

# Residents' News

April 2019



Hello to Residents

The recent events of Christchurch have prompted me to think about our friendships and how we tend to do the “same old things” time and time again.

Expanding your circle of friends does wonders for your mental health and indeed your physical health.

Some mature age people think they already know everything and then they meet someone older and realise that there is still a lot more to go through and learn. The fact is, that people learn throughout life and older friends are there to remind them of it.

You can also have friends much younger and all this has advantages. In the company of different generations you can get wisdom, you will be richer for different experiences.

Remember: “one of the most beautiful qualities of true friendship is to understand and to be understood.”

Hugs

Christine

## **Stanley's Construction Update for April**

Construction is going really well, and we are now well advanced on level three, and preparing for the roof structure.

Exterior walls up to level three have been installed ready for the exterior cladding.

Interior framing has been completed for most of level one and two, and is now well under way on level three.

Electrical wiring and the plumbers pipework is being installed as the wall construction continues, so is now virtually complete on level one and well advanced on level two. Wall linings to level one, are now well under way.

The Ranch sliders and windows are being installed as the building goes up, and we are still aiming to have the roof on by early May.

Our current labour force has now peaked at more than 50 people on site.

The apartment wall frames are completed for level one and well underway on level 2, with the electrician and the plumber currently installing the electric cables and plumbing pipework to level one apartments.

Much of the wall framing, and exterior walls have been prefabricated, to speed up the construction of the building.

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 Mingles 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 April: Saturday 27th at 1.30pm** is "Lion"
- ❖ **VILLAGE OUTING - Dinner at Tapu Hotel: Wednesday 10<sup>th</sup> April at 5.00pm**  
Village van and cars will be leaving from the Community Lodge at 5.00pm.  
Dinner will be at 6.00pm. Please put your name on the notice board by Friday 5<sup>th</sup> April.
- ❖ **Poppies In The Park (at Paeroa Maritime Museum): Wednesday 24<sup>th</sup> April at 12.30pm**  
*Don't miss out on this Beautiful Spectacle!* Entry fee is \$5.00.  
Village van and cars will be **leaving the Community Lodge at 11.30am**  
Lunch will be at the Turua Bakery then on to Maritime Museum.  
Names have to be in by Monday 22<sup>nd</sup> April.

### **Up and coming events:**

- **Fashion Parade** in May – *more details to follow.*
- **Residents Committee AGM: Wednesday 22<sup>nd</sup> May 1.30pm**  
Nomination forms are at reception in the Community Lodge.  
Nominations close on Wednesday 15<sup>th</sup> May.

## General

- ❖ **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.

❖ **POWER OUTAGE in the village: Wednesday 3<sup>rd</sup> April 9.30am to 1.30pm**

Powerco needs to temporarily turn off our power to perform important maintenance work. We apologise for any inconvenience this may cause.

❖ **Manager's Friday Forum: Friday 26th April** – 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.

❖ **OPSM Visit: Wednesday 24<sup>th</sup> April 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.



**BIRTHDAY AFTERNOON TEA Wednesday 24<sup>th</sup> April at 2.30pm.**

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

**Happy Birthday!! For April**

😊 03 Gary Pye   😊 05 Mary Horn   😊 10 Ian Barkley   😊 17 Joan Beaumont  
😊 24 Curtis Boyd

➤ **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 **30<sup>th</sup> 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 17<sup>th</sup> April, 12<sup>th</sup> June, 24<sup>th</sup> July, 25<sup>th</sup> September and 27<sup>th</sup> November from 9.00am to 12.30pm.** Contact them today to make your appointment; phone 0800 865 432. Or book online at [www.lgfb.co.nz](http://www.lgfb.co.nz)

- **Waikato Podiatry Clinic:** Appointments will be on **Friday 3<sup>rd</sup> May from 9am to 2pm.** We have the following appointment times available **9.20, 9.40, 10.00, 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 1<sup>st</sup> 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 14<sup>th</sup> June, Friday 26<sup>th</sup> July and Friday 6<sup>th</sup> September.**

## **Influenza Immunisation Programme 2019 “FLU Jabs”**



**Pollen Street Pharmacy**

We wish to advise you that that Pollen Street Pharmacy have pre-ordered vaccines.

They will visit on **Wednesday 17<sup>th</sup> April from 9.30am onwards:**

**they will do multiple vaccinations on-site at Richmond Villas in the Community Lodge Meeting Room (located next to the to the craft room and offices).**

**Their qualified team (pharmacist plus CPR level 4 trained assistant) will be available to make sure you are all covered for the coming season. ACT NOW!**

From 2019, the annual Influenza Immunisation Programme will start from 1 April each year, subject to influenza vaccine being available for distribution from then.

Following influenza vaccination, protection against disease is highest during the first month and declines by about 7% every month. In those aged 65 years or older and the very young, the decline in protection is quicker and more noticeable. Although influenza activity may occur throughout the year, the peak incidence is typically during the winter months. New Zealand influenza surveillance data shows that in recent years the peak of influenza activity has been in August. The Ministry of Health recommends start date from mid-April/May for influenza vaccination as it may provide better protection for our vulnerable population during the expected peak of influenza activity.

**FREE Flu vaccines for those eligible from 65 years and over.**

*(For those **under** 65yr with a certain medical conditions, a cardiac condition, a respiratory condition, or are diabetic they will be eligible for a FREE flu vaccine, but only from the GP.)*

**If you would like further information contact: Keryn or Chelsea,**

**Pollen Street Pharmacy 07 867 9232 or email : [keryn@pollenpharmacy.co.nz](mailto:keryn@pollenpharmacy.co.nz)**

**Book an appointment at Community Lodge reception by Friday 12<sup>th</sup> April.**

**We will need to have names, date of birth and NHI number (if known).**

**Consent forms that the vaccinators will bring will have to be filled in on the day.**

**You will need to remain onsite for 20 minutes after your vaccination.**

**Vaccinators will be Chelsea Todd and Melanie TeRaki.**

**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.

**Thames Urban Connector:** The new bus service has been operating for over a 1 year now! TCDC are happy with the number of people using the service. It is now picking up and dropping off passengers at the Community Lodge approximately every half hour i.e. **9.22am** 9.47am; **10.34am** 11.02am; **11.52am** 12.17pm; **1.07pm** 1.32pm; **2.16pm** 2.47pm. The new timetable is available at reception.

**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 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 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:** The Fibre has now been completed throughout the village. UCG have been doing installation throughout March, this will be continuing in April.

**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.

➤ **Elevenes Musically Delicious Concert - Held at Thames Union Parish / St James Pahau Street, Thursday 4<sup>th</sup> April 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 "Elevenes" of freshly cut club sandwiches, sweet treats, tea/coffee and juice served by "Team Elevenes".

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

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

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.

➤ **The Waikato Show: Friday 5<sup>th</sup>, Saturday 6<sup>th</sup> and Sunday 7<sup>th</sup> April 10am to 5pm**

Held at the Claudelands Showgrounds in Hamilton. Entry Fee is \$5.00 per person. The Waikato Show is a unique community event celebrating the amazing diversity that exists in our Mighty Waikato. You'll have the opportunity to explore the many social clubs offered in the Waikato, celebrate food produced locally, take in a live performance on the Lawn, experience being a multicultural foodie, cuddle up with cute animals, get safe-wise in your home, take stock of your well-being, discover just how amazing life is after 50 and much more.

**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!!**