



Residents' Newsletter

May 2026

Email newsletter items to Val in U338 – valadamson44@gmail.com or place them in my letterbox on Cpt. Robertson Ave; (only if you cannot email it) by the **12th of each month** to ensure inclusion for that month. Many residents now receive the newsletter by email. Send me your email address for faster delivery each month, and to save my paper, time and printing costs. The newsletter is sent out on the 14th or 15th of each month. Hard copies will also be placed in the dining room alongside other monthly program lists.

The Residents' Committee – It is almost time for the AGM and so we would like to ask everyone to consider becoming a member of The Residents Committee. This committee liaises between residents and the Lifestyle management. Positions are available and we would welcome new members to our committee to share ideas, thoughts and help as necessary. Positions will become available at the AGM which will be held in a few months' time. If you have any questions, please feel free to contact anyone who is currently on the committee.

Thanks, Sue 721

Search for new SARVRA Village Rep. As of this year's Residents Committee AGM, it is my intention to stand down as the village SARVRA representative. Jim O'Neill will continue on in the role, but is looking for someone to volunteer to assist him. The role of updating membership records and keeping residents informed of matters affecting their lives living in a retirement village is not time consuming but is very important and rewarding. If you would like to know more about the role contact Jim on 668 or ring me on 938. Thank you for your past support.

Roger Adamson U338

Social Events

Chair Yoga with Angela will commence each week from Thursday 21st May, with a change of venue, now in the Community Hall. Arrive at 3 for a 3.15pm start till 4.15pm. \$10 per session or \$38 for block of 4 visits. Great for stability, well-being, flexibility. Poster and expression of interest forms are in the breezeway. **Please complete the Waiver form that has been left on the table in the dining room and bring it to the first session.** Angela will have a limited number of strap and block sets available for sale at \$10. These can be used in the class. If needed, more can be brought for sale. Any questions ring Sue 721.

Chicken/Fish & Chip Night cancelled – Unfortunately this meal is now ceasing due to the closure of the meal provider. A big thankyou to the dedicated team who worked very hard to make this dinner a great success. It has been very popular and will be missed; but read on below for a new idea, starting this month-

Pasta/Pizza Night – Friday 29 May at 4.30 pm. After the loss of our much-loved Fish & chips nights a small group of residents have decided to trial a Pizza & pasta night on a monthly basis. The booking list is now on the notice board. Cost will be \$12.00 (subject to future change) – which is due for payment at 6.30pm on Thursday 21st May. Please see the noticeboard for the menu.

Should you need further information about this event call John on 626 or Pat on 602

We would like to thank the team who brought us the fish & chips for almost 5 years, what a great job they have all done.

Biggest Morning Tea – on Thursday 11th June in the Main Hall at 10a.m, entrance by donation. This year we will be holding raffles, lucky envelopes, white elephant stall etc. Plus, an auction to raise funds for the Australian Cancer Council. Donations of raffle prizes - wine, plants, small gifts etc. or items for sale or auction, would be much appreciated and can be placed in the basket in the Main Hall. Bring along a plate of food to share. Tea and Coffee supplied. Open to all residents, relatives/friends. Jean U197 or Judy U266.

Quiz night: Friday 19th June with Quizmaster John Moore. Note that this event will be held on a FRIDAY night. Poster up on Thursday 28th May. Ticket payment is due on Thursday 11th June 6.30 pm to 7.30pm.

Cabaret cancellation - Due to recent poor attendances to the cabarets, the cabaret which was planned for August will no longer go ahead. The next cabaret will then be the Christmas Cabaret. The New Year's Eve cabaret will also go ahead as planned. More details in future newsletters.

For these reasons I will not be planning any Cabarets in 2027 with the exception of a New Year's Eve cabaret and depending on interest and support this year, possibly one at Christmas. Sandy U 275

Neil Diamond Tribute on Saturday 25th July - plus afternoon tea by Sandi's caterers. Doors will open strictly at 1pm for 2 pm start. Cost is \$10 each for residents and \$15 for non-residents. Poster and listing up on 25th June for residents only. If any seats remain you can then book non-residents from 2nd July. Max of 180 are allowed in total. No set tables for this event. To enable enough seats and the ability to sit with non-residents if space allows, I am having tables joined together in rows. There will be no reserved seating. Payment needs to be made on Thursday 9th July, in community hall 6.30 to 7.30pm. Sue 721

Market Day – A repeat reminder that we are unsure whether to hold this event annually or not. If you think you would like to book a table for this year, can you please let Sue 721 or Cheryl 842 know. A listing has been placed in the breezeway. If we don't get enough interest by June, we will cancel for this year.

Village Christian Fellowship will next month be held on Sunday, June 14th in the Main Hall at 10 am. Rev. Gordon Crabb will be bringing the interesting message "God knows best". Morning tea and fellowship to follow. All warmly welcomed. Von U262

From our Co-ordinator

- Could all residents paying maintenance fees via direct transfer from their bank, please include their unit number in the reference.
 - Community Centre store room – At the present time the store room is a fire safety hazard and needs a big clean out. There are a number of items placed in front of fire doors. If you have items in there, please go and clean them up, remove items not used on a regular basis. Cushions are a big problem and quite often left in areas that are not safe or fall down, can you please take your cushions home and bring to events as needed. The kitchen backroom also needs a tidy up.
 - There are also wheelchairs in the store room, these will need to be stored elsewhere.
 - Reminder if you book the facilities for use it is your responsibility to clean up and ensure tables are put away.
- Kind Regards, Sue

STAY STEADY

Understanding falls & how to prevent them

-  Tuesday June 9th
-  12:00 - 1:00pm
-  Harper's Field (Golden Grove)

FREE

This workshop will help you better understand your risk and give you practical strategies to stay safe, steady, and confident.

- Common causes of falls
- Simple home safety tips
- How Physiotherapy and Exercise Physiology can help with strength and balance
- What to do if you or someone you care about has a fall

Led by a qualified Physiotherapist & Exercise Physiologist



BOOK ONLINE:



Stay Steady is open to the public. Book Online or phone 7325 6600

Harper's Field is across the road from The Stables Shopping Centre, with plenty of parking available. Enter from Crouch Rd. or GG Rd.