

Village Newsletter

St Agnes' 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 by St Agnes' Village resident, Irene Evans. The wallaby was sighted in her rear garden at the end of March 2022.

Residents are advised that the John Worner Centre, Lourdes Village, will commence renovations this month. It is anticipated 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.

Lourdes Village residents have been invited to attend any activities held at St Agnes' Village in the Tenison Woods Centre.

The St Agnes' Village Residents Committee Annual General Meeting (AGM) was held on Friday, 29th April 2022, to elect a new committee for 2022/2023. The representatives for the 2022/2023 St Agnes' Village Residents Committee are as follows: Chairperson: Peter Page (Villa 4), Secretary: John Timbs (Villa 98), Committee Members: Ann Denyer (Villa 29B), Barbara Crook (Villa 34), Joy Eastwood (Villa 55), Ray Evans (Villa 42), David Hogan (Villa 87), Barry Jennings (Villa 136), Barry Johnson (Villa 128), Noeline Millward (Villa 37), Patricia O'Brien (Villa 46), Beryl Walters (Villa 144) and Barbara Westwood (Villa 63).

St Agnes' Village Social Committee held a movie afternoon on Wednesday, 20th April 2022. This was attended by thirty-six residents who enjoyed 'Quartet' on the projector screen, followed by afternoon tea. A special thank you to those residents who assisted on the day.

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 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 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 Social Committee is pleased to announce that Happy Hour will be held fortnightly at 4:00pm in the Tenison Woods Centre. Come along and meet new and old friends. Bring along your own nibbles.

Friday, 13th May 2022
Friday, 27th May 2022

St Agnes' Village Social Committee will be holding an Australia's Biggest Morning Tea event on Wednesday, 18th May 2022 at 10:00am in the Tenison Woods Centre. Keep an eye out for the flyer inviting you to this worthwhile function.

Donations of raffle prizes are gratefully accepted. Please phone Maureen McClintock on 6583 1213 if you wish to donate.

The Federal Election will be held on Saturday, 21st May 2022. If you are unable to 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)

Jim Matsinos & Robyn Ryan OAM
In association with MacKillop College
Present

**NSW Northern Rivers
FLOOD RELIEF CONCERT**



Featuring local singers, musicians, music students in a variety of music genres.

4th & 5th June 2022 @ 2.00pm

MacKillop College Theatre. Ocean Drive. Port Macquarie.

\$20 Donation. Tickets at the door.



We welcome the following new residents who moved into the Village during the month of April 2022.

- ♦ *Chris and Sally Buckingham (Villa 25)*
- ♦ *Jean Beck (Villa 69)*

We hope you enjoy living in our beautiful village.

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.



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 donate 8 ply wool, we would appreciate if you could leave it at the Pastoral Office. Thank you for your support.

INS LifeGuard Presentation



INS LifeGuard will be attending St Agnes' Village, for a presentation on the new emergency call system, which replaced the former Vital Care system. The presentation will include the features and benefits of the system, and the services that are provided with this system. The presentation will include question and answer time.

Two presentations will be held in the Tenison Woods Centre on the following dates/times:

Wednesday, 11th May 2022 at 1:30pm

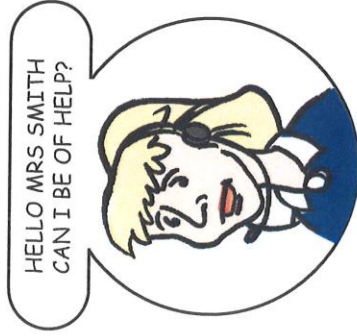
Thursday, 12th May 2022 at 1:00pm.

We encourage residents to attend these presentations, if possible. We anticipate the sessions will be recorded to be viewed at a later date for those residents who are unable to attend these presentations.

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

NEW ACTIVITIES IN THE VILLAGE

Last month, we introduced new and exciting activities into St Agnes' and Lourdes 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.



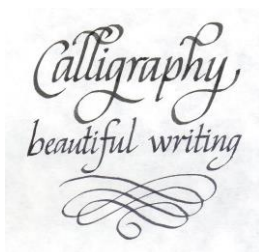
GUIDED RELAXATION CLASSES

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



Calligraphy with Christine

Do you want to learn Calligraphy? Rediscover the charm of pen and paper and learn the art of beautiful handwriting – Calligraphy. Free classes will be provided by St Agnes' Village resident, Christine Tapsell-Timbs. Come along and learn how to create beautiful lettering in this relaxed and informal class. Materials will be supplied.

Every Thursday from 10:00am-11:30am and 2:30pm-4:00pm in the Tenison Woods Centre.

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).

REQUESTS 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.

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

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.




BUS OUTINGS FOR MAY 2022

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.**

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.

WALKING BUS – LIMITED TO 10 RESIDENTS

<p>Friday, 13th May 2022 Leave TWC and Stages 7, 8 & 9 at 9:45am</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 TWC and Stages 7, 8 & 9 at 9:00am</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 Crowdy Head Lighthouse 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 TWC and Stages 7, 8 & 9 at 1:30pm</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! St Vincent De Paul and the Salvation Army 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

Tenison Woods Centre - Calendar for May 2022

DAY	DATE	ACTIVITY	TIME
MONDAY	2 MAY	<i>NO COFFEE SHOP TODAY</i> <i>Craft Afternoon</i>	1:30pm
TUESDAY	3 MAY	Residents Committee Meeting <i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness</i> Social Committee Meeting (MEETING ROOM)	8:00am 11:00am-11:45am 1:30pm 2:00pm-4:00pm 2:00pm-3:00pm
WEDNESDAY	4 MAY	Qi Gong <i>Relaxation and Meditation Class</i>	9:00am-10:30am 3:30pm-4:30pm
THURSDAY	5 MAY	<i>Calligraphy with Christine</i> Hall Booking (MEETING ROOM) <i>Calligraphy with Christine</i>	10:00am-11:30am 2:00pm-3:30pm 2:30pm-4:00pm
FRIDAY	6 MAY	<i>Ladies Snooker</i> <i>Happy Hour (Social Committee)</i>	1:30pm 4:00pm
SATURDAY	7 MAY	<i>Scrabble Group</i>	2:00pm-4:00pm
MONDAY	9 MAY	<i>Coffee Shop</i> <i>Craft Afternoon</i>	10:00am 1:30pm
TUESDAY	10 MAY	<i>Gentle Exercises</i> Hall Booking – Parish Staff (MEETING ROOM) <i>Ladies Snooker</i> <i>Art 4 Wellness Class</i>	11:00am-11:45am 12noon-2:00pm 1:30pm 2:00pm-4:00pm
WEDNESDAY	11 MAY	Qi Gong INS LifeGuard Presentation Session <i>Relaxation and Meditation Class</i>	9:00am-10:30am 1:30pm 3:30pm-4:30pm
THURSDAY	12 MAY	<i>Calligraphy with Christine</i> INS LifeGuard Presentation Session <i>Calligraphy with Christine</i>	10:00am-11:30am 1:00pm 2:30pm-4:00pm
FRIDAY	13 MAY	Hastings Combined Seniors Meeting <i>Ladies Snooker</i>	9:30am-12:30pm 1:30pm
SATURDAY	14 MAY	<i>Scrabble Group</i>	2:00pm-4:00pm
MONDAY	16 MAY	<i>Coffee Shop</i> <i>Craft Afternoon</i>	10:00am 1:30pm
TUESDAY	17 MAY	<i>Gentle Exercises</i> Hall Booking – Parish Staff (MEETING ROOM) <i>Ladies Snooker</i> <i>Art 4 Wellness Class</i>	11:00am-11:30am 12noon-2:00pm 1:30pm 2:00pm-4:00pm
WEDNESDAY	18 MAY	Qi Gong <i>Relaxation and Meditation Class</i>	9:00am-10:30am 3:30pm-4:30pm
THURSDAY	19MAY	<i>Calligraphy with Christine</i> <i>Calligraphy with Christine</i>	10:00am-11:30am 2:30pm-4:00pm
FRIDAY	20 MAY	Hall Booking (Parish Staff) <i>Ladies Snooker</i>	8:30am-1:00pm 1:30pm
SATURDAY	21 MAY	<i>Scrabble Group</i>	2:00pm-4:00pm

Tenison Woods Centre - Calendar for April 2022 (continued)

MONDAY	23 MAY	<i>Coffee Shop</i> <i>Craft Afternoon</i>	10:00am 1:30pm
TUESDAY	24 MAY	<i>Gentle Exercises</i> Hall Booking – Parish Staff (MEETING ROOM) <i>Ladies Snooker</i> <i>Art 4 Wellness Class</i>	11:00am-11:45am 12noon-2:00pm 1:30pm 2:00pm-4:00pm
WEDNESDAY	25 MAY	<i>Qi Gong</i> <i>Relaxation and Meditation Class</i>	9:00am-10:30am 3:30pm-4:30pm
THURSDAY	26 MAY	Hall Booking (MEETING ROOM) <i>Calligraphy with Christine</i> Hall Booking (MEETING ROOM) <i>Calligraphy with Christine</i>	9:00am-11:00am 10:00am-11:30am 11:00am-1:30pm 2:30pm-4:00pm
FRIDAY	27 MAY	Hall Booking (Parish Staff) Hall Booking (MEETING ROOM) <i>Ladies Snooker</i> <i>Happy Hour (Social Committee)</i>	8:30am-1:00pm 10:00am-11:30am 1:30pm 4:00pm
SATURDAY	28 MAY	<i>Scrabble Group</i>	2:00pm-4:00pm
MONDAY	30 MAY	<i>Coffee Shop</i> <i>Craft Afternoon</i>	10:00am 1:30pm
TUESDAY	31 MAY	<i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness</i>	11:00am-11:45am 1:30pm 2:00pm-4:00pm

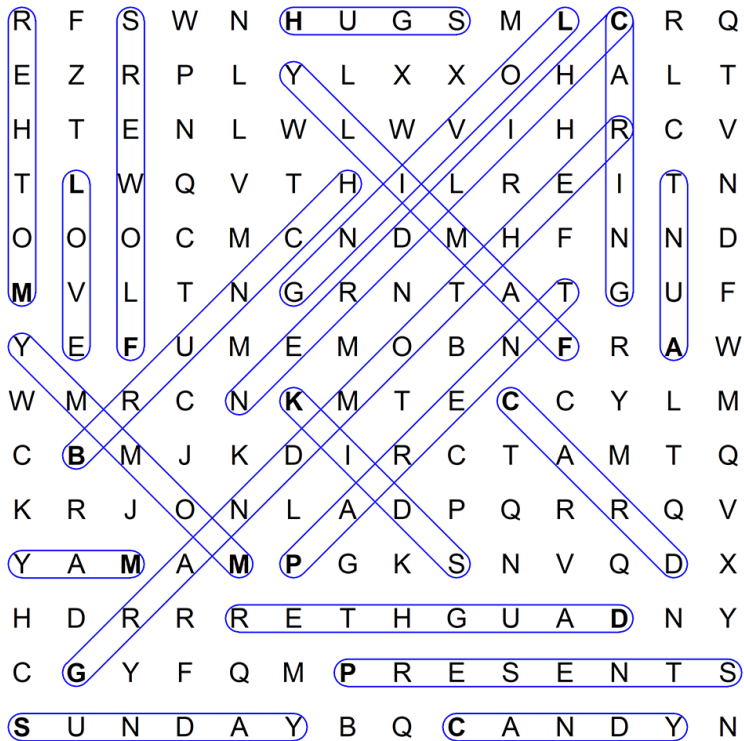
Please note: Village Activities are highlighted in Italics

The weekly Ladies Snooker (Tuesday and Friday afternoon) activity has remained on the calendar, however they are not always attended by residents.

Please note: Dates & Events are correct at time of printing 2/5/2022.

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