

Village Newsletter

St Agnes Village November 2020 Edition



This photo was taken late November 2019 when there was a shortage of water.
Photo provided and taken by St Agnes Village resident David Burr.

VILLAGE MANAGEMENT OFFICE - Phone: (02) 6584 3515
Opening Hours: Monday to Friday, 8:30am to 4:30pm
Email: reception.villageliving@stagnesparish.org.au

Editor's Words

Dear Residents,

Welcome to the *November Village Newsletter*. It is hard to believe that we need to start thinking about our Christmas shopping! It is also time to start thinking about how you are going to celebrate Christmas this year, the COVID safe way. Easing of restrictions has started in some areas, although residents are reminded not to become complacent and get tested if you show any symptoms.



The *Village Newsletter* is now including available villas for sale in our St Agnes and Lourdes Villages. If someone you know is considering a move into an independent living unit, we currently have a number of villas available. Further information is detailed in this edition.

This month the *Satisfaction Survey Results Meeting* and *Stage Meetings* will be held. Further details will be provided to residents in the coming week.

The IGA online ordering system continues as an option for village residents, along with the newspaper/magazine delivery. Residents will be invoiced by St Agnes' Catholic Parish at the end of each month. Residents are encouraged to utilise the on-line shopping initiative. Staff are always very happy to assist you in anyway possible. Further information regarding the online ordering and newspaper/magazine delivery can be obtained by contacting the Village Office on 6584 3515.

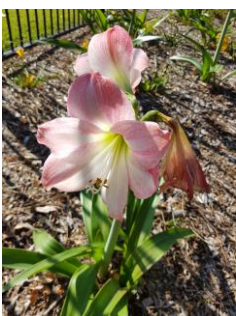
The *Village Walking Group* continues to walk each Thursday morning. The Group now meets at 9:00am outside the Tenison Woods Centre. If you are interested in participating in the *Village Walking Group*, please phone the Village Office on 6584 3515.

Bus outings will now include a morning tea or afternoon tea at a COVID safe venue. Limited seating numbers still apply on the bus, so be quick to book if you would like to go on the outing.

Until next month, stay safe, healthy and happy.

Jody, Editor

The photos shown below were taken by Jody Munro of Kay Kneale and Barry Jennings garden they have created.



I would love to hear your feedback, so please share your ideas. Any suggestions are always appreciated. Please contact Jody Munro at the Village Office on telephone 6584 3515.



MELBOURNE CUP AFTERNOON GATHERING

The Social Committee will be holding an afternoon gathering on Tuesday, 3rd November 2020 in the Tenison Woods Centre at 2pm to watch the Melbourne Cup race.

Due to COVID restrictions in place on the number of people allowed in the hall, bookings have now closed.



St Agnes Village Stage Meetings

Due to the COVID-19 pandemic, the first Stage Meeting for 2020 will be held on Friday, 27th November 2020 in the Tenison Woods Centre. Village residents will be provided with a letter in due course notifying the relevant details.



CHRISTMAS DAY LUNCH

The Village Office staff are seeking an Expression of Interest from village residents who may be alone on Christmas Day and would like to come to a luncheon. Due to the COVID pandemic and restrictions on the number of people allowed in the hall, we will be limited on the number of residents attending.

Please phone the Village Office on 6584 3515 by Friday, 4th December 2020 to place your name on the list. Residents will be advised shortly thereafter, if this luncheon will be going ahead.

The *Satisfaction Survey Results Meeting* will be held on Tuesday, 10th November 2020 at 10:00am in the Tenison Woods Centre. Due to COVID restrictions in place on the number of people allowed in the hall, you must book to attend.

Please RSVP before Friday, 6th November 2020 by phoning the Village Office on 6584 3515.

MOVEMBER – MEN'S BBQ

Men in the village are invited to come along to a Men's BBQ, hosted by Peter Johnson (General Manager, Risk, Compliance & Operations) and Property Services staff, Trevor Dickson, Greg Black and Jeff Blackney.

The BBQ will raise funds for *Movember* – the world's leading men's health charity, focusing on mental health and suicide prevention, prostate cancer and testicular cancer.

When: Thursday, 19th November 2020

Time: 4pm

Where: Outside the Tenison Woods Centre (BBQ area)

Gold coin donation. Sausage sizzle with beer and soft drink.

Bookings are essential. Please phone the Village Office on 6584 3515 before Monday, 16th November 2020.

Further information will be forthcoming in a flyer.

RESIDENT NEWS



Best wishes to residents celebrating birthdays.

We wish residents who are experiencing poor health a speedy recovery.

We extend our condolences to residents who have lost a loved one. May Our Lord bless and comfort you and your family during this time of grief.

ST AGNES' CATHOLIC PARISH CHRISTMAS HAMPER APPEAL

Each year, St Agnes' Catholic Parish organises hampers to be delivered to families in our area who are facing various challenges. To prioritise the safety of all with the necessary COVID-19 restrictions imposed, we have implemented changes to the arrangements for our Parish Christmas Hamper Appeal.

Residents are invited to contribute a monetary donation which can be left in the letterbox at the Village Office no later than Friday, 20th November 2020.

CARDS AND BOARD GAMES AFTERNOON



A small group of Lourdes Village residents will be starting up a games afternoon each Saturday between 1pm and 4pm at the John Worner Centre to get together and play cards and board games. Keep your mind active and socialise with other residents over a game of your choosing. Games to play will include: 500, Euchre, Rummy, Canasta, Cribbage, Scrabble and many more. Residents can bring along their own cards and board games to play.

Bring along your own nibbles and drink. St Agnes Village residents are also invited to participate. Alternatively, St Agnes Village residents may like to establish a similar group in the Tenison Woods Centre.

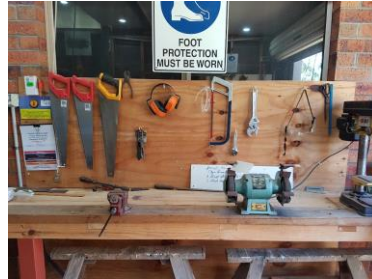
COVID restrictions in place - social distancing and hand hygiene rules will apply. Limited to four residents per table. Maximum of 20 residents allowed in the hall.

If you are interested in participating in this group activity, please phone the Village Office on 6584 3515 for more information.

MEN'S SHED

In the September Village Newsletter, it was noted that St Agnes Village residents, Barry Johnson and Ray Evans, with the help from Jeff Blackney and Greg Black from Property Services, cleaned and tidied the work space and equipment in the Men's Shed.

Please see some photos below.



REMINDER TO RESIDENTS

Green Waste

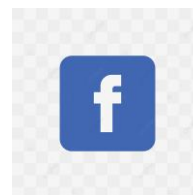
Green waste is collected weekly (each Monday, Wednesday and Friday) by the Village Groundsman. Please place your green waste on your front lawn near your letterbox for collection. Residents should have a separate bin/container for your green waste. The green waste bin is specifically for organic matter such as garden waste (weeds, clippings) and food waste items. ALL food scraps are to be wrapped in newspaper or dropped straight into a cornstarch bag. Any meat, bones, seafood and prawn shells are to be frozen and then wrapped in newspaper or cornstarch bags and placed in the green waste bin the night prior to collection day.

Residents are reminded green waste **will not** be collected on a Public Holiday which falls on a Monday.

We have not yet confirmed whether the St Agnes Village Social Committee will be organising a resident Christmas Luncheon this year. This is due to COVID restrictions in place on the number of people allowed in the hall.

Further information will be provided to residents in coming weeks.

SACAL and Village Living are now on Facebook



If you use Facebook, please give them a **Like** and follow on Facebook, to keep up to date on what is happening in their myriad of services.

Facebook is a great way for us to connect and share things with our community.

Gardening Requests

Residents are reminded to please phone the Village Office on 6584 3515 for any gardening requests.

Don't forget to keep hydrated as the weather begins to get warmer.

5 reasons Why You Need to Drink More Water

1. Increases Energy & Relieves Fatigue
2. Promotes Weight Loss
3. Flushes Out Toxins
4. Improves Skin Complexion
5. Maintains Regularity



LADIES SNOOKER GROUP

The Ladies Snooker Group plays each Tuesday and Friday in the Tenison Woods Centre at 1:30pm. More players are welcome. Come along and enjoy a game of snooker and refreshments afterwards.

If you would be interested in participating, please phone the Village Office on 6584 3515 for further information.

Photo of Lorraine and Clive Stuart at Uluru in 1979.

They are standing on top of Ayers Rock and the Olgas can be seen in the distance.



RESIDENT INFORMATION

5 SIMPLE STEPS TO MAXIMISE YOUR BRAIN HEALTH



There are small steps that you can take in your everyday life that will make a real difference to the health of your brain and help reduce your risk of developing dementia later in life. These steps are also good for your general health, and can help lower your risk of other chronic diseases like diabetes, heart disease and cancer.

Looking after the health of your brain is important at any age, but it is particularly important once you reach middle age (around 40 to 65 years of age). The **5 Simple Steps to Maximise Your Brain Health** will help you keep your brain healthy and lower your risk of dementia.

STEP 1 LOOK AFTER YOUR HEART

What is good for your heart is good for your brain.



Conditions that affect the heart or blood vessels, such as high blood pressure, high cholesterol, diabetes and obesity, can increase the risk of developing dementia, especially if these occur at middle age.

What you can do

- Have regular health checks to check your blood pressure, cholesterol, blood sugar and weight. Follow the advice of your health professional
- Seek help to quit smoking.

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Being physically active gives our brains a healthy boost.



Regular physical activity increases blood flow to the brain and stimulates the growth of new brain cells and the connections between them.

Being active is also good for your heart and body.

What you can do

- Doing any physical activity is better than doing none
- If you are currently not doing any physical activity, start by doing some, and gradually increase the amount you do. Speak to your doctor before you start any new exercise routine
- Build up to at least 30 minutes of moderate-intensity activity on most – preferably all – days. This can be done in 10 minute blocks.

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

It is important to keep your brain active.

Scientists have found activities that involve thinking and learning, that are new or challenge the brain, help to build new brain cells and strengthen the connections between them.

What you can do

- Take up a new sport
- Learn a new language
- Have a go at a new hobby
- Start a course in something you've always wanted to do
- Anything really, as long as it's new, complex, and done often.



**STEP 4
FOLLOW A HEALTHY DIET**



What you eat can affect your brain health.

Our brain needs a variety of nutrients to function properly.

What you can do

For good brain health, choose:

- Lots of vegetables and some fruit
- Healthy fats and oils (polyunsaturated and monounsaturated fats), such as olive oil, canola oil, instead of butter or coconut and palm oil (saturated fats)
- Fish
- Low-fat or fat-free (skim) milk, yoghurt and cheese
- Lean or low fat cuts of meat.

Eat less:

- Full fat milk, yoghurt and cheese
- Fried food and desserts, deep fried foods and takeaway food (high in saturated fats)
- Pies, pastries, cakes, biscuits and buns (trans fats).

If you drink alcohol, try and limit it to no more than 2 'standard' drinks on any day.

**STEP 5
ENJOY SOCIAL ACTIVITY**



Spending time with friends and family, or people whose company you enjoy, in ways that interest you, is good for our brain health.

Mixing with other people helps to build new brain cells and strengthen the connections between them, which can protect you against dementia.

Activities that combine being physically active, social interaction, and are mentally challenging, such as dancing, provide even greater benefit.

What you can do

- Be part of a club or social group
- Join a team, book club, walking group, or choir
- Volunteer in your local community
- Take up dance classes.

WHAT ELSE?



Brain health also means looking after your mental health. See your health professional for advice on treating depression.

It's also important to avoid serious head injury, so be sure to protect your head.

FURTHER INFORMATION

For more information on living a brain healthy lifestyle visit Dementia Australia's yourbrainmatters.org.au

Or call the National Dementia Helpline

1800 100 500



For language assistance phone the Translating and Interpreting Service on **131 450**

How a 15-minute 'awe walk' drastically improves mental health

According to a new study published in the journal 'Emotion', 15-minute weekly 'awe walks' have positive effects on mental health. A walking group comprised of volunteers in their sixties to eighties, reported higher levels of gratitude and compassion after eight weeks of these short walks. Researchers also believe this low-cost intervention could help prevent cognitive decline in older adults.

Each participant was told the study was about exercise, when in reality their task – taking a selfie at the end of each walk – revealed the actual intentions of researchers. Participants were instructed to observe details while walking around a forest. If the goal was only exercise, volunteers were likely to power through trails without noticing their surroundings. This is where awe comes into the picture.

"Awe is a positive emotion triggered by awareness of something vastly larger than the self and not immediately understandable – such as nature, art, music, or being caught up in a collective act such as a ceremony, concert or political march."

The post-walk selfie is key. Week after week, their smiles grew larger. Incredibly, their bodies shrunk in the photos – the photographer stepped back to include more of nature. Instead of the normal close-ups we associate with selfies, volunteers naturally became more integrated with their environment, without any prompting from the research team.

The *Village Walking Group* will be looking into conducting an 'awe walk', however if any resident would like to take themselves on an 'awe walk', further information can be found on the following website:

<https://bigthink.com/surprising-science/awe-walk>.

Article written by Derek Beres (1 October 2020)

Shepherd's Nook



This week is **Pastoral and Spiritual Carer's week**.

This gives us opportunities for our organisation to recognise and thank the spiritual caregivers in our midst and the ministry which the caregivers provide to all our residents. All staff provide some pastoral care on some level every day and we thank them for this care and the dignity they show to residents. A bed is made, a meal is prepared, a phone call answered and someone is listening at the other end, assistance during the night is carried out and so much more....

The Pastoral Care Team are available for residents or staff, and yet there are many times carers are also called upon to hear a story or sit through a moment of reminiscence which just has to be voiced.

This is especially true in the Villages where there is so much isolation, it is incredibly pastoral to be there for your neighbour or someone up the road.

Pastoral Care Office
6589 9814

AVAILABLE VILLAS

St Agnes Village



Unit 40 – FOR SALE



UNIT 47 – FOR SALE

**Unit 111 –
DEPOSIT TAKEN**



Unit 73 – FOR SALE

**Unit 123 –
DEPOSIT TAKEN**

Lourdes Village



Unit 59 – FOR SALE



Unit 76 – FOR SALE

For an Expression of Interest or to view available villas, please phone 5525 3600, mobile 0407 843 515, or email Sue.Reid@stagnesparish.org.au.



Our “Friends to Neighbours” program has also been launched. The program works by nominating a friend who might be interested in moving into one of our villages. If that friend moves into either Lourdes Village or St Agnes Village, you will receive a \$250 gift card.

Puzzle Time

How well did you go with the October edition puzzles? The answers are shown below.

Sudoku Solution – Easy 649

2	5	1	7	8	3	6	9	4
9	6	3	2	4	5	1	7	8
8	4	7	6	9	1	2	3	5
5	2	4	9	7	8	3	6	1
3	8	6	1	2	4	7	5	9
7	1	9	3	5	6	8	4	2
1	7	5	8	3	9	4	2	6
6	9	2	4	1	7	5	8	3
4	3	8	5	6	2	9	1	7

Sudoku Solution Medium 650

8	4	2	9	1	6	3	5	7
3	5	1	2	7	4	8	9	6
7	6	9	8	3	5	1	2	4
9	8	3	4	6	1	5	7	2
6	1	5	7	2	8	9	4	3
2	7	4	5	9	3	6	1	8
1	9	8	3	4	7	2	6	5
4	3	6	1	5	2	7	8	9
5	2	7	6	8	9	4	3	1

Brain Games | Way With Words

- 04.** Below are nine incomplete words. Using all the letters of the alphabet only once, determine the words to reveal one mystery word running vertically through the incomplete words.

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

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

Puzzle Time

Sudoku puzzles are a fun activity. It is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku – Easy 673

9			5	1			3	
2		5						
7	3		6				4	5
	9	2				3		6
	6	4					9	
					3	8		
							6	
		1				7		
	8	9						1

Sudoku – Medium 674

5			3				8	
					8		9	1
		4					5	
			5	6			2	
				8				6
		7					4	
2			9	1			5	
6	7							8

“What am I?” Riddles

1. Forwards I am heavy, but backwards I am not.
What am I? _____

2. Take away my first letter and I remain the same.
Take away my last letter and I remain unchanged.
Remove all my letters and I’m still me. What am I?

3. Without a bridle, or a saddle, across a thing I ride a-
straddle. And those I ride, by help of me, though
almost blind, are made to see. What am I?

4. I warn you about meetings, and I assist you in your
life, I can help you do most of your work, unless I
have a bug. What am I? _____

5. I can be long, or I can be short.
I can be grown, and I can be bought.
I can be painted, or left bare.
I can be round, or square.
What am I? _____

**This is Wilson. He is now
working from home 😊**





Solutions to these puzzles will be
published in the next month’s newsletter.



Bus Outings

Pick up points for the bus outings: Tenison Woods Centre, Stages 7 & 8 (Sweeney Court) and Stage 9 (Quinlivan Drive). **Due to COVID-19 restrictions, limited seats apply and bookings are essential. Please phone the Village Office on 6584 3515 to book your seat.**

WALKING BUS – LIMITED TO 10 RESIDENTS

<p>Friday, 6th November 2020 Leave TWC and Stages 7, 8 & 9 at 10:00am and return at 11:30am</p> 	<p>A morning drive to <i>Wauchope</i> to enjoy morning tea at <i>Sheathers on High</i>.</p>
<p>Thursday, 26th November 2020 Leave TWC and Stages 7, 8 & 9 at 1:30pm and return at 3:00pm</p> 	<p>Enjoy afternoon tea at <i>Bittersweet</i> which is located at <i>Lighthouse Beach Shopping Centre</i>. Enjoy a scenic drive around the beaches on your return home.</p>

WHEELCHAIR BUS – LIMITED TO 5 RESIDENTS (3 SEATED AND 2 MANUAL WHEELCHAIRS)

<p>Friday, 13th November 2020 Pick up from Unit 10:00am and return at 11:30am</p> 	<p>A morning drive to <i>Wauchope</i> to enjoy morning tea at <i>Sheathers on High</i>.</p>
<p>Tuesday, 24th November 2020 Pick up from Unit 1:30pm and return at 3:00pm</p> 	<p>Enjoy afternoon tea at <i>Bittersweet</i> which is located at <i>Lighthouse Beach Shopping Centre</i>. Enjoy a scenic drive around the beaches on your return home.</p>

CALENDAR FOR NOVEMBER 2020

DAY	DATE	ACTIVITY	TIME
SUNDAY	1 NOV	<i>Men's Snooker</i>	1:00pm-4:00pm
MONDAY	2 NOV	<i>Coffee Shop</i>	10:00am
TUESDAY	3 NOV	Social Committee Meeting <i>Melbourne Cup Afternoon Gathering (limited numbers)</i>	10:30am 2:00pm
THURSDAY	5 NOV	<i>Information Technology (Computer) Class</i>	10:00am-11:00am
FRIDAY	6 NOV	Residents Committee Meeting <i>Bus Outing – Morning Tea – Wauchope (Sheathers on High) WALKING BUS</i> <i>Ladies Snooker</i>	8:30am 10:00am-11:30am 1:30pm
SUNDAY	8 NOV	<i>Men's Snooker</i>	1:00pm-4:00pm
MONDAY	9 NOV	<i>Coffee Shop</i>	10:00am
TUESDAY	10 NOV	Satisfaction Survey Results Meeting <i>Ladies Snooker</i>	10:00am 1:30pm
THURSDAY	12 NOV	<i>Information Technology (Computer) Class</i>	10:00am-11:00am
FRIDAY	13 NOV	<i>Bus Outing – Morning Tea (Wauchope – Sheathers on High) WHEELCHAIR BUS</i> <i>Ladies Snooker</i>	10:00am-11:30am 1:30pm
SUNDAY	15 NOV	<i>Men's Snooker</i>	1:00pm-4:00pm
MONDAY	16 NOV	<i>Coffee Shop</i>	10:00am
TUESDAY	17 NOV	<i>Ladies Snooker</i>	1:30pm
THURSDAY	19 NOV	<i>Information Technology (Computer) Class</i> <i>Men's BBQ</i>	10:00am-11:00am 4:00pm
FRIDAY	20 NOV	<i>Ladies Snooker</i>	1:30pm
SUNDAY	22 NOV	<i>Men's Snooker</i>	1:00pm-4:00pm
MONDAY	23 NOV	<i>Coffee Shop</i>	10:00am
TUESDAY	24 NOV	<i>Ladies Snooker</i> <i>Bus Outing – Afternoon Tea (Bittersweet)</i> WHEELCHAIR BUS	1:30pm 1:30pm-3:00pm
THURSDAY	26 NOV	<i>Information Technology (Computer) Class</i> <i>Bus Outing – Afternoon Tea (Bittersweet) WALKING BUS</i>	10:00am-11:00am 1:30pm-3:00pm
FRIDAY	27 NOV	Stage Meetings <i>Happy Hour (Social Committee)</i>	9:00am-3:30pm 4:00pm
SUNDAY	29 NOV	<i>Men's Snooker</i>	1:00pm-4:00pm
MONDAY	30 NOV	<i>Coffee Shop</i>	10:00am

Please note: Village Activities are highlighted in Italics