

Adelene



The Voice

OF THE VILLAGE

FEBRUARY 2022

This publication is produced 11 times per year for the residents of Adelene Village.



CEO Report

Hi all,

Happy New Year! What a start we have had! I understand Marita has notified you of the challenges Alino Living has faced recently with staff shortages and residential care facility closures due to Covid positive infections. I don't think there would be any one of us who now doesn't know of someone who has had the virus so we ask that if you test positive, to let Marita know so she can ensure you have support during your isolation period.

The Residents' Committee have raised why Alino Living appears on all correspondence now and they raised concerns that Adelene is disappearing. As discussed in the annual management meeting late last year, Alino Living is now the company who owns Adelene, they also own Central Coast Community Care and Vietnam Veterans Keith Payne Hostel. As such, the letter head for Adelene Village will show as Alino Living - Adelene Village, Marita's email address will show Alino Living – Marita Brocklehurst, Operations Manager – Adelene Village. Your statement will read Alino Living - Adelene Retirement Village.

The master plan and strategic plan has been scheduled to commence in the March quarter. As you are aware, we have been sourcing an alternative

product for the wall buzzers, the installation of additional hardware has been installed and testing in several villas has taken place. We would like to extend our thanks to those of you who participated in the testing. We are waiting the testing report and we will keep you informed as things progress.

At the annual management meeting last year, Mr. Abbott raised the issue of mobile phone reception in the area and asked if management could address this on the residents' behalf with the local member. Included in this newsletter is a copy of the letter sent to David Mehan. To date, we have not received a reply.

Nic and Marita will be continuing with planning activities over the coming months. Please bear with them if due to the Covid situation some activities need to be cancelled or postponed.

We welcome our new residents to the Village, Melica and Alan Duncan and, Jennifer Salway. We trust you are settling into your new homes and that you will enjoy Village life.

Justin Dover
(Co -CEO)
Greg Williams
(Co-CEO)

February 2022

Bookings for activities are essential

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna to be confirmed	2 Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30 bookings essential 9.00 Move and groove. Nic will be running this just for fun group– no cost – Men's group 1.30 Table Tennis Home visits	3 Café open 9.30-2.30 9.00 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 – shopping bus to Gosford, Bunnings precinct \$5.00 return - booking essential must be fully vaccinated wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden) Home Visits	4 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – to be confirmed Home Visits	5 Café open 9.30-2.30
6 Café open 9.30-2.30 9.00 walk and talk with Marita meet at The Hub 9.00 Better Hearing (Graham Abbott)	7 Café open 9.30-2.30 9.00 Move and groove. Nic will be running this just for fun men's group– no cost – must be fully vaccinated 12.30 Manicure with Nik, buggy pick up available – bookings essential, limited numbers \$2.00 must be fully vaccinated and wear a mask. 1.30 Table Tennis Home visits	8 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna to be confirmed	9 Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30 bookings essential Bus Trip- Laycock Street theatre bookings essential, tickets from Nic or Marita. Depart The Hub 10.15am Cost: \$25.00 9.00 Move and groove. Nic will be running this just for fun men's group– no cost – must be fully vaccinated 12.30 Manicure with Nik, buggy pick up available – bookings essential, limited numbers \$2.00 must be fully vaccinated and wear a mask. 1.30 Table Tennis Home visits	10 Café open 9.30-2.30 9.00 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 – shopping bus to Gosford, Bunnings precinct \$5.00 return - booking essential must be fully vaccinated and wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden) 11.30am Craft with Nic craft with Nic \$5.00 materials included in cost Home visits	11 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated Home Visits	12 Café open 9.30-2.30

Please note: The Hub is open from 8.00am to 4.30pm, you can access library. If exclusive bookings are required in The Hub availability will be from 3.00pm – bookings are required. If for other than Village activities, a booking fee may apply.

<p>13</p>	<p>14</p> <p>Café open 9.30-2.30</p> <p>9.00 walk and talk with Marita meet at The Hub</p> <p>9.00 Better Hearing (Graham Abbott)</p>	<p>15</p> <p>Café open 9.30-2.30</p> <p>12.00 Wellness and balance class with Tresna</p> <p>1.30 – Book club - in The Hub. Contact Erica for details</p>	<p>16</p> <p>Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30</p> <p>9.00 Move and groove. Nic will be running this just for fun mens group– no cost – must be fully vaccinated</p> <p>10.00am Bus Trip Scenic Bus Trip to North Entrance Sensory garden, Nic will be attending. \$10.00 Maybe stop for an icecream on the way home</p> <p>1.30 Table Tennis – resident organised</p> <p>Home visits</p>	<p>17</p> <p>Café open 9.30-2.30</p> <p>9.00 Move and groove, Nic will run this fun group – no cost, all welcome, must be fully vaccinated</p> <p>9.30 Shopping bus to Gosford, bunnings precinct \$5.00 return - booking essential must be fully vaccinated and wear a mask.</p> <p>10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden)</p> <p>Home visits</p>	<p>18</p> <p>Café open 9.30-2.30</p> <p>9.00 Zumba with Haruko cost applies – must be fully vaccinated</p> <p>10.30 am February birthday morning tea, must be fully vaccinated at time of publishing.</p> <p>1.00 Board games with Nic</p> <p>Home visits</p>	<p>19</p> <p>Café open 9.30-2.30</p>
<p>20</p>	<p>21</p> <p>Café open 9.30-2.30</p> <p>9.00 walk and talk with Marita meet at The Hub</p> <p>9.00 Better Hearing (Graham Abbott)</p>	<p>22</p> <p>Café open 9.30-2.30</p> <p>12.00 Wellness and balance class with Tresna</p>	<p>23</p> <p>Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30</p> <p>9.00 Mens Move and groove with Nic – no cost –</p> <p>10.30am Memories and Memorabilia with Nic – no cost -</p> <p>12.30 Manicure with Nic, buggy pick up available – bookings essential must be fully vaccinated and wear a mask. \$2.00</p> <p>1.30 Table Tennis – resident organised</p> <p>Home visits</p> <p>5.30 Dinner at Avoca Beach - Fish and Chips or take away or picnic at Avoca Beach</p>	<p>24</p> <p>Café open 9.30-2.30</p> <p>9.00 Move and groove, Nic will run this fun group – no cost, all welcome</p> <p>9.30 – shopping bus to Gosford, bunnings precinct \$5.00 return - booking essential must be fully vaccinated and wear a mask.</p> <p>10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden)</p> <p>Home visits</p>	<p>25</p> <p>Café open 9.30-2.30</p> <p>9.00 Zumba with Haruko cost applies – must be fully vaccinated</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>Café open 9.30-2.30</p> <p>9.00 walk and talk with Marita meet at The Hub</p> <p>9.00 Better Hearing (Graham Abbott)</p>					

Bus Timetable February 2022

*Bookings are essential - Max 15 passengers, Must wear a mask.
Book via the Resident Hub, or phone Nic - 4380 9901 or Marita 4380 9903*

Village pick up points:

The Hub, outside villa 40, the corner of Baxter Parade and Crowger Way, Maidens Brush Road near villa 70

Wednesday	Thursday	Friday
	3 rd February – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return	
9 th February – Laycock Street Theatre. Bus departs The Hub 10.15am \$5.00	10 th February – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return	
16 th February – Scenic Bus Trip to North Entrance Sensory Garden. Nic will be attending \$10.00	17 th February – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return	
23 rd February – Dinner at Avoca Beach, buy takeaway or take a picnic, or just go for a walk and sit by the beach. Bus departs 5.30pm \$10.00	24 th February – Shopping and Bunnings Precinct – Bus departs The Hub 9.30am \$5.00 return	

Our residents Tony Kayes and Paul Collins are your volunteer drivers.



Adelene Village

Dear _____

I write on behalf of my organisation Adelene Retirement Village . Adelene a not for profit organisation consists of a 106 unit retirement village, a 49 bed residential aged care facility and a 31 bed residential aged care facility located at 1 birch road Wyoming

We employ approx 100 of the most dedicated staff committed to providing the best care possible to our residents. These staff will go above and beyond all to ensure that the needs of our village are met. During the recent lockdown period these staff worked tirelessly finding innovative ways to reduce isolation and keep our residents connected during those crazy and challenging times

Unfortunately not many people heard about what our staff achieved during this period as Adelene Retirement Village has NO MOBILE COVERAGE . Yes in 2022 there are heavily populated areas in 2250 postcode that have NO MOBILE COVERAGE.

Upon reading this Im sure your first step will be to review the mobile coverage maps supplied by the telecommunications companies (Optus, Telstra ect) . These maps will show you that in our location there is mobile coverage. There is no such coverage

This lack of coverage is a major health and safety risk for our residents. With an aging population the focus to ensure a sustainable aged care system is to keep people in their homes as long as possible . Technology is a major piece of this puzzle and there are a multitude of applications which will enable this to happen. Unfortunately these applications are not an option at Adelene due to the lack of coverage . This limits our options in using technology to rectify some of these challenges . This lack

T 02 4325 3693 | alinoliving.com.au | Site Address - 1 Birch Road, Wyoming NSW 2250

| Central Coast Community Care Association - Trading as Alino Living | ABN 55 002 907 011



Adelene Village

of coverage has also resulted in delays in medical treatment when a resident recently had a medical episode

We are seeking your assistance to lobby on our behalf to rectify this issue. I understand there have been multiple approaches from other members of our community for assistance. Please understand this issue is not unique to Adelene. All houses , villages within this local area are experiencing the same issues . I invite you to visit Adelene at any time to see first hand the challenges we are facing

I thank you for your time. Should you require any further information I can be contacted via email jdover@alinoliving.com.au or via my mobile 0429 417 431

Regards

Justin Dover
Chief Executive Officer
January 3,2022

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Happening in the Village

RESIDENT FEEDBACK FORMS:



Resident feedback forms are now available. If you have a suggestion, complaint or compliment, this form is another avenue to submit it. Forms are available from the Administration Office, the Library, the Café and the Residents' Committee.

As always, you can contact **Marita** or **Nic** directly if you have any concerns.

Marita 4380 9903 or
mbrocklehurst@alinoliving.com.au

QUALITY SURVEY

Thanks to all of you who have taken the time to complete the quality survey. Your feedback will help us to improve our service to you. If you are yet to complete the survey, we would appreciate your feedback. Completed forms can be dropped to the Administration Office (near the Hub) or Nic will pick it up from you, contact Nic on 4380 9902 – please leave a message if there is no answer. If you have misplaced your survey just phone and we will drop one to your letterbox.

GROUNDS MAINTENANCE.

We are well into summer and plants and lawns are growing rapidly.

Daley, the gardener, works to a weekly work plan. The Village is broken into 5 areas therefore each area is attended on a 5-week rotation. Daley's working week in the Village is 4 days per week to manage the Retirement Village grounds.

PARKING

A number of areas are marked "no standing". This is to ensure that traffic flow is not disrupted. If you live on a section of road marked "no standing", please direct visitors to your home to park in the visitor parking areas.

JUSTICE OF THE PEACE (JP)

From time-to-time residents in the Village need a JP.

If anyone in the Village is a JP and is happy to help every now and then, please let Marita know 4380 9903.

WASHING OVER BALUSTRADES

The Village rules (9a) state articles for drying are not to be draped over balcony railings.

Please note: Clothes can be placed on your verandah if they are on a clothes horse.

Bunnings offer a variety of clothes horses, if you are unable to get there the Village bus will be going to the Bunnings precinct on a Thursday, cost: \$5.00 return.

Happening in the *Village*

RAPID ANTIGEN TESTS

Just a reminder that we have rapid antigen tests available for \$7.50. We can supply one test for each resident. Please contact **Marita on 4380 9903** if you would like to receive one (please leave a message if there is no answer). A resident of the village has advised that Chemist Warehouse has Rapid Antigen Tests available for concession card holders. Please contact Chemist Warehouse for more information.

THE RESIDENT HUB

The Resident Hub is the residents' intranet where you can book activities, log requests, suggestions and notifications.

We also post the Voice and other information for you on the Resident Hub. If you have the internet and you are not using the Resident Hub, please contact Nic 4380 9902 or Marita 4380 9903 (please leave a message if there is no answer) and we will assist you to access the site.

STATIONERY AND PRINTING COSTS

Stationery and printing costs are increasing, and we are looking at ways to reduce the cost. The Resident Hub is our intranet for the Village, and we will be posting all notices and the Voice of the Village on this platform in 2022.

Nic and Marita will run a class in The Hub in February if you are unsure how to access this. You will need to book in so if you are interested, please contact:

Nic 4380 9902 or
email mbrocklehurst@alinoliving.com.au.

Once we know the residents who are interested, we will schedule the class/es

If you do not have access to the internet, please let Marita know and the correspondence will be delivered to your letterbox.

Current notices and the current Voice of the Village are also kept in The Hub on the notice stand. A copy of the current Voice of the Village is also left in the library.

SAFE DRIVING IN THE VILLAGE

We ask that all residents drive safely in the Village, and you remind your carers, cleaners, transport drivers to adhere to speed limits. Please be mindful that the Village roads are shared with pedestrians.

THE MIRACLE BABIES FOUNDATION

We were thrilled to receive the attached letter from the Miracle Babies Foundation after a number of residents and their friends/family knitted for the Miracle Babies. The foundation also provided certificates to those who participated.



NurtureLine: 24hr family support helpline
1300 622 243 (1300 MBABIES)

Ph: 1300 773 664
02 9724 8999
PO Box 95, Moorebank NSW 1875
info@miraclebabies.org.au
ABN 14 137 434 596

Adelene Retirement Village
1 Birch Road
Wyoming NSW 2250

Dear Ladies and Families,

We would like to thank you for the beautifully knitted creations, we received from you in 2021. These will be sent to families in Neonatal Intensive Care Units (NICU) and Special Care Nurseries (SCN) around Australia. Your efforts are very much appreciated.

For mothers of premature or sick babies watching your baby in care can be extremely traumatic. To know that you have cared enough to take the time to support these families is truly beautiful. I hope you find this reason to knit very rewarding.

We are so grateful to have you on board as one of our supporters.

On behalf of the Miracle Babies Foundation thank you once again.

Kind Regards,

Maddy Pussell
Nurture Program & Community Activities Officer



*Australia's leading organisation supporting premature and sick newborns,
their families and the hospitals that care for them.*

www.miraclebabies.org.au

Valentine's Day

Celebrated annually on 14 February, Valentine's Day is the holiday lovers express their affection with greetings and gifts. Although the origins of Valentine's Day are not clear, many sources believe it stems from the story of St Valentine, a Roman priest who was martyred on or around 14 February 270CE.

Valentine's Day did not come to be celebrated as a day of romance until about the 14th century. The holiday has become increasingly popular in Australia over the years, particularly during the late 20th century, and it continues to be observed among many Australians today. Valentine's Day is celebrated on Monday, February 14, 2022.



CRAFT WITH NIC

At our February craft session, we will be making bookmarks! These will be great for presents or to keep yourself. Come along and use your decorating and laminating skills. If you have never used a laminator, now's your chance. Our crafty crafters have a great time and always take something beautiful home that they can keep or give as a gift. Cost: \$5.00 (includes materials). For a bit of fun, after bookmark making we will have a Valentine's bingo. If you are not crafty but love to watch people create, you are more than welcome to come along and join in on the chat. This will take place on 10 February from 11.30am.

If you need a pickup and drop home, just let us know. At the moment, we will require bookings so contact **Nic 4380 9902** or **Marita 4380 9903**. You can also book via the Resident's Hub.

BIRTHDAY MORNING TEA

Our January babies gathered to celebrate their birthdays with a delicious morning tea and birthday cake. There was lots of chatter and smiles, and some new introductions. A lovely morning was had by all.



STAFF LEAVE FEBRUARY

Nic will be on leave for the week commencing 7 February. She will return the week commencing 14 February. All activities will continue this week.

Resident Feedback Needed

TableTENNIS

If you are interested in playing table tennis, please let Nic know. Recently, the attendance numbers have dropped off so if there is enough interest, Nic will take over the organising.

Please let us know if you are interested - **phone Nic 4380 9902 or Marita 4380 9903** (leave a message if there is no answer).



NewACTIVITY

We are looking at introducing outdoor games during Autumn and Spring for a bit of fun and fresh air. Games would include things like boules, quoits, golf putting and badminton.

Let us know your thoughts. You can do this by phoning Nic 4380 9902 or Marita 4380 9903 (leave a message if there is no answer).

HomeVISITS OR OUT FOR A WALK

Nic will be continuing with home visits and will also be introducing home visits with a walk in the fresh air. If you would like to get out of the house but need some assistance, Nic will be there with you. Just let Nic know on your next visit or book a walk in with her.



Regular Activities – held in The Hub

Did you know that challenging your brain and keeping social will improve your mental, emotional and physical wellbeing?

Our activities are all designed with resident wellbeing in mind. Come along and join the fun, if you don't feel confident in participating you can always come and watch.

It has been lovely to see new friendships formed and people enjoying the challenge of some of the activities. Buggy pick up is available for all of Nic's activities. Phone: **0458 014 378**

Please also see regular activities on the calendar



Regular Activities

– held in The Hub

Manicure with Nic

check the calendar, cost - \$2.00 fundraiser for a nail polish dryer

Knit and Knatter with Nic

check the calendar – No cost

Craft with Nic

check the calendar, \$5.00 includes materials

Games afternoon with Nic

come along and be surprised, you could be playing scrabble, cards, boules or any number of games - No cost

Walk and Talk with Marita

Monday morning 9.00am, No cost

Move and Groove with Nic

Wednesday men's group, Thursday mixed gender group, - No cost

Strengthening and Wellbeing class with Tresna

Tuesday 12.00 noon. Contact Nic or Marita for details

Zumba with Haruko

Friday morning 9.00am. Contact Nic or Marita for details

Better Hearing

Each Monday morning (school terms) 9.00am. Contact Graham Abbott for more details

Book Club with Erica

Second Tuesday of the month.
Contact Erica Ramsden for more details

Table Tennis

resident organise each Wednesday 1.30pm, No cost

Friendship lunch - Will not go ahead February

Regular Activities – held in The Hub

TUESDAY GROUP EXERCISE CLASS WITH TRESNA

Do you need to improve your balance and maintain your independence?

Come along and see what our Tuesday exercise group is doing, you are welcome to sit and watch.

Tresna is an accredited exercise physiologist and will discuss your needs with you before you join the group.

Group exercise class is available and run by an accredited exercise physiologist. Each class focuses on building strength, improving balance, and maintaining independence in a relaxed and social setting. Exercises are modified to everyone's ability with a combination of both seated and standing.

Exercise is known to help manage pain, reduce falls risk, and assist with a wide range of health conditions. It also helps to maintain your independence and mobility.

The group is on every Tuesday from 12pm in The Hub. \$10 per class - possible health fund rebate depending on your level of cover. Recommencing Tuesday 8th February.

Zumba

Recommencing Friday 4th February. If this sounds like something you might enjoy but you are just not sure, come along and meet Haruko and see what it's all about.



LAWN MOWING DATES

8 February



22 February



8 March



Coming up in February & March

Wednesday, 9 February

We have secured 10 tickets to Laycock Street Theatre, Morning Melodies. Jane Rutter & Giuseppe Zangari present Viva Italia! A Very Italian Valentine! Celebrate Valentine's Day in advance with romantic Italian Songs and Dances for Flute & Guitar. If you love your music, we think you will enjoy this performance.

Virtuoso instrumentalists, flutist Jane Rutter and guitarist Giuseppe Zangari play gorgeous Italian pieces by Italian master composers. Giuliani, Paganini, Vivaldi, Ponchielli, Caccini, Martini and others, including Ennio Morricone's beautiful Gabriel's Oboe from The Mission.

Bookings are essential – and tickets must be paid at time of booking to secure your place. RSVP by 2nd February. Bookings can be made via the Resident Hub or by phoning **Nic 4380 9901** or **Marita 4380 9903** Cost: \$25.00, bus departs The Hub at 10.15am and will then pick up around the Village.

Wednesday, 16 February–

Scenic bus trip to North Entrance Sensory Gardens. We did this trip last year and it was a lot of fun.

Nic will be going so if you need some assistance, she will be there to help. Enjoy a walk along the lake or just sit and relax with a cuppa. Morning tea provided. Cost: \$10.00 (maybe stop for and ice-cream on the way home if the majority are keen). Bus departs The Hub 10.15am

Wednesday, 23 February

Avoca Beach for dinner (weather permitting). Take a break from the heat and humidity we have been experiencing and come along to the beach for dinner. There are several restaurants

where you can order take away or have fish and chips by the ocean. If you would prefer to bring your own picnic dinner, please do so. Lots of options to choose from. Relax in the cooler evening air by the water. Maybe dip a toe in the ocean. Bus departs The Hub at 5.30pm. Cost: \$10.00

Every Thursday

Shopping bus to Gosford will now include the Bunnings precinct so if you would like to venture over to Bunnings, Spotlight or Officeworks just let us know when you book in. Cost: \$5.00

Bus Trips to look forward to in March – Bookings Open

Friday, 11 March

Mangrove Dam Picnic – If you haven't been to see the Central Coast Dam, now is your chance. Take a picnic lunch or order your picnic box from the café. Bus cost: \$8.50. Bookings essential.

Wednesday, 16 March -

We are looking visit 3 peppers pizza-pasta restaurant for dinner again. Bus cost: \$8.50. Dinner at resident's expense. Bookings essential. RSVP 10 March 2022.

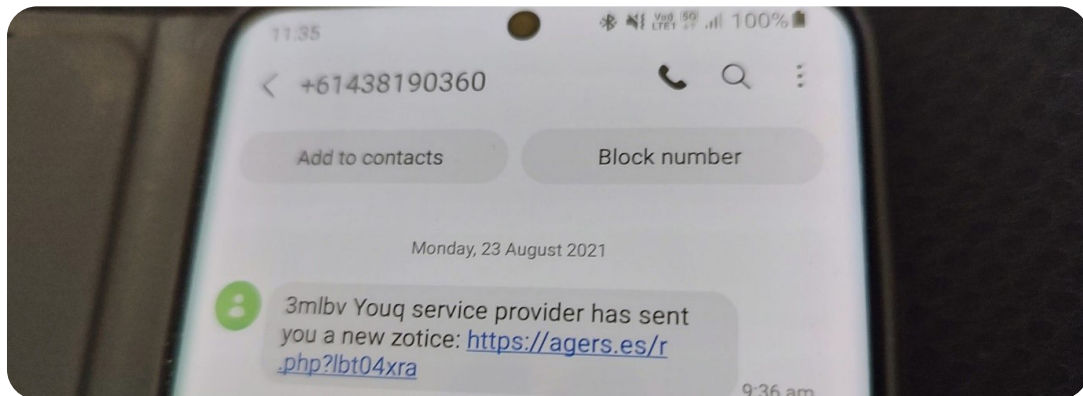
Wednesday, 23 March -

Hunter Valley Gardens Shopping Village is a unique collection of bespoke shops offering everything from delicious meals, lunchtime treats, coffee and wine to stunning glassware, jewellery and unique clothing. Bus cost: \$15.00. Bookings essential. Will require walking

Don't click that link: ACCC sounds scam alarm for older Aussies

WATCH OUT FOR ONLINE AND PHONE SCAMS

It doesn't take long for scammers to catch on to what is happening in the world, please be careful on your phones and online. We have been advised of the following scam.



Older Australians are being urged to watch out for scammers both on the phone and online.

Scammers are posing as representatives of big companies like Amazon and eBay and saying large purchases have been made on their credit cards before offering to "process a refund".

There are scams that send text messages with links to fake voicemails and parcel tracking then installs malicious software on victims' phones

You never know who you are dealing with online. Scammers often pretend to be from a well-known organisation, such as a bank or the government, and they will pretend to offer you something such as money or a benefit, or claim that you are in trouble.

"Do not click on any links in messages that come to you out of the blue, and never provide any of your personal or banking details to someone you don't personally know and trust," If you are online and something seems legitimate, you should search for the institution's contact details yourself rather than calling back on the provided number.

Reminders



Alison Lyons will be at Adelene Village on **Wednesday 16 February.**

Residents with a current Medicare EPC or DVA D904 Referral in place are **BULK BILLED.**

Please contact reception to book an appointment.

We are always happy to welcome new patients.



CANDLES: Safety reminder

The resident's committee have ask that residents be reminded that candles are not permitted to be lit in your homes.



RECYCLING / HOUSEHOLD WASTE



Containers with left-over food, food scraps or cigarette butts are not recyclable. This type of rubbish is to be bagged and tied off before being placed in the **RED** bin.

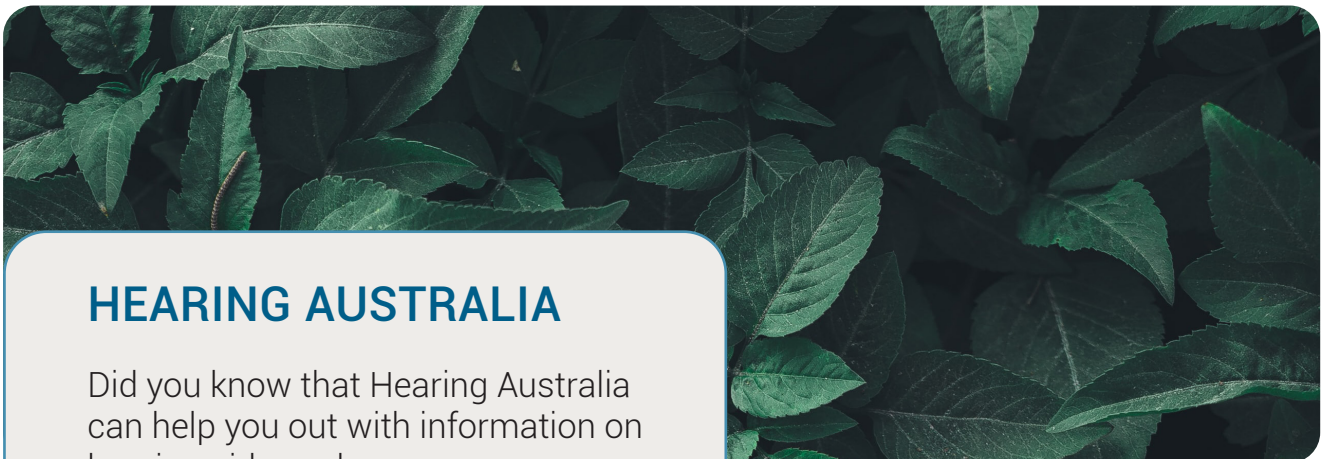
Are you aware that in Central Coast Council areas long life juice and milk containers cannot be recycled?



Please be mindful of what is placed in the **YELLOW** bins.



GREEN bins are for garden waste only.



HEARING AUSTRALIA

Did you know that Hearing Australia can help you out with information on hearing aids such as:

- Hearing aids
- Hearing aid accessories
- Assistive listening solutions
- TV and music
- Safety and alerting
- Entertainment
- Telephones
- Personal amplifiers



For more information call 134 432.

BINS



The bins go out for collection on **Wednesday** and are brought back into the Village on **Thursday**.

Please do not leave bags of rubbish on the ground if the bins are out for collection. Our local wildlife can make an awful mess.

Café Menu

SANDWICHES

GF bread available + \$1.00

Cheese and Tomato	\$5.50
Salad	\$5.50
Ham, cheese, tomato	\$6.50
Egg, lettuce, mayonnaise	\$6.50
Chicken and coleslaw	\$7.50
Chicken, mayonnaise and salad	\$8.50
Roast Beef, tomato, red onion with relish or gravy or mustard/ mayonnaise	\$8.50

MEALS

Pie and Chips	\$9.00
Fish, chips & salad	\$13.00
4 x prawn cutlet, chips & salad	\$13.00
Chicken Schnitzel, chips & salad	\$15.00
Chicken parmigiana, chips & salad	\$16.00
Prawn cutlets \$1.50 each	

WRAPS

Egg, mayonnaise and salad	\$7.00
Ham and salad	\$8.00
Chicken, mayonnaise and salad	\$9.00
Sweet chilli chicken tenders with lettuce, tomato and cheese	\$9.00

MELTS

Cheese and Tomato	\$5.50
Ham, cheese, tomato	\$6.50
Chicken, cheese, sundried tomato	\$7.50

HOT SNACKS

Beef Pie	\$5.50
Beef/Potato Pie	\$6.00
Sausage Roll	\$4.50
Hot Chips (small)	\$4.50

SWEET THINGS

Assorted cakes, slices,
cookies on display.

Prices on display.

TAKE AWAY AVAILABLE

Save time and
pre order / Phone:
0458 014 378

Café Menu



DRINKS

Milkshakes - Chocolate, Vanilla, Strawberry, Caramel	\$6.00
Coffee Milkshake	\$8.00
Iced Coffee, Iced Chocolate with Cream	\$6.00
Poppers	\$1.50
Cans of Soft Drink	\$2.00

COFFEE

Small \$4.00 Large \$4.75

Decaf Coffee available	+50 cents
Soy/Almond/Lactose free milk available	+50 cents
Syrups - Caramel, Vanilla, Hazelnut	+50 cents

Cappuccino	Macchiato
Latte	Mocha
Flat white	Hot Chocolate
Long black	Chai Latte
Espresso	Dirty Chai



From the Residents

This water dragon ignored all Covid advice and paid resident Yvonne a visit earlier this month. She snapped this beautiful picture from her deck. Did you know water dragons are omnivorous meaning they will eat nearly anything?!



FACTS ABOUT *February*

February is the second month in the Julian and Gregorian calendars and has 28 days in common years or 29 in leap years. In the Southern Hemisphere, February marks the last month of summer.

The February birthstone is amethyst, which is a beautiful purple quartz. People have believed for centuries that the amethyst stone can heal, enhance spiritual awareness and ward off evil thoughts. The meaning of amethyst is attached to serenity, understanding, trust and grace

The birthstone isn't the only purple symbol of February, with the birth flowers for the month being violets and irises. Both of these flowers represent loyalty and faithfulness.

Aquarius and Pisces are the astrological birth signs for February. Birthdays from 1 – 18 February fall under the Aquarius sign, while birthdays from 19 – 28/29 February fall under the Pisces sign.

THIS MONTH IN HISTORY

1. On 6 February 1938, hundreds washed out to sea on Bondi Beach as freak waves crashed into the shore. This day is known as "Black Sunday".
2. 8 February 1952 marks the day Queen Elizabeth the Second became queen.
3. Vatican City gained independent sovereignty on 11 February 1929.
4. On 22 February 1997, Scottish scientists announced that they cloned a sheep (Dolly).
5. Originally, February was made the last month of the calendar year. Eventually (c. 450 BC), February was moved to its place as the second month. What is the birthstone for February?

FEBRUARY Quiz

1. The Australian Gold Rush began on 12 February of what year?
2. Which of Michael Jackson's albums hit #1 on the charts in February 1983 and stayed there for 37 weeks?
3. Which English singer was knighted by Queen Elizabeth II on 24 February 1998?
4. On 23 February 1940, Walt Disney released which movie about a marionette in movie theatres?
5. The final episode of M.A.S.H. aired on 28 February of which year?
6. 1 February marks the Lunar New Year, also known as the Chinese New Year. 2022 is the Year of the _____
7. What is the 29th day of February?
8. The length of February was finalized by whom?
9. On which date in 1793 did France declare war on the United Kingdom?
10. Who won the 2021 Australian Open Tennis (Grand Slam #1) in the men's competition?

CAPITALS OF THE WORLD WORD SEARCH

M A S E R U K M L
U O B E R N A O I
S H S M O U B N S
C B A C A U U A B
A A E S O P L C O
T P S L T W U O N
E A I T M A L T E
N S R A R O N J O
K I G A L I P A M
T N A S W O E A O
H G A M K A M S N
I A C S E I A S R
M P R A M Y J A O
P O N A I A U N V
H R K I R R R A I
U E R O M E O A A

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards.

~~APIA~~ ROME
ASMARA SANA'A
ASTANA SEOUL
BELMOPAN SINGAPORE
BERN SKOPJE
CAIRO TARAWA
CASTRIES THIMPHU
HARARE
KABUL
LISBON
MAJURO
MAPUTO
MASERU
MONACO
MONROVIA
MOSCOW
MUSCAT
NASSAU
NAIMEY

SUDOKU

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

Complete the 9x9 grid by filling in missing digits from 1 to 9, without using the numbers more than once in each row, column and grid

Fun and Puzzles

CRACK THE CODE

Each number represents a letter. Crack the code and fill the grid.
To help you get started some words are already in place.

	1		2		2		3	4	5	6	7	5	8				
6	5	9	6	10	4	11		12		13		4		6			
	13		9		14		14	15	15	5	13	14	6	16			
9	17	2	4	6	11	2		4		17		6		14			
	18		17		2	16	14	5	10		2	11	T	13	O	15	P
1	4	17	6	16		4		11		19		9				11	
	20		4	14	21	22	4		23	7	5	13	5	4			
10		15		15		23		11		9		17		5			
4	7	5	R	13	O	15	P	E		6	16	9	22	20		24	
11		13		8		2		9		11	14	15	9	5			
6	7	1	4		15	14	9	17	11		17		1				
16		14		20		9		21	5	13	6	4	5	8			
7	3	1	5	4	22	22	14		13		9		14				
15		22		25		13		26	13	9	17	9	17	21			
	20	4	2	2	4	5	11		15		21		11				

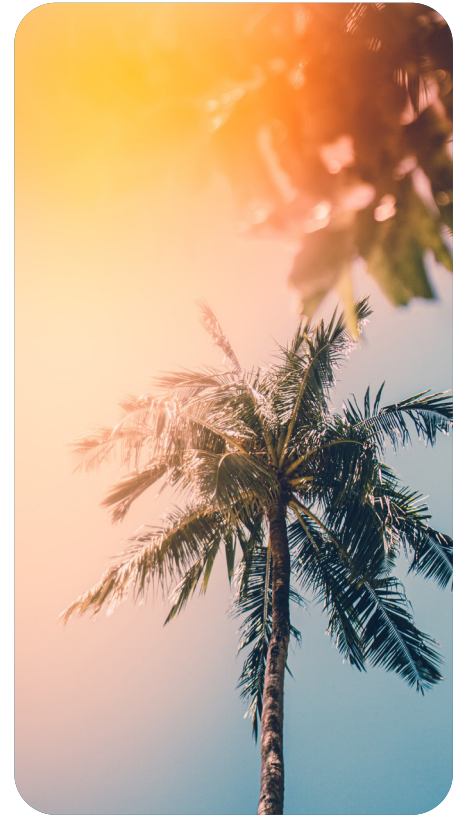
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Answers and Solutions

SUDOKU

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



FEBRUARY QUIZ

- 1851
- Thriller
- Elton John
- Pinocchio
- 1983
- Tiger
- Leap Day
- Julius Ceaser
- 1 February
- Novak Djokovic

CRACK THE CODE

1=B, 2=S, 3=M, 4=E, 5=R, 6=C, 7=U, 8=Y, 10=K
 11=T, 12=X, 13=O, 14=A, 15=P, 16=H, 17=N, 18=Z, 19=Q
 20=D, 21=G, 22=L, 23=F, 24=V, 25=W, 26=J

Management and Services

Administration:

Marita Brocklehurst & Justin Dover

Administration Office: Phone: 4325 3693

Cafe: 0458 014 378

Nic: 4380 9901 (Wed, Thur, Fri)

Correspondence to the Office:

Email: mbrocklehurst@alinoliving.com.au

Reception email: reception@alinoliving.com.au
(use for maintenance requests, activities bookings etc.)

Residential Care Facility Manager: Anna Ross

Reception: 4325 3693 -
Monday to Friday 8.30am – 4.00pm

Residential Care Rumbalara

House Phone: 4325 3693

Adelene Court: Phone 4325 3693

Maintenance: 8am – 4pm Mon, Tues, Thur, Fri

Garbage: Red lidded bins removed every
Wednesday. Yellow (recycling) bins fortnightly

AFTER HOURS URGENT MAINTENANCE, RESIDENT CONTACTS

Yvonne Edwards:

Unit 67 | Ph: 4322 1894

Maggie and Tony Kayes

Villa 18 | Ph:4339 269

(Thank you to Maggie and Tony Kayes for volunteering to assist)



EMERGENCY PHONE NUMBERS

Medical & Security Emergency: Ring "000"

Gosford SES: 132 500

Security:

(Day time 8.30am–4.00pm) Phone Office 4325 3693

After Hours Security:

AlphaK9 Security - 0428 853 389

For non-urgent security issues between office & security hours, please call the Police Assistance Line on: **131 444**



YOUR FEEDBACK

We love hearing what you would like included in The Voice of the Village.

Contact us at Reception or see Marita.