

# *Village Newsletter*

*St Agnes' 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@stagnesparish.org.au](mailto:reception.villageliving@stagnesparish.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 15<sup>th</sup> April 2024 and returning to work on 29<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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. Please phone Christine on 0408 177 964 if you would like to learn in a friendly group. CLASSES WILL NOT BE HELD DURING 2<sup>ND</sup> APRIL 2024 TO 18<sup>TH</sup> APRIL 2024.

## ST AGNES' VILLAGE

### RESIDENTS COMMITTEE

### ANNUAL GENERAL MEETING (AGM)

St Agnes' Village Residents Committee will hold their Annual General Meeting (AGM) on **Tuesday, 30 April 2024 at 10:00am** in the **Tenison Woods Centre**.

Your attendance would be greatly appreciated at the AGM.



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 27<sup>TH</sup> 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"

Robyn Morgan 0409 962 258

Dian Barnes 0408 119 155



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.

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## St Agnes' Village Social Committee Report



On Wednesday, 20 March 2024 the St Agnes' Village Social Committee hosted a fabulous evening with a Fish and Chips dinner. We have received many thanks and positive feedback from those who really enjoyed the evening.

The Tenison Woods Centre was filled to the brim with 68 people enjoying their dinner time together. The bar did a very healthy trade as people sat back and relaxed with a drink and yummy fish and chips as they caught up with each other's news.

We have another event planned for April 2024, so keep an eye out in your letter box for the flyer.

Also, the Social Committee would like to call out and see if there are any males who can help with setting up the folding tables and chairs the day before our social events. Please let Sue Jenner (President) know by contacting her on 0408 069 282.

### **2023 RESIDENT SURVEY RESULTS MEETING**

**The Resident Satisfaction Survey Results Meeting will be held on Thursday, 18 April 2024 at 2:00pm in the Tenison Woods Centre. This relates to the 2023 Resident Survey. Village Management apologises for the delay in providing residents with these results.**



## BIGGEST MORNING TEA – MAY 2024



The St Agnes' Social Committee will be hosting the Biggest Morning Tea on **Wednesday 15 May 2024** to raise money for the Cancer Council.

We invite residents to donate items that can be made-up into packs. These packs will be raffled on the day. We would like residents to donate any of the following individual items that can be used to make up packs such as:

1. Pamper pack – soap, hand wash, scented candles, hand cream, face mask etc
2. Nibble pack – nuts, pretzels, crackers, chips etc
3. Garden pack – seed packets, small pot, plants etc
4. Chocolate Lovers pack – chocolate, hot chocolate sachets, etc

As this is a fundraising event for the Cancer Council each resident attending the Biggest Morning Tea may bring ONE invited guest. A flyer will be provided to residents closer to the event.

All donations can be given to anyone on the Social Committee, or you can leave items at the Village office up to one week prior to the event (Wednesday 8 May 2024).

**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

NSW 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).

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.

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**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.

## Gentle Exercise Class

A free Gentle Exercise class is held every Tuesday morning in the Tenison Woods Centre between 11am and 11:45am. 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.

## 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](mailto: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.*

### **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, and to the Port Macquarie Hastings Council by phoning 6581 8111 during business hours or phoning 6583 2225 after hours. Reporting any odours will enable the EPA and Port Macquarie Hastings Council to work together to address these concerns.

***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](mailto: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.***



## 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.

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## 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](mailto: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><b><u>Friday, 12 April 2024</u></b></p> <p><u>ST AGNES' VILLAGE</u> Leave TWC and Stages 7, 8 &amp; 9 at <b>9:15am</b></p> <p><u>LOURDES VILLAGE</u> Leave Menary Drive and Davoren Drive at <b>9:30am</b></p>	<p>The half day morning tea outing will be at <b>Abundance Café</b>, Sancrox. Enjoy your morning tea while taking in the water views with ducks and lizards.</p>
<p><b><u>Monday, 15 April 2024</u></b></p> <p><u>LOURDES VILLAGE</u> Leave Menary Drive and Davoren Drive at <b>1:15pm</b></p> <p><u>ST AGNES' VILLAGE</u> Leave TWC and Stages 7, 8 &amp; 9 at <b>1:30pm</b></p>	<p>Afternoon Tea will be at <b>Chop and Chill Café</b>, right in the centre of town.</p>
<p><b><u>Thursday, 18 April 2024</u></b></p> <p><u>ST AGNES' VILLAGE</u> Leave TWC and Stages 7, 8 &amp; 9 at <b>8:30am</b></p> <p><u>LOURDES VILLAGE</u> Leave Menary Drive and Davoren Drive at <b>8:45am</b></p>	<p>A full day bus outing to <b>Larrikins Lockup</b> 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 <b>Byabarra Café</b> 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><b>The Wheelchair Bus will also be available for this trip.</b></p> <p><b>When confirming your attendance at the Village Office, please advise any dietary requirements.</b></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.***

## *Tenison Woods Centre - Calendar for April 2024*

DAY	DATE	ACTIVITY	TIME
TUESDAY	<b>2 APRIL</b>	SAV Residents Committee Meeting <i>Gentle Exercise classes</i> <i>Chair Yoga and Creative Wellbeing Session</i> <i>Ladies Snooker</i>	8.00am 11.00am 1.30pm-4.00pm 1.30pm
WEDNESDAY	<b>3 APRIL</b>	Hall Booking (Meeting Room)	9.30am-12noon
THURSDAY	<b>4 APRIL</b>	Hall Booking (Meeting Room)	2.00pm-3.30pm
FRIDAY	<b>5 APRIL</b>	<i>Ladies Snooker</i>	1.30pm
SATURDAY	<b>6 APRIL</b>	Hall Booking <i>Scrabble Group (Meeting Room)</i>	9.00am-4.00pm 2.00pm-4.00pm
SUNDAY	<b>7 APRIL</b>	Hall Booking	10.00am-1.00pm
MONDAY	<b>8 APRIL</b>	<i>Coffee Morning</i> <i>Craft Afternoon</i>	10.00am 1.30pm
TUESDAY	<b>9 APRIL</b>	<i>Gentle Exercise Classes</i> <i>Chair Yoga and Creative Wellbeing Session</i> <i>Ladies Snooker</i>	11.00am 1.30pm-4.00pm 1.30pm
THURSDAY	<b>11 APRIL</b>	Hall Booking (Meeting Room)	3.00pm-4.00pm
FRIDAY	<b>12 APRIL</b>	Hastings Combined Seniors Meeting <i>Ladies Snooker</i> <i>Happy Hour (SAV Social committee)</i>	9.30am-12.30pm 1.30pm 4.00pm
SATURDAY	<b>13 APRIL</b>	<i>Scrabble Group</i>	2.00pm-4.00pm
MONDAY	<b>15 APRIL</b>	<i>Coffee Morning</i> <i>Craft Afternoon</i>	10.00am 1.30pm
TUESDAY	<b>16 APRIL</b>	<i>Gentle Exercise classes</i> <i>Chair Yoga and Creative Wellbeing Session</i> <i>Ladies Snooker</i>	11.00am 1.30pm-4.00pm 1.30pm
THURSDAY	<b>18 APRIL</b>	<i>St Agnes' Village Resident Survey Results Meeting</i>	2.00pm
FRIDAY	<b>19 APRIL</b>	<i>Ladies Snooker</i>	1.30pm
SATURDAY	<b>20 APRIL</b>	<i>Scrabble Group</i>	2.00pm-4.00pm
MONDAY	<b>22 APRIL</b>	<i>Coffee Morning</i> <i>Craft Afternoon plus Calligraphy with Christine</i>	10.00am 1.30pm
TUESDAY	<b>23 APRIL</b>	<i>Gentle Exercise classes</i> <i>Chair Yoga and Creative Wellbeing Session</i> <i>Ladies Snooker</i>	11.00am 1.30pm-4.00pm 1.30pm
FRIDAY	<b>26 APRIL</b>	Hall Booking (Meeting Room) <i>Ladies Snooker</i> <i>Happy Hour SAV Social Committee</i>	1.00pm-5.00pm 1.30pm 4.00pm
SATURDAY	<b>27 APRIL</b>	Hall Booking (Meeting Room) Hall Booking <i>Scrabble Group</i>	8.30am-4.30pm 9.00am-1.00pm 2.00pm-4.00pm
MONDAY	<b>29 APRIL</b>	<i>Coffee Morning</i> <i>Craft Afternoon plus Calligraphy with Christine</i>	10.00am 1.30pm
TUESDAY	<b>30 APRIL</b>	SAV Residents' Committee AGM <i>Gentle Exercise classes</i> Hall Booking (Meeting Room) <i>Chair Yoga and Creative Wellbeing Session</i> <i>Ladies Snooker</i>	10.00am 11.00am 1.00pm-5.00pm 1.30pm-4.00pm 1.30pm

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