

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

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Contributions to the 'Village Newsletter' are 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@stagnesparish.org.au

Unfortunately, we cannot always include all material we receive for various reasons. Enquiries should be directed to the Village Management Office.

Edítor's Words

Dear Residents,

Welcome to the October 2022 edition of the Village Newsletter. A kookaburra perched outside the John Worner Centre is the photo on the front cover this month taken by myself. He happily posed for me while I took the photo.



Daylight saving begins at 2:00am on Sunday, 2nd October 2022. Please put your clocks forward one hour before going to bed

I am very happy to announce that I am planning a bus trip which will be held in February next year. We have not been able to hold an overnight bus trip the past two years due to COVID restrictions. The bus trip will be going to the Hunter Valley for two nights. I am seeking Expressions of Interest for this bus trip so I can secure the accommodation. Further information is outlined in this edition of the newsletter.

We are excited to announce that we have more volunteer drivers for our *Village Transport* program and plan to expand the operating hours in November 2022. Further details will be communicated to residents. **Please note the Village Transport will not be available on Monday, 3rd October 2022.**

With COVID-19 cases still on the rise, along with Influenza and flu like viruses in our region, please remain vigilant throughout this time. Please keep yourself safe and keep those around you safe. **Please inform the Village Office should you test positive to COVID or have other flu-like viruses.**

Until next time, stay healthy and stay safe.

Jody, Editor

The Village Management Office will be closed on the Labour Day Public Holiday, Monday, 3rd October 2022.

OCTOBER 2022

Pastoral Ponderings

Village

SR ANNE'S MUSINGS

St Teresa of Avila is a doctor of the church and her feastday is Oct 15. I appreciate some of her sayings.

1. "Christ has no body now on earth but yours, no hands, no feet but yours. Yours are the eyes with which Christ looks out his compassion to the world. Yours are the feet with which he is to go about doing good. Yours are the hands with which he is to bless us now."

2. "Let nothing disturb you, Let nothing frighten you. Though all things pass, God does not change. Patience wins all things.God alone suffices

3. "Trust God that you are exactly where you are meant to be."

Blanketed in Love

Residents at St Agnes Site were recently blanketed in love with a generous gift from the Wednesday Quilters group of amazing women, who handmade these incredible quilts for use in the facilities.





Hi, I'd like to introduce myself, my name is Donna Harriott. I moved to this lovely area of Port Macquarie in October 2020, settling in Laurieton with my family. My background is in a Care Worker Role and Nursing Assistant in the New England Area, Guyra – Armidale Hospital and Aged Care Hostel – Autumn Lodge, as well as other varied career choices alongside of my nursing background. I'm now looking forward to my new role within the Pastoral and Spiritual Care Team learning, listening and engaging with all the lovely people I'll be meeting. StAGNES'

CARE & LIFESTYLE

Pastoral Care is available at any time - Ph 0438 832 740



The Art 4 Wellness class will now be held each Thursday afternoon in the John Worner Centre between 2:30pm and 4:30pm. This is a time for YOU to relax and have FUN creating.

Please come along and experiment/play/learn something new. NO experience needed. Support, guidance and equipment supplied.



Residents are invited to attend Happy Hour every fortnight in the John Worner Centre Come along and meet new and old friends. Bring your own nibbles and drinks.

Friday, 14th October 2022 at 4:00pm Friday, 28th October 2022 at 4:00pm

POP UP CARD SHOP

"The Card Lady" will be back again in Lourdes Village this month. Sue will be bringing her gorgeous eco-friendly greeting cards, so pop on in and say hello and have a browse. Prices will remain at \$4.50 per card, less your 10% residents' discount. Sue will also be bringing some Nutrimetics special offers for you to browse as well.

Sue will be at the John Worner Centre on *Friday, 14th October 2022 between 9:00am and 11:30am.*

(Qi GONG) CHINESE GENTLE EXERCISE

Qi gong, is a form of ancient Chinese gentle exercise. Classes are conducted by Jaye, an accredited instructor in the art and is held in the Tenison Woods Centre, St Agnes' Village every Wednesday at 9:30am. Cost will be \$5.00. For more information, contact Judy on mobile 0409 306 207. Village residents are welcome to attend. THERE WILL BE NO CLASS HELD ON WEDNESDAY, 5TH OCTOBER 2022.

Save the date for the following future events. Further information will be detailed in forthcoming editions of the Village Newsletter.

Thursday, 20th October 2022 – BBQ Luncheon hosted by the Lourdes Village Social Committee. Keep an eye out for the flyer inviting you to attend.



- Tuesday, 1st November 2022 Melbourne Cup Afternoon High Tea @ 2pm hosted by the Lourdes Village Social Committee. Lucky door prize, sweeps, raffles and delicious food. Keep an eye out for the flyer inviting you to attend.
- Thursday, 24th November 2022 Sue Hollis will be hosting CHRISTMAS BINGO in the Tenison Woods Centre, St Agnes' Village between 9:30am to 11:00am. Lots of prizes to be won.
- Thursday, 15th December 2022 Lourdes Village Residents Christmas Luncheon hosted by the Lourdes Village Social Committee. 12noon for 12:30pm start. Enjoy the delicious food and entertainment.
- Sunday, 25th December 2022 Christmas Day luncheon for those who will be alone on Christmas Day, Tenison Woods Centre, St Agnes' Village. We are now seeking Expressions of Interest to attend.



PUT ON YOUR PARTY HAT



U3A END OF YEAR CONCERT 2022

Friday, 18 November, 2.00 pm

TENISON WOODS CENTRE Lochinvar Place Port Macquarie COST \$5.00 – BOOKINGS AT U3A Centre, St Agnes Village 2 Lochinvar Place, Port Macquarie or pay on line or at the door Ph 6584 4192

www.pmhu3a.org.au



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 in the Tenison Woods Centre, St Agnes' Village.

Please phone the Village Office on 6584 3515 by *Friday, 9th December 2022* to place your name on the list.

<u>Resident News</u>

PRAYER SPONSORS FOR HSC STUDENTS

If you are interested in being a Prayer Sponsor for a Year 12 student from a St Agnes' Catholic Parish Secondary School, please phone the Presbytery Office on 6583 1024. Details (student name, exam times and prayers to be offered) will be sent to you before the HSC exams commence on Wednesday, 12th October 2022. Knowing that someone is praying for you at a difficult time is a source of great strength and consolation.



LOURDES VILLAGE BOOK CLUB

Are you interested in joining the Lourdes Village Book Club? You are invited to attend a meeting to discuss the NEW Lourdes Village Book Club.

Tuesday, 18th October 2022 at 2:30pm in the John Worner Centre.

If you would like further information, please phone Diane on 5543 9947.

Sailability Port Macquarie



Sailing Wednesdays from September through to December and then from January through to May each year at McInherney Park, Port Macquarie.

Sailability Port Macquarie is an all-volunteer organisation dedicated to providing sailing opportunities accessible to all, regardless of age, gender or ability. Our 'Crew' embrace their sailing activities and find that sailing is a fun, safe and rewarding activity in which all can participate. People with various types of abilities are catered for. People with restricted mobility are able to sail with us as well. If you are interested in this very supported charity, please phone the Village Office on 6584 3515 to express your interest.

Residents Afternoon Tea Held on a Sunday (fortnightly) between 2:00pm and 4:00pm Commencing on Sunday, 9th October 2022

Do you want to enjoy an informal get together with other residents on a weekend? How about a Sunday afternoon tea held every fortnight? This informal get together is a great chance to socialise with residents in the village and enjoy delicious light refreshments. Make your own cup of tea or coffee and bring along a plate of goodies to share.

The Lost Plot Community Garden

The Lost Plot is Port Macquarie's community garden. It is a constantly evolving community space open to anyone regardless of age and ability. At *The Lost Plot*, there are frequent opportunities to develop new skills, be involved in creating artworks, or participate in community celebrations. Gardening is also a wonderful way to exercise, enjoy the outdoors, and alleviate stress.

The Lost Plot welcome visits from interested groups to learn about their garden. A group visit involves observing and learning about gardening, or about their garden or related topics. Some visits may involve hands-on activities (e.g. composting, gardening, watering), while others may involve a tour of the garden and information provided by a member of the garden. Group visits require a booking and I am seeking residents who may be interested in attending a group visit to the *Lost Plot Community Garden*. Please phone the Village Office on 6584 3515 to place your name on the list. Residents will be advised if a visit will go ahead.

INS LIFEGUARD SYSTEM



Reminder:

Don't forget to test your INS Personal Alarm system this month. The new INS LifeGuard system which replaced the former Vital care system is now fully operational. The pendant provided which is either worn with a lanyard or on a watch band is waterproof and can be worn in the shower. INS LifeGuard will be attending Lourdes Village for a presentation on the new emergency call 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 John Worner Centre on the following dates/times:

Tuesday, 18th October 2022 between 10:30am and 12:30pm Wednesday, 19th October 2022 between 9:30am and 11:30am

We encourage residents to attend these presentations, if possible.



EXPRESSION OF INTEREST

Two-night Bus Trip – Hunter Valley/Morpeth 8th February 2023 to 10th February 2023 Cost—TBA



If you would like to express your interest in attending this bus trip, please phone the Village Office on telephone 6584 3515 by Friday, 7th October 2022. Interested residents will be contacted with further details including costings, deposit and itinerary.

Please note: this trip is non-refundable unless you are able to give your booking to another resident.

Tour Highlights:

- Hunter Valley Gardens
- Hunter Valley Gardens Shopping Village
- Roche Estate (Hunter Valley Smelly Cheese Shop, Wine tasting at Tempus Two)
- Visit Morpeth Antique Centre (Morpeth Gift Gallery, Morpeth Gourmet Foods & Morpeth Ginger Beer Factory – fudge, honey, nut & ginger beer tastings).

Tour Includes:

- Coach travel
- Accommodation at Harrigan's Hunter Valley based on Twin Share – Single supplement applies
- Entry fee included to Hunter Valley Gardens
- The following meals will be included:
 - Continental/hot breakfast x 2
 - 2 course dinner x 2
 - lunch on Friday

All other meals not included will be at your own cost.

<u>Reminder to Residents</u>

Facility Management – Transition to ISS Project

Commencing Monday, 3rd October 2022, St Agnes' Catholic Parish will partner with ISS Facility Services (ISS) for all repairs and maintenance requests. Residents received correspondence in August 2022 notifying of this change. **Please note: Nothing will change for you in terms of how you request maintenance and repairs. You will still phone the Repairs and Maintenance Hotline number 1300 522 511 and your call will be answered by one of the team.** Should you prefer to email your request, the new email address for service requests is <u>maintenance@stagnesparish.org.au</u>.

REQUESTS FOR ADDITIONS IN VILLAS

Any additions, which includes screen doors, air conditioning units, ceiling fans, grab rails, 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 (02) 5525 3600, mobile 0407 843 515, or email <u>Sue.Reid@stagnesparish.org.au</u>.

Deposits have been taken on the following:

Villa 49 at St Agnes' Village Villa 124 at St Agnes' Village Villa 135 at St Agnes' Village Villa 55 at Lourdes Village



Please note: Images of villas are representative only. We have several villas under refurbishment that will be available for sale in the coming months.

LIFE IN THE 1500'S

because the water temperature isn't just how you like it, think "I about how things used to be. Here are some facts about The next time you are washing your hands and complain the 1500s: State sold · · · · · · · · · · · · ·

May, and still smelled pretty good by June. However, they were starting to Vost people got married in June because they took their yearly bath in smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married. Baths consisted of a big tub filled with hot water. The man of the house then the women and finally the children, Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the had the privilege of the nice clean water, then all the other sons and men, saying, "Don't throw the baby out with the bath water."

and other small animals (mice, bugs) lived in the roof. When it rained it underneath. It was the only place for animals to get warm, so all the cats became slippery and sometimes the animals would slip and fall off the had thatched roofs-thick straw-piled high, with no wood roof. Hence the saying "It's raining cats and dogs." Houses

could mess up your nice clean bed. Hence, a bed with big posts and a posed a real problem in the bedroom where bugs and other droppings There was nothing to stop things from falling into the house either. This sheet hung over the top afforded some protection. That's how canopy beds came into existence. The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor."

the winter wore on, they added more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As entranceway. Hence the saying a "thresh hold." In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat.

food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had days old."

When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could "bring home the bacon." They would cut off a little to share with guests and would all sit around and Sometimes they could obtain pork, which made them feel quite special. "chew the fat."

poisoning death. This happened most often with tomatoes, so for the Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead next 400 years or so, tomatoes were considered poisonous.



Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

the family would gather around and eat and drink and wait and see if sometimes knock the imbibers out for a couple of days. Someone burial. They were laid out on the kitchen table for a couple of days and Lead cups were used to drink ale or whisky. The combination would walking along the road would take them for dead and prepare them for they would wake up. Hence the custom of holding a "wake."

to bury people. So they would dig up coffins and would take the bones out of 25 coffins were found to have scratch marks on the inside and string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in someone could be "saved by the bell" or was considered a "dead England is old and small and the local folks started running out of places the graveyard all night (the "graveyard shift") to listen for the bell; thus, they realized they had been burying people alive. So they would tie to a "bone-house" and reuse the grave. When reopening these coffins, ringer." And that's the truth ...

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Now, whoever said that history was boring!



LIFE IN THE 1500'S - provided by St Agnes' Village resident Leone Williams

Bus Outings for October 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.

WALKING BUS - LIMITED TO 10 RESIDENTS

Friday, 14 th October 2022 Leave Menary Drive and Davoren Drive at 9:30am	A half day bus outing to <i>Kew Corner Store</i> for morning tea. <i>Kew Corner Store</i> is a coffee shop and a corner store. Newsagent and proud suppliers and supporters of fresh local produce and merchandise.
Monday, 17 th October 2022 Leave Menary Drive and Davoren Drive at 1:30pm	A half day bus outing to <i>McDonalds at the Donut (Highway)</i> for afternoon tea and then visit <i>Sovereign Place Town Centre</i> .
Thursday, 20 th October 2022 Leave Menary Drive and Davoren Drive at 9:15am	A full day bus outing to <i>Taylors Arm - The Pub With No Beer</i> . Enjoy some of the most beautiful scenery as you wind through the countryside with spectacular river and mountain views. Visit the historical <i>Old Talarm Church</i> , built in 1921 and relocated in 2001. From steaks to pizza to burgers to salad, they have something for everyone at the <i>Pub With No Beer</i> .

<u>Please note:</u> 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.

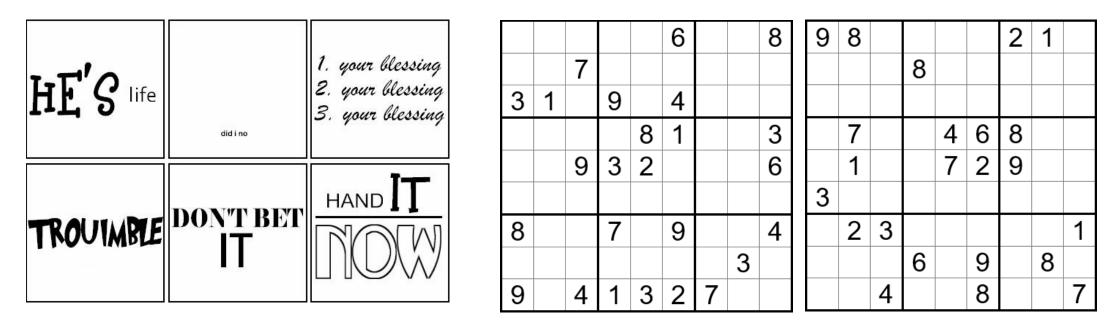
Bamboozable A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is.

<u>Puzzle Tíme</u>

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 1165

Sudoku – Easy 1166



"What am I?" Riddles

- Everyone has me but nobody can lose me. What am I?
- I have four legs, a back, but no head. What am I?
- I love to dance and twist and prance, I shake my tail, as away I sail, wingless I fly into the sky. What am I?
- Although I'm far from the point, I'm not a mistake. I fix yours. What am I?

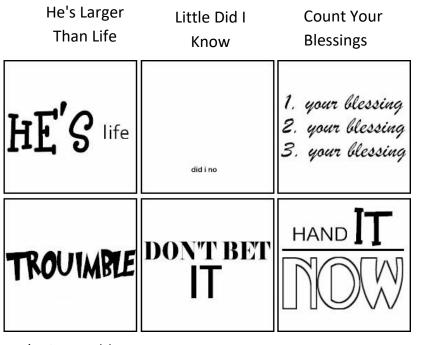
John Worner Centre - Calendar for October 2022

DAY	DATE	ΑCTIVITY	TIME		
SATURDAY	1 OCT	Cards/Board Games Afternoon*	1:00pm-4:00pm		
MONDAY	3 OCT	'Knit and Knatter' Craft Group	10:00am-12noon		
TUESDAY 4 OCT		Gentle Exercises	9:30am-10:15am		
		Social Committee Meeting	10:30am		
		Residents Committee Meeting	2:00pm		
WEDNESDAY	5 OCT	Carpet Bowls	1:00pm		
THURSDAY	6 OCT	Art 4 Wellness	2:30pm-4:30pm		
FRIDAY	7 OCT	Coffee Morning	10:00am		
SATURDAY	8 OCT	Cards/Board Games afternoon*	1:00pm-4:00pm		
SUNDAY	9 OCT	Resident Afternoon Tea	2:00pm-4:00pm		
MONDAY	10 OCT	'Knit and Knatter' Craft Group	10:00am-12noon		
TUESDAY	11 OCT	Gentle Exercises	9:30am-10:15am		
WEDNESDAY	12 OCT	Carpet Bowls	1:00pm		
THURSDAY	13 OCT	Art 4 Wellness	2:30pm-4:30pm		
FRIDAY 14 OCT		"Card Pop-Up Shop"	9:00am-11:30am		
		Coffee Morning	10:00am		
		Happy Hour	4:00pm		
SATURDAY	15 OCT	Cards/Board Games Afternoon*	1:00pm-4:00pm		
MONDAY	17 OCT	'Knit and Knatter' Craft Group	10:00am-12noon		
TUESDAY	18 OCT	Gentle Exercises	9:30am-10:15am		
		INS LifeGuard Information Session	10:30am-12:30pm		
		Lourdes Village Book Club Meeting	2:30pm		
WEDNESDAY 19 OCT		INS LifeGuard Information Session	9:30am-11:30am		
		Carpet Bowls	1:00pm		
THURSDAY 20 OCT		Social Committee BBQ Luncheon	12noon for 12:30pm		
		Art 4 Wellness	2:30pm-4:30pm		
FRIDAY	21 OCT	Coffee Morning	10:00am		
		Catholic Women's League	12:30pm-3:30pm		
SATURDAY	22 OCT	Cards/Board Games Afternoon*	1:00pm-4:00pm		
SUNDAY	23 OCT	Resident Afternoon tea	2:00pm-4:00pm		
MONDAY	24 OCT	'Knit and Knatter' Craft Group	10:00am-12noon		
TUESDAY	25 OCT	Gentle Exercises 9:30am-10:15ar			
WEDNESDAY	26 OCT	Carpet Bowls	1:00pm		
THURSDAY	27 OCT	Art 4 Wellness	2:30pm-4:30pm		
FRIDAY 28 OCT		Coffee Morning	10:00am		
		Happy Hour	4:00pm		
SATURDAY	29 OCT	Cards/Board Games Afternoon*	1:00pm-4:00pm		
MONDAY	31 OCT	'Knit and Knatter' Craft Group	10:00am-12noon		

Please note: Village Activities are highlighted in Italics - The weekly Cards/Board Games afternoon (Saturday 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 28/9/2022.

Puzzle Time - Solutions

Bamboozable Answers



I'm in Trouble

Don't Bet on It Hand It Over Now

"What am I?" Riddles Answers

- Everyone has me but nobody can lose me. What am I? Shadow
- I have four legs, a back, but no head. What am I? Chair
- I love to dance and twist and prance, I shake my tail, as away I sail, wingless I fly into the sky. What am I? Kite
- Although I'm far from the point, I'm not a mistake. I fix yours. What am I? Eraser



Sudoku – Easy 1165

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

Sudoku – Easy 1166

