

Village Newsletter

Lourdes Village April 2024 Edition



ANZAC DAY

LEST WE FORGET

VILLAGE MANAGEMENT OFFICE

Phone: (02) 6584 3515

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

Email: reception.villageliving@stagneparish.org.au

Hello Everyone,

The Village Management Office staff hope you had a safe and Happy Easter. We look forward to receiving God's love and hope for the future following the Easter blessings.

Sue Hollis will be resuming her Western Australia holiday from 15th April 2024 and returning to work on 29th July 2024. Sue will provide the Village Office staff with updates of her travels, including photos that will be published in coming newsletters. In Sue's absence, Karen Rawson will be filling her role. Sue wishes you all the best and looks forward to sharing her journey with us all.

Village Transport - As you are aware, the Village Transport extended to Tuesday afternoons 12:30pm–3:30pm and Wednesday mornings 9:00am–1:00pm which commenced on Monday, 11 March 2024. However, it appears that the service on Tuesday afternoons has not been utilised by residents. Unfortunately, if this service is not utilised we will need to cancel the Tuesday service.

The Village Transport hours are currently:

Monday	9:30am–1:00pm
Tuesday	12:30pm–3:30pm
Wednesday	9:00am–1:00pm
Friday	9:30am–1:30pm

Please note: The Village Office will be closed on Thursday, 25 April 2024 for Anzac Day Public Holiday.

Deb Scoins



Anzac Day, 25 April, is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War.

When war broke out in 1914 Australia had been a federated nation for only 13 years, and its government was eager to establish a reputation among the nations of the world. When Britain declared war in August 1914 Australia was automatically placed on the side of the Commonwealth. In 1915 Australian and New Zealand soldiers formed part of the expedition that set out to capture the Gallipoli peninsula in order to open the Dardanelles to the allied navies. The ultimate objective was to capture Constantinople (now Istanbul), the capital of the Ottoman Empire, an ally of Germany.

Let us thank all our servicemen and servicewomen, past and present, who have displayed courage and self-sacrifice serving our country.



Meditation with Margaret

A meditation class is held on the 1st and 3rd Thursday of each month at 2.00pm in the John Worner Centre, Lourdes Village. It is important that the class starts on time at 2.00pm so your meditation is not interrupted. For any inquiries, please contact Margaret on **0428 202 593**.



Calligraphy with Christine

Christine is offering Calligraphy for Beginners in conjunction with the Craft Afternoons in the Tenison Woods Centre, Mondays from 1:30pm–3:30pm. Lourdes Village residents are invited to attend. Please phone Christine on 0408 177 964 if you would like to learn in a friendly group. CLASSES WILL NOT BE HELD FOR DURING 2ND APRIL 2024 TO 18TH APRIL 2024.



Happy Hour is held in the John Worner Centre each Friday at 4:00pm. The first Friday of the month will include a BBQ. Bring along your meat, chicken, fish salad and enjoy with your fellow residents.



Be uplifted by the rousing choruses of G.F. Handel's *Messiah* performed by singers brought together by:

Musical Director: Robyn Ryan OAM
with Organist: Heather Moen-Boyd

SATURDAY 6 April 2024, 2:00 pm
 St Agnes' Church, Hay St Port Macquarie

Tickets at the door: \$20
Supporting the St Agnes Foundation

SOROPTIMIST INTERNATIONAL OF PORT MACQUARIE WILL BE HOSTING A



Fashion Parade

Saturday 27TH April 2024 at 10.00 am

TENISON WOODS CENTRE – LOCHINVAR PLACE PORT MACQUARIE

Fashions by J.A. Fashions in Laurieton

Admission \$5.00 – Morning Tea Provided

EVERYONE IS INVITED

Soroptimist International speak up for women of all nations through
AWARENESS, ADVOCACY AND ACTION
EDUCATE, EMPOWER, ENABLE

Over 90,000 women worldwide call themselves a Soroptimist



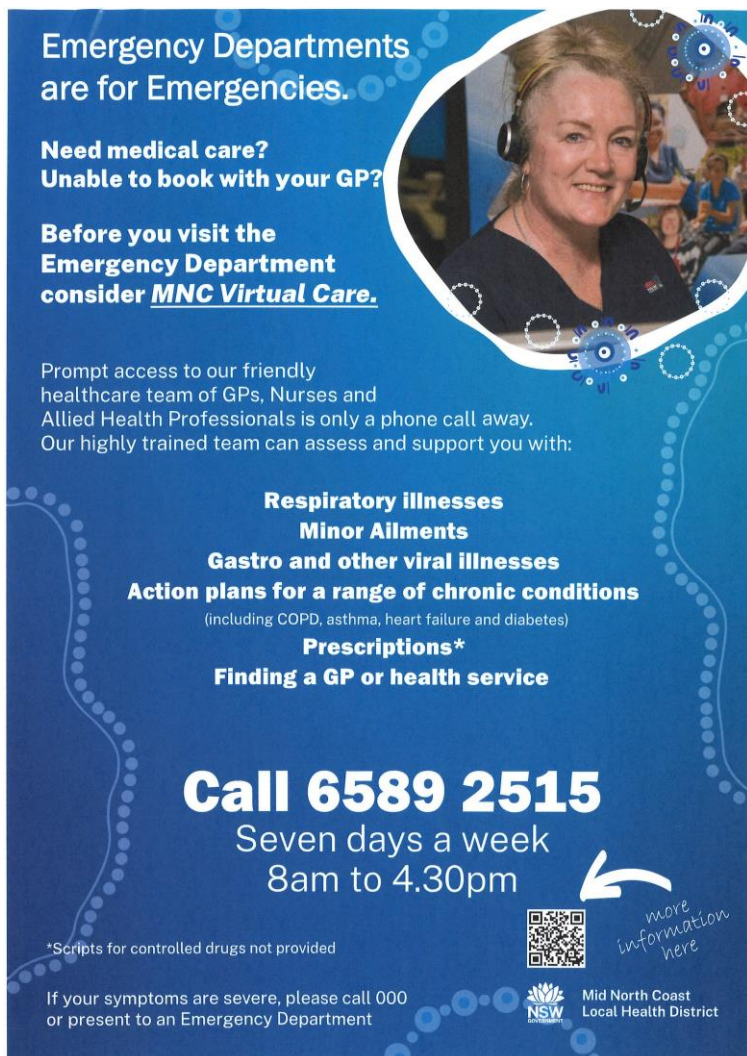
"A global voice for women since 1921"

2023 RESIDENT SURVEY RESULTS MEETING

The Resident Satisfaction Survey Results Meeting will be held on Thursday, 18 April 2024 at 10:00am in the John Worner Centre. This relates to the 2023 Resident Survey. Village Management apologises for the delay in providing residents with these results.

Gentle Exercise Class

Gentle Exercises classes have resumed in the **John Worner Centre each Tuesday morning at 9.30am**. Pop in and stretch those muscles and strengthen those joints. Seated and standing exercise videos for seniors, working all aspects of fitness. Come along and improve your strength fitness, balance and coordination, decrease pain and begin moving well. Further information can be obtained by contacting the Village Office on 6584 3515. Exercises are also great for balance!



Emergency Departments are for Emergencies.

**Need medical care?
Unable to book with your GP?**

Before you visit the Emergency Department consider MNC Virtual Care.


Prompt access to our friendly healthcare team of GPs, Nurses and Allied Health Professionals is only a phone call away. Our highly trained team can assess and support you with:


- Respiratory illnesses**
- Minor Ailments**
- Gastro and other viral illnesses**
- Action plans for a range of chronic conditions**
(including COPD, asthma, heart failure and diabetes)
- Prescriptions***
- Finding a GP or health service**

Call 6589 2515
Seven days a week
8am to 4.30pm

*Scripts for controlled drugs not provided

If your symptoms are severe, please call 000 or present to an Emergency Department

 *more information here*

 Mid North Coast Local Health District

VILLAGE RULES – NOISE

Residents are reminded of the Village Rules in relation to noise. Clause 1 of the Rules and Conditions Relating to Occupation of Villas at St Agnes' Village states:

An occupier of a villa shall not create any noise likely to interfere with the peaceful enjoyment of the occupier of another villa or any person lawfully using common property.

There have been instances where car horns are being used unnecessarily in the village. Please be mindful that many residents have a rest during the day. It would be appreciated if residents and visitors do not use their car horn whilst driving in the village. Village Management would be very appreciative of courtesy shown in this regard.

In NSW, the law on using horns and similar warning devices is outlined in Rule 224 Road Rules 2014 (NSW).

SR ANNE'S MUSINGS

*After the resurrection, Jesus appeared to many disciples,
women and men.*

*Some believed, some didn't, some wanted more proof.
Are we open to receiving Jesus' words through other
people, through prayer, both communal and private,
through events that happen in our lives?*

Jesus is alive and active. He awaits our response.

A new Pastoral Care Volunteer, Mr Tony Lanzafame was visiting Maryknoll where it was recognised that he spoke Italian. Pastoral care knew of a resident in another facility who was Italian. So it was organised that Tony would meet up with Vincent who also spoke Italian, Both happily spoke together for over half an hour. Vincent stated he was grateful for the visit and the opportunity to speak in his native tongue again...bringing back many happy memories for both!

Smiles and Thanks



Dear Lord, grant all servicepersons who sacrificed health and life for the good of all, the gift of your deep peace. May we who inherit the freedom for which they fought become instruments of your peace in our homes, workplaces and world. We ask this prayer through Christ our Lord. Amen.

PASTORAL CARE IS AVAILABLE AT ANY TIME - PH 0438 832 740

Resident News



A warm welcome to new residents who have recently moved into the Village, we hope you enjoy living here.



Daylight Saving Time finishes at 3am on Sunday, 7 April 2024. Don't forget to wind your clocks and watches back one hour before you go to bed on Saturday.

Lourdes Village Social Committee Report

Social Snapshot

Leslie Pearse was the choice for March Book Club meeting. Leslie is a British novelist, had her first book published when she was 48 and is still writing romantic and family saga best-sellers at 79 years old.

With everyone reading the same author but different titles, it made an interesting discussion. Most people thought she was a good storyteller although some found her writing a little verbose. On further examination it seems most of her stories have a similar theme, but they have enough twists and turns to not appear too repetitive. Worth a read if you're looking for a good story.

Book Clubs are about challenging us and making us think so the theme for the April Book Club meeting is **Children's Books**, anything from toddler picture books to teen fiction, whatever your choice. **Next meeting is Tuesday 16 April, at 2.00 pm in the John Worner Centre.**

Happy Hour continues to be enjoyed with the highlight being the monthly barbecue on the first Friday of the month. Next **Happy Hour and Barbecue is on Friday 5 April, at 4.00 pm** at the John Worner Centre. BYO drinks, meat, fish, bread, salad, or anything else you enjoy.

Coming events are:

Thursday 25 April, at 6.00 am – ANZAC Day Flag Raising

9.30 am – ANZAC Day Morning Tea and Memorabilia Display

Tuesday 30 April, at 12.30 pm for 1.00 pm – Roast Chicken Lunch and Lourdes Village Residents Committee Annual General Meeting. Cost \$15.00 per person

Details for all events will be in your mailbox soon.

WHAT A PARTY!!

CELEBRATIONS FOR JO MORRIS' 100TH BIRTHDAY

What a celebration!!! It's not too often the Village celebrates a resident's 100th birthday. Here are some photos of Jo Morris' special birthday. Congratulations again Jo.



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.

Reminder to Residents

Resident Lock Out procedure – if residents cannot recall the security PIN for their locked key box, the following procedure should be followed:

- During business hours, 8:00am to 4:30pm Monday to Friday, please phone the Village Office on telephone 6584 3515 and a staff member will assist.
- After hours, 4:30pm to 8:00am, Monday to Friday and weekends and public holidays, please phone our Nurse Call System Provider, INS LifeGuard (1800 636 226) who will be able to provide you with the PIN number. Please be aware for security purposes, INS LifeGuard will ask you to verify your name, villa number and date of birth, prior to providing the PIN.
- If residents are unsure of how to access the locked box using the PIN, you can ask for assistance from your neighbour.



Don't forget to test your INS LifeGuard Personal Alarm System and SmartTracker this month. Also ensure your INS LifeGuard IP Dialler remains on, even when you are away on holiday. Please notify the Village Office or INS LifeGuard if you will be away.

INS LifeGuard SmartTracker hint.

There is a button on the side of the LifeGuard SmartTracker with a telephone symbol on it. This button is able to turn the device on and off. As the button is level with the side of the device, it is easy to turn the device off without knowing.



One of the first indicators is that there is no green and blue flashing lights (flashing means they are connecting to Telstra and the GPS). If the device looks like it is not charging, press the telephone symbol at the side to see if the lights start flashing and it may also vibrate. If this does not happen, or you believe there is an issue with your SmartTracker, please phone the Village Office on 6584 3515 and we will arrange for this to be sent to INS Lifeguard for repair or replacement.

PLEASE NOTE: For optimal function, please ensure that the SmartTracker and IP Dialler (Nurse call machine) are plugged directly into a power point, not a power board.

PEST/VERMIN CONTROL - Residents are reminded that it is their responsibility to eradicate pest/vermin control in their villa (internally and externally), unless it has been assessed as an infestation. An infestation is to be reported to the Repairs and Maintenance number 1300 522 511 for determination by Property Services.

REPAIRS AND MAINTENANCE

For all **general maintenance requests (including maintenance to common areas)** and **after hours' emergency** maintenance requests, **Village residents MUST** call the hotline on **1300 522 511** or email the details to: maintenance@stagneparish.org.au (24 hours a day 7 days a week).

It is important that this is adhered to as the jobs will be logged through ISS and then given to maintenance staff. **PLEASE DO NOT RING MAINTANENCE STAFF DIRECTLY ON THEIR MOBILE PHONE.**

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.

A reminder.....

Even though it is wonderful to see native and wild birds in the Village, please do not feed them as their feeding habits can cause discomfort to other residents, and the feed may bring vermin such as rodents.

LOURDES VILLAGE HAIRDRESSER

Lourdes Village Hairdresser, Alice Baird, has advised that she will be unavailable for appointments on the following dates in April: **Friday, 5th April and Friday, 12th April 2024**. Alice appreciates the support from residents and thanks all the wonderful regular, loyal clients.

Lourdes Village Hairdressing is situated next door to Christ the King Chapel in Boronia Street. Alice offers a relaxed and friendly service with competitive pricing. Alice is seeking new clientele and would welcome enquiries. Hours at present are every Friday from 9.00am. Come along one Friday to discuss your hairdressing needs or phone Alice on mobile: **0408 130 446**.

Village Transport Service

Residents are reminded that the *Village Transport Service* is available to all village residents for transport to medical appointments, shopping, visiting friends, village functions/activities, even if you wish to go to the beach for a walk or into town for coffee – whatever transport requirements residents would like during the operating hours of the service. The transport vehicle is driven by volunteers from St Agnes' Catholic Parish. At least 24 hours' notice must be given to book the transport vehicle or to cancel bookings. Bookings can be made by phoning the Village Office on 6584 3515.

I would love to increase the *Village Transport Service* to 5 half days per week. Currently the *Village Transport Service* operates three half mornings and one afternoon. I encourage village residents to utilise the *Village Transport Service* for this service to continue into the future.

If you require further information regarding *Village Transport Services* or would be interested in being part of our village transport program and would like to volunteer as a *Village Transport Service* Volunteer, please phone the Village Office on 6584 3515. If you know somebody who would like to volunteer, please pass on their details to the Village Office.

Villas at St Agnes' Village & Lourdes Village

For an Expression of Interest, please phone either 6584 3515 or mobile 0407 843 515, or email Sue.Reid@stagnesparish.org.au

Villas For Sale

*We have a range of villas available at both St Agnes' Village and Lourdes Village.
Please contact Sue at Village Sales to discuss.*



Please note: Images of villas are representative only.

BUS OUTINGS FOR APRIL 2024

Pick up points for the bus outings:

St Agnes' Village: Tenison Woods Centre, Stages 7 & 8 (Sweeney Court) and Stage 9 (Quinlivan Drive).

Lourdes Village: Bus stop on Menary Drive (next to Villa 29) and bus stop on Davoren Drive (outside the John Worner Centre).

➤ Face masks may be worn and hand hygiene measures still in place.

WALKING BUS – FULL CAPACITY

<p><u>Friday, 12 April 2024</u></p> <p><u>ST AGNES' VILLAGE</u> Leave TWC and Stages 7, 8 & 9 at 9:15am</p> <p><u>LOURDES VILLAGE</u> Leave Menary Drive and Davoren Drive at 9:30am</p>	<p>The half day morning tea outing will be at Abundance Café, Sancrox. Enjoy your morning tea while taking in the water views with ducks and lizards.</p>
<p><u>Monday, 15 April 2024</u></p> <p><u>LOURDES VILLAGE</u> Leave Menary Drive and Davoren Drive at 1:15pm</p> <p><u>ST AGNES' VILLAGE</u> Leave TWC and Stages 7, 8 & 9 at 1:30pm</p>	<p>Afternoon Tea will be at Chop and Chill Café, right in the centre of town.</p>
<p><u>Thursday, 18 April 2024</u></p> <p><u>ST AGNES' VILLAGE</u> Leave TWC and Stages 7, 8 & 9 at 8:30am</p> <p><u>LOURDES VILLAGE</u> Leave Menary Drive and Davoren Drive at 8:45am</p>	<p>A full day bus outing to Larrikins Lockup at Comboyne (Nursery and Gift Shop). Enjoy morning tea, a talk of the history and tour of the gaol. You will have the opportunity to purchase items at the nursery/shop. Travel back to Byabarra Café for a delicious lunch at 12.00noon. You will need to pay for your own lunch. The cost for morning tea/talk/tour will be met by the Village Management Office.</p> <p>The Wheelchair Bus will also be available for this trip.</p> <p>When confirming your attendance at the Village Office, please advise any dietary requirements.</p>

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

John Worner Centre - Calendar for April 2024

WEEKDAY	DATE	ACTIVITY	TIME
MONDAY	1 APRIL	EASTER MONDAY (PUBLIC HOLIDAY) <i>'Knit and Knatter' Craft Group</i>	10.00-12noon
TUESDAY	2 APRIL	<i>Gentle Exercises</i>	9.30-10.15am
WEDNESDAY	3 APRIL	<i>Carpet Bowls</i>	1.00pm
THURSDAY	4 APRIL	<i>Meditation with Margaret</i>	2.00pm
FRIDAY	5 APRIL	<i>Coffee Morning</i> <i>Happy Hour</i>	10.00am 4.00pm
MONDAY	8 APRIL	<i>'Knit and Knatter' Craft Group</i> <i>LV Social Committee Meeting</i> <i>LV Residents' Committee Meeting</i>	10.00am-12noon 1.00pm 2.00pm
TUESDAY	9 APRIL	<i>Gentle Exercises</i>	9.30-10.15am
WEDNESDAY	10 APRIL	<i>Carpet Bowls</i>	1.00pm
FRIDAY	12 APRIL	<i>Coffee Morning</i> <i>Happy Hour</i>	10.00am 4.00pm
MONDAY	15 APRIL	<i>'Knit and Knatter' Craft Group</i>	10.00am-12noon
TUESDAY	16 APRIL	<i>Gentle Exercises</i> <i>Lourdes Village Book Club</i>	9.30am-10.15am 2.00pm-4.00pm
WEDNESDAY	17 APRIL	<i>Carpet Bowls</i>	1.00pm
THURSDAY	18 APRIL	<i>Resident Satisfaction Survey Results Meeting</i> <i>Meditation with Margaret</i>	10.00am 2.00pm
FRIDAY	19 APRIL	<i>Coffee Morning</i> <i>Catholic Women's League</i> <i>Happy Hour</i>	10.00am 12.30pm-3.30pm 4.00pm
MONDAY	22 APRIL	<i>'Knit and Knatter' Craft Group</i>	10.00am-12noon
TUESDAY	23 APRIL	<i>Gentle Exercises</i>	9.30am-10.15am
WEDNESDAY	24 APRIL	<i>Carpet Bowls</i>	1.00pm
THURSDAY	25 APRIL	PUBLIC HOLIDAY – ANZAC DAY <i>Flag raising</i> <i>ANZAC Day Morning Tea and Memorabilia Display</i>	6.00am 9.30am
FRIDAY	26 APRIL	<i>Coffee Morning</i> <i>Happy Hour</i>	10.00am 4.00pm
MONDAY	29 APRIL	<i>'Knit and Knatter' Group</i>	10.00am-12noon
TUESDAY	30 APRIL	<i>Gentle Exercises</i> <i>LV Residents Luncheon (Social Committee)</i> <i>LV Residents' Committee Annual General Meeting</i>	9.30am 12.00pm 2.00pm

Please note: Village Activities are highlighted in Italics

Please note: Dates & Events are correct at time of printing 3/4/2024.