

Residents' News

June 2019



Hello to Residents

Life without generosity and reciprocity is like pavlova without eggs.

Acts of giving and receiving bind us to others. They add body, substance and strength to the communities we belong to.

Giving and receiving can also bring a great deal of pleasure, as long as we're acting of our own free will and in good faith. We're not talking about gifts of money here but things of much greater value such as knowledge, experience, skills, attitudes, memories and stories.

Recognise and value what you have to give – your time, your love, your memories, your skills, your knowledge, your attributes.

Give as much as you can, but no more than you feel comfortable with.

Wisdom gained through life experience is a special gift you can offer others

Allowing others to help you is a form of generosity – you give others a gift by allowing them to do a good deed.

Learning to receive is just as important as learning to give.

Hugs

Christine

Stanley's Construction Update for June

Now that the roof has been completed, the project is gathering momentum towards a finish, late July.

All windows/ranchsliders are now in, and all the wiring and piped services have been installed to the apartments.

Wall linings and ceilings are pretty much complete on level one and substantially completed on level two.

Given that all the balconies have been completed, and roof on, we are about to start installation of the external cladding. Once complete, we will then be able to start removing the exterior scaffolding and allow a start to the exterior drainage and siteworks.

Ian Rae
Project Manager

Residents Committee Events

Message from the Committee:

*'We would like everyone to wear their name tag when attending a function.
'It's good to see most people wearing these at Birthday Afternoon tea'.*

Residents only are able to attend Mix and Mingle evenings. Visitors accompanied by a resident are very welcome.

- ❖ **Beginners Line Dancing:** With Judy every Tuesday at 9.00am.
- ❖ **Rummikub with Elaine and the Girls:** Learn to play every Wednesday at 2.00pm.
- ❖ **Movie for May: Saturday 18th at 1.30pm is ""**
- ❖ **Woodturners Café Luncheon: Thursday 13th June 11.30pm**
Village van and cars will be leaving from the Community Lodge main entrance at 11.30pm. Please make sure your name is down on the notice board by Monday 10th June.
- ❖ **Mid Winter Xmas Dinner and B.Y.O: Saturday 29th June 5.30pm**
There will be 3 raffles on the night at \$1.00 per ticket.
Cost for residents is \$27.00 per person and if you bring a guest then they pay \$32.00 per person. Names and payment to be in by Friday 21st June. *Please pay at the office.*

General

- ❖ **Thames Urban Connector: USE IT OR LOSE IT!**
Take an hour of your time – relax and go for a trip around Thames it costs nothing but it could mean that we keep it!
We are lucky to have this come 10 times per day – but only 2 people using it could mean we lose this valuable service.
It is picking up and dropping off passengers at the Community Lodge approximately every half hour i.e. **9.22am** 9.47am; **10.37am** 11.02am; **12.02am** 12.27pm; **1.17pm** 1.42pm; **2.32pm** 2.57pm. The new timetable is available at reception.
- ❖ **Petanque: Wednesday's 1.30pm** - this will be weather permitting. *All welcome to join in!*
Every Wednesday at 1.30pm.
- ❖ **Scrabble:** Beginner's welcome every Wednesday at 1.00pm
- ❖ **Mind Games:** You may remember the mind games that took place on the second Saturday of each month during the winter. This year we need a new organiser/s to prepare the games that are played and maybe introduce some new ones. If interested please let the office know.

❖ **OPSM Visit: Wednesday 26th June at 2.00pm:**

This is a free service of cleaning and adjustment of your glasses (held in the dining room). They will continue to visit on the last Wednesday of every month at 2.00pm before the Birthday Afternoon Tea.

❖ **Manager's Friday Forum: Friday 28th June – at 10.00am, meeting will start at 10.30pm**

Join us for a cuppa and a chat, you are also welcome to bring forward any questions or issues that you may like to discuss with Christine.

BIRTHDAY AFTERNOON TEA Wednesday 26th June at 2.30pm.

Come along and help us celebrate the birthdays of those born in June
All residents are invited, please bring a plate.

Happy Birthday!! For June



😊 06 Biddy Perry 😊 09 Marie Hayhurst 😊 09 Pamela Yeates
😊 10 Patricia Langlands 😊 12 Peter Moloney 😊 18 June Baigent
😊 21 Doug Weatherley 😊 24 Noel Harris 😊 26 Ngaire Crawford
😊 28 Jan Ireland 😊 29 Barbara Fraser

➤ **Venetian Blind Cleaning: Friday 7th June**

Pete's Blind and Curtain Cleaning and Repairs will be in the village Friday 7th June from 9.00am. If you would like your Venetian blinds cleaned please let the office know for Friday. Cost is \$23.00 per blind.

➤ **Garden Green Waste Collection Reminder: Monday's and Fridays**

Linda will pick up your garden green waste on Monday's and Friday's.
Please do not get rid of your green waste by dropping it off down by the maintenance sheds as this area is **OUT OF BOUNDS**.

➤ **Hair Appointments:** Gail is now offering a new service for eyebrow shaping, eyebrow tinting and eyelash tinting. Book to have a consultation so you can review pricing with her.

Rates Rebate 2018/2019: Applications close on **30th June 2019** and cannot be accepted after this date. If you have any queries about the Rates Rebate please contact the Rates Officer Margaret Sainty 07 868 0294 and she will be happy to assist you.

Look Good Feel Better: This is a FREE 2 hour class that focuses on problems associated with visible side effects of cancer treatment including hair loss, eyebrows, eyelashes and other skin related issues. This service is for anyone with any cancer and at any stage of treatment. Anyone who has been diagnosed and undergoing treatment can register. **The classes will be held at Richmond Villas dining room on Wednesday 12th June, 24th July, 25th September**

and 27th November from 9.00am to 12.30pm. **Please Note:** As from the 24th July a **Men's class** will follow after the Women's class. Contact them today to make your appointment; phone 0800 865 432. Or book online at www.lgfb.co.nz

➤ **Waikato Podiatry Clinic:** Appointments will be on **Friday 14th June from 9am to 2pm.** We have the following appointment times available **10.40, 11.40, 12.00, 12.20, 1.40, 2.00pm.** **Please note:** The Podiatrist travels from Hamilton for this clinic and therefore **will only attend if we have 9 or more people booked in for appointments. Price has increased to \$45.00 as from 1st February.**

Held in the Community Lodge – consultations, examination and treatment for your feet will be 20 minutes each and will cost \$45.00 (if further time is required then additional charges will apply). Book an appointment at Richmond Villas reception. Basic podiatry care of this nature includes: Cutting of toenails and thinning bulk (if appropriate), removal of any corns and pathological callous, assessment of feet and function of footwear, if patient is diabetic – pedal pulses and protective sensation will be checked, basic dressing materials, additional appliance etc. **2019 Podiatry Schedule for Richmond Villas appointments are Friday 26th July, Friday 6th September, Friday 18th October, Friday 29th November.**

➤ **VILLAGE PHYSIOTHERAPIST: Thursday 6th June 9.00am to 3.30pm**

Introducing your very own physiotherapist Julie White (MPNZ NZRP)

Are you feeling stiff or suffering from aches and pains?

Julie is an experienced, hands on, and ACC registered physiotherapist who is here on Thursdays to help. She is passionate about keeping people of all ages healthy and moving pain free.

Personalised treatments include:

- comprehensive biomechanical assessment
- myofascial massage
- joint and spinal mobilisations
- triggerpoint treatments
- dry needling
- specialist exercise and care advice

The cost is \$40.00 for a private appointment and \$10.00 if you have an ACC claim. There is no need to see a doctor to get a referral as Julie can sort that out for you.

To take advantage of this special offer contact Julie White, Phone or text: 027 281 4980

Email: julie@physioathome.nz

Book your appointment at reception for Thursday 6th June between 9am and 3.30pm.

Appointments will be held in the small meeting room next to the craft room.

St John Health Shuttle: Please allow at least 24 hours prior to your appointment booking. Call them between 10am and 12pm 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.

HEATPUMPS - On cold and frosty nights we recommend that you leave your heatpump turned on overnight on the setting **Auto or Heat at 16°C**. Reason for this is so the heatpump functions better in the morning.

Community Lodge Access: The Community Lodge will be **locked from 4.00pm daily**. You will be required to use only the pin number to enter the building. We hope to have new key tags programmed for you all to use later this year. Please check on exit that doors and windows are closed.

Community Lodge Reminder: Remember to turn off lights and shut windows if you have turned them on or opened them. Also shut doors if it is late in the afternoon.

Swimming Pool Rules:

If you have an open wound please do not go using the pool or spa.

Swimming Pool Rules for Children

Children may only use the pool between 2pm and 4pm daily and must be accompanied by the hosting resident. Please check the changing room facilities after using to ensure that they are left to our standards. **Reminder:** no children are allowed in the Gym.

Reminder: Swimming Pool Cover: If using the pool after 4pm. Please Remove the Cover and Replace the Cover after use to save power and to stop condensation.

Changing room Rules:

No sanitary pads are to be put in the changing room rubbish bin.

Changing room showers: The showers should only be used before and after swimming or after using the gym.

Community Lodge Barbeque: Please clean the barbeque after you have used it.

Car Park outside Community Lodge: If you have visitors that are staying and using this carpark please can you inform the office so we know who the vehicle belongs to just in case it has to be moved.

Reminder - Visitor Parking: Please remind your visitors not to park their vehicles on the lawn. We have found that tyre marks are being left on the kerbside lawn areas. This is damaging the lawns by causing them to brown and the grass takes a while to recover from this.

Attention Residents – Health and Safety Work Place Regulations

As we proceed with the early stages of the Apartment development please keep aware of staff and contractors who may be coming and going more frequently from this area down the Southern end of the village. Behind the fence is strictly **OUT OF BOUNDS and signage is around it**. **Under NO circumstances are Residents permitted in this area** (this includes weekends). **If you see danger tape in a particular area then this is also to remind you not to cross over the tape because it is a hazardous work place environment.**

➤ **Apartment Development - Viewings Friday's at 2.30pm**

If you would like to view the Apartment development progress meet at the Community Lodge by 2.30pm every Friday in April. Peter will take you down in the village buggy so you can view it from the walkway. If you would like to be picked up and dropped off from your villa please let the office know.

UCG / Chorus Fibre Installation: UCG have completed installing and connecting Fibre in your homes however they will be returning on site throughout June to do repairs to some villas.

Sewing/alterations Betty Dovell Phone 868 50673

House Keeping Fiona Johnston is available to clean your inside windows if needed or any other house duties you may have this also includes shopping and other errands. Fiona charges \$25.00 an hour. Phone to arrange a time on 027 492 0818.

➤ **Elevenses Musically Delicious Concert - Held at Thames Union Parish / St James Pahau Street, Thursday 6th June at 10.00am: \$20.00 pp, includes refreshments (Eftpos not available).**

With over 20 years international experience in professional theatre, songstress Lisa Lorrell will take you on a musical journey filled with nostalgia, fun and laughter, performing classic songs from best loved musicals and operetta, to jazz, country and pop music. Followed by a delicious morning "Elevenses" of freshly cut club sandwiches, sweet treats, tea/coffee and juice served by "Team Elevenses".

Bookings are essential please contact Anne 09 232 6588 or Lisa 021 541 511 or Email: lisalorrell@outlook.com (Pay on the day).

➤ **Volunteers needed for the Thames Museum: *located on the corner of Pollen and Cochrane St.***

Join the friendly, dedicated team to help keep the rich history of Thames ALIVE. Open 7 days a week 10.00am to 4.00pm. If interested contact Barbara on (07) 868 2116.

➤ **Invitation from Menzshed Thames**

Located at 517 Pollen Street (access to entrance is off Queen Street)

The Thames Community Menz Shed invites men from Richmond Villas to join them from 10.00am to 4.00pm Mondays, Wednesdays and Fridays. Any skill level is welcome! **They also have a Pot Luck Lunch 12.00pm every Friday.**

For further queries phone Tony Winter 027 290 0023.

Friday Mix and Mingle every week – everyone welcome! At 4.30pm B.Y.O, nibbles supplied, and raffle prizes to be drawn. Come and join the fun!!