

Village Newsletter

Lourdes Village May 2022 Edition



Wallaby in the backyard

VILLAGE MANAGEMENT OFFICE

Phone: (02) 6584 3515

Opening Hours: Monday to Friday, 8:30am to 4:30pm

Email: reception.villageliving@stagneparish.org.au

Message from the Editor

Dear Residents,

Welcome to the May 2022 Edition of the Village Newsletter. The photo on this month's front cover was taken and provided by St Agnes' Village resident, Irene Evans. This was in her rear garden at the end of March 2022.

Residents are advised that the John Worner Centre will commence renovations this month. It is anticipated that the Centre will be closed to residents from Monday, 2nd May 2022 to Friday, 27th May 2022. During this period, all activities will be cancelled and there will be no access to the library. Lourdes Village residents may utilise the St Agnes' Village library to borrow library books. Residents can either visit the library in the Tenison Woods Centre, St Agnes' Village, or phone the Village Office, and staff will collect the library books and deliver to your villa.

Lourdes Village residents are welcome to attend activities held at St Agnes' Village in the Tenison Woods Centre. Residents can access the Village Transport service on Monday and Friday to attend the activities. Alternative arrangements can be made for transport on another day the village transport is not operating. Please phone the Village Office on 6584 3515 to discuss. A list of activities for St Agnes' Village is shown on Page 7.

On Monday, 25th April 2022, twenty-eight residents attended the Anzac Day Service held at the John Worner Centre. Morning tea followed and was enjoyed by all who attended. Mr Ian Ridgway read the Ode and also spoke to residents on some of the history relating to the Wars and the Light Horsemen. Thank you to the Lourdes Village Social Committee members, Barbara Sawtell, Anne Gaffney and Margaret Worthington for organising this event. Special thanks to Neville Ross, Anne Ihlein, Gary and Diane Fazio, for assisting on the day. The home-made Anzac biscuits were made by Ronne Webb, which were delicious. Photos of the day are shown on Page 11 - Happy Snaps.

The Lourdes Village Residents Committee Annual General Meeting (AGM) was held on Friday, 29th April 2022, to elect a new committee for 2022/2023. Prior to the AGM, the Social Committee organised a Fish and Chips lunch. The representatives for the 2022/2023 Lourdes Village Residents Committee are as follows: Chairperson: Barbara Sawtell (Villa 70). Committee Members: Neville Ross (Villa 23), George Aiken (Villa 34), Jo Morris (Villa 42) and Kathleen Roitman (Villa 57).

With COVID-19 cases still on the rise in our region, I would like to encourage residents to remain vigilant throughout this time and to remain cautious in your movements and in your COVID safe practices. Please keep yourself safe and keep those around you safe.

Restrictions remain in place on the St Agnes' Care and Lifestyle bus outings. We apologise for this, however, your safety is important to us. **Please note: the afternoon outing this month will be on the fourth Monday.** Further details are shown on Page 12– Bus Outings for May 2022.

Once again, I thank you for your understanding and support. Until next month, stay healthy and stay safe.

Jody, Editor

Pastoral Ponderings

MAY 2022

Sr Anne's Musings



- "To the world, you are a mother, but to your family, you are the world." —Unknown
- "The loveliest masterpiece of the heart of God is the heart of a mother." —St. Therese of Lisieux
- "A grandmother is a little bit parent, a little bit teacher, and a little bit best friend." —Unknown
- "Having kids — the responsibility of rearing good, kind, ethical, responsible human beings — is the biggest job anyone can embark on". Maria Shriver
- "A woman of faith —in hard times she has learnt three things —she is stronger than she ever imagined, Jesus was closer than she ever realised, and she was loved more than she ever knew".

Residents and Staff of St Agnes House experienced an inclusive reflection and celebration of Jesus' last week on earth as we commenced Holy Week this year.

Beginning with His triumphal entry into Jerusalem on Palm Sunday, we too, laid palms on purple cloth to symbolically welcome Jesus.

On Holy Thursday, Jesus gathered his friends for a meal where He washed the feet of the disciples, giving us an example of what to do for others. Here, we placed a bowl and towel on black cloth before watching a short video called The Basin and The Towel.

After the meal, Jesus went to the Garden of Gethsemane to pray and we prayed the Lord's Prayer together.

Jesus was later arrested, tried and crucified and we placed a Crucifix on red cloth to symbolize His death before listening to the beautiful song, "Were You There?".

On Jesus being found to have risen on Easter Sunday, we placed the SACAL Faith Candle on white cloth to celebrate His resurrection before prayers and listening to the song, "He Is Risen".



There were some 30 Residents and Staff present, with many actively assisting to place symbols on our coloured cloths.

All expressed their delight at being present and some of the comments received were,
“What a beautiful Service!” and “Thank you for inviting us to play a part!”

ANZAC DAY

ANZAC Day was celebrated at Emmaus with a BBQ, Two-up and a prayer. It was great to see the residents and staff getting together to remember the fallen. There were plenty of shared stories about family members who had been off to one of the wars, as well as the enjoyment of our bacon and egg sandwiches and a friendly game of two-up.

Staff members, Beth and Steve,
help a resident tossing the coins.



Residents and staff enjoying the bacon and egg sandwiches.



Residents and staff participating in
in the Anzac Service.



Qi Gong

Qi Gong will recommence on Wednesday, 4 May 2022 in the Tenison Woods Centre starting at 10.00am. Cost will be \$5.00 per session. All are welcome. For more information please contact Judy on 0409 306 207.

We celebrate Mother's Day on Sunday, 8th May 2022. On this day, we show our appreciation for the achievements and efforts of mothers and mother figures everywhere. Happy Mother's Day to those amongst us who have the privilege to be mothers.

Douglas Vale Historic Homestead & Vineyard

MOTHER'S DAY SUNDAY MAY 8TH



Bring your special person for morning tea and support local makers. Enjoy the nostalgic sound of the bagpipes as they come through the 150yr old towering bamboo stand.

- Our famous **Devonshire Teas** will be on sale from **9.00 am**.
- Local jam & preserves, cakes, honey & potted plants for sale (special gift wrapping available – Sunday)
- **10am Port Macquarie Hastings Pipes and Drums perform**
- **9am & 11am – Damon Winter (Wedding Guitarist)**
- **Cheese Plate & Glass of Wine Special**
- **Homestead Tours**



The Federal Election will be held on Saturday, 21st May 2022. If you can't get to a polling place on Election Day, you can vote at an Early Voting Centre. Voting before Election Day opens on Monday, 9th May 2022 at the following locations:

Unit 2, 171 Lake Road, Port Macquarie (next to Hastings Fresh Meats)

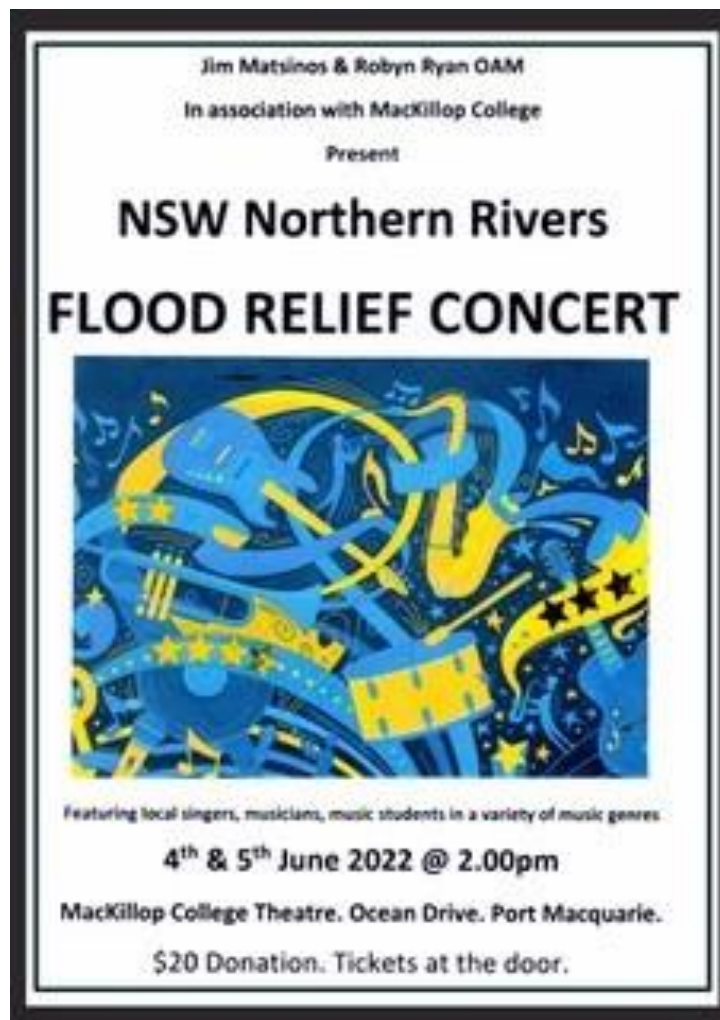
Opening Hours:

- Monday, 9th May - Friday 13th May (8:00am-8:00pm)*
- Saturday, 14th May (9:00am-4:00pm)*
- Monday, 16th May - Thursday, 19th May (8:00am-8:00pm)*
- Friday, 20th May (8:00am-6:00pm)*
- Saturday, 21st May (8:00am-6:00pm)*

Shop 1, 11 Clifton Drive, Port Macquarie

Opening Hours:

- Saturday, 14th May (9:00am-4:00pm)*
- Monday, 16th May - Thursday 19th May (8:30am-5:30pm)*
- Friday, 20th May (8:00am-6:00pm)*
- Saturday, 21st May (8:00am-6:00pm)*



LOURDES VILLAGE SOCIAL COMMITTEE ANNUAL GENERAL MEETING (AGM)

In June (date to be advised), the Lourdes Village Social Committee will hold an Annual General Meeting in the John Worner Centre, to elect the 2022/2023 Social Committee. New Members are needed.

Please give serious consideration to joining the Social Committee to ensure continuation of this worthwhile committee and its function of providing social activities and events to entertain and uplift residents. As a Committee Member, you will bring ideas/suggestions on what types of social events are held, how they are organised and help plan and carry out social events.

The Social Committee will plan to hold their monthly luncheon prior to the Social Committee AGM at 12:30pm on the day. Your attendance would be greatly appreciated at both the Social Committee luncheon and the AGM meeting. Further information will be forthcoming to residents, along with nomination forms for the election of positions on the 2022/2023 Social Committee.

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.



In early May, we will welcome new residents Wayne and Lucy Miller who will be moving into Villa 37. We hope you enjoy living here.



Wraps with Love – Wool needed

The Catholic Women's League (CWL) are in need of 8 ply wool for making squares for Wraps with Love project. If anyone can please donate 8 ply wool, we would appreciate if you could leave it at the Pastoral Office. Thank you for your support.

Activities in St Agnes' Village Tenison Woods Centre

Lourdes Village residents are welcome to attend the following activities held in the Tenison Woods Centre, St Agnes' Village.

DAY	TIME	ACTIVITY
Monday	10:00am-11:00am 1:30pm-3:30pm	Coffee Morning Craft Afternoon
Tuesday	11:00am-11:45am 2:00pm-4:00pm	Gentle Exercises Art 4 Wellness
Wednesday	9:00am-10:30am 3:30pm-4:30pm	Qi Gong Relaxation and Meditation Class
Thursday	10:00am-11:30am and 2:30pm-4:00pm	Calligraphy with Christine
Saturday	2:00pm-4:00pm	Scrabble Group

Reminder to Residents

NEW ACTIVITIES IN THE VILLAGE

Last month, we introduced new and exciting activities into Lourdes and St Agnes' Villages. To date, we have not had many residents taking up the opportunity to participate in the Art 4 Wellness or Relaxation and Meditation Class. Come along and see what it is all about.

When the John Worner Centre reopens, we will be changing the Art 4 Wellness class to be held on Monday mornings between 10:00am and 12noon, in conjunction with the 'Knit and Knatter' Craft group.



GUIDED RELAXATION CLASSES

EVERY WEDNESDAY – 3:30PM-4:30PM
IN THE TENISON WOODS CENTRE,
ST AGNES' VILLAGE

THE CLASSES ARE FREE
RELAX ON THE COMFORTABLE LOUNGE/
ON A CHAIR OR YOU CAN LIE ON THE
FLOOR WITH A MAT.

PLEASE CALL IF YOU WOULD LIKE TO
DISCUSS THE CLASSES FURTHER:

PAM SAINSBURY – 0414 484 890
QUALIFIED INSTRUCTOR

REPAIRS AND MAINTENANCE

For all general maintenance requests and after hours' emergency maintenance requests, village residents can call the hotline on **1300 522 511** or email the details to sap@chl.org.au (24 hours a day 7 days a week). When calling after hours or on a weekend, please stay on the phone to listen to the procedure. **DO NOT HANG UP!** If life or structure is in danger, call triple zero (000).

REQUEST FOR ADDITIONS IN VILLAS

Any additions, which includes screen doors, air conditioning units, ceiling fans, patios etc, must be approved by Village Management prior to work being undertaken. Please provide a written request to the Village Manager. A written response will then be provided to you.

How to use your Emergency Response System



If you need assistance, press the HELP button, either on your wrist or pendant transmitter, or on the emergency unit itself.



HELLO MRS SMITH CAN I BE OF HELP?

An alarm is sent to a nurse in our Emergency Response Centre who will call out over a two-way speaker on your emergency unit.

Please do not pick up the handset.



The nurse will assess the situation and send help right away — this could mean contacting a family member, neighbour, friend or emergency services.



IT'S OK MR SMITH, WE'LL TAKE CARE OF YOU!

If the nurse is unable to make voice contact, an ambulance will be dispatched. No matter what the situation, rest assured help is on the way.

1800 636 226

www.theinsgroup.com.au

Resident Information



Influenza cases are beginning to rise across Australia, sparking calls from experts to get vaccinated before the winter surge. For more than two years, the country's borders have been closed and lockdowns have been in place, which has inhibited the spread of viruses such as the flu.

Now, NSW Health data has revealed the rise in flu cases with more than 1,500 flu infections reported already this year. Not only are flu cases on the rise, but so are COVID-19 cases, sparking calls from experts to get vaccinated against both viruses.

Influenza is a highly contagious viral infection that can cause widespread illness and deaths every year. This year, it is even more important to get the influenza vaccine, as we are more vulnerable to influenza. This is due to lower recent exposure to the virus and lower uptake of influenza vaccines in 2021. With international borders reopening, it is likely we will see more influenza in 2022.

Free influenza vaccines under the National Immunisation Program became available in April 2022. Check with your immunisation provider to find out when they will have the vaccine available and when you can book in to get the vaccine. Book your appointment to get vaccinated from mid-April to ensure you have the best protection at the peak of the season (usually June to September). However, it's never too late to get vaccinated as influenza can spread all year round.

Free influenza vaccines will be available from GPs, community health clinics, and eligible pharmacies. The influenza vaccine and COVID-19 vaccines can be safely given at the same visit. The best way to protect yourself against getting both infections this winter is to make sure you've had your influenza vaccine and are fully vaccinated against COVID-19, including any recommended booster doses.

When you book in for your influenza vaccination, talk to your vaccination provider about whether they can administer both vaccines.

Source:

<https://www.9news.com.au/national/calls-for-flu-vaccinations-as-influenza-cases-rise-across-australia>
www.health.gov.au/news/help-stop-the-flu-in-2022

Contributions to the 'Village Newsletter' are always welcome! Please deliver any news, details of events, stories, poems and photos to the Village Management Office or email to the Village Newsletter Editor at reception.villageliving@stagneparish.org.au.

Happy Snaps

Monday, 25th April 2022 – Anzac Day Service held in the John Worner Centre at 9:30am.



Villas at St Agnes' Village & Lourdes Village.

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



Please note: Above images are representative only, as some villas are under refurbishment.

Deposits have been taken on the following villas:

- *Villa 43 St Agnes' Village*
- *Villa 64 St Agnes' Village*
- *Villa 70A Lourdes Village*
- *Villa 105 St Agnes' Village*
- *Villa 28 Lourdes Village*




BUS OUTINGS FOR MAY 2022

*Pick up points for the bus outings: Bus stop on Menary Drive (next to Villa 29) and bus stop on Davoren Drive (outside the John Worner Centre). **Due to COVID-19 restrictions, limited seats apply and bookings are essential. Please phone the Village Office on 6584 3515 to book your seat.***

The following COVID-19 restrictions apply for bus trips and we apologise for this, however your safety is important to us:

- Bus trips will be limited to ten residents to manage social distancing.
- Face masks must be worn at all times and hand hygiene measures in place.
- Residents must be fully vaccinated.
- The morning and afternoon bus outing will be sightseeing only. The full day outing will be having lunch at a venue that can accommodate social distancing requirements.

WALKING BUS – LIMITED TO 10 RESIDENTS

<p>Friday, 13th May 2022 Leave Menary Drive and Davoren Drive at 9:30am</p> 	<p>A half day bus outing visiting <i>Bonny Hills Garden Centre Gift Shop</i>. Be inspired by the range of beautiful plants, an excellent selection of pots, water features and garden art. Bring along your own morning tea to enjoy in <i>Rainbow Beach Reserve</i> before heading to the <i>Garden Centre</i>.</p>
<p>Thursday, 19th May 2022 Leave Menary Drive and Davoren Drive at 9:15am</p>  	<p>A full day bus outing to <i>Crowdy Head and Harrington</i>. You will visit <i>Crowdy Head Lighthouse</i> and <i>Pilot Hill Lookout</i>. The panoramic views from the <i>Crowdy Head Lighthouse</i> reserve are breathtaking. Enjoy spectacular views of the Manning River backchannel and break wall at <i>Pilot Hill Lookout</i>.</p> <p>Enjoy lunch at <i>The Bistro @ Club Harrington</i>.</p>
<p>Monday, 23rd May 2022 Leave Menary Drive and Davoren Drive at 1:45pm</p>	<p>PLEASE NOTE: The outing this month will be held on the fourth Monday.</p> <p>Enjoy a half day outing with a drive to <i>Wauchope</i> to go Op-Shopping! <i>St Vincent De Paul</i> and the <i>Salvation Army</i> to name just two. Bring along your own afternoon tea to enjoy in <i>Bain Park</i>.</p>

Please note: If residents require their wheelie walker to be taken with them on the bus outing, it would be appreciated if you could please advise the Village Office at the time of booking your bus outing so arrangements can be made with the bus driver prior to the bus outing.

Puzzle Time

Word Search the object of each puzzle is to find the listed hidden words. The words may be hidden in any direction: horizontally, vertically, diagonally, and forwards and backwards.

Mother's Day

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

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 1045

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

Sudoku – Easy 1046

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

AUNT
BRUNCH
CANDY
CARD
CARING

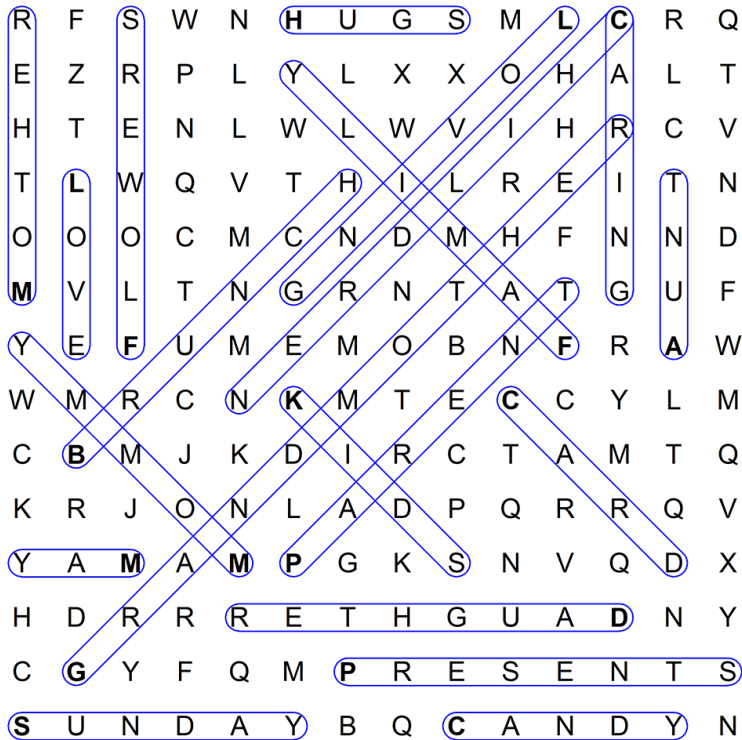
CHILDREN
DAUGHTER
FAMILY
FLOWERS
GRANDMOTHER

HUGS
KIDS
LOVE
LOVING
MAY

MOMMY
MOTHER
PARENT
PRESENTS
SUNDAY

Puzzle Time - Solutions

Word Search – Mother’s Day



Sudoku – Easy 1045

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

Sudoku – Easy 1046

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