

# VILLAGE NEWS

*The official newsletter of Elmswood Retirement Village*



## Hello Everyone

As we move toward the cooler months, there's a noticeable change in the rhythm of village life. The days are becoming shorter, mornings a little crisper, and it's a time when many of us naturally spend more time indoors, connecting with neighbours and enjoying the warmth of home. Heading into winter is also a good opportunity to check in on one another, stay active where we can, and take advantage of the activities and support available within our community.

In May, we look forward to celebrating together at our Mother's Day brunch—always a lovely occasion to recognise and honour the special people in our lives while enjoying good food and great company.

Flu vaccinations were administered in late April, helping to keep our community protected as we head into winter. If you missed out, please reach out to your local pharmacy or GP to arrange your vaccination.

We have a number of seasonal events and initiatives planned to keep everyone engaged, comfortable, and connected during the months ahead, and I encourage you to take part and make the most of village life this winter.

Kind Regards  
Chrissy Miller

## Activities

Namaste, Kia ora, Talofa and Ni hao from the Activities team!

### News From The Care Rooms

by Kylie Maxwell - Activities Coordinator

It's been a wonderfully busy and uplifting time in our Care Rooms, filled with meaningful activities that brought joy and connection to our residents.

One highlight was a special visit from Liana's dog, Olaf, who quickly became a favourite. Animal visits like this offer comfort, companionship, and a gentle boost to residents' mood and well-being.

Residents also enjoyed a beauty and make-up session with Mickey—a lovely opportunity for self-care, relaxation, and social connection, while helping to build confidence.

We were delighted to welcome Lollipops Preschool again this month. These visits brought energy and laughter into the Care Rooms, with residents and children singing, painting, and enjoying time together—creating meaningful connections across generations.

Our St Patrick's Day celebrations were full of colour and fun. Residents enjoyed a lively Irish dancing performance, followed by hands-on activities including making festive hats and shamrock-themed green milkshakes—bringing creativity, flavour, and plenty of smiles.



# Village Life

## News From The Care Rooms.....continued

We also embraced a range of cultural activities, including making Chinese lanterns, learning Māori spin poi, and creating flax-woven roses. These sessions encouraged residents to try new skills while enjoying gentle movement and creativity.

Music and sing-alongs with instruments continue to be a favourite, bringing residents together through familiar tunes, shared memories, and a sense of connection.

During Easter, residents crafted sock bunnies, painted rocks, and made bread dough pretzels. These activities offered opportunities for creativity and hands-on involvement—from shaping dough to enjoying the smell and taste of freshly baked treats.

We look forward to continuing to bring meaningful, enjoyable activities that enrich daily life for our residents.



# Village Life

## Waitangi Day BBQ



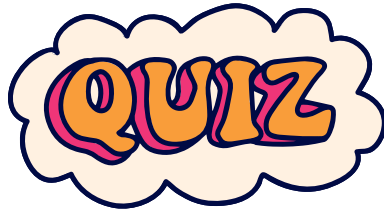
Our Waitangi Day BBQ was another wonderful success, once again bringing our village together to enjoy good food, warm company, and lively conversation —accompanied, of course, by the irresistible aroma of sausages sizzling on the grill.

A big thank you to Mickey, our Activities Coordinator, for manning the BBQ at the Apartments, and to David Chapple and Bruce Shanks for keeping things cooking at the Community Centre. Events like these remind us of the heart of village life: connection, laughter, and shared moments that turn neighbours into friends.

The food was certainly memorable, and the weather was great.



## Village Life



### Quiz-Off

Our Elmswood Quiz-Off in February brought out plenty of competitive spirit and laughter as both Apartment and Villa teams went head-to-head. Four teams entered the challenge—Encyclopedes, Smart Arses, Villa Vibes, and Graduates—each bringing their own flair and brainpower to the table. It truly was a battle of the bat—not only did teams need quick thinking, but they also had to get their bat in the air first to show they knew the answer! In the end, the Apartment team, Encyclopedes, made up of some of our oldest and wisest residents, delivered a decisive (and very impressive!) win, while the Smart Arses were worthy runners-up, showing off their clever thinking as well.

If you weren't at the quiz, would you have known the answers to these questions:

1. *How long is the memory of a goldfish?*
2. *What was the shortest war in history?*
3. *What is acrophobia, a fear of?*

If not, now's the perfect time to brush up—or better yet, get to know the quiz regulars and join a team for the next Quiz-Off on:

**Thursday, 11 June at 4pm in the Community Centre.**

The next quiz will have a royal theme in honour of the King's Birthday—so start polishing up on your royal knowledge and Royal outfit!



## Village Life



April marked two significant events on the Elmswood calendar, beginning with our delightful **Easter Bonnet High Tea**. Residents truly outdid themselves with a stunning array of creative and colourful hats—featuring everything from playful bunnies perched on top to eggs, ribbons, and beautifully arranged decorations that sparked plenty of admiration and conversation.



The afternoon was filled with laughter, delicious treats, and a wonderful sense of community, as everyone came together to celebrate creativity and the joy of the season.



Our **ANZAC Day service** was another memorable and meaningful occasion, honouring those who served and sacrificed for our freedom. Residents gathered in a spirit of reflection and gratitude, taking time to remember the courage and resilience of past generations. It was especially touching to see our Maintenance man, Steve, in a different outfit than residents are used to—dressed smartly in a suit, proudly wearing both his own military medals and those of his grandfather, who served in World War I and World War II. His quiet tribute added a deeply personal and moving element to the service, reminding us all of the lasting legacy of service and remembrance.



# Snippets of Village Life

## MUSIC THERAPY



## SHROVE TUESDAY

## VAN OUTING



## February Birthday Celebrations



## March Birthday Celebrations

## Upcoming Events



### Pop Up Shop

Monday 25th May

10am-1pm

Hawkesbury Road Clothing and Crockett Collection are proud manufacturers of quality New Zealand made clothing.



### TECHNOLOGY MAKING IT EASY

3 Session course on essential mobile device skills

WEDNESDAY 8, 15 & 22 JULY  
9:30 - 11:30AM  
IN THE PENLEY LOUNGE



BOOK WITH THE ACTIVITIES TEAM



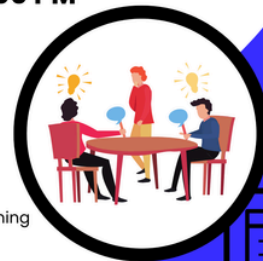
Presentation Topics  
**3G Shutting Down**  
**What is AI?**  
**Avoiding Scams**



19th May  
2:00 PM

Community Centre

Noah from Tech Attention is coming in to give a presentation.



Noah explains everything in simple terms. Bring along your device, he will be providing free technology help to anyone attending!

## Mother's Day

### Brunch \$15pp

**Friday 8 May 2025**  
11:30am in the Colwyn Eatery

Celebrating all the Mothers, Grandmothers, Aunts, Sisters and other women in our lives.

Menu:

Bacon, Sausages. Scrambled eggs & Hash brown  
Pancakes with Berry compote, Whipped cream & maple syrup

Book by Monday 4 May on the sign-up sheet in the Community Centre or Reception



**PLEASE BOOK FOR THE TEC ATTENTION THE PRESENTATION WILL ONLY PROCEED IF WE HAVE ENOUGH INTEREST**



**Your Hearing Health**

Tuesday 26<sup>th</sup> May,  
2 pm

In the Bryndwr Room

All residents and staff welcome!

**Presentation by Melissa Babbage,  
Audiologist at Bellbird Hearing**

Learn about:

- The hearing system and the impact of hearing loss
- The connection between hearing, brain health and other conditions
- Hearing aids: What you need to know
  - Your questions answered

MAY 12<sup>TH</sup>

## INTERNATIONAL NURSES DAY




Everyday Nurses & Midwives keep our health systems running!  
**Let's give them all the support they need.**

#SUPPORT NURSES AND MIDWIVES  
#COVID 19

## A Word From The Gardener

### AUTUMN AT ELMSWOOD

As we wave goodbye to Summer the mornings are getting cooler and darker which reminds us the lawns and gardens will soon be in "hibernation mode".

The yellows and golds of the Autumn foliage are another reminder the shorter days are coming! Along with this comes leaves, leaves and more leaves. This is a never ending picking up job for us at this time of year.

We have finished planting out our Winter/ Spring bedding plants. The Polyanthus, Poppies, Pansies and Anenomes will make for a lovely display and they are happy to keep growing through our cold Winter temperatures.

We have started top dressing some of the patchy lawns around the village as well as feeding and spraying them. The spraying of the lawns as well as weeds in general is a continuous job due to the size of the village.

Some of our hedges around the property will get one more trim before they slow their growth over Winter. The perennials also, are starting to finish flowering so will be tidied and cut back.

I want to mention the HUGE role Hester and Todd play in keeping the village gardens so lovely. From weeding and trimming to lawn care. They are both enthusiastic and particular about their jobs regardless of the weather or what needs to be done. Well done, you champions!

A lemon tree has been planted in the raised garden by the kitchen. Thank you Tim & Libby V74 for donating this.

I hope you all manage to get out and enjoy the little bit of warmth in the Autumn sunshine and admire the lovely Autumn colours in our gardens including the early flowering Camellias.

16 weeks till Spring.... Yay!!

Sonya



## Family/Next of Kin Contact Details

It is important the information we hold on file is accurate and up to date. This ensures that when we need to communicate with family/next of kin we can do so in a timely and efficient manner. Please let us know if family/next of kin details change. We would appreciate their email address, so we can keep them informed about what is happening in our village. If you think the information we have is out of date, please speak to Fiona at reception to get it checked.



## Emergency Call Bells

Emergency call bells are installed in residents villas, serviced apartment/studios, care rooms and the Community Centre. They are checked twice a year to confirm they are working correctly.



When a call point is pressed the display screens around the facility will show where assistance is required. If you are unfamiliar on how the call bells work, please let reception know and they can organise someone to go through this with you.

## Influenza Season Approaches - Prepare



We will soon be heading towards another flu season, it is a good time to discuss the simple things we can all do to help prevent the spread of any illness.

Good hygiene practices remain essential - remember thorough, frequent hand washing, and coughing or sneezing into your elbow. Please stay home if you are at all unwell.

Don't forget your seasonal flu & covid vaccines available around the beginning of April, from your GP or Practice Nurse. For Apartments and Care Suite residents, these were arranged onsite by the clinical team.

## Onsite Works

### New Villa Update



Thank you to all our residents for your patience, understanding, and ongoing support while we have been working on the internal roads to install new services. We know this has caused some disruption to daily routines, and we truly appreciate the positive way everyone has adapted while this work has been underway.

It's great to see the progress being made. Villas 49 and 50, near the Colwyn Street entrance, are nearly complete and are on track to be finished by the end of April.

The five villas near Wairakei Road (83–87) are also starting to take shape. While there have been a couple of delays, it is exciting to see these homes coming together, with completion now expected in early September.

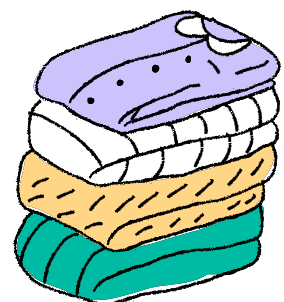
We are making steady progress and look forward to sharing further updates soon.

## A Note From The Laundry

As the weather starts turning cooler, our residents will wear more woollen layers. We try our best to ensure that woollens and delicates are washed appropriately, however there are times these pieces do get put in the normal wash. Therefore, if families are concerned that any damage might occur to these items, we ask that you take them home and wash them.

This is also a reminder that all clothing items need to be named. Next time you visit, or purchase new items, please ensure everything is labelled with the residents name.

If you are missing items then please email ([reception@elmswood.co.nz](mailto:reception@elmswood.co.nz)) with a description, and we will do our best to track down the item.



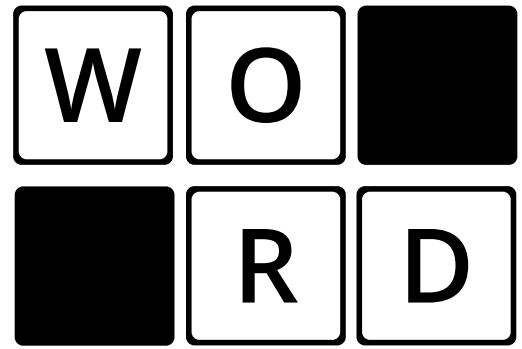
## Puzzle Corner

### Word builder

How many words of 3 or more letters including plurals, can you make from the 5 letters below, using each only once? No foreign words or those beginning with a capital are allowed. There is at least one five letter word.

**S T L B A**

Good - 7 Very Good - 12 Excellent - 18



### Sudoku



Fill each row, column and square with the numbers 1-9, without repeating any number within the row, column or square.

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

### Food Riddles

What did the cheese say to himself in the mirror?

Hallowm!

Why do prawns never share?

Because they're shellfish

What is the favourite fruit of twins?

Pears

