

Residents' News

MAY 2021



Hello Everyone,

Thank you to all who were able to come along to the High Tea, to celebrate all of our new residents who have moved in over the last year. It has been a busy year, in more ways than one and it was good to take the time to acknowledge the year that has been, to show our appreciation of you all and celebrate that we got through it, with flying colours!

A big **welcome!** to our newest residents, **Jocelyn & Darcy Ranger** who moved into Apartment 117 on the 20th April.

We expect to receive information about the Covid 19 vaccination soon and will advise you as soon as we do, of where and when this will be rolled-out. Our village is classed as Group 3, so it is looking as though it will become available later in the month of May. This will tie-in well for those of you who received a flu jab this week, as there needs to be at least two weeks in between jabs.

The Residents' AGM is on Wednesday the 12th May. The committee nominations box is in the Community Lodge foyer, where you can fill out a nomination form and leave in the box. Nominations close on Friday 9th May. At present there are not many names that have been put forward, so please get in and nominate! New committee members are welcome and necessary to help keep things interesting and help share the load. If you are thinking about it, give it a go!

It is starting to get a bit chilly and some of you will no doubt have turned on your heat pump already. We have the heat pump maintenance scheduled for August this year, but if you have any issues before then, let us know. To be certain it is working okay, you can turn it up to a high temperature and fast speed to start with, and wait at least 20 minutes, by then it should have sparked into action.

Keep your eyes out for an upcoming musical comedy show coming to the village mid-July. Tickets will be \$15 and we will need to sell at least 50 for the show to proceed. Guaranteed laughs and quality entertainment! Further details will be in the June newsletter.

Enjoy the month of May, Happy Mother's Day to the Mothers amongst us.

From Stephanie, Amy and all staff at Richmond Villas

Book Review:

THE KEEPER – Author; Natasha Mostert

A book with a difference. In fact a very different approach to a very different type of mystery story.

The story involves both Chinese and Japanese martial arts and a belief in both the spiritual and supernatural worlds.

Adrian Ashton is ab brilliant scientist – and a killer. He has mastered the vital energy that flows through the bodies of his victims all of whom are fit and experienced boxers. He enters their lives as a trainer and soon becomes their close friend.

Mia, the Keeper, is also drawn to him but is ultimately forced to choose between Adrian and the man she loves.

Not everyone's choice of reading matter but perhaps worth a try.

Message from the Committee:

We would like everyone to wear their name tag when attending a function. Residents committee members name tags have a blue sticker.

Residents only are able to attend Mix and Mingle evenings, but visitors who are accompanied by a resident are very welcome.

Weekly Raffle is drawn on Friday night at mix and mingle, tickets are \$1 for 2 draws and a jackpot, you have to be in attendance to win the jackpot. The raffle can be bought any time through the week which is in the dining room.

We are providing the N.Z Herald for residents to read in the Library, please do not remove it from the Library table.

The Residents' fee covers the daily NZ Herald and tea, coffee and milk for the village activities.

Coming Up, Events:- *Mark these dates in your Calendar!*

- ❖ **Residents A.G.M - Wednesday 12th May 1:30pm.** The nomination board is in the community lodge foyer and the nominations box is on the reception counter. Nominations close Friday 30th April 2021.

A copy of the constitution is in the library for your perusal as it is due for review this year.

- ❖ **Fashion Parade – Thursday 27th May 1:30pm.** Please bring a plate for afternoon tea.

Regular Events:-

- ❖ **Beginners Line Dancing:** With Judy every Tuesday at 10.00am

- ❖ **Zumba Exercises:** With Judy, classes are now held in the Community Lodge, Main Hall 10.00am to 11.00am Monday and Friday.

- ❖ **Sit-Fit Exercise:** Mondays at 11:15am with Jenny Brett (\$2/class).
- ❖ **Card Group:** Mondays at 1:30pm: *All welcome to join, we are happy to teach new players.*
- ❖ **Rummikub with “Elaine & The Girls”:** Learn to play every Wednesday at 2.00pm.
Men and Women welcome!!
- ❖ **Movie Afternoon:** **Saturday 17th April at 1.30pm** – Movie this week is: **Quartet.** *Note: if you have any suggestions for movies you would like to watch, let us know and we can make a list and try to source them for you.*
- ❖ **Mix and Mingle Evening:** Every Friday 4.30pm, at the Community Lodge.
- ❖ **Petanque: Wednesday’s 1.30pm** - this will be weather permitting.
- ❖ **Scrabble:** Beginner’s welcome every Wednesday at 1.00pm, *all welcome the group would love to see some new players!*
- ❖ **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!*
- ❖ **Housie: every Sunday at 2pm.**
- ❖ **Main Street Shopping: Every Thursday** – *Depart using the Thames Connector at 09.47am and the Village Van will pick you up at 11.00am outside the Civic Centre.*
- ❖ **Pak n Save Shopping: Every Friday** – *9.00am The Village Van will drop you off at Pak n Save and pick you up at 10.00am*
- ❖ **Pre-Loved Clothes Rack** – for all new comers who may not know – there is a very popular clothes rack in the craft room that anyone who has a garment that is in good condition can be hung up for others in the community to use, free of charge.
- ❖ **Buy and Sell listing:** If you have second hand items that you are interested in selling then please contact Joanna Farrell on 027 284 8749.
There is a list of items displayed on the notice board in the Community Lodge, where you can add an item for sale. You do not have to put your name, phone number or the price of the item you wish to sell. If anyone needs further information about the item, they can phone Joanna.

- **Master Key:** Betty Dovell at Villa 70 holds a village master key. This can be used if you are locked out of your villa after hours. If Betty is not home then please phone the office after hours number and someone will be able to assist you.
NOTE: The key in the lock box at the front entrance is for emergency services only. Please do not use this key, it must stay in the lockbox.
- **Kneedlework Craft Mornings:** The Wednesday morning kneedlecraft group is now meeting in the Apartment ground floor lounge in front of the fire, for the winter months, 10:00am.
- **Parking Reminder:** please leave village visitor parking vacant for visitors/service vehicles/Home help to use. This includes on the weekends, when more family and friends tend to visit. If you have a second car, it should stay parked in the Western carpark.
- **Reminder: BEWARE** there have been more phone scams this week!!! If someone phones you to say anything about your bank account: **HANG UP!** Don't give them any personal details. If they say they are from Spark, your bank etc then best to hang up and if you want to be sure, contact the business directly yourself, to enquire if there is any type of problem.
- **Securely Alarms:** just a wee reminder that to benefit from the free ambulance call-out service, you must use the **Securely** alarm monitoring service – by pressing your pendant or pressing your alarm directly. If you phone “111” Securely will not cover the cost.
- **Hand Made Face Masks:** If anyone wants more of these you can put your order in to the office. Cost is \$5.00 per fitted mask and \$3.00 per straight mask.



BIRTHDAY AFTERNOON TEA - Wednesday 26th May at 2.30pm.

Come along and help us celebrate the birthdays of those born in May.

All residents are invited, please bring a small plate to share.

Happy Birthday!! For May –

😊02 Lorraine Lainge 😊03 Elaine Pye 😊13 Marie Rendall 😊15 Sheryl McConnell
😊16 Claire Cowley 😊16 Brian Fisher 😊25 Barbara Van Arden
😊Evan Lee 😊June Le Leivre

MOBILISE THAMES: Now under new management: **“Thames Valley Tangata Ora Trust”**. This service is in operation, Monday – Friday 10:00am – 3:00pm. (not public holidays). Feel free to phone: 868 7723 or 027 383 1117. Manager/Advocate: Robyn Pengally.

- **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. **2021 classes will be held at Richmond Villas dining room on 22nd April, 24th June, 19th August, 21st October from 10.00am to 12.30pm.**

Contact them today to make your appointment; phone 0800 865 432. Or book online at www.lgfb.co.nz

Visitors coming into the village: if friends/family are coming into the Community Lodge or Apartment Building communal areas, **they are required to sign in and out of the visitors' book** that is located outside the front foyer doors of the Community Lodge. They ideally should also use the Covid Tracer on the window. We recommend that you also keep a record of visitors who come into your villa/apartment.

➤ **ACCESS KEY TAGS FOR THE COMMUNITY LODGE:**

We have key tags for ALL villas/apartments so if you haven't had one previously and would like one, we have one here for you. If you would also like to know the pin number to access the Community Lodge or entrance gate after hours, then we can assist you with this as well.

WE RECOMMEND THAT YOU TEST YOUR KEY TAGS TO MAKE SURE THAT THEY ARE WORKING THE ENTRANCE GATE AND COMMUNITY LODGE DOORS. Please note Key Tags work only on one side, if it doesn't work the first time turn it over and attempt again. Any problems please bring them back to us and we can show you how to use them or get them reprogrammed if necessary.

New gate access out to the footpath has now been completed at the south end of the village behind the Apartment Building. This is now usable however you will require the code number for the key pad, to open the gate. See us at Reception for the number.

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 Connector: Thames Connector is continuing to run as per schedule. Timetables are available at Reception, and on the TCDC website. It will NOT operate on public holidays.

➤ **Hair Appointments Monday and Friday Mornings:** Gail also offers eyebrow shaping, eyebrow tinting and eyelash tinting. Book to have a free consultation so you can review pricing with her.

➤ **VILLAGE PHYSIOTHERAPIST: Wednesday's 9.00am to 3.30pm, at the Community Lodge**

Are you feeling stiff or suffering from aches and pains?

Julie White (MPNZ NZRP) is an experienced, hands on, and ACC registered physiotherapist

who is here on Wednesdays to help. She is passionate about keeping people of all ages healthy and moving pain free.

Personalized treatments include: *comprehensive biomechanical assessment, myofascial massage, joint and spinal mobilisations, trigger point 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.

Book and appointment by contacting **Julie White**, Phone or text: 027 281 4980

Email: julie@physioathome.nz

Appointments are held in the small meeting room next to the craft room.

Waikato Podiatry Clinic: Now changed to: Little Print Podiatry

Clinics with Alana from 9am-5pm: **Phone 020 419 41399** between **11.00am and 5.00pm** to make an appointment. Unit 8, Te Korowai complex, 210 Richmond Street.

Rubbish & Recycling: Council will ONLY accept plastic that is marked as grade "1" or "2". This does not include ice cream containers, yoghurt containers or butter/margarine containers. *NOTE: Rubbish days remain on Tuesdays during the holiday period.*

Community Lodge

Dish drawers: Please operate on 'Normal Cycle, this cleans the dishes properly and is more hygienic. It also assists with keeping the dish drawers clean. Please do not use Fast/Eco Cycle.

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

Community Lodge Entrance way: It is very important that you keep the portico area clear of vehicles at all times in case of an emergency. We also feel that mobility scooters would be better parked out on the western side patio area.

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.

Community Lodge Access: The Community Lodge will be **locked from 4.00pm daily**. You will be required to use the **pin number** or your **access tag** to enter the building. Please check on exit that doors and windows are closed and 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

Please refer to the pool policy for rules that are permitted. If you do not have a copy please ask at reception for one.

School Holidays: We love that grandkids are using the pool, please just check that excessive water is not getting left around the pool edge and in the changing rooms after use. This

makes the surface slippery and less safe for others. There is a mop in the changing rooms to wipe up excess water.

Pool Cleaning: Every Thursday from 1.00pm to 4.00pm (the pool will be unable to be used during this time).

Reminders: If you have an open wound please do not use the pool or spa.

Strictly NO FOOD in Pool area.

Remove dirty shoes before entering pool area.

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 use to ensure that they are left to our standards.

NOTE: No children are allowed in the Gym.

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

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

REMINDER: Please mop the changing room floor down before leaving and make sure that you have left the changing rooms as you have found them.

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.

Securely Medical Alarm Pendant Testing:

Please remember to test your medical alarm pendants and monitor once a month. If your alarm starts flashing this is to remind you to test your pendant/alarm, but you don't have to wait for this before testing.

Smoke Alarm Testing in Villas: Smoke alarms should be tested once/month by pressing the button on the alarm. And if you are able to, it is also a good idea to brush away any dust from the alarm with a soft brush.

Maintenance inspections for Villas and Community Lodge Apartments: Moppy will be continuing to go around your villas and apartments during this month with a checklist to inspect the hot water cylinders, 3 in 1 fan's, smoke alarms and plumbing. He should have completed this by the end of May/early June.

GARDENS: Please remember, if you plan on pulling out any shrubs you need to tell the office first.

GREEN WASTE: Collection days remain on **Mondays** and **Fridays**. Please put your weeds or pruning's into bags for pick up and leave outside by your letterbox, where Linda and Gary will see them.

Health and Safety Work Place Regulations

Apartment Construction Site: 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.

Sewing Alterations: Betty Dovell, for a small charge, any alteration etc. Phone: 868-5067

Kane's Kitchen – Frozen Ready-Made Meals: Orders can be placed any day - phone or private Facebook message @kaneskitchenmeals **Phone 07 862 8874**

These meals are made by Chefs via the Karangahake Winery Estate Kitchen.

Delivery will be \$8.00 or free for 10 meals or more. Delivery by courier on Thursdays and Fridays, or by arrangement on Sunday late afternoon (still \$8)

Ask at reception for a menu, (please note phone number has been changed).

Pak n Save have daily fresh cooked meals in the Deli which can be frozen, an ideal solution to reduce shopping – they are only \$5-99 each!

RECEPIE: Seafood chowder

INGREDIENTS: Serves 10: Time to Make 15-30mins

- **1 medium** onion, diced • **2 medium** carrots, peeled and diced • **1 stick** celery, diced
- **1 tbsp** olive oil • **3 cloves** garlic, crushed • **2 1/2 cups** water • **1 tsp** fish sauce
- **2 tbsp** cornflour • **1 cup** frozen corn • **1/2 cup** frozen peas
- **1/2 cup** frozen prawn meat, thawed and chopped finely
- **1 cup** frozen mussel meat, thawed and chopped finely • **2** frozen hoki fillets, thawed and diced
- **1/2 cup** low fat evaporated milk

METHOD

1. Gently sautee the onion, carrot and celery with the olive oil in a large pot
2. Add garlic and sautee briefly
3. Add water and bring to the boil
4. Reduce heat and simmer gently
5. Add fish sauce
6. Mix cornflour with a little cold water to form a thin paste
7. Slowly add cornflour paste to soup mixing constantly until you reach the desired consistency
8. Add peas and corn
9. Add prawns, mussels and hoki
10. Return to a gentle simmer and cook until all seafood has cooked through
11. Add evaporated milk and remove from the heat
12. Serve immediately



Tip: For a thicker chowder you may like to thicken this with cornflour. Simply wet some cornflour with a little water and slowly add to the simmering chowder while stirring constantly.

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!!