



**Signature Gardens**  
Retirement Resorts Pty Ltd

# Monthly Newsletter

*“Love the life you live, live the life you love at Signature Gardens”*

ISSUE 135

AUGUST 2023

## After hours Mobile

0488 074 023

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- 1st Joyce Bunt
- 3rd Don McPherson
- 8th Lynette Bragg
- 9th Norm Ekin
- 11th Judy Jacobs
- 11th Barry Salmon
- 12th Nancy Garland
- 13th Barry Reinhard
- 14th Ken Wicken
- 15th Robin Smith
- 18th Barry Whyburn
- 18th Joy Boyce
- 18th Allan Butterfield
- 19th Bill Hartwell
- 20th Alan Wilson
- 21st Ronald Pullar
- 29th Cass Oakes
- 30th Janice Hartwell

## Management Report



July has been and gone as quick as it arrived and we are now over half way through 2023. Can you believe how quickly this year is racing by.

It has been wonderful to see so many of our residents off exploring our wonderful country as well as jetting off internationally and gaining a taste of what other countries have to offer. I have been living vicariously through everyone’s holiday photos. Meanwhile the village has been feeling a little quiet with so many people away.

It has been lovely to see the craft room being used again by the sewing and patch work ladies. As well as sewing we have had a few people enquire as to when other forms of craft will start back up. In order to run craft I am looking for someone who will help liaise with the other crafty residents to find a suitable day/time. If you are a keen crafter and would like to help, please speak to Kasey or Reception to add it to the calendar of events.

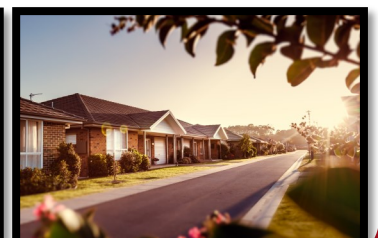
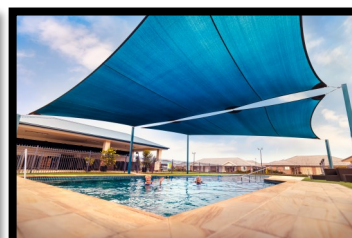
During August we have our Medi-Alert and smoke alarm testing taking place. We have pencilled this in to take place the week of 14th August however should we encounter some rain we will bring this forward. If you would prefer to test your own systems, please contact reception to organise a time convenient. Please ensure your pendant is left accessible to test during this time.

Last week Amy took on the job of cleaning the driveways of stages 5 & 6 and they are looking bright and shiny again. Dan & Amy will move onto the exterior painting of these stages over the coming weeks.

Sometimes it can be easy to become anxious or worried about symptoms we display that are unusual to us. If you find yourself in these situations and feel your condition does not warrant an emergency, you can contact Health Direct 24 hours a day 7 days a week. Health Direct is a free government-funded virtual health service that provides access to health advice and information via telephone to help people manage their health and connect them to the right care at the right time.

Healthcare Direct Phone Number: 1800 022 222 alternatively should your concerns be in relation to medication you can call the poisons info line on 131126.

**Until next month, Kasey & the team**



## Resident Committee Report

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The soup and damper luncheon held on July 9th was very successful. A special thank you to the ladies and Craig for their efforts and to the residents who assisted on the day.

Unfortunately, the Trivia night for July 19th was cancelled due to the lack of participants. We will be holding another Trivia night on 16th August 7pm \$5pp.

Thank you to Gordon Gorton for arranging the State of Origin evenings and to Ruth Gorton and Robyn Smith for supplying the pre-game and half-time refreshments which were greatly appreciated.

The OBE presentations, held on Thursday 20th in conjunction with the monthly Happy Hour meat raffle was well attended.

OBE Recipients were:

Bob Blake, Kerry Roser, June Howell, Marion Smith, Lynette Bragg, Fay Kent, Jill Cutting, Barry Pickering and Joyce Nelson.

John Farmer (who unfortunately missed out last year) Ken and Lorraine Luscombe and Robert (John) Vidler were unable to attend the function but will receive their awards in the near future.

Many thanks to the committee ladies who arranged the afternoon tea and to the residents who also contributed to this special function.

In August we will be holding our Trivia Night August 16th, Happy Hour meat raffle on Thursday 17th and on Sunday 20th commencing at 2pm a Singalong afternoon tea. Please come along and join in.

That's all for now ,  
Keep safe and well,

**Kind regards, David**



## Happy Hour Report

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A bumper crowd of over 60 were in attendance to celebrate the OBE awards for 2023. In conjunction with an afternoon tea residents acknowledged the OBE's and enjoyed the splendid food on offer. Thank you to the ladies involved in the preparation of the afternoon tea.

Winners of the meat trays were Peter (2), Louise, Heather (2), Sue, Karen, Robin, Wendy, Daphne and Kerry. Winner of the \$50 Villa number draw was John Richards.

The next Happy Hour is Thursday 17<sup>th</sup> August.

**Bondie, on behalf of the Residents Committee.**

## Five Good Friends

### Stay healthy in your home for longer!

There's no denying that most people would rather grow older living as independently as possible in their own home.

A study commissioned by Apia found 97 per cent of Australians aged 50 or over have a strong desire to maintain their independence by ageing in place. It's where they can stay connected to their friends and family and maintain a sense of control over their living situation.

**That's why it's so important to recognise when your care needs increase, so you can remain living in the village as you age.**

What are some signs that you may benefit from additional support in your home?

- You have noticed a change in what you can do or remember.
- You are struggling to complete household tasks or other activities of daily living.
- You have been diagnosed with a medical condition or reduced mobility.
- You have had a recent fall or been hospitalised.
- You have lost your spouse or are feeling lonely or socially isolated.
- There has been a change your family care arrangements.

Your Five Good Friends Nurse Concierge can advise on your eligibility for government funding, discuss your individual care needs and support you to apply for an assessment with My Aged Care.

Start the conversation early by booking in a free 45-minute consultation with your Nurse Concierge.

**Your 1:1 appointment can take place in a village meeting room or in the comfort of your own home.**

Cathy will be next in the village on Friday 11th August for appts from 9.30am-3.30pm.

Make an appointment at reception or call us direct on 1300 787 581.

### Eligibility for Government funded home care services

You may be eligible for Government funded services if you have:

Noticed a change in what you can do or remember

Been diagnosed with a medical condition or reduced mobility

Experienced a change in family care arrangements

Experienced a recent fall or hospital admission

65 years or older (50 years or older for Aboriginal or Torres Strait Islander people)

Move. Nourish. Connect.

Made possible by  
 five.good.friends

# August 2023 - Activity C

After Hours Mobile - 0488 074 023

Sun	Mon	Tue	We
		<b>1</b> 10am Ten Pin Bowling \$16 incl morning tea  1.30pm Mahjong  3-5pm Fruit & Veg man	<b>2</b> Hairdresser 10am Lawn B 10am No Line 12.30pm Pizza 1.30pm Exerci Gold coin Don Charity
<b>6</b> 1.30pm Canasta-Hand & Foot  2pm Social Bowls	<b>7</b> 9am Beginners Lawn Bowl 10am Lawn Bowls 1.30pm Canasta. 2.30pm Residents Committee Meeting	<b>8</b> 10am Ten Pin Bowling \$16 incl morning tea  1.30pm Mahjong  3-5pm Fruit & Veg man	<b>9</b> Hairdresser 10am Lawn B 10am Line dan 12.30pm Pizza 1.30pm Exerci Gold coin Don Charity
<b>13</b> 1.30pm Canasta-Hand & Foot  2pm Social Bowls	<b>14</b> 9am Beginners Lawn Bowls  10am Lawn Bowls  1.30pm Canasta.	<b>15</b> 10am Ten Pin Bowling \$16 incl morning tea  1.30pm Mahjong  3-5pm Fruit & Veg man	<b>16</b> Hairdresser 10am Lawn B 10am Line dan 12.30pm Pizza 1.30pm Exerci Gold coin Don Charity 7pm Trivia Nig
<b>20</b>  2pm Singalong and afternoon Tea  2pm Social Bowls	<b>21</b> 9am Beginners Lawn Bowls  10am Lawn Bowls  1.30pm Bingo \$6pp	<b>22</b> 10am Ten Pin Bowling \$16 incl morning tea  1.30pm Mahjong  3-5pm Fruit & Veg man	<b>23</b> Hairdresser 10am Lawn B 10am Line dan 12.30pm Pizza 1.30pm No Ex
<b>27</b> 1.30pm Canasta-Hand & Foot  2pm Social Bowls	<b>28</b> 9am Beginners Lawn Bowls 10am Lawn Bowls  1.30pm Canasta	<b>29</b> 10am Ten Pin Bowling \$16 incl morning tea  1.30pm Mahjong  3-5pm Fruit & Veg man	<b>30</b> Hairdresser 10am Lawn B 10am Line Dan 12.30pm Pizza 1.30pm Exerci Gold coin don Charity

# Calendar



**Signature Gardens**  
Retirement Resorts Pty Ltd

Wed	Thu	Fri	Sat
<p>10am Lawn Bows Dancing 1pm Movie Exercise Class Information to</p>	<p><b>3</b> Hairdresser 9am Patchworking-Craftroom 10am Coffee/Chat Mens Shed 2pm Euchre 7pm Choir</p>	<p><b>4</b> No Doctor Hairdresser 9.30-1.30pm Drawing &amp; painting group 1.30pm Phase 10 2pm Carpet Bows</p>	<p><b>5</b> 10am Lawn Bows 1.30pm Bingo \$6pp</p>
<p>10am Lawn Bows Dancing 1pm Movie Exercise Class Information to</p>	<p><b>10</b> Hairdresser 10am Coffee/Chat Mens Shed 2pm Euchre 7pm Choir</p>	<p><b>11</b> No Doctor 9.30am-3.30pm Five Good Friends for Appts Hairdresser 9.30-1.30pm Drawing &amp; painting group 1.30pm Phase 10 2pm Carpet Bows</p>	<p><b>12</b> 10am Lawn Bows 1.30pm Five Crowns</p>
<p>10am Lawn Bows Dancing 1pm Movie Exercise Class Information to Night \$5pp</p>	<p><b>17</b> Hairdresser 9am Patchworking-Craftroom 10am Coffee/Chat Mens Shed 3pm Happy Hour -Meat Raffle Tickets 5 for \$5 also Lucky Door Prizes 7pm Choir</p>	<p><b>18</b> 8am Dr JJ Hairdresser 9.30-1.30pm Drawing &amp; painting group 1.30pm Phase 10 2pm Carpet Bows</p>	<p><b>19</b> 10am Lawn Bows 1.30pm Five Crowns</p>
<p>10am Lawn Bows Dancing 1pm Movie Exercise Class</p>	<p><b>24</b> Hairdresser 10am Coffee/Chat Mens Shed 2pm Euchre 7pm No Choir</p>	<p><b>25</b> 8am Dr JJ Hairdresser 9.30-1.30pm Drawing &amp; painting group 1.30pm Phase 10 2pm Carpet Bows</p>	<p><b>26</b> 10am Lawn Bows 1.30pm Five Crowns</p>
<p>10am Lawn Bows Dancing 1pm Movie Exercise Class Information to</p>	<p><b>31</b> Hairdresser 10am Coffee/Chat Mens Shed 2pm Euchre 7pm Choir</p>		

## What's on in Maitland

### SOURDOUGH MAKING CLASS AT HISTORIC ARNOTT BAKEHOUSE

22 July 2023 - 19 August  
10.00 am - 2.00 pm  
Bookings: 4934 4148

Are you ready to master the art of sourdough bread baking? Join the founders of Morpeth Sourdough Bakery, Stephen and Allie Arnott, for an immersive and hands on sourdough baking class in the Historic Arnott Bakehouse built in 1850.

### MAITLAND AROMA COFFEE AND CHOCOLATE FESTIVAL

12 August 2023 - 13 August  
Riverside Carpark Maitland

Maitland Aroma aims to ward off the winter chill with the best coffee, food, wine and produce from the Hunter Region and surrounds.

### COLLECTING IN COLOUR: STORIES OF ART AND FASHION

26 August - 29 October  
Maitland Regional Art Gallery

What happens when two collections meet for a chat? An explosion of colour, threads of stories revealed, and connections stitched together.

A collaboration between Maitland Regional Art Gallery and the Australian Museum of Clothing and Textiles where art meets design and colour connects.

## Recipe— Butter Chicken & Vegetable Soup

### Ingredients: (Makes 4 servings)

1 tablespoon extra virgin olive oil  
400grams chicken thigh fillets, trimmed & finely diced  
1 red onion grated  
1 small zucchini grated  
½ small sweet potato grated  
1 cup cauliflower finely diced  
1 clove garlic crushed  
1 tablespoon butter  
1 tablespoon curry powder  
400 gram tin diced tomatoes  
2 cups liquid chicken stock  
1 cup frozen peas defrosted  
1 cup reduced fat cream,  
2 tablespoons reduced fat Greek yogurt  
2 teaspoons fresh coriander finely chopped.

### Method:

Heat oil in large saucepan over medium heat. Add chicken pieces and cook until browned all over around 2 minutes. Add onion, zucchini, sweet potato, cauliflower and garlic. Stir for 2 minutes then add butter and curry powder and stir to combine.

Add tinned tomatoes, chicken stock and peas, cover with a lid and bring to the boil. Reduce heat to simmer for another 4-5minutes or until chicken and vegetables are cooked through. Add cream and stir through until soup is hot again.

Serve soup into bowls and top with a dollop of yogurt and some coriander to serve.

## Trivia

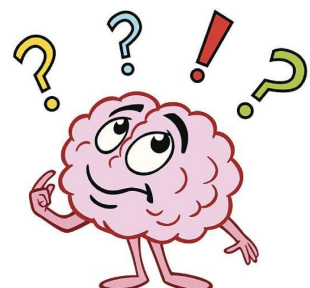
Trivia is always a night full of fun and laughter and a way to get our minds thinking. The questions are not hard, more on the fun side!

Sheila is holding our next trivia night on Wednesday 16th August at 7pm in the Central Facilities. \$5 per person.

You can organise your own team of 6 or if you would like to come along and don't have your own team, place your name down in the hub - You can be added to a team on the night.

It is important that you/your team names are written down in the hub to ensure we have adequate numbers to run the night.

Come along and enjoy the laughter. You may surprise yourself.



## On The Green

What a mix of weather for the month of July. Ranging from freezing cold winds to fine and warm sunny days we still enjoyed our bowls.

The highlight for July was the second Bowls and BBQ played on the 16<sup>th</sup> with 6 teams competing. Winners of the event were Bruce Hardy, Reg Shanley and Milan Sotola. Runners - up were Barry Pickering, Glenn Crouch and Henry Smith. The day finished with players and friends enjoying the BBQ and free drink.

Our next round of championships is the Open Triples to be played over 3 rounds starting on Sunday 10<sup>th</sup> of September. Depending on the number of entries games will be played in the morning and afternoon. To enter is easy, write your name down on the entry sheet adjacent to the rear door of the main hall. It does not matter how inexperienced you are as a bowler, triples is an opportunity to participate in a team event. All bowlers are welcome. The committee will select the teams equitably for all bowlers to enjoy both a competitive game and have fun with fellow bowlers. The entry sheet for the Open Triples has been posted above the bowls information adjacent to the rear door of the main hall. We encourage all SGRR bowlers to put their name down and help make the triples a great success.



Our rule for August is for the leads playing triples:

Jack Delivery: If the jack (kitty) is improperly delivered the opposition may reposition the mat and deliver the jack but not play first. If the jack is delivered improperly by both leads the jack is placed at the 2 metre mark and the first to play may reposition the mat.

Wrong bias – once again we have a number of experienced bowlers doing the unthinkable. Despite all the concentration on line and length we forget to carefully look at our bowls before we send it on its way. Honourable mentions to “Farmer John”, Reg (more than once) Leon (on a drive), Bondie, Heather and Glenn.

Enjoy your bowls,

**Bondie, on behalf of the Bowls Committee**



## Workshop News

The Committee has set a tentative date of Sunday 19 November 2023 to hold the Annual pre-Christmas Fair & Sausage Sizzle.

This is our major fundraiser to support the cost of maintenance & consumables, as well as an opportunity for Craft groups to display & sell their handiwork. There will also be a raffle, culminating in a draw on that date. Further details of when tickets become available & the prize will be announced soon.

# Puzzle— Word Search

## Around the House 100 Hidden Words to Find

C P T E L E V I S I O N C J C C K X B R E F R I G E R A T O R J K P K  
 Y M F S K H G B N N I M D R W U Y W R C X H F O T S K O O Z Z K U D P  
 Z B K N R C F J T S T N M A T T R E S S Z Q X Q N A F O O U H F N I O  
 G Y I A J S V Z B R U V O B U M N T P S I J D Y D B A F T J F L O O R  
 X S T T I L E B A C B U C W N P N C A A B R R F S A N I H T T E T B W  
 K D C I M V S J S O U F U S D G W U U I T M A D J T F L P H O C B F Q  
 F D H O H S E O E M L P N A D U S S W T N T W R X H S B A J Q M K V D  
 H Y E Y A S D A M P L N N H T Y L H C T U S E Y A R U F S V Y E A E F  
 L Y N L R S O M E U I O F W W J R I O C W T R E F O O U T L E T R N I  
 A L G U U Q T M N T G S Y V T I O O N W S G E R M O J S E X W J P T V  
 M P P M L D P E T E H P H O A P B N W A E H D P C M I C R O W A V E X  
 P Q P Z Z I F Z R R T O Y H Q N Q G O Q C R F H S G E O M C U K M S Y  
 Z D O O R S R W O O A N C A R P E T W U H J T O W E L U I V P S C E D  
 S M E V W H A U P J A G S Y Y V T P O H S K C T S R L N R L O M E B U  
 D H O V C W M J N G M E J Z X W H C P K L T J O K G A T R R O F E S Y  
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 U Y S W N R I A T X L H K K X A B R O B R R N X L B M I I P W N N U B  
 B O O K X L L B M P S E D D B I V A P T S A P M B E A S O O N U D Q O  
 R U G Q W W L I L A U I T B E R T Q W V E M B O B V D S F O N U E C C  
 R H N O H A O N W A B D J F H S T V O C P E N R C I V U R N G E R T Q  
 X G B E D S W E V A N V P C A V K G T A D K D R E S S E R G E J R T Z  
 K F O R K F B T I J S K E I C O M B K N I F E U N W C S E K G O Q Q N  
 E I K E C X K A F A M H E P S O V E N D G C J A M D S H E E T B M D Q  
 C W A V R L M E L M R C E T B E I Q P L C T O O T H B R U S H L P L C  
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 K I G C L A Q M E S A U T Y X S O K H Q T N N V D E T E R G E N T C C  
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 E V M S E N B M H A T T I C A H S U G A E V T R A S H A T B F B H Y D  
 S F G D N N A S F P R W W N B R U S H I S S D R G Q H A N U U M B C C  
 S O C K S T B B G P Y Y L C Q Z Q A Y R Q E T R M Z L H K S B E W I U  
 Q D W I N D O W V I U Z J R H T E A P O T V P X Y P R Q W B R O O M N

- |          |             |            |         |           |              |            |            |
|----------|-------------|------------|---------|-----------|--------------|------------|------------|
| attic    | brush       | couch      | floor   | mattress  | plate        | soap       | toothbrush |
| basement | cabinet     | counter    | fork    | microwave | pot          | socks      | toothpaste |
| bathroom | candle      | cup        | frame   | mirror    | purse        | spatula    | towel      |
| bathtub  | carpet      | curtains   | glass   | mop       | refrigerator | sponge     | trash      |
| bed      | chair       | cushion    | hanger  | ottoman   | remote       | spoon      | vacuum     |
| bedroom  | clock       | desk       | hook    | outlet    | rug          | stairs     | vent       |
| bench    | closet      | detergent  | iron    | oven      | shampoo      | table      | washcloth  |
| blanket  | clothes     | dishwasher | keys    | pan       | sheet        | teapot     | washer     |
| blender  | coaster     | door       | kitchen | pantry    | shelf        | television | window     |
| book     | coat        | drawer     | knife   | paper     | shoes        | tile       |            |
| bookcase | comb        | dresser    | knob    | pen       | shower       | tissues    |            |
| bowl     | computer    | dryer      | lamp    | photo     | sink         | toaster    |            |
| broom    | conditioner | fan        | light   | pillow    | slippers     | toilet     |            |