any donations or swapping would be greatly appreciated...**
- ❖ **Rates Rebate 2024/2025:** Applications Forms for 2024/2025 are available at reception these applications need to be submitted before 30th June 2025. if you couldn't meet with them in August 2024, you can still complete a form and take into the council yourself to get it signed-off by a Council representative in your presence. If you need some help with completing the form please let us know.
- ❖ **TAI CHI – Fridays at 10:30am** – try out the relaxing and uplifting benefits of Tai Chi. Organised by Graham Woodward and done via You Tube on our new projector screen along with a lovely sound track. Come and try it out - a wonderful way to enhance your day!



- ❖ **BOLIVIA – Every Wednesday at 12:45pm.** Do you enjoy playing cards? If interested in learning and playing Bolivia, come along and try it out. Played in groups of four, with partners. *Contact Jilly Warburton 027 314 2582.*
- ❖ **INDOOR BOWLS- Every Wednesday at 10:00am** in the Main Hall, Community Lodge
- ❖ **CHESS CLUB – Are you interested in playing Chess?** Please contact Dennis Matthews on 027 292 1376. Held on Level 2 in the small lounge (“Tea Room”) of the apartment block on Tuesdays at 10.00am, beginners are welcome.
- ❖ **CHOIR: 2.00pm Every Tuesday in the Community Lodge Main Hall.** 
- ❖ **Beginners Line Dancing:** With Judy every Tuesday at 9.45am
- ❖ **Exercises with Judy:** classes are held at the Community Lodge, Main Hall 10-11am Mondays.
- ❖ **Exercise Class with Jenny Brett: 11:00 am Mondays – exercise for strength and balance, can be done sitting or standing.** Come along and give it a go, or come and get back in to it (as the saying goes: use it, don’t lose it!) – *a very beneficial class for maintaining strength and balance.* Small charge of \$3 per class paid to Jenny, class is open to the public.
- ❖ **500 Card Group:** Mondays at 1:30pm: All welcome to join, we are happy to teach new players.
- ❖ **Line Dancing:** Tuesdays from 9.45am: Community Lodge, main lounge
- ❖ **Rummikub – Learn To Play:** Tuesdays, Wednesday & Thursdays, Learn to play every Wednesday at 2.00pm.
- ❖ **Mahjong – 1pm Tuesdays – New people welcome!**
- ❖ **Scrabble: Wednesday at 1.30pm,** anyone interested in playing scrabble or giving it a go please come along, currently a small group - *more players very welcome*
- ❖ **Needlework Craft Mornings 10.00am:** The Wednesday morning needle craft group is meeting in the Apartment Block ground floor lounge at 10:00am. *All welcome to come along.*
- ❖ **Crafts: Thursday’s 10.00am** held in the Community Lodge craft room.
- ❖ **Pool - every Tuesday & Friday 1.30pm – More players wanted** - come and join the Pool session!! This is a call-out for more people to come along and try it out – whether a beginner, a shark, a woman, a man - *all are welcome to join this fun activity!*

- ❖ **Movie Afternoon: Saturday 26th April at 1.30pm: “The Starling”** **Comedy/Drama 2021.** After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love
(Let us know suggestions for movies you would like to watch and we can try to source them for you).



- ❖ **Mix and Mingle Evening: Every Friday 4.30pm,** at the Community Lodge.
- ❖ **Housie: every Sunday at 2pm, with Afternoon Tea at 3pm.**
- ❖ **Shopping Main Street: Every Thursday – Depart using the Thames Connector at 09.47am** (from community lodge foyer) and the **Village Van will pick you up at 11.00am outside the Civic Centre.**
- ❖ **Shopping Pak n Save: Every Friday – 9.30am The Village Van will drop you off at Pak n Save and pick you up at 10.30am. NOTE: Change of Days to Wednesday 16th & 23rd April.**
- ❖ **Pre-Loved Clothes Rack** – for all newcomers who may not know – there is a very popular clothes rack in the craft room for anyone who has a garment (in good condition) that they no longer want. You can leave the garment on the rack for others in the village (free of charge). You can also help yourself to anything on there that you may fancy. The rack is emptied-out every couple of weeks, with anything left on it taken to a second-hand shop in town.

Hairdresser Appointments: With Carina, Tuesdays & Fridays. Appointments can be made via Reception.

- ❖ **VILLAGE PHYSIOTHERAPIST: Wednesday’s 1.30am to 4.30pm, at the Community Lodge.** Half hour appointments. **NOTE: Julie is not available on the 2nd April.** Phone/txt **Julie: 027 281 4980** to book your appointment.



A reminder to please refrain from feeding birds in the village.

Wild birds don’t need extra food from us, especially at this time of year....and it is healthier for them to eat naturally foraged food, rather than our scraps. Uneaten scraps can encourage rodents and the like, and clean washing on the line can be spoiled!

We also do not want to encourage Pigeons in to the village, which generally stick to the wharf area, but have also been seen lately in our construction area!

Reminder: GREENWASTE pick-ups every Monday and Friday mornings – except Public Holidays.

Please put your green waste out regularly to avoid a rotting pile and to keep the load light, for Linda to lift on to the truck.

Also, please leave it out the night before pick-up, or by 7:45am on Monday/Friday. Thanks.

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Book Review: “*The Day Of The Jackal*”

Author: *Federick Forsyth*

In 1963 an anonymous Englishman has been hired to murder General De Gaulle. A failed attempt in the previous year means the target will be nearly impossible to get to. The Assassin known as “The Jackel” a remorseless and deadly killer must be stopped. Brilliantly done a book you can’t put down.

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General:

Are there any ukulele players or learners interested in forming a group here in Richmond Villas? Anyone interested please contact Shayle at Villa 72.



COMMUNITY LODGE & APARTMENT FACILITIES: Please remember when using the dining room or any other lounges or rooms it is important to leave them tidy and as you had found them.

Reminder: Village Master Key / AFTERTHOURS contacts: Gary Pye holds a Master Key to ALL villas and knows how to access the Apartment master tags also. You can contact Gary outside office hours if you need to access your villa or apartment. Of course, Gary may not always be onsite, but there is a good chance that he is, and if not try Christine Rogers in Apartment 84 as a back-up.

► If for some reason the OFFICE phone is not connecting through, you can contact Amy or Stephanie on their cell phones - this is preferable to leaving a voicemail.

PHONE: Amy: 021-150-0697 or Stephanie: 027-355-5068.

SPEEDING: Please make sure that your visitors are aware of the speed limit, **15km**, as it is predominantly visitors, service people, caregivers, who forget, or who don't see the signage.

RECIPE: Spicy Roasted Pumpkin Salad with Spinach Pesto

Prep time: 25mins & Cook time: 35 mins

Ingredients

- Peeled pumpkin, cut into 1 cm thick slices - 500 g
- Red onion, cut into wedges - 1
- Ground cumin - 1/2 tsp
- Ground paprika - 1/2 tsp
- Olive oil - 2 Tbsp
- Chilli flakes - a pinch
- Drained butter beans - 1 cup
- Capers - 1 Tbsp

- Cooked risoni - 1 cup

Pesto

- Baby spinach leaves - 1 cup
- Garlic clove - 1
- Grated parmesan - 1/2 cup
- Lemon juice - 2 Tbsp
- Olive oil - 1/4 cup
- Salt to taste
- Pepper to taste

Method

1. Preheat the oven to 180°C (200°C fan-forced).
2. Place the pumpkin, onion, cumin, paprika, chilli flakes and oil on an oven tray tossing together to cover evenly.
3. Place into the oven for 30 minutes or until golden in colour and roasted through. Add the butter beans and capers to the oven tray, toss and then return to cook for a further 5 minutes. Take it out of the oven, and stir through the cooked risoni.
4. While the pumpkin and onion is cooking, make the pesto. In a food processor or blender, place the spinach, garlic, Parmesan, lemon juice and oil, blitzing until smooth. Season with salt and pepper.
5. While the salad is still warm, stir through the pesto. Serve warm or at room temperature.



Getting Around...

TOTAL MOBILITY SCHEME - Discounted Taxi Fares 50% off taxi fares! To be eligible for the discounted fare you must apply for this through **Age Concern**. set-up charge is **\$25** or you can **JOIN Age Concern Hauraki-Coromandel for \$15** and get free set-up (saving \$10), as of 1st November 2024.

It is funded in partnership by central government and The Mobility Scheme, for people who are unable to drive due to a disability (for e.g. vision impairment). **To apply for a card**, phone **Age Concern: 07-868-9790** or email: info@achc.org.nz This is a simple and friendly process and worth doing for those times outside of Connector Van hours (9-3pm), or on weekends and public holidays, or any other time.

What are the benefits of joining Age Concern Hauraki-Coromandel?

- Free Total Mobility Card for any age if you fit the criteria. (As of 1st Nov 2024)
- Receiving the quarterly newsletter via email, or you can choose to have this posted.
- Receiving email updates and information on local events or news that may be of interest
- As a financial member, your voice can be heard at our Volunteer Board Meetings. You can meet with one or all of our Board members and/or present your case at a full Board meeting.
- You will be invited to our AGM and have voting and nomination rights.

What does Age Concern do? Age Concern Hauraki-Coromandel provides valuable services such as; their Volunteer Visiting Service, Chinwag Café, Steady As You Go, Driver Refresher courses, quarterly newsletters and the Total Mobility service. They are the 'go-to' for information.

St John Health Shuttle: Please allow **at least 24 hours** prior to your appointment booking. Call them between 9am and 3pm Monday to Friday on **0800 934 287**. The shuttle will transport to Doctors/Hospital appointments in the Waikato district. A donation towards the cost of the journey is appreciated.

Thames Connector: Thames Connector, Monday – Friday, 9 – 3pm.

Free for Gold Card holders. Time tables available at Reception, and on TCDC website.

Thames Taxis: (07) 868 3100

**Please turnover to page 10 and read the important information
about your St John Medical Alarm**

IMPORTANT – INFORMATION ON YOUR ST JOHN MEDICAL ALARM

Once your St John Medical Alarm is installed, it requires **no maintenance** from you. Please find below, a few helpful tips to ensure you get the best possible protection.



PLEASE do not unplug or switch off the power to your Medical Alarm unit.
PLEASE advise St John *prior* to changing your telecommunication pathways e.g., landline, fibre or wireless, as this may affect your Medical Alarm working correctly.

PLEASE REMEMBER:

- Your pendant or wristband is **fully waterproof**
- All Medical Alarm maintenance and servicing work is at **no cost** to you

Call 0800 50 23 23

- For all servicing and/or concerns regarding your Medical Alarm call us 24/7
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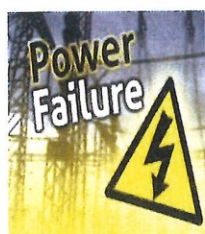


AUTOMATIC DAILY CHECK

Your Medical Alarm performs a silent daily check that tests the connection between your home Medical Alarm and the Hato Hone St John Monitoring Centre.

St John will contact you if this silent check is not received.

POWER FAILURES



Your Medical Alarm has a backup battery system, to ensure it continues to operate, in the event of any power failures.

In the event of a power failure, the unit will sound a verbal warning and will beep.

Any prolonged power failures will automatically send Hato Hone St John a notification, which we monitor until the power is restored.

If you need to turn off the main house power for an extended period, please call us on **0800 50 23 23**.

WHEN YOU GO AWAY



If you are going **away** from your home, **PLEASE** leave your pendant at home and do not disconnect the power.

When you return home simply put your pendant back on

For more information contact us on [0800 50 23 23](tel:0800502323) or email us at telecaregroupbus@stjohn.org.nz or visit our website at stjohnmedicalalarms.org.nz