

Adelene



The Voice

OF THE VILLAGE

APRIL 2022

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



April 2022 Edition

We are pleased to advise that our master and strategic plans have commenced.

As you are aware, Adelene commenced in 1978 and we are now entering an exciting time of planning for the future under the Alino Living – Adelene Village leadership. Part of the strategic plan will be to determine what our prospective residents will be looking for when moving to Adelene Village and who better to ask than those

We would like to extend our sincere thanks for your patience and support whilst we have been trying to fix the issues with emergency call system in the Independent Living homes.

The system has now been installed in your homes and has been tested. Instructions on how to use this and what happens if you press the call system have been forwarded to residents. This will also be covered in your Evacuation, Emergency training this month

text to come

We have consulted with the Residents' Committee and asked for their assistance to chat with you regarding your thoughts on this. The Residents' Committee also suggested a survey be distributed, which we will do over the coming weeks. All ideas are welcome and remember there are no silly questions or ideas. We have an exciting road ahead and your input is appreciated. Marita is also available for a chat and over the next month, you will see her working from The Hub from time to time, so if you have any ideas, please let her know.

It was encouraging to read the results of the quality survey sent to you in January and we thank you for your participation. Marita is available at any time if you have a suggestion, concern or feedback so too is your Residents' Committee. Lawns featured as an ongoing issue and as previously advised; we have sought quotes from other contractors. We have had one quote returned and it is markedly above what is currently being paid. Marita has met with the contractor, and we trust you will see an improvement. If you have any concerns on mowing day, please contact Marita and she will address this promptly. There were some great ideas on outings and activities, and you will see these begin to appear on the activities calendar. Thank you for your input and suggestions.

- appointing the operator proposed auditor and,
- the proposed period of appointment if more than one year

The Residents' Committee AGM will be held on Thursday 24th March at 2.30pm in The Hub and the consideration of the consent request notice and appointment of the operator proposed auditor (Bishop Collins) for a period of appointment of three (3) years will be on the agenda.

It is with sadness we hear of the passing of Alan Gawthorn. Alan, a resident of Adelene Village for almost twenty years, was much loved by his neighbours and the staff. The staff describe him as a true gentleman who was a pleasure to be with. Our condolences go to his wife, Ailsa, and the family.

**Happy reading,
JUSTIN DOVER (CEO)**

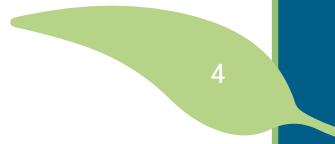
April 2022



SUN	MON	TUE	WED	THUR	FRI	SAT
					1 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – to be confirmed 12 noon – Friendship Lunch Home Visits	2 Café open 9.30-2.30
3	4 Café open 9.30-2.30 9.00 walk and talk with Marita meet at The Hub	5 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna to be confirmed	6 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 12.30 Manicure with Nik, buggy pick up available – bookings essential, limited numbers \$2.00 must be fully vaccinated and wear a mask. Home visits	7 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, 50+ Gosford, Art Gallery. \$5.00 return - booking essential must 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	8 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated Home Visits	9 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.

SUN	MON	TUE	WED	THUR	FRI	SAT
10	11 Café open 9.30-2.30 8.30 Better Hearing (Graham Abbott) 9.00 walk and talk with Marita meet at The Hub	12 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna 1.30 – Book club - in The Hub. Contact Erica Ramsden for details	13 Café open 9.30-2.30 – buggy will be available for pick up to the café between 10.00 and 12.30 9.00 Move and groove. Nic will be running this just for fun group– no cost – Men’s group 11.00am – Easter get together - fun and laughs Easter Hat parade, easter egg hunt. Free to residents, \$5.00 guests. Home visits	14 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, 50+ Gosford, Art Gallery \$5.00 return - booking essential must wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden) 11.00 – April birthday morning tea. Home visits	15 PUBLIC HOLIDAY No activities, Café closed	16 PUBLIC HOLIDAY No activities, Café closed
17	18 Café open 9.30-2.30 8.30 Better Hearing (Graham Abbott) 9.00 walk and talk with Marita meet at The Hub	19 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna	20 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 10.30am Memories and Memorabilia with Nic – no cost - 12.30 Manicure with Nic, buggy pick up available – bookings essential must be fully vaccinated and wear a mask. \$2.00 Home visits	21 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, 50+ Gosford, Art Gallery \$5.00 return - booking essential must wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden) 2.00pm Anzac Day Service with Gosford RSL, at the Remembrance Garden. Sausage sizzle from 12.30pm. \$2.50 bookings essential. Home visits	22 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated 10.30 Picnic at Rumbalara Reserve. Bus cost \$5.00, bring your own picnic or order a picnic box from the café	23
24	25 Café open 9.30-2.30 .30 Better Hearing (Graham Abbott) 9.00 walk and talk with Marita meet at The Hub	26 Café open 9.30-2.30 12.00 Wellness and balance class with Tresna	27 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 11.00am – Navigating My Aged Care with Nic and Marita. Bookings essential 1.00 Quiz with Nic	28 Café open 9.30-2.30 Move and groove, Nic will run this fun group – no cost, all welcome 9.30 – shopping bus to Gosford, Bunnings precinct, 50+ Gosford, Art Gallery \$5.00 return - booking essential must wear a mask. 10.00am Understanding your smart phone – class with Nic \$2.00 (fundraise for café/community garden)	29 Café open 9.30-2.30 9.00 Zumba with Haruko cost applies – must be fully vaccinated Bus outing – Ettalong \$10.00	30



ALINO LIVING BOARD PROFILES

The Residents' Committee AGM will be held on Thursday 24th March at 2.30pm in The Hub.

Alino Living's board members are Mr Graham McGuinness OAM, Dr Christine Duffield, Mr Peter Bailey and Mr Shane Neaves. This month, we are profiling two of Alino Living's board members, Mr. Graham McGuinness OAM – Chairman and Mr. Peter Bailey.

GRAHAM MCGUINNESS - Chairman

Having enjoyed a successful career in the health services industry, since retirement, Graham has focussed on serving the Central Coast community and is currently serving on the Board of Directors of seven (7) not-for-profit organisations.

PETER BAYLEY

Peter has held executive positions in the public and private health sectors, including CEO of three private hospitals.

Peter has current and past board governance experience in residential aged care, primary care, rural medical and allied health services, disability services, community aged care and nurse education.

SMOKE DETECTOR AND EMERGENCY BUZZER CHECKS

April will see the commencement of smoke detector battery checks and the emergency buzzer testing. Staff will be phoning to book you in. Village staff will be performing this work.

BETTER HEARING

The Better Hearing group have changed their start time to 8.30am on Mondays. New members are welcome, just come to The Hub and see Graham Abbott.

Better Hearing runs during school terms only.

HEARING AUSTRALIA – FREE HEARING TEST IN THE VILLAGE

Hearing Australia will be in the Village on the 7 April 2022 between 8.30am and 3.30pm. They will be performing free hearing checks. The van will be parked near The Hub. If you are interested, please phone Paul from Hearing Australia on 0459 935 523 to make an appointment. He will be taking drop-ins on the day as well. Testing should take around 15 minutes.

Happening in the Village

RESIDENT HUB – COMPUTER TRAINING

Nic is booking residents in for computer training - accessing the Resident Hub. There is no cost involved with this.

If you have not been booked in and would like to attend, please contact Nic **4380 9901**.

Café PICNIC BOX

For our picnic bus outings, you can order a picnic box from the café. Orders must be placed by the day before the outing. Phone Michelle in the café **0458 014 378** for more information. Don't forget about the picnic at Rumbalara Reserve coming up on Friday 22 April!

Thursday Bus - \$5.00

Our volunteer drivers, Paul and Tony, will now be extending the Thursday bus to the 50+ centre in Gosford and to the Gosford Regional Art Gallery/Japanese Gardens. Gosford shops and the Bunnings precinct will still be included.

The 50+ centre offer a Thursday morning social gathering with one hour of entertainment from 11.00am. Raffles are held and are optional. The cost to attend the centre is \$7.00. June Hull is happy to attend on the bus and show residents that may be new to the centre what it's all about.

If you enjoy art exhibitions and gardens, then the Art Galley/Japanese Gardens will be something for you to enjoy. The Central Coast Watercolour Society is holding an exhibition from 14 – 27 April.

The bus departs at 9.30am from The Hub (will also pick up around the Village, just let us know) and will commence pick up from the shopping centre in Gosford at 12.00noon.

When booking in, please let us know where you will be going so the volunteer drivers can arrange their trip. Please note; if the pick-up time does not suit you, you are free to make your own way home.

Safe DRIVING IN THE VILLAGE

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



Happening in the Village

Craft WITH NIC

With Nic back from leave, the craft group gathered up their painting skills and created beautiful succulent pots.

This month they will be potting their pots and creating Easter wreaths. Cost: \$5.00 includes materials.

If you need a pickup and drop home just let us know.

Please book with Nic **4380 9901** or on the Resident Hub.



TABLE TENNIS

Table tennis will now follow the Men's Move and Groove group on Wednesday morning around 10.45am. There is no cost for table tennis – just come along and have some fun! All welcome, even if you just want to watch.

BRIDGE

Unfortunately, only one resident has come forward to play bridge. If at any time we have people interested, please contact Nic **4380 9901**.

Rummikub

A group of residents have been playing Rummikub in The Hub on Thursdays at 1pm. Come along and join in on the fun of playing Rummikub and sharing time with friends.

This very popular game is a version of Rummy played with 106 tiles instead of decks of cards. New players are very welcome! We all had to learn at some time.

Mangrove Dam OUTING

At the beginning of last month, some residents visited Mangrove Dam and enjoyed a picnic. Here is a lovely photo of the group.



Happening in the Village



DINNER AT 3 Peppers

Last month, residents enjoyed a dinner at 3 Peppers restaurant. The feedback was the food was delicious and there was plenty of it. Glad to see everyone who attended had fun!

March Birthday MORNING TEA

Our March babies had a lovely time at last month's birthday morning tea. To those who couldn't make it, we hope you enjoyed your special day.



MARCH Friendship Lunch

An awesome turnout to last month's Friendship Lunch, where residents enjoyed fish and chips, salad, sweet treats and, of course, each other's company.
Photo courtesy of Pat Courts.



Happening in the Village

Saint Patrick's DAY

Attendees to our Saint Patrick's Day Morning Tea raised a total of \$90.00 in donations. This money has been forwarded to Coast Shelter, a charity that provides crisis accommodation and assistance to those in need. Thank you all for your generosity!



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: **4380 9901**.

Please also see activities on the calendar

WITH SO MUCH ON THE CALENDAR (who-hoo!), BOOKINGS ARE ESSENTIAL.

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) 8.30am. Contact Graham Abbott for more details

Book Club with Erica

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

Friendship Lunch

The first friday of the month

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

Memories and Memorabilia

Topic will be - "My first courting (date)"
- 20 April @ 10.30am

Bus Trips

April

Bookings are essential – passengers must wear a mask. Book via the Resident Hub, or phone Nic 4380 9901 or Marita 4380 9903

WEDNESDAY	THURSDAY	FRIDAY
<p>Wednesday 6 April Riverboat Postman. Cancelled due to lack of numbers.</p>	<p>Thursday 7 April Shopping - Gosford. Cost \$5.00.</p>	
	<p>Thursday 14 April Shopping - Gosford. Cost \$5.00.</p>	
	<p>Thursday 21 April Shopping - Gosford. Cost \$5.00.</p>	<p>Friday 22 April Picnic at Rumbalara Reserve @ 11am. Bus cost \$5.00. Bring your own chair, lunch and drinks or order a picnic box from the café.</p>
	<p>Thursday 28 April Shopping - Gosford. Cost \$5.00.</p>	<p>Friday 29 April Ettalong Trip. Cost \$10.00. Our trip to Ettalong will allow you to explore the area at your leisure.</p>

Village pick up points: The Hub, outside villa 40, the corner of Baxter Parade and Crowger Way, Maidens Brush Road near villa 70

Coming Up In April & May *Bookings now open!*

Friday 1 April

Friendship Lunch @ 12noon

Join members of the In Out and About Committee for a sausage sizzle and craft stall. Bookings with Robyn Chapman **4323 0314.**

Wednesday 6 April

Riverboat Postman

Cancelled due to lack of numbers.

Wednesday 13 April

Easter Get Together @ 11am.

This traditionally religious holiday is part of a bigger Christian celebration involving Lent and "Holy Week," and falls specifically on the weekend that begins with "Good Friday." The purpose of celebrating Easter in the church is acknowledging Jesus' death, as well as His resurrection, and what that means for anyone who chooses to believe in Him.

However, for religious and non-religious people alike, Easter is also associated with Easter baskets, eggs, hot cross buns, bunnies, and chocolate! Some children wake up the morning of Easter Sunday and have to find their Easter baskets that have been hidden in the house. Many families decorate the shells of hard-boiled eggs with dye and conduct Easter egg hunts outside.

It's common to break out a colourful Easter dress for this occasion as well. So come and join us for our Easter get together, wear your best or funniest Easter hat, we may even have a parade. Come prepared for some laughs and fun. Wednesday 13 April 11.00am – morning tea provided; café coffee available to purchase. Bookings with Nic 4380 9901 or on the Resident Hub.

Free to Adelene residents, \$5.00 for family or friends.



Coming Up In April & May *Bookings now open!*

Thursday 21 April

Anzac Day Service

If you haven't been to one of our services, we can guarantee you will not be disappointed! This year's Anzac Day service will be with the Gosford RSL 1951/72 National Service Re-Enactment Unit. It will be held at **2.00pm**, weather permitting at our Remembrance Garden. Prior to the service we will be having a sausage sizzle in The Hub, commencing at **12.30pm**, **cost \$2.50**. Drinks can be purchased from the café. **Bookings are essential** and open on the Resident Hub or by contacting **Nic 4380 9901** or **Marita 4380 9903**. Friends and family welcome, Adelene residents have preference.



DATE CHANGE: Wednesday 27 April

Navigating My Aged Care @ 11am
with Nic and Marita. Bookings essential.



Friday 22 April **BUS TRIP**

Picnic at Rumbalara Reserve @ 11am

Bus cost \$5.00. Bring your own lunch and drinks or order a picnic box from the café. Pat Courts gives a great commentary of the area so come along and learn more about our beautiful Central Coast. Feel free to bring a chair.

Friday 29 April **BUS TRIP**

Ettalong Trip

Our trip to Ettalong will allow you to explore the area at your leisure. You can have a look at the shops – Picnic Parade has a great selection of ladies fashion shops – or stop at one of the many cafes, including The Box on the Water restaurant – call **4339 3369** to book a table.

For lunch, you can either head to Ettalong Diggers or bring a picnic lunch to be enjoyed on The Esplanade. Bus will depart the Village at 10.30am expected to return around 3.00pm (return time can be decided amongst the group on the day).

Cost \$10.00.

Coming Up In April & May *Bookings now open!*

Wednesday 4 May **BUS TRIP**

Op Shopping @ 9.30am

We will be going on an op shopping trip, with lunch at Fairhaven, Point Clare. We will visit op shops in East Gosford and West Gosford followed by lunch at the Fare Cravin' café, Fairhaven, Point Clare.

Bus fare \$8.50. Lunch at resident's expense. Bus leaves the Village at 9.30am. Please book with Nic **4380 9901** or Marita **4380 9903** or via the Resident Hub.

Friday 6 May

Mother's Day High Tea @ 11.30am

We will be holding a Mother's Day High Tea on Friday 6 May, commencing 11.30am to celebrate the wonderful women of Adelene.

Tickets will be \$25.00 per head. You are welcome to bring your family or friends but those belonging to Adelene will have preference. Men of the Village, come along with your neighbours or wife and join the fun. There will be entertainment, friendship and lots of chatter. There will be tables of four and tables of six if you would like to book a table. Please book with Nic **4380 9901** or Marita **4380 9903** or via the Resident Hub. Bookings now open.

Friday 13 May **BUS TRIP**

Bus Trip to The Entrance @ 11am

This will be a morning trip and we will leave the Village at 9.30am. You will have free time to wander and enjoy, have a look at the shops, walk along the waterfront, relax over morning tea if you choose.

Bus cost: \$10.00. Please book with Nic **4380 9901** or Marita **4380 9903** or via the Resident Hub.

Wednesday 18 May **BUS TRIP**

Reptile Park @ 9.30am

Admission price for seniors 60+ is \$38.00. Discover vouchers can be used. Bus departs at 9.30am from The Hub. Please indicate at your time of booking if you would like pick up from around the village. The first animal show is at 10.30am. Take a picnic lunch/morning tea or buy from the park's kiosk. Picnic boxes available from The Hub café must be ordered the day before. **Bus cost: \$5.00.** Please book with Nic **4380 9901** or Marita **4380 9903** or via the Resident Hub. **RSVP – 2 May.**



Every Thursday **BUS TRIP**

Shopping

The shopping bus to Gosford will now include the 50+ Centre at Gosford, the Art Gallery/Japanese Gardens and the Bunnings precinct (Bunnings, Spotlight or Officeworks). Just let us know where you would like to go when you book in. If you are booking via the Resident Hub, please put in where you are going next to your name e.g., Mary Smith – Bunnings.

Cost \$5.00.

Reminders



Alison Lyons will be at Adelene Village on **Wednesday 6 April**.

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

Please contact reception to book an appointment

The podiatry clinic will be held in the meeting room in The Hub from March 2022. If you have any concerns, please advise Alison.

We are always happy to welcome new patients.



CANDLES: Safety reminder

Residents are reminded that candles are not permitted in your homes

LAWN MOWING

Weather permitting, the upcoming scheduled mowing dates are:

12 April

26 April



VISION AUSTRALIA

DID YOU KNOW YOU MAY BE ABLE TO ACCESS SUPPORT FROM VISION AUSTRALIA THROUGH YOUR HOME CARE PACKAGE.

Vision loss and My Aged Care

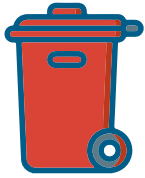
Two thirds of people with an eye condition are over 65. That's why it's important to engage in services early, so you can maintain the quality of life you've enjoyed.

My Aged Care is not disability specific, but it covers services that help you with your vision loss and maintain your everyday independence.

Vision Australia is an approved aged care provider and receives subsidies to deliver your vision services or you can purchase services from your Home Care Package.

For more information phone Gosford office: 02 4321 6700

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.

SANDWICHES

Cheese and Tomato	\$5.50
Salad	\$5.50
Ham, cheese, tomato	\$6.50
Egg, lettuce, mayonnaise	\$6.50
Chicken, mayonnaise and salad	\$8.50

MELTS

Cheese and tomato	\$5.50
Ham and cheese	\$6.50
Chicken, cheese, sundried tomato	\$7.50
<i>EXTRA: Pineapple, Tomato</i>	<i>+50 cents</i>

WRAPS

Egg, mayonnaise and salad	\$7.00
Ham and salad	\$8.00
Chicken, mayonnaise and salad	\$9.00

MEALS

Fish, chips with salad	\$13.00
Chicken Schnitzel, chips with salad	small \$12.50 large \$15.00
Bowl Chips	small \$4.50 large \$9.00
Pies (Plain & Potato)	\$5.00
Sausage Rolls	\$3.50

SWEET THINGS

Assorted cakes, slices, cookies on display

DRINKS

Milkshake	\$6.00
- Chocolate	
- Vanilla	
- Strawberry	
- Caramel	
- Coffee	+\$2.00
Iced Coffee, Iced Chocolate or Iced Chocolate with cream	\$6.00
Poppers	\$1.50
Cans of soft drink	\$2.00
Water	\$2.00

COFFEE

	small \$4.00 large \$4.75
Decaf Coffee	<i>+50 cents</i>
Soy, Almond, Lactose free milk	<i>+50 cents</i>
Syrups	<i>+50 cents</i>
- Caramel	
- Vanilla	
- Hazelnut	

TEA

Cappuccino	Macchiato	\$2.50
Latte	Mocha	
Flat white	Hot Chocolate	
Long black	Chai Latte	
Espresso	Dirty Chai	

TAKE AWAY AVAILABLE

Save time and pre order • Phone: 0458 014 378

Meet Larry and Harry

Meet Larry my new little friend
On the corner I saw him did bend
Clearly wanting to meet
He arrived at my feet
Will this be an upcoming trend?

Whilst a visitor that had not a mask
I paused just a moment to ask
Are you feeling quite well
His nod was "just swell"
And he knew such a normal of task

So an hour he spent up with me
Which of course was so much to my glee
In reply to a pic?
Was don't make it quick
Twas as many as want, sure feel free

During this hour I went to the loo
It was not what I found but a who
Up near the roof
A spider, aloof
Another new friend just on cue

Whilst some of you might find alarm
With a spray can beside your arm
His name is now Harry
To keep insects at parry
For me a huntsmen inside is a charm



So with the two new friends
that I found
I questioned to find common ground
But Google said no
As one was a foe
Which I think will not many astound

So a decision I made they not meet
Lest Larry find Harry a treat
Whilst both friends of mine
And friendship divine
I didn't want one to meet other to eat

Not much longer we all parted ways
But I cannot but wonder & gaze
Where are they at
In their habitat
And how they do spend their days

Please enjoy my not quite a short poem
Of our wonderful friends who do roam
At the "Top of the Hill"
That bring no ill will
It's such a nice place to call home

Thank you to Learne for your poem and photos of amazing Adelene wildlife!

New Groundskeeper

Yvonne Edwards managed to capture this photo of a little Adelene helper doing his best to help keep the grass under control.



Facts about Easter



The Easter Bunny legend began in Germany. If you have ever wondered where the story of a giant rabbit delivering eggs to children came from, you're not alone, but thankfully, we have answers!

Just like Santa Claus has no Christian significance to Christmas, the Easter Bunny also has no real connection to this holy day. The origin of the Easter Bunny dates back hundreds of years, beginning in pre-Christian Germany. Here, the hare was said to be the symbol of the Pagan Goddess of Spring and Fertility.

As Christianity spread across Europe, Pagan traditions were blended with Christian holidays, which saw the Easter Bunny lay a nest of colourful (today, chocolate) eggs for children who were well-behaved on Easter Sunday.



The holiday was named after the Anglo-Saxon Goddess, Eostre. According to scholars, this Christian holiday was named after the Anglo-Saxon goddess, Eostre, who was depicted as a Fertility Goddess and a Goddess of Dawn and Light.

She was honoured at Pagan festivals celebrating the arrival of spring, further highlighting the blend of Pagan traditions with Christian holidays.



The act of painting eggs originates from a Ukrainian tradition. For countless generations, Ukrainians have been decorating eggs as a calling out to the Gods and Goddesses of health and fertility. This traditional act of pysanka is made by using wax and dyes, but this colourful custom didn't take off until Ukrainian immigrants came to the U.S.



The UK's first chocolate egg was produced in Bristol in 1873. It was during the 19th century that the Fry family of Bristol ran the largest chocolate factory in the world and produced the first chocolate egg, in 1873. It was two years later in 1875 that saw Cadbury's make their first Easter egg.



In Germany, it is illegal to dance on Good Friday. On Good Friday, which sees the start of the Easter weekend, it is illegal to dance in public in the majority of states in Germany. Even Europe's clubbing capital, Berlin, becomes a dance-free zone out of respect for the religious day. In Baden-Württemberg, music is allowed to be played but dancing is not allowed, whilst in Bavaria, if you are caught playing music of any kind in a bar, you could be fined up to 10,000 euros.

Fun *and* Puzzles

Easter QUIZ

1. What Australian animal is often used in confectionery to replace the Easter bunny?
2. What country made the world's largest chocolate Easter egg, weighing in at a hefty 7,200kg?
3. True or false – legend says the Easter bunny lays eggs.
4. Lent is the season preceding Easter and begins on Ash Wednesday; but the day before this is called Shrove Tuesday. What food do we eat on this day?
5. Easter always falls between which two dates?
6. About how many chocolate bunnies are produced each year?
7. What baked good is a Good Friday tradition in England?
8. In the Bible, how many days passed between Jesus' death and resurrection?
9. Easter's date is determined by what?
10. True or false – Lent, a period of fasting and reflection, which comes before Easter, lasts for 40 days?



Easter WORD SEARCH

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



**SPRING
HOP
DUCKLINGS
BUNNY
SUNDAY
BLESSINGS
PEEPS**

**JOY
DAFFODIL
EASTER
NEST
BONNET
EGG HUNT
GRASS**

**TULIPS
CROSS
DYE
DECORATE
CHICK
BASKET**

Fun and Puzzles

Autumn CRACK THE CODE

Crack the code to reveal more words

1	2	3	4	2	5	6	2	7	8	9	7	10	2	1	4
11	9	12	12		12	2	9	10	2	1	9	13	14	7	15
					L	E	A	V	E	S					
13	8	16	12	12	17	18	9	5	3	7	9	16	15	17	
14	13	4	14	6	2	7	8	9	12	12	14	19	2	2	15
3	20	18	18	12	2	13	14	7	15	20	13	14	3	16	9
13	8	2	1	4	15	20	4	21	20	5	6	14	14	4	1
1	19	2	9	4	2	7	13	14	7	15	5	9	22	2	
20	5	6	7	2	12	12	9	15	14	10	2	5	6	2	7
13	12	14	20	18	1	19	16	15	18	21	12	14	14	5	
5	16	1	4	4	8	9	15	23	1	21	16	10	16	15	21

Fun and Puzzles

SUDOKU



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



Answers and Solutions

WORD SEARCH

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



Answers and Solutions

SUDOKU

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

QUIZ

1. Bilby
2. Italy
3. False
4. Pancakes
5. 22 March and 25 April
6. 90 million
7. Hot cross buns
8. Three
9. The moon
10. True

CRACK THE CODE

- | | | | | |
|-------|--------|--------|--------|--------|
| 1 - S | 6 - B | 11 - F | 16 - I | 21 - G |
| 2 - E | 7 - R | 12 - L | 17 - Y | 22 - Z |
| 3 - P | 8 - H | 13 - C | 18 - D | 23 - K |
| 4 - T | 9 - A | 14 - O | 19 - W | 24 - |
| 5 - M | 10 - V | 15 - N | 20 - U | |



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



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.