

Village Newsletter

St Agnes' Village October 2022 Edition



VILLAGE MANAGEMENT OFFICE

Phone: (02) 6584 3515

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

Email: reception@villageliving.org.au

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Editor's words

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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@stagneparish.org.au

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

Dear Residents,

Welcome to the October 2022 edition of the Village Newsletter. A kookaburra perched outside the John Worner Centre, Lourdes Village 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.

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.

St AGNES'
CARE & LIFESTYLE



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



Residents are invited to attend Happy Hour every fortnight in the Tenison Woods 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

(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.

POP UP CARD SHOP

"The Card Lady" will be back again in St Agnes' 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 Tenison Woods Centre on **Monday, 10th October 2022 between 9:00am and 12noon.**

ST AGNES' VILLAGE SOCIAL COMMITTEE EVENTS

The St Agnes' Village Social Committee will be holding the following events in October 2022.

- ♦ ***Wednesday, 19th October 2022 – BBQ Luncheon***
- ♦ ***Sunday, 30th October 2022 – Afternoon entertainment (Concert Band)***

Please keep an eye out for the flyer with further information inviting you to these gatherings.

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



- ❖ **Tuesday, 1st November 2022** – Melbourne Cup Afternoon @ 2pm hosted by the St Agnes' Village Social Committee. Sweeps 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.
- ❖ **Wednesday, 14th December 2022** – St Agnes' Village Residents Christmas Luncheon hosted by the St Agnes' Village Social Committee. 12noon for 12:30pm. 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.



For those men or women who want to tinker in the workshop, work on meaningful projects showing your creative side or just come together to meet and talk to fellow residents, then pop into the Men's Shed. The tools and equipment have been checked and are Workplace Health and Safety (WHS) compliant. The Men's Shed is located in the Tenison Woods Centre. It is accessible from the glass doors at the western end of the centre and unlocked daily between 8.00am and 4.30pm. Ladies are also welcomed to attend.

Resident News

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.



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.



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.

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.

Reminder to Residents

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 maintenance@stagnesparish.org.au.

Reminder:



Don't forget to test your INS Personal Alarm system this month.

The pendant provided, either worn with a lanyard or on a watch band, is waterproof and can be worn in the shower.

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.

WASTEWATER TREATMENT PLANT

Residents are encouraged to report any odour from the Wastewater Treatment Plant on Ocean Drive Port Macquarie. Please report to the Environment Protection Authority (EPA) hotline on telephone 131 555. Reporting any odours will enable the EPA and Port Macquarie Hastings Council to work together to address these concerns.

Happy Snaps

The below photos were taken at the Social Committee Fish n Chips luncheon held on Wednesday, 21st September 2022. School students from St Peter's Primary School Junior Choir entertained the residents. It was a very enjoyable afternoon.



Villas at St Agnes' Village & Lourdes Village

For an Expression of Interest, please phone either (02) 5525 3600, mobile 0407 843 515, or email Sue.Reid@stagnesparish.org.au.

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

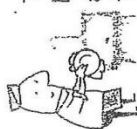


Please note: Images of villas are representative only. We have several villas under refurbishment that will be available for sale in the coming months.

A Step Back in Time

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

LIFE IN THE 1500'S



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

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to 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 had the privilege of the nice clean water, then all the other sons and men, 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 saying, "Don't throw the baby out with the bath water."

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

There was nothing to stop things from falling into the house either. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a 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 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 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 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.

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 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 days old."

Sometimes they could obtain pork, which made them feel quite special. 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 "chew the fat."

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 poisoning death. This happened most often with tomatoes, so for the 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."

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

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a 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 the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer." And that's the truth...

Now, whoever said that history was boring!




Bus Outings for October 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

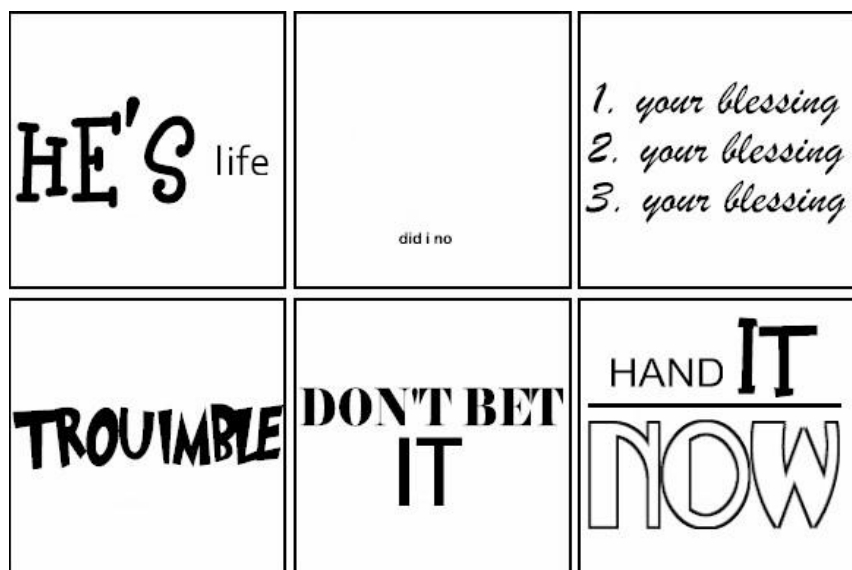
<p>Friday, 14th October 2022 Leave TWC and Stages 7, 8 & 9 at 9:15am</p> 	<p>A half day bus outing to <i>Kew Corner Store</i> for morning tea. <i>Kew Corner Store</i> is a coffee shop and a corner store. Newsagent and proud suppliers and supporters of fresh local produce and merchandise.</p>
<p>Monday, 17th October 2022 Leave TWC and Stages 7, 8 & 9 at 1:45pm</p> 	<p>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>.</p>
<p>Thursday, 20th October 2022 Leave TWC and Stages 7, 8 & 9 at 9:00am</p> 	<p>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>.</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

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.



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

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

Sudoku – Easy 1166

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

“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?

Tenison Woods Centre - Calendar for October 2022

DAY	DATE	ACTIVITY	TIME
SATURDAY	1 OCT	<i>Scrabble Group</i>	2:00pm-4:00pm
SUNDAY	2 OCT	Hall Booking	10:00am-11:00am
MONDAY	3 OCT	PUBLIC HOLIDAY (NO COFFEE SHOP) <i>Craft Afternoon</i>	1:30pm
TUESDAY	4 OCT	Residents Committee Meeting <i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness Class</i> Social Committee Meeting (Meeting Room)	8:00am 11:00am-11:45am 1:30pm 2:00pm-4:00pm 2:00pm-3:00pm
THURSDAY	6 OCT	Hall Booking (Meeting Room)	2:00pm-3:30pm
FRIDAY	7 OCT	<i>Ladies Snooker</i>	1:30pm
SATURDAY	8 OCT	Hall Booking <i>Scrabble Group</i>	10:00am-12noon 2:00pm-4:00pm
SUNDAY	9 OCT	Hall Booking (PM Combined Probus)	11:00am-2:00pm
MONDAY	10 OCT	"Card Pop-Up Shop" <i>Coffee Shop</i> <i>Craft Afternoon</i>	9:00am-12noon 10:00am 1:30pm
TUESDAY	11 OCT	<i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness Class</i>	11:00am-11:45am 1:30pm 2:00pm-4:00pm
WEDNESDAY	12 OCT	Qi Gong	9:30am-11:00am
FRIDAY	14 OCT	Hastings Combined Seniors Meeting <i>Ladies Snooker</i> <i>Happy Hour (Social Committee)</i>	9:30am-12:30pm 1:30pm 4:00pm
SATURDAY	15 OCT	<i>Scrabble Group</i>	2:00pm-4:00pm
MONDAY	17 OCT	<i>Coffee Shop</i> <i>Craft Afternoon</i>	10:00am 1:30pm
TUESDAY	18 OCT	<i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness</i>	11:00am-11:45am 1:30pm 2:00pm-4:00pm
WEDNESDAY	19 OCT	Qi Gong <i>Social Committee BBQ Luncheon</i>	9:30am-10:30am 12noon for 12:30pm
THURSDAY	20 OCT	<i>Calligraphy with Christine</i>	2:30pm-4:00pm
FRIDAY	21 OCT	<i>Ladies Snooker</i>	1:30pm
SATURDAY	22 OCT	<i>Scrabble Group</i>	2:00pm-4:00pm
MONDAY	24 OCT	<i>Coffee Shop</i> <i>Craft Afternoon</i>	10:00am 1:30pm
TUESDAY	25 OCT	<i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness</i>	11:00am-11:45am 1:30pm 2:00pm-4:00pm

Tenison Woods Centre - Calendar for October 2022

(continued)

WEDNESDAY	26 OCT	Qi Gong	9:30am-11:00am
THURSDAY	27 OCT	Hall Booking (Meeting Room) <i>Calligraphy with Christine</i>	11:00am-1:30pm 2:30pm-4:00pm
FRIDAY	28 OCT	<i>Ladies Snooker</i> <i>Happy Hour (Social Committee)</i>	1:30pm 4:00pm
SATURDAY	29 OCT	<i>Scrabble Group</i>	2:00pm-4:00pm
SUNDAY	30 OCT	<i>Social Committee Afternoon Entertainment</i> <i>(Concert Band)</i>	2:00pm-4:00pm
MONDAY	31 OCT	<i>Coffee Morning</i> <i>Craft Afternoon</i>	10:00am 1:30pm-3:30pm

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 28/9/2022.

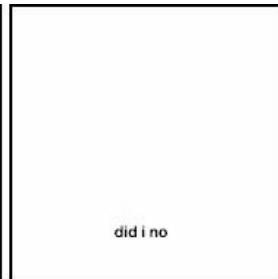
Puzzle Time - Solutions

Bamboozable Answers

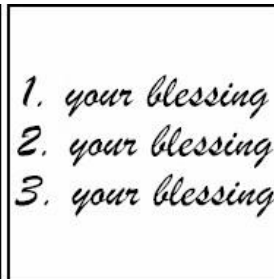
He's Larger
Than Life



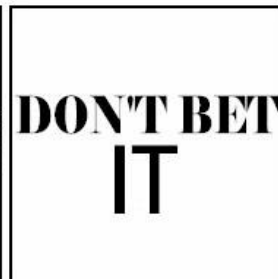
Little Did I
Know



Count Your
Blessings



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

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

