

Village Newsletter

St Agnes' Village March 2024 Edition



VILLAGE MANAGEMENT OFFICE

Phone: (02) 6584 3515

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

Email: reception.villageliving@stagnesparish.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 Tuesday, 20th February 2024 in the Tenison Woods Centre. Heavy rain on the morning of the forum didn't dampen spirits or attendance with over 30 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 St Agnes' 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
Tenison Woods Centre at 4:00pm***

***Friday, 8th March 2024
Friday, 22nd March 2024***

***Beer, wine, and soft drink for sale.
Bring your own nibbles.***

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**. 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 St Agnes' pricing.

Calligraphy with Christine

Christine is offering Calligraphy for Beginners in conjunction with the Craft Afternoon in the Tenison Woods Centre, Mondays from 1.30pm – 3.30pm. **Please phone Christine on 0408 177 964 for further information.**

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.
- St Agnes' Village residents are invited to attend. For any inquiries, please contact Margaret on 0428 202 593.

POP-UP CARD SHOP

Sue Hyland, the card lady, will be back again at St Agnes' Village this month. Sue will be bringing her gorgeous eco-friendly cards on **Monday, 18th March 2024 between 9.30am and 11.30am in the Tenison Woods 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

St Agnes' and Lourdes 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 by Friday, 15th March 2024 by phoning 6584 3515



March 2024 – St Agnes' Village Social Committee Events

- The Glenn Moore Wind Ensemble will return on Sunday, 17th March 2024 at 1:30pm in the Tenison Woods Centre. Gold coin donation.
- A Fish n' Chips night will be held on Wednesday, 20th March 2024, 5:00pm for 5:30pm, \$15.00 per person.

Keep an eye out in your letterbox for the flyers inviting you to these events.

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

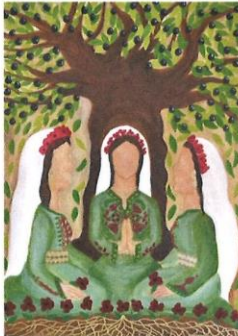
O Lord, the Way, the Truth, and the Life,
Make us faithful followers of the spirit of Your Resurrection.
Grant that we may be inwardly renewed,
dying to ourselves in order that You may live in us.
May our lives serve as signs of the transforming power of Your love.
Use us as Your instruments for the 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



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

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**.

RECYCLING MEDICATION BLISTER PACKS

Late last year, it was raised in the St Agnes' Village Residents Committee, that **plastic blister medication packs** could be recycled at the Rotary Club bin at the Sunrise Rotary and Charles Sturt University markets held on the first Sunday of the month. St Agnes' Village Resident, Lyn Beck, has taken an interest in this and researched further on this wonderful initiative. A receptacle is located in the foyer of the Village Management Office to collect plastic medication blister packs for the Sunrise Rotary Club. The plastic can be separated from the aluminium as it is a very pure aluminium. The aluminium is then used to make things such as aluminium windows etc. When the bin is full, the **plastic medication blister packs** will be collected from a Rotary Club representative. To help reduce waste and support this initiative, residents can drop off your used blister packs at the Village Management Office.

St Agnes' Village Social Committee Report



The St Agnes Village Social Committee and the many wonderful volunteer helpers started 2024 off with a hearty breakfast.

Residents chatted with each other while tucking into a plate of scrambled egg, bacon and tomato accompanied by OJ and a bread roll. Along with being a "free" event giving everyone a chance to fuel up for the day ahead.

The Social Committee are busy planning a variety of monthly functions for 2024 for residents to enjoy throughout the year. Look out for flyer/s in your letterbox.

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 keybox 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.

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

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

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:

Tenison Woods Centre, Stages 7 & 8 (Sweeney Court) and Stage 9 (Quinlivan Drive).

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 TWC and Stages 7, 8 & 9 at 9:15am	The half day morning tea outing will be at <i>Miss Nellie's Café</i> in Kendall.
Monday, 18th March 2024 Leave TWC and Stages 7, 8 & 9 at 1:30pm	Afternoon tea will be at <i>Noshtalgia Café</i> right in the heart of Port Macquarie.
Thursday, 21st March 2024 Leave TWC and Stages 7, 8 & 9 at 9:00am	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.

Tenison Woods Centre - Calendar for March 2024

DAY	DATE	ACTIVITY	TIME
FRIDAY	1 MAR	Hall Booking (MEETING ROOM) <i>Ladies Snooker</i>	9:45am-11:15am 1:30pm
SATURDAY	2 MAR	<i>Scrabble Group</i>	2:00pm-4:00pm
MONDAY	4 MAR	<i>Lipalooza Extravaganza</i> <i>Coffee Shop</i> <i>Craft Afternoon & Calligraphy with Christine Beginner Class</i>	9:30am-11:30am 10:00am 1:30pm-3:30pm
TUESDAY	5 MAR	SAV Residents Committee Meeting <i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness Session with Chair Yoga (COMMENCES)</i>	8:00am 11:00am-11:45am 1:30pm 1:30pm-4:00pm
WEDNESDAY	6 MAR	Hall Booking Hall Booking (MEETING ROOM) SAV Social Committee Meeting (MEETING ROOM)	8:30am-4:00pm 9:30am-12:00pm 2:00pm-3:00pm
THURSDAY	7 MAR	Hall Booking (MEETING ROOM)	2:00pm-3:30pm
FRIDAY	8 MAR	Hastings Combined Seniors (HCS) Meeting <i>Ladies Snooker</i> <i>Happy Hour (Social Committee)</i>	9:30am-12:30pm 1:30pm 4:00pm
SATURDAY	9 MAR	<i>Scrabble Group</i>	2.00pm-4.00pm
MONDAY	11 MAR	<i>Coffee Shop</i> <i>Craft Afternoon & Calligraphy with Christine Beginner Class</i>	10:00am 1:30pm-3:30pm
TUESDAY	12 MAR	<i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness Session with Chair Yoga</i>	11:00am-11:45am 1:30pm 1.30pm-4.00pm
WEDNESDAY	13 MAR	Hall Booking (MEETING ROOM)	9:00am-12:00pm
FRIDAY	15 MAR	<i>Ladies Snooker</i>	1:30pm
SATURDAY	16 MAR	<i>Scrabble Group</i>	2:00pm-4:00pm
SUNDAY	17 MAR	<i>Glenn Moore Orchestra (Social Committee event)</i>	1:30pm-2:30pm
MONDAY	18 MAR	<i>Coffee Shop</i> <i>Craft Afternoon & Calligraphy with Christine Beginner Class</i>	10:00am 1:30pm-3:30pm
TUESDAY	19 MAR	<i>EASTER BINGO</i> <i>Gentle Exercises</i> <i>Ladies Snooker</i> <i>Art 4 Wellness Session with Chair Yoga</i>	9:30am-10:45am 11:00am-11:45am 1:30pm 1:30pm-4:00pm
WEDNESDAY	20 MAR	Hall Booking (MEETING ROOM) <i>SAV Social Committee Fish n' Chips Night</i>	9:00am-12:00pm 5:00pm for 5:30pm
FRIDAY	22 MAR	Hall Booking (MEETING ROOM) <i>Ladies Snooker</i> <i>Happy Hour (Social Committee)</i>	12:30pm-5:00pm 1:30pm 4:00pm
SATURDAY	23 MAR	Hall Booking (MEETING ROOM) <i>Scrabble Group</i>	8:30am-4:30pm 2:00pm-4:00pm

Tenison Woods Centre - Calendar for March 2024

(continued)

MONDAY	25 MAR	Coffee Shop Calligraphy with Christine (MEETING ROOM) Craft Afternoon & Calligraphy with Christine Beginner Class	10:00am 11:00am-12:00pm 1.30pm-3.30pm
TUESDAY	26 MAR	Gentle Exercises Ladies Snooker Art 4 Wellness Session with Chair Yoga	11:00am-11:45am 1:30pm 1:30pm-4:00pm
WEDNESDAY	27 MAR	Hall Booking Hall Booking (MEETING ROOM)	12:00pm-2:30pm 9.00am-12.00pm
THURSDAY	28 MAR	Hall Booking (Meeting Room)	10.30am-12.00pm
FRIDAY	29 MAR	PUBLIC HOLIDAY – GOOD FRIDAY <i>Ladies Snooker</i>	1:30pm
SATURDAY	30 MAR	Scrabble Group	2.00pm-4.00pm

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 1/3/2024.