

Northbridge News

News Sheet of the Northbridge Residents

No. 1786

8 December 2017

CHAIRMAN'S CORNER

HAPPY BIRTHDAY MEL

A very happy 102 birthday to Mel Colpus. The family celebrated the occasion with an afternoon tea in D lounge.

Mel was born in Wellington and after leaving school he had a few jobs before starting work at the Wellington Harbour Board and worked there for the next 40 years.

Mel met and married his wife Una in Levin. After retirement Mel and Una moved to Tauranga where they spent the next 17 years.

Auckland was their next home for 16 years. Mel came to live at Northbridge 14 years ago.

Mel has two children, four grandchildren and 4 great grandchildren. Mels daughter Annette and her husband Allan are regular visitors to Friday night fish and chips.

I hope you have many more happy birthdays Mel.

WELCOME TO NEW RESIDENTS

I welcomed 13 new Residents last Friday followed by a welcome dinner.

The evening was well attended and the new Residents enjoyed getting to know other Residents.

David Speary won a raffle prize and intends taking the wine and chocolates South to enjoy with friends.

Thank you to the Bar volunteers. Glenys Siriott and Sally Going. It was hectic behind the bar for a while.

Thank you John Wilson for all the donated wine. (A free drink, Raffle Prizes and the New Residents Tables)

The Bar profits will be down this month!

CHRISTMAS CAROLS AND DRINKS AT THE BAR

Friday 22nd of December.
Come and sing Christmas Carols.
Rosemary Creagh will play for us.
There will be Christmas cake and Christmas mince tarts.

STAFF MORNING TEA

The Residents Committee morning tea for Northbridge staff Monday 11th December 10am.



CHRISTMAS DAY LUNCH

There will be Lunch on Christmas Day 25th December. Put your name down and pay at the Café.

Marion O'Sullivan, Residents Chairman

NORTHBRIDGE BUGGY

| | |
|----------------|--------------------|
| Brian Winsor | Phone 486 1273 |
| | Monday to Thursday |
| Glenys Siriott | Phone 486 5764 |
| Jim Nicholson | Phone 486 2257 |

Functions in D Lounge

Sunday 10th 10.00am – 12.30pm
Monday 11th 9.30am – 11.30am
Tuesday 12th 3.00pm – 7.00pm

Sunday Film

Sunday 10 December – no film
Sunday 17th – see next newsletter

Margaret 4880767

Rosemary's Singers



We meet next Thursday December 14th, at 2.30pm in D Lounge.

Rosemary 486 6201

Brian Drumms Corner – Questions

1. Which fabric is usually ironed on the hottest setting - Silk, Linen or Cotton?
2. The first successful lung transplant occurred in the 1960's, 1970's or 1980's?

Northbridge Singing Group

Our Final sing-a-long for the year is next Monday 11th December at 4pm in the Hall.

Roger Weston 489 5636

Outdoor Bowls –27 November 2017

Winners

Rick Gaudin
Valda Millen
Laurie Michie

Runners Up

David McLellan
Mike Salter
Daphne Rickman

Joy Parlane

Indoor Bowls –6 December 2017

Winners

Brian Winsor
Colleen Agnew

Runners Up

Joy Parlane
Laura Freeman

Brian Winsor

Petanque–26 November 2017

Winners

Lee Salter
Colleen Agnew

Runners Up

Olive Allonby
Dawn Stewart

Leila & Mike Salter

Bridge – 20 November 2017

North/South Ranks

1. Brian Winsor & Vera Aspden
- 2= Ted Waite & Dorothy Richards
- 2= Sonja Compton & Peter Ryder

East/West Ranks

1. Diana Thompson & Patricia Williams
- 2= Kath Singleton & Val Kivell
- 2= Dorothy Richards & Kathy Brown

Brian Winsor

*Reminder of Bridge Club Christmas Dinner
Monday 11th at 5.30pm in the Café followed
by play*

Christmas 'Lessons and Carols' Service

The final Christian Ecumenical Service for this year will be held on **Thursday 14 December at 10am** in the Rest Home Lounge/Dining Room, and take the form of the traditional **Christmas Lessons and Carols**. However, we will only sing four carols, as most attendees would run out of puff, and time, if we did the traditional **Nine**.

All are invited to attend, and family members are invited to come to join with our Rest Home congregation at our end-of-year celebration.

If you have any questions about the Ecumenical Services please ask any of the committee:

Judy Cranch: Apt A422, Ph: 486 5744
(Overseas until January),

Barbara Millensted: Apt C466,
Ph: 488 0590, or myself:

David Speary (Convenor) Apt: I.319,
Ph: 486 1986

Last 4 days Tai Chi for the year

8th, 11th, 15th, 18th December

Make the most of the last four tai chi sessions for 2017. We will resume them again with Brian on 19th January 2018.

We could perhaps do some video classes in January if/when I'm around, and if people are interested. They would probably have to be on an ad-hoc basis and just posted on the noticeboards in the Hub. Let me know if anyone is interested.

Any queries ph Glenys Siriatt 486 5764

Library Notes



I have just read a book which another library user recommended when she returned it early this week.

I read it in a day and could not put it down.

It is a new book, bought very recently, called *Lost for words* by Stephanie Butland. This book is heart-warming, a riveting read and a charming story. However, it is not sickly. On the first page I laughed out loud and thought 'this is a good book.' I have looked the author up and find she has written several recent novels and I will endeavour to get some more of her writings for our library. Thank you, Cath, for your delight in this book. I share it!

I did download one of her titles on e-books from Auckland Libraries, called *The other half of my heart* and read it to see if it is suitable to buy. It is and I would like to get it for our library this coming year.

While away this weekend I read two books my daughter had picked up from the Hospice shop in Whangarei and enjoyed both a lot so will put one of them on the paperback shelf this week. It is a most amusing and disarming book about a rural village in Ireland, a murder mystery with a little romance thrown in. Called 'Holding' by Graham Norton. It is his first novel, well-written and most readable and published last year. Another I picked up from the give-away shelf at work last week was different altogether. Darkly funny, set in Finland, the hero has been given a death diagnosis from his doctor. He manages to really make his mark in his community before he dies. On the back of the book is a quote by Sofi Oksanen, an author, which gives you an idea of its appeal ---"Dark and thrilling, funny and intelligent, this Fargo-like novel contains lethal doses of humour ... and mushrooms." The title is "The man who died" by Antti Omainen, published 2017. This is also on the paperback shelf. I could not put it down either.

Have a good week everyone – I will be back with more notes and would welcome any reviews from any of you too!

Rosemary Saunders

DVD Arrivals

Our thanks for these donations of DVD's to add to our varied collection.

Documentaries

Life On Air

50 years with David Attenborough

Life In The Graveyards Of The Pacific

Master divers explore 5 shipwrecks

TV Series

The Fall; The Missing & Lucifer

Three crime/suspense genre series

Movie Docudramas

McLaren

The name McLaren is synonymous with motor racing excellence and today's stands as a symbol of automotive superiority. The creation of one young New Zealander.

Churchill

June 1944. Exhausted by years of war and plagued by depression, the untold story of Britain's most celebrated leader, revealing the strength of his wife and confidant, 'Clemmie'.

Wanted

If anyone moving to V Block is discarding their drapes. I would like to collect them for the Hospice Shop. Thank you.

Sylvia Mobbs

WANTED

For a 'Guess Who' competition...

Do you have a photo of yourself in school uniform or at school age that you can lend us for a fun 'Guess Who' board to run over the Christmas break. Residents will try and match the names with photos and there may be a small prize for the winner.

Ring Dianne 486 0109

Brian Drumms Corner – Answers

1. Linen
2. 1960's



Volunteers Wanted

For a balance and Walking Study at AUT Akoranga Campus

We are a group of health researchers from AUT and the University of Auckland, with an interest in keeping people active and able. We are looking for volunteers to help us with a study that measures balance and walking. Ultimately, we want to understand how balance influences walking in the home and the community.

If you are interested in knowing more about your balance and physical activity, are aged 70 years or older, walk without a walking aid or stick, then read on! In this study, we test participants' balance using a set of simple balance tests and a questionnaire on balance confidence. Participants receive immediate feedback on their balance test results.

We then ask participants to wear a small sensor (smaller than a credit card) on their lower back for 5 days. It is similar to a "Fitbit" or pedometer, and measures walking and rest periods as you carry on with normal day-to-day life. Once we have all the information, we hope to see whether people's balance confidence or balance ability influences their day-to-day walking.

We plan to start the study in mid-January. There is a \$20 petrol or grocery voucher for participants, to compensate for their time.

If you are interested in finding out more about the study, please contact Olivia Isbey (one of our research team) with your name and contact details.

We look forward to hearing from you. Olivia Isbey (09) 921 9999 ext 5524 olivia.isbey@aut.ac.nz

Christmas Raffle

Christmas Hamper Raffle for our Rest Home and Hospital activity funds
Tickets \$2 each or 3 for \$5 - 3 draws
Tickets available in the foyer outside Café 45 for the next week only

Service Charge Refund

For all those in C & Y type apartments that are due a refund on their service charges, please call in to the Admin Office on Friday 15th December after 10.30am to collect.

Thanks - Heidi

Hairdressers Hours

The Salon will be closing for Christmas on 22 December and reopening at the Rest Home on 16 January 2018 and the Village on 18 January 2018
Marie, Alana and Andrea would like to wish everyone a Merry Christmas and a Happy New Year.

For Sale

Womens Bike, Raleigh Retro Glide
light blue \$140.00

Ph David 4887309

Ankle Osteoarthritis Research Study

The Health and Rehabilitation Research Institute at Auckland University of Technology and the Dept of Osteopathy at UNITEC are running a research study investigating balance and walking patterns in people with ankle osteoarthritis.

The study will compare people with ankle osteoarthritis compared to a control group without ankle problems. If you are wanting to participate in this study, you need to either have ankle osteoarthritis of the ankle as diagnosed by your doctor or have no ankle osteoarthritis or current ankle injuries.

If You Have Ankle Osteoarthritis:

Testing for those with ankle osteoarthritis takes around 2 hours.

If You Do Not Have Ankle Osteoarthritis:

You can also participate as a control subject if you do not have any ankle osteoarthritis or any current ankle injuries. Participating as a control takes just 30 min and is also a single session.

This study will help us to better understand balance and walking difficulties in people with ankle osteoarthritis and may provide us with new ideas on how to improve the treatment of this condition.

Please contact Kendyl Roodt on: 027 951 1494 or email: kenkat@netz.co.nz for more information.

CAFE 45 - Lunches at Café 45

Monday 11 December

Main: Egg and bacon pie, salads/seasonal vegetables

Tuesday 12 December

Main: Lambs fry, mash and gravy, seasonal vegetables

Wednesday 13 December

Main: Roast pork, crackling, apple sauce, roast potatoes, seasonal vegetables

Thursday 14 December

Main: Macaroni cheese, salads or seasonal vegetables

Friday 15 December

Main: Fried or steamed fish and chips, coleslaw and lemon

Saturday 16 December

Main: Chicken and Mushroom pie, mash, seasonal vegetables

Sunday 17 December

Main: Cold pickled pork, potato salad and mixed salad

Lunch

| | |
|--------------|---------|
| Main | \$10.00 |
| Fish & Chips | \$10.00 |



CHRISTMAS CAKES

Delicious, moist and full of fruit – Christmas cakes will be available for sale, and to order from the café from next week.

Prices: \$30.00 small \$40.00 large

Thanks – Wanda

11th December to 17th December

Northbridge Activities for the Week

Saturday

| | | |
|--------|---------------|----|
| 8.30am | Croquet | P |
| 1.30pm | Rummikub | FL |
| 1.15pm | Outdoor Bowls | P |
| 1.30pm | Indoor Bowls | H |

Sunday

| | | |
|---------|------------|----|
| 12.30pm | Poker Club | DL |
| 2.00pm | Film | |
| 4.00pm | Petanque | P |
| 4.30pm | Bar | FL |

Monday

| | | |
|---------|---------------|----|
| 9.00am | Table Tennis | H |
| 10.30am | Tai Chi | H |
| 1.15pm | Outdoor Bowls | P |
| 1.30pm | Rummikub | FL |
| 4.00pm | Singing Group | H |
| 6.30pm | Bridge | DL |

Tuesday

| | | |
|---------|--------------|----|
| 9.00am | Croquet | P |
| 10.00am | 500 | DL |
| 1.15pm | Indoor Bowls | H |

Wednesday

| | | |
|---------|--------------------|----|
| 10.15am | Green Prescription | H |
| 1.15pm | Outdoor Bowls | P |
| 4.00pm | Darts | H |
| 4.30pm | Bar | FL |

Thursday

| | | |
|---------|--------------------|-----|
| 8.30am | Croquet | P |
| 10.00am | Ecumenical | RHD |
| 11.00am | Yoga | H |
| 1.00pm | Bus Trip | |
| 2.30pm | Rosemary's Singers | DL |

Friday

| | | |
|---------|--------------|----|
| 9.00am | Table Tennis | H |
| 10.00am | Painting | AR |
| 10.30am | Tai Chi | H |
| 2.30pm | Poker Club | DL |
| 4.30pm | Bar | FL |

| | | |
|----------------|-----|------------------|
| Venues: | A | Activity Room |
| | AR | Art Room |
| | C | Café 45 |
| | FL | Founders' Lounge |
| | GL | Garden Lounge |
| | H | Hall |
| | RHD | R Home Dining RM |
| | DL | D Lounge |
| | W | Workshop |
| | P | Pavilion |

| CAFÉ 45 Monday 11 December – Sunday 17 December 2017 | | |
|--|---|---|
| | DINNER 5.45PM PAY DAY BEFORE | BAR ROSTER |
| Monday 11 December | Dinner: Roast spring lamb, mint sauce, roast potato, seasonal vegetables Dessert: Christmas pavlova | |
| Tuesday 12 December | Dinner: Large sausage roll, gravy, mash and vegetables Dessert: Peach frangipane tart | |
| Wednesday 13 December | Dinner: Cold corned beef and salads Dessert: Strawberries and ice cream | BAR Valerie Brewster-Willis Noela Klyn |
| Thursday 14 December | Dinner: Braised lamb chops, gravy, mash and seasonal vegetables Dessert: Pannacotta with salted caramel | |
| Friday 15 December | Dinner: Beer battered fish and chips, salads Dessert: Fruit salad and ice cream | BAR John Wilson Gwen Gould |
| Saturday 16 December | Dinner: Butter chicken and rice with sambals Dessert: Apricot crumble and custard | |
| Sunday 17 December | Dinner: Roast beef, Yorkshire puddings, gravy, roast potatoes, seasonal vegetables Dessert: Festive trifle | BAR Barbara Johnson Peter Johnson |
| <u>PLEASE NOTE:</u> Meal cards cost \$100.00 for 10 meals Fish & Chips (Friday night) \$11.50 <i>If there is a special item that you would like to see on the menu, or if you have any other suggestions on how we can improve our service, please contact Wanda 488 3098. Bon appetite!</i> | | |

WORKS DEPARTMENT UPDATE

Water main shutdown, A and B apartments

Apologies to residents for the short notice. The water main will be shut down from 11.00am until 2.00pm Friday 8/12/2017, in order to install additional shut off valve on V block. Sorry for the inconvenience and thanks for your cooperation.

Whilst on water, many thanks to Kev from Galbraiths, when we need a mature, experienced, results driven plumber to fix broken water pipes, "who ya gonna call" not once but twice.

Whilst on breakage, the same contractor working on the L/K LIFT also managed to break the Chorus network cable and the power cable supplying the L block garages. XYZZZ !!!!

Summer is here

Who is looking forward to jumping into the new swimming pool on these hot afternoons?

The heat in the Hub, especially library is uncomfortable, unfortunately the incoming air is not conditioned so the air being imported is from external source and if the temperature outside is 24 degrees then by the time the air travels through a very warm ceiling space it is not cool air being delivered to the area. Perhaps there is an opportunity to address this issue when we alter the playing area / lounge in the Hub next year.

V block apartment occupation

Deadlines are currently a moving feast, rest assured all involved are striving to get the right result in terms of completion of apartments and a safe building for residents to access and occupy. All tasks require resourcing and we are at the mercy of both the current construction environment and Christmas season. James continues to apply pressure to have as many residents moved in and settled before Christmas.

A and B apartments

Plans to have both buildings cleaned and garage doors painted prior to Christmas have been somewhat thwarted but remain scheduled for as soon as possible.

Window cleaning

Has begun at Hospital and Rest home with a start in the village due next week.

Emergency fire action

Any resident who doesn't have a fire action plan on the inside of their front door, please advise the office.

Thank you
Dave - Works Manager

SERVICES AVAILABLE AT NORTHBRIDGE

AUDIOLOGY

Hearing Technology
Phone for appointment
0800 142 152

MASSAGE

Linda Jacobs
Phone for Appointment
021 067 1417

PODIATRY

Ross Morgan
Phone for appointment
027 234 5618

PODIATRY

Jane Howie
Phone for Appointment
09 415 0934
or 022 1730 779

PHYSIOTHERAPY

Darrell Flinn
Phone for appointment
Cost ACC:

| | | | |
|---------------------|------|-----------|------|
| Initial Appointment | \$30 | Private: | \$50 |
| Follow Up Visit | \$20 | Follow Up | \$30 |

021 046 6777