



AUTUMN 2019



March 2019

Newsletter

gcrh.org.au

From the General Manager's Desk

I have a quiz question this edition? Can you tell me the city & location that the autumn themed picture above was taken in?

Easter is a late one this year, so we get three short weeks in a row, running into Anzac Day (yay).

Please note that I will be on leave from last week in March to mid April. Lyn will be attending the office on both Mondays & Fridays. However, she won't work full days on these days; so it may pay to ring her first if you wish to visit. If office is unattended and you have an urgent maintenance item, ring the maintenance no.

Easter Arrangements and Anzac Day

Easter is approaching; it is a late Easter this year with Good Friday on the 19th April and Easter Monday on the 22nd April.

The admin office will be closed from 4.30pm on Thursday 18th April and will re-open on Tuesday 23rd April at 9.00am. Urgent maintenance requests should be made direct to Brenton or Stephen on the mobile number **0411 795 585**.

Weekly Bins: Please note that the bins will be put out by staff as normal on Thursday 18th April (by 10.00am). However, they won't be emptied until Saturday morning, due to the Good Friday holiday. This means they will be on the kerb for an extra day.

Anzac Day Closure:

Also note that the Anzac Day holiday will be on Thursday 25th April. **The admin office will be closed on both Thursday 25th & Friday 26th April.**

Again, contact the maintenance mobile number above for any urgent requests.

Weekly Bins: Please note that the bins will be put out by staff on **Wednesday 24th April** (by 10.00am), due to the Public Holiday. They will be emptied as normal on Friday 26th April.

GDACH 50th Anniversary

Gawler & District Aged Cottage Homes began officially in November 1969. That means we will celebrate our 50th Anniversary this year. The first official meeting was held on the 28th November that year. There was also a formation meeting held at the Gawler Council Chambers in August of that year.

A guiding committee has been meeting to consider celebrations of the event. Consideration is being given to a Board meeting to mark the formation event in August. Plus, we are planning to have an Anniversary function in late November to coincide with the 50th "birthday". The plans are to include residents in this event. We will have more details for you in the coming months.



Gawler Ageing Expo - 2019

The 2019 Gawler Ageing in Style Expo will be held on Fri 5th April; at the Gawler Sport & Community Centre, Nixon Tce. GCRH will again be attending, so come and say hello or bring a friend along to find out more about us. This year they have special guests Costa Georgiadis from ABC's Gardening Australia and TV presenter, Rebecca Sullivan. The expo runs from 10am through to 1pm; entry is free and there will be free morning tea.

Lot 2 James Martin Village

As we advised all residents by letter recently, Japara Health, the owners of Lot 2 at James Martin Village have placed the property up for sale.

At the time of writing, we are waiting to hear from the real estate agent as to the result of the "Expressions of Interest" which close on the 14th March.

The result of the sale has a significant impact on James Martin Village and our future planning, as was explained in the letter we sent. We will let all residents know the outcome.

Board Member Profile - Dr Malcolm Richards

It has been a tradition and a privilege for the Gawler Community Retirement Homes to have had a doctor on the Board from virtually our first meeting. For many of those years it was Dr Curtis Deland.

Since 2005 Dr Malcolm Richards has been a member of the Board of GCRH. Malcolm has been a General Practitioner in Gawler since 1990.

During that time, he has been an enthusiastic member of the Gawler and Trinity hockey clubs until he retired from playing. He now rides his bicycle with the Team Barossa riding group. He also enjoys painting and drawing and his work may be seen on <https://malcolm-richards-slyg.squarespace.com/>. Some of his paintings can be found in the new Gawler Civic Centre.



Dementia Australia Update

Morna Coats from Dementia Australia has provided us with some updated information, which is available from the Administration office.

They are also providing special "Family Carer Program" sessions at the Gawler Sport & Community Centre. These are scheduled for Thursdays from 21st March to 11th April, between 10.00am & 1.00pm.

The Family Carer Program provides an opportunity to learn about practical strategies, share common experiences and learn ways to support a person with a diagnosis of dementia living in the community.

Family members attend a three hour session over four consecutive weeks. Bookings are essential, for more information contact Morna on 0476 848 784 or email morna.coats@dementia.org.au.

Gawler Cinemas – Silver Screening

All residents should have received an 'official' invite, to the Silver Screening at the Gawler Cinemas on **Tuesday 2nd April**, commencing at **10.00am**. The movie is 'Mary Poppins Returns'.

The mysterious Mary Poppins returns to depression-era London to visit Jane and her brother Michael, now a father of three, and helps them rediscover the joy they knew as children. It stars the delightful Emily Blunt in the role made famous by Julie Andrews.



The session includes the following:

- Tea, coffee and biscuits prior to the movie.
- The film commences at 10.40am.
- Light lunch after the movie, which includes fresh sandwiches & cake.

We are subsidising the entry price at just **\$5.00 per head for any GCRH residents**, (normal price is \$15.00) with a maximum of two per unit. If you are interested in going, please make a booking with the GCRH Office on 8523 4255 by Thursday 28th March. Payment can be made to Lyn at the cinema on the morning, or you can pay us prior to the day.

We need to pre-book as the cinema requires numbers from us prior to the day. Should anyone wish to go but is unable due to transport, give the office a call.

2019 Social & Information Events - Update

We have updated the calendar of events for the remainder of 2019, after the cinema session. Please note we will move the **Christmas Party** due to the 50th Anniversary function. Where listed as to be confirmed, we are waiting on the on date or venue booking to be confirmed.

Friday June 14th: RAA Road Rules Quiz

At the RAA Lifestyle presentation last year; presenter Jan Webber mentioned the road rules quiz. This quiz is an interactive presentation that covers both general road rules and give way rules. Test your knowledge on well established, misunderstood and new road rules, while having a bit of fun. Each participant will receive a 'clicker' at the presentation so that the group's answers can be recorded and displayed on the screen.

It will be conducted at the James Martin Community Hall, commencing at 10.30am; includes morning tea.

Wednesday October 30th: Annual Meeting (tbc)

Annual Residents Meeting is listed for 30th October; Date and venue to be confirmed closer to the event.

Wednesday November 27th: 50th Anniversary (tbc)

As advised earlier in newsletter; further details to be confirmed. Likely to be 6.00pm start.

Wednesday December ??: Christmas Party (tbc)

Annual Residents Christmas Party date is now to be finalised. It will likely be second Wednesday in December; however, the date & venue will be confirmed once we have finalised the anniversary.

James Martin Village Social Club

James Martin Village residents have a social club that meets regularly. They use the Community Hall in the village and have get togethers, on Friday afternoons; plus some other functions during the year.

Recently they have started some exercise classes "Move It or Lose It" at the James Martin Village Community Hall on Wednesday mornings at 10.00am. It provides gentle exercise "in a chair" plus you'll come away with a smile! The cost is just a \$2 donation.

The social club would like to invite all GCRH residents to come along to the classes; or you may like to join the club and enjoy their other get togethers.

If you would like to know more about the social club, please contact Peter or Lyn at the admin office on 8523 4255 and we will put you in touch with them.

Current Villages Vacancies

James Martin Village (19 Dawkins Ave):

Unit 20: Is a two-bedroom unit with lounge/dining, secure 'outdoor room' & a new attached garage. Separate kitchen, laundry & bathroom, all have recently been upgraded. Ducted r/c a/c – (\$189,950)



Governor Gawler Village (11 Hutchinson Rd):

Unit 15: Three Bedroom home features large living area with a well-appointed kitchen, inc. a wip and overhead cupboards with rangehood and new cooktop. Main bedroom has a wir; there are also robes in beds 2 & 3. Two-way bathroom, along with sep vanity area and toilet; large laundry. Single attached garage is big enough to allow for some storage and has secure internal access. Rear courtyard area with a verandah, neat gardens. Features split system r/c a/c. - (\$304,950)



Elimatta Village:

Unit 3 (1 Fotheringham Tce): Only recently vacant. One-bedroom unit with a sunroom. Large living area; bedroom has sliding door robe. Good size kitchen will have new rangehood & ceramic cooktop. Split system r/c a/c. Clever hideaway laundry and well-arranged bathroom, inc shower screen & door. Will have new carpets and blinds. Subsidised Entry Agreement – (\$65,000)

Unit 41 (18 Tod St): One-bedroom unit with sunroom, large living kitchen area. Modern kitchen, with stainless steel under bench oven, canopy rangehood and ceramic cooktop. Bedroom has large sliding door robe and good quality carpet. Well-appointed bathroom/laundry. Private courtyard and separate garage with remote controlled roller door. – (\$169,950) * ask us about finance options.

New Residents

We would like to welcome the following new residents to Gawler Community Retirement Homes:

- Lyn Dubicki moved into Unit 8, Elimatta Village in December.
- Jacky Rees moved into Unit 35 Elimatta Village in February.
- Beverley Brokate moved into Unit 4 Governor Daly Village in March.

The following units are vacant, but have prospective new residents that have paid a deposit:

- Unit 6, Vin Rice Village (1 David Street).
- Unit 1, Vin Rice Village (4 David Street).
- Unit 20, Governor Gawler Village.
- Unit 31, Elimatta Village.

Elimatta Inspections

Brenton & Peter have been steadily working through the Elimatta inspections since before Christmas. We have had some delays since the new year, due to heat and sickness. We do have 54 units to inspect in Elimatta.

We currently have 10 units still to inspect, this includes all of 1 Fotheringham Terrace; plus, some that residents weren't home when we knocked.

Don't worry if we haven't seen you yet, we will either be around soon, or will make an appointment with you to finalise.

GCRH Administration Office Hours

Our normal office hours are:

Monday to Thursdays – 9.00am to 4.30pm

Fridays – office attended most Fridays, but please make an appointment prior.

For urgent action when the office is unattended, contact Brenton or Steve on mob no. 0411 795 585.

Some laughs!

* A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

The guy's curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says "I'm sending out 1,000 Valentine cards signed, 'Guess who?'". "But why?" asks the man. "I'm a divorce lawyer," the man replies.

* There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget.

They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top."

So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

Sorry We Can't Offer This Service!!!

