

Village Newsletter

Lourdes Village March 2024 Edition



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,

Welcome to the March Edition of the Village Newsletter. The Village Management Office would like to wish everyone a happy and peaceful Easter at the end of the month. If you are going away for Easter, safe travels. *May Christ's glory and the promise of this joyous time of year bring peace and happiness to you and those you hold most dear.*

Village Transport will be expanding to Tuesday afternoons from 12:30pm – 3:30pm and Wednesday mornings from 9:00am – 1:00pm, commencing on **Monday, 11th March 2024**. The 9:00am start will allow residents who wish to attend Mass at St Francis of Assisi Chapel at 9.30am and may require transport. There will be no Village Transport on Good Friday, 29th March 2024, or Easter Monday, 1st April 2024.

The St Agnes' Care and Lifestyle Village Wellbeing Forum was held on Wednesday, 21st February 2024 in the John Worner Centre with over 20 people attending. The three-hour forum covered a wide range of interesting and relevant topics. The speakers were knowledgeable, informative, and engaging. Attendees were given the opportunity at morning tea to speak with staff at the information tables represented by Residential Care including Emmaus Village, Independent Retirement Living, Pastoral Care, Parish Initiatives and Volunteering. At the conclusion of the forum, attendees were invited to attend a tour of the villages and an open house walk for a villa in Lourdes Village. Feedback received deemed the forum valuable and worth attending.

Tracey

Please note: The Village Management Office will be closed on the following public holidays over the Easter period:

- **Friday, 29th March 2024 (Good Friday)**
- **Monday, 1st April 2024 (Easter Monday)**



Happy Hour will be held in the John Worner Centre each Friday at 4:00pm. Bring along your own drink and nibbles.

The first Friday of the month will include a BBQ so bring along your meat etc.

LIPALOOZA EXTRAVAGANZA

Sue, our local Nutrimetics lady is coming back on **Monday, 4th March 2024 between 9:30am and 11:30am in the Tenison Woods Centre, St Agnes' Village**. Sue will host a Lipalooza extravaganza of lipstick and colour. If it's time to update your lipstick, foundation, or makeup, Sue will be bringing a range of lipsticks and foundations to help you update your looks, all at special Village pricing. Lourdes Village residents are invited to come along.

Calligraphy with Christine

Christine is offering Calligraphy for Beginners in conjunction with the Craft Afternoon in the Tenison Woods Centre, St Agnes' Village on Mondays from 1.30pm – 3.30pm. **Please phone Christine on 0408 177 964 for further information. Lourdes Village residents are invited to attend.**

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. It would be appreciated if you could please be on time. For any inquiries, please contact Margaret on **0428 202 593**.

POP-UP CARD SHOP

Sue Hyland, the card lady, will be back again at Lourdes Village this month. Sue will be bringing her gorgeous eco-friendly cards on **Friday, 15th March 2024 between 9.30am and 11.30am in the John Worner Centre**. Pop 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.

LIFE'S 4 LIVING
brings **FREE**
CREATIVE WELLBEING SESSIONS
with Letitia from 5th March.

Come Create, Connect & Socialise while having FUN! Be prepared to Laugh!

Introducing Chair Yoga

Bring along your project
or
We'll create a project in a casual, happy & supportive environment.

NO Expectations or Experience required. Guidance & equipment supplied.

TUESDAY'S @ TENISON WOODS CENTRE 1.30 - 4PM
THURSDAYS @ JOHN WORNER CENTRE 9.30 - 12PM

This is YOUR time to Relax, Create & Enjoy!



Easter Bingo with Sue Hollis

Lourdes Village and St Agnes' Village residents are invited to come along and enjoy a fun filled morning.

When: Tuesday, 19th March 2024

**Where: Tenison Woods Centre,
St Agnes Village**

Time: 9.15 for 9.30am start

Finishes: 10.45am

Please RSVP to the Village Office before
Friday, 15th March 2024 by phoning
6584 3515



March 2024 – Lourdes Village Social Committee Event

- A Fish n' Chips lunch will be held on Thursday, 28th March 2024 at 12noon.

Keep an eye out in your letterbox for the flyer inviting you to this event.

SR ANNE'S MUSINGS

*Without the resurrection, Christ's dying would have been in vain.
What does the resurrection mean in your life?
Does it make a difference?*

Resurrection Prayer

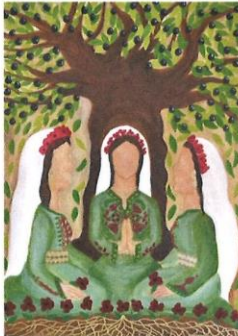
O Lord, the Way, the Truth, and the Life,
Make us faithful followers of the spirit of Your Resurrection.
Grant that we may be inwardly renewed,
dying to ourselves in order that You may live in us.
May our lives serve as signs of the transforming power of Your love.
Use us as Your instruments for the renewal of society,
bringing Your life, hope and love to all.
This we ask of You, Lord Jesus,
living and reigning with the Father,
in the unity of the Holy Spirit,
God forever.
Amen.



World Day of Prayer 2024
1st March

"I beg you...bear with one another in love"

Host Country - Palestine



The World Day of Prayer is an International Ecumenical Christian laymen's initiative. It is run under the motto "Informed prayer and prayerful action," and is celebrated annually in over 170 countries on the first Friday in March. The movement aims to bring together women of various races, cultures and traditions on a yearly common day of prayer, as well as in closer fellowship, understanding and action throughout the year.

Easter Masses

Good Friday - 3pm

Saturday - 6pm

Sunday - 7.30am and 9am

HAPPY
Easter

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

Resident News

Village Transport Service

Village Management are excited to announce the Village Transport Service operating hours will be extended with an extra morning and afternoon, commencing on **Monday, 11th March 2024**. We thank the volunteer drivers for being available to extend this service to Village residents. The Village Transport Service will operate: Monday and Friday between 9:30am and 1:00pm, Wednesday between 9:00am and 1:00pm and Tuesday between 12:30pm and 3:30pm.

Please note: Village Transport *will not* operate on **Good Friday, 29th March 2024** or **Easter Monday, 1st April 2024**.



100th BIRTHDAY CELEBRATIONS

It is with great pleasure to acknowledge Lourdes Village resident Josephine (Jo) Morris' 100th birthday this month.

Celebrating all the lives you have touched, all the memories you have made, and the love and laughter you have shared.

Congratulations on this wonderful milestone. Best wishes on your birthday.

Lourdes Village Social Snapshot

A favourite author was the theme for the February Book Club meeting, and again there was a very interesting discussion. Authors chosen were Jeffrey Archer, who led a very colourful and interesting life, including time in gaol, but was a good writer. There were also other prodigious writers including Maeve Binchy and Ken Follett and a more recent arrival to writing, Pip Williams, and many more. All provided a great discussion not only for their stories but also their popularity and the quality of their writing.

The choice for March is British novelist, Leslie Pearse. Leslie had her first book published when she was 48 and is still writing romantic and family saga best-sellers at 79 years old. There are many of her books in the John Worner Centre and we decided to use them as our theme for the month. If you have enjoyed Leslie Pearse books, come and join us at **Book Club on the third Tuesday, 19 March, at 2.00 pm.**

The library in the John Worner Centre has a very wide range of books for your enjoyment and you are able to browse and borrow books, magazines, and videos. It's free, there is no borrowing limit and no borrowing record. If you have books you no longer want, drop them into the returns box and our librarian, Diane, will shelve them appropriately. You are welcome to pop into the Centre anytime between 8.00am and 4.00pm.

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 1 March, at 4.00pm** at the John Worner Centre. BYO drinks, meat, fish, bread, salad, or anything else you enjoy.

Chinese New Year was celebrated with a Chinese Lunch on Tuesday, 27th February 2024. Twenty-six people enjoyed a selection of lovely Chinese dishes. Thank you to the Social Committee for again organising a delicious meal and a convivial afternoon.

Coming events are:

Thursday 28 March, at 12.00 noon – Fish n' Chip Lunch - \$15.00 per person

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

9.30 am – ANZAC Day Morning and Memorabilia Display

Details for all events will be in your mailbox soon.

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.**

PLEASE DO NOT FEED THE BIRDS

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.

Reminder to Residents



A reminder on How to Use the Security Key Locked Box

To Open

1. Press down on the clear button on the locked box (black centre button) before beginning.
2. Key in the Security PIN code for the locked box.
3. Slide and hold the top lever down whilst taking off the removable front section of the locked box.
4. Take the front cover with key attached to open the door of your villa.

Please ensure you return your cover in the key box holder.

To Close/Return cover

1. Reposition the removable front cover of the locked box into holder.
2. Press down on the clear button on the locked box (black centre button).
3. Re-enter the Security PIN code.
4. Slide and hold the top lever down and clip into place.

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 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.

What if I can't hear the SmartTracker or the nurse?

Voice Tone may have been turned off.

The SmartTracker should speak to you during certain tasks — for example, when you've triggered an alarm. If you don't hear the SmartTracker speak to you, or you are unable to hear our nurse, please ensure Voice Tone hasn't been turned off.

The Voice Tone button is the lower button on the left edge of the device. Press it twice and it will advise whether Voice Tone is ON or OFF. Please ensure that it's turned ON.

If that doesn't solve the problem, please contact INS LifeGuard for further assistance on 1800 636 226.



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 MAINTENANCE 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.

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@stagneparish.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 MARCH 2024

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). **To book your seat, please phone the Village Office on 6584 3515.** If you intend to take your four-wheel walker on the bus outing, please advise Village Office staff at the time of booking so the bus driver can be advised prior to the bus outing.

Friday, 8th March 2024 Leave Menary Drive and Davoren Drive at 9:30am	The half day morning tea outing will be at <i>Miss Nellie's Café</i> in Kendall.
Monday, 18th March 2024 Leave Menary Drive and Davoren Drive at 1:15pm	Afternoon tea will be at <i>Noshtalgia Café</i> right in the heart of Port Macquarie.
Thursday, 21st March 2024 Leave Menary Drive and Davoren Drive at 9:15 am	A full day bus outing to the <i>Macleay/Nambucca region</i> . First stop will be at the <i>Kempsey/Macleay Museum</i> at the South Kempsey rest area. Enjoy morning tea and then view the museum. Cost to enter will be \$3.00. Lunch will be served at the <i>Nambucca Golf Club</i> . The Wheelchair Bus will also be available for this trip.

John Worner Centre - Calendar for March 2024

DAY	DATE	ACTIVITY	TIME
FRIDAY	1 MAR	<i>Coffee Shop</i> <i>Happy Hour with BBQ</i>	10:00am 4:00pm
MONDAY	4 MAR	<i>'Knit and Knatter' Craft Group</i> <i>Lourdes Village Social Committee Meeting</i> <i>Lourdes Village Resident's Committee Meeting</i>	10:00am-12:00pm 1:00pm-2:00pm 2:00pm-3:00pm
TUESDAY	5 MAR	<i>Gentle Exercises</i>	9:30am-10:15pm
WEDNESDAY	6 MAR	<i>Carpet Bowls</i>	1:00pm
THURSDAY	7 MAR	<i>Art 4 Wellness Session with Chair Yoga</i> <i>Meditation with Margaret</i>	9:30am-12:00pm 2:00pm-3:00pm
FRIDAY	8 MAR	<i>Coffee Shop</i> <i>Happy Hour</i>	10:00am 4:00pm
MONDAY	11 MAR	<i>'Knit and Knatter' Craft Group</i>	10:00am-12:00pm
TUESDAY	12 MAR	<i>Gentle Exercises</i>	9:30am-10:15am
WEDNESDAY	13 MAR	<i>Carpet Bowls</i>	1:00pm
THURSDAY	14 MAR	<i>Art 4 Wellness Session with Chair Yoga</i>	9:30am-12:00pm
FRIDAY	15 MAR	<i>Sue Hyland's Pop-Up Card Shop</i> <i>Coffee Shop</i> <i>Catholic Women's League Meeting</i> <i>Happy Hour</i>	9:30am-11:30am 10:00am 12:30pm-3:30pm 4:00pm
SATURDAY	16 MAR	Hall Booking	9:00am-1:00pm
MONDAY	18 MAR	<i>'Knit and Knatter' Craft Group</i>	10:00am-12:00pm
TUESDAY	19 MAR	<i>Gentle Exercises</i> <i>LV Book Club Meeting</i>	9:30am-10:15am 2:00pm-4:00pm
WEDNESDAY	20 MAR	<i>Carpet Bowls</i>	1:00pm
THURSDAY	21 MAR	<i>Art 4 Wellness Session with Chair Yoga</i> <i>Meditation with Margaret</i>	9:30am-12:00pm 2:00pm -4:00pm
FRIDAY	22 MAR	<i>Coffee Shop</i> <i>Happy Hour</i>	10:00am 4:00pm
MONDAY	25 MAR	<i>'Knit and Knatter' Craft Group</i>	10:00am-12:00pm
TUESDAY	26 MAR	<i>Gentle Exercises</i>	9:30am-10:15am
WEDNESDAY	27 MAR	<i>Carpet Bowls</i>	1:00pm
THURSDAY	28 MAR	<i>LV Social Committee Fish n' Chips Lunch</i>	12noon
FRIDAY	29 MAR	PUBLIC HOLIDAY – GOOD FRIDAY <i>Happy Hour</i>	4:00pm

Please note: Village Activities are highlighted in Italics

Please note: Dates & Events are correct at time of printing 1/3/2024.