

# Village Activities

Activities with Lynette - Tuesday morning in the Lodge Lounge. 10:00am - 12:30pm.

Activities with Andy - Wednesday mornings in the Lodge Lounge. 10:15am - 12:30pm.

Bible Study Group - 26th April Lodge Lounge 10:00am.

Bingo - Wednesdays 2:00pm in the Lodge Lounge.

Carpet Bowls - Mondays at 1:30pm in the Community Centre and Thursdays in the Lodge Lounge at 1:30pm.

Coffee Club - Mondays from 10:00am in the Community Centre.

Croquet - Saturdays at 9:30am on the lawn (if weather permits).

Darts - Tuesdays in the Community Centre 3:00pm - 5:00pm.

Doctor's Clinic - Dr. Ledwidge - Every Thursday 9:30am - 12:30pm. Please book appointment a week before. **Please be aware Flu Vaccination Clinic to be held in the Lodge Lounge 8th April and Dr Ledwidge will be unavailable on 11th April 2024**

Garden Club - Every Monday at 9:00am. Meet at bus on top road.

Hair Salon - Every Wednesday and Friday phone: 0405 509 960 for appointment.

Happy Hour - Lodge Lounge 9th April and Community Centre. Friday 26th April at 4:30pm.

Ideas Club - Monday 8th April 9:00am in the Community Centre.

Miniature Cricket - Lodge Lounge, Mondays and Saturdays 10:30am - 12:15pm.

Kiosk - Open Mondays and Fridays from 9:30am - 11:00am. Trolley service every Tuesday in the Lodge Lounge from 2:30 pm

Movies - 1:45pm every Friday, Saturday and Sunday in the Lodge Lounge.

Non-Denominational Church Service - Good Friday 29th March 2024 and regular Service 12th April 2024

Painting for Fun - Monday afternoon with Lynette in the Lodge Lounge 2:00pm - 3:30pm.

Podiatrist - First Wednesday afternoon of each month in the Doctor's clinic. Book your appointments through the office.

Rummikub - Every Thursday in the Community Centre at 1:45pm. Everyone welcome. Tuesday at 2.00pm and Thursday at 3.00pm at Lodge Lounge.

Scrabble - Sunday at 1:30pm in the Community Centre. Call Jan Caldwell for more details. 9875 3107.

Shopping Bus - Tuesdays and Thursday from 8:45am and 9:15 am. Hornsby Service 11th April 2024

Table Tennis - Fridays and Saturdays 1:30pm in the Community Centre.

Tai Chi - Every Friday in the Community Centre at 11:30am. Everyone welcome, cost \$5.00.



WOODLANDS

CHERRYBROOK

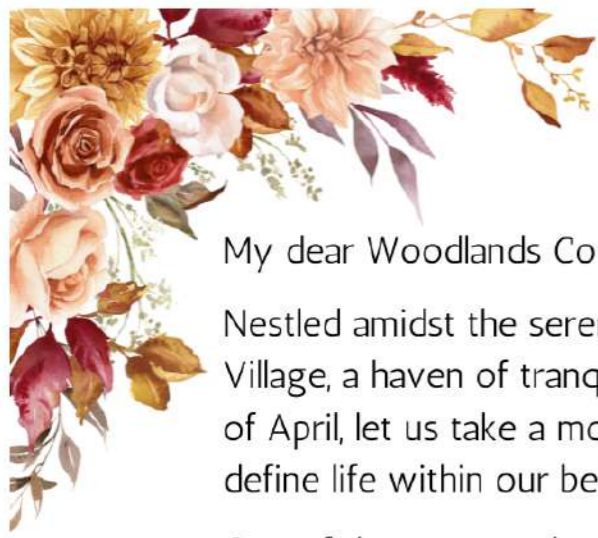
## Chronicle

# April 2024



Office hours & contact details  
Monday to Friday - 9.00am to 5.00pm  
Closed Weekends & Public Holidays  
Phone: 9481 8842

Julie Burton—Operations Manager  
julie@woodlandsvillage.com.au  
Andy Genteroles- Lifestyle officer  
andy@woodlandsvillage.com.au



# Message from the CEO

My dear Woodlands Community,

Nestled amidst the serene beauty of nature lies our Woodlands Retirement Village, a haven of tranquillity and community spirit. As we embrace the arrival of April, let us take a moment to reflect on the unique charm and essence that define life within our beloved community.

One of the most enchanting aspects of life at Woodlands is our close connection to nature. Surrounded by lush greenery, picturesque gardens and tranquil walking paths, residents have the opportunity to immerse themselves in the beauty of the natural world. On that note, may I please request our community to stop feeding birds as this may attract unwelcome creatures.

Whether it's gathering for morning tea in the community centre, joining in Lodge happenings, on a group excursion or simply sharing a friendly smile and wave with fellow residents, the spirit of camaraderie is palpable throughout our village. I would like to welcome all new residents and shareholders to Woodlands. A reminder to all the shareholders, Woodlands is a home for retirees to enjoy their retirement and not for investment purposes.

As we look ahead to the coming busy months, let us continue to cherish and nurture the bonds that unite us as a community. Whether it's through participating in upcoming events, sharing your talents and passions with one another or simply taking a moment to appreciate the beauty of our surroundings seizing each day with gratitude and enthusiasm.

In closing, I'm pleased to share we now have 95% of services in-house which was previously on contractual basis. My next project is to bring all unit settlements and managing of Woodlands website in-house.

May April be filled with moments of joy, connection and peace for each and every one of us.

Have a safe and blessed Easter with your loved ones.

Warm regards,  
Tara Naidu



# Lodge Happenings

**Happy Hour**  
**A South African Theme**

**A WARM WELCOME TO ALL WOODLANDS GARDEN AND LODGE RESIDENTS .**

**WHEN: TUESDAY, APRIL 9TH**  
**WHERE: LODGE DINING AREA**  
**TIME: 4PM**  
**COST: \$5 INCLUDES FINGER FOOD, WINE, SOFT DRINKS AND ORANGE JUICE**

**PLEASE RSVP TO RECEPTION & PAY AT THE DOOR**

## Ploughman's Lunch

### Jim's Endearing Old Ploughman's Lunch

All residents of the Woodlands Community are cordially invited to attend the 7th Version of Jim's Endearing Old Ploughman's Lunch (and becoming Dinner for some Lodgers) at the Woodlands Lodge Lounge and Patio at 4pm on Wednesday 17th April BYO refreshment (though some provided) and a Gold coin Donation with a mixed bag of cheerful Dancing music on offer. No RSVP required.



# Message from the Operations and Maintenance

## Dear Residents,

With the new month of April just beginning, I am reminded of our current and past surviving Service Men and Women and for our fallen defence Service Men and Women who all fought our freedom. Lest We Forget.

## Bus Timetable

We have made changes to the bus timetable, please see below the new times for the month of April

Cherrybrook	Pennant Hills
Every Tuesday and Thursday.	Every Tuesday and Thursday.
8.45am departure from the Lodge.	9.15am departure from the Lodge.
10.30am Pickup at Cherrybrook Village.	11.00am pickup from Pennant Hills.

Hornsby  
9.15am departure from the Lodge.  
11.30am pickup from Hornsby.

**Please be aware that for April the Hornsby bus will go on 11th of April instead of the 28th due to ANZAC Day Public Holiday.**

## Public Road

Please remember that the speed limit around the village is 20kms p/h, there have been instances where couriers, delivery drivers and tradesmen have been witnessed speeding, and as much as we try to discourage it, we can't catch all the culprits, so please be mindful and careful whilst walking the roads around the village.

Our operating hours over the long weekend for the office will be closed on Good Friday and Easter Monday, but I would like to wish everyone a safe and joyous Easter

Kind Regards  
Julie Burton

Dear Residents

Welcome to April, the days are getting shorter and the weather is milder so hopefully we will be enjoying the beautiful Autumn time. The lawns are looking healthy and will come through winter strongly so the lawns should be even better next summer.

The roof restoration is coming along well, the workers have completed the cleanings of the tiles. This first week of April will replace broken tiles and repoint ridge capping etc., after that completed they will start the painting process starting at Block 7 and work their way around again. We may have put tarps around cars in carports to protect them. Next month we will be testing smoke alarms and vital care buttons please have a spare 9 volt battery available, If not we can change battery with a new battery for \$10 standard smoke alarm should be replace every 5 years most of smoke alarm in village are very old and should be replace we can supply and for a new smoke alarm for \$60.

The village maintenance house keeping will be providing many services at very affordable rates so may not have to use outside constructors. Some services will provide might be pest control, cleaning, window and awning cleaning, plumbing, air conditioning filters, more about these services next month as we get organized.

Just a friendly reminder, please don't feed the birds, this practice brings rats and snakes into the village, we had two snakes sightings last month so be careful when gardening and wear gloves and correct foot wear.

Parking in the village is becoming an issue please advise your friends, carer's, tradies, and family that there is No Parking near the Lodge and only about eight visitors parking in village, so park out the front as much as possible.

Warm Regards,  
Tim



## Ideas Club Meeting

To be held on  
Monday, 8th  
April in the  
Community  
Centre at  
9:00am.  
Everyone  
welcome.

# Community Centre Activities

## Coffee Club

Every Monday in the  
Community Centre at  
10:00am. Easter Monday, 1st  
April will be celebrated with  
an Easter Hat parade and  
Anzac Day will be  
remembered on Monday,  
22nd April.  
Easter Monday will be a free  
morning tea, every other  
day \$3 for any type of coffee,  
tea, hot chocolate, cake and  
biscuits  
Everyone welcome.



## Happy Hour



Happy Hour in the  
Community Centre  
26th April  
at 4.30 pm  
Everyone is  
welcome to share  
nibbles and hot food,  
and wine, spirits,  
or orange juice.  
Come to catch  
up with friends and  
neighbours,  
and hopefully,  
have a good chat and a  
laugh..

## Future Events

INFORMATION SESSION ON THURSDAY 9 MAY 10AM  
STAYING SAFE ONLINE AND SCAM PREVENTION

Are you inundated with scam text messages and scam emails? Do you sometimes wonder if these messages could be genuine? Knowing how to stay safe online has become vital. Come along on Thursday 9 May and hear from Senior Constable Mick Barnes on how to stay safe online and prevent yourself from being taken in by scammers.

Senior Constable Barnes is the Vulnerable Persons Officer for The Hills Police Area Command. His role as Vulnerable Persons Officer relates to crime prevention and victim support. He is speaking to residents of retirement villages in the The Hills area on how to keep safe online. We are looking forward to hearing what he has to share!

DATE? Thursday 9 May

TIME? 10 -11:15AM

PLACE? Community Centre

RSVP: by Wednesday 8 May. Gold coin donation welcome!



*Always remember safety first*

*Be aware, be prepared, be alert*

*Don't fall for scams*



### Join the Stepping on Program

Stepping On is a 7-week fall prevention program for adults aged 65 years and over and Aboriginal adults aged 45 years and over.

The program will help you learn how to reduce your risk of falling and how to maintain your independence.

Stepping On includes gentle group exercise to improve your balance and educational talks from experts.

Topics covered include home hazards, community safety, managing your medications and more.

No prior knowledge or exercise experience is required!

Stepping on Program will be held in the Woodlands Community Centre every Thursday 10am - 12 pm from May 16th 2024 to June 27th 2024. Participants must register their interest with the office, only limited spaces available.

## Upcoming Activities

### BINGO

If you love Bingo come and join the residents down in the Lodge Lounge every Wednesday at 2.00pm Cost \$2 per card. You never know you could win one of the cash prizes!



### TABLE TENNIS

If you love a good challenge and love fun first and like to stay fit come along and join in the fun and laughs up at the Community Centre every Friday and Saturday from 1.30pm.



*There are always a variety of events happening around the village and everyone is welcome to come and join the fun,*



### TAI-CHI

Tai Chi every Friday in the community Centre at 11.30am. Everyone welcome, cost \$5.00.



### CHURCH SERVICE

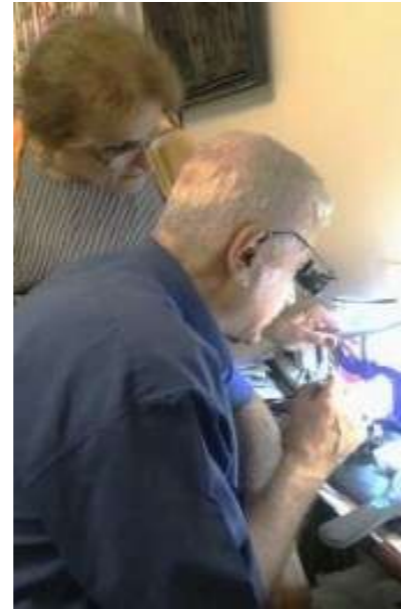
There will be a Good Friday Easter Service on March 29th 2024 at 10.00am and a regular Church Service on the 12th April 2024 both in the Lodge Lounge

### Doctors Clinic

Dr Ledwidge is holding a Flu Clinic on 8th April, please book at the office 9am - 1pm  
Dr Ledwidge will be away 11th April

# Life Stories of our Woodlands Residents

## Ahmad and Gohar Shabanifard



2:06:26 pm, on Wednesday 20th March just gone, marked the precise moment of the beginning of the 13-day celebration of the age-old Persian New Year: Nowrooz ('new day'), that special time of sacred renewal for Persian families and their friends all across the world, festivities which, interestingly, have always embraced the Christian Easter period.

Ahmad (respectful) and his wife, Gohar (jewel), remain very much an engaged part of that wide-spread diaspora, and after having made Woodlands their home in May of 2022. Naturally, they reserve great pride and respect for their traditions. But so too for their Christian faith and for Australia itself, given all the opportunities now available to them in their new lives here. The chance to reunite with their daughter and grand-son, Sara and Sam (Sara having come in 2012), was what chiefly brought them from Iran; but so too Gohar's sister and family, given that they had arrived way back in 1989. Those family bonds are strong, of course, and their family gatherings are frequent.

A retired high school teacher of sociology, family is a key driving force for Gohar, as might be expected. But so too for Ahmad, a most thoughtful and friendly individual whose work and studies had taken him outside Iran a number of times in years gone by. Though a devotee of Persian literature and philosophy (especially the teachings of Rumi, Molana), he is also a student of the wider world's wisdom and often enjoys discussing a wealth of matters concerning the human condition.

However, Ahmad brings other highly specialised knowledge and skills to the Woodlands community as well, for he is an experienced, gifted, and meticulous craftsman with a huge collection of watches, clocks, jewellery components, and various bits-and-pieces. As such, he is more than happy to make his repair services readily available to everyone at Woodlands. And he assures us that he will do so at minimal cost.

If you've not already done so, do make a point of introducing yourself to this warm and cultured couple, likely to be longtime residents of the Lodge. (correspondent: Garry)

# Life Stories of our Woodlands Residents

## Mel (Melveene) Hunt

### *Artist in Residence*

Mel started painting at the age of 3 and simply fell in love with painting and art in general, Mel really loves her art and craft here at Woodlands and over the last 15 years she has painted over 70 portraits of residents and staff.

One of Mel earliest Jobs was being a fashion artist for 7 years at the John Martin Department Store in Adelaide, where she began with painting mattresses and then moved on to shoes, handbags and hats (She is still a great fan of fashion hats, and has around 25 hats still in her fashion wardrobe)

After she left the store Mel went on to study abstract art at the Joy Ewett Roseville art school and then continued her studies at the Adelaide school of Art where she learnt plaster casting.

Mel also taught art at the Beecroft Community College for 2 Years and was in a group of artists who did shows for the Congregation Church at Pennant Hills.

Mel was married in 1955 to a Bio-Chemist in Adelaide and had 3 beautiful children all who followed in their mothers artistic ways, but this time musical, her son plays the clarinet whilst her youngest daughter plays violin and played at the Sydney Opera House for 35 years and her oldest daughter plays Cello for the Balmain Simphonia from time to time.

Even after all these years Mel's love of Art has never faded and she still has hundreds (possibly even thousands) of drawings and portraits in her albums here at woodlands which she happily will show anyone who wishes to see.



# Prelude to Easter Happy Hour 22nd March 2024



# Outings April May June

**Bus trips for April, May and June. Leaving times from the "depot" and flagpole are 15 minutes prior to the advertised Lodge times. To book please ring Margaret on 0417 236 458.**

## April

Tuesday, 2 April to the Chang Lai Yuen Chinese Gardens, Doonside for afternoon tea. Leaving the Lodge at 12.45pm, cost \$20 for the bus.

Wednesday, 10 April to Vaucluse House for morning tea and tour and lunch at Watson's Bay (your choice). Leaving the Lodge at 8.45am, cost \$30 for the bus and morning tea.

Tuesday, 16 April to West Head for afternoon tea. Leaving the Lodge at 12.45pm, cost \$25 for the bus and afternoon tea.

## May

Tuesday, 7 May to Mooney Mooney Club for lunch. Leaving the Lodge at 12.30pm, cost \$20 for the bus.

Wednesday, 15 May to Davistown RSL for lunch. Leaving the Lodge at 8.45am, cost \$30 for the bus and morning tea.

Tuesday, 21 May to Abbotsford Rowing Club for afternoon tea. Leaving the Lodge at 12.45pm, cost \$20 for the bus..



## June

Tuesday, 04 June to the Archibald Exhibition at the Art Gallery of NSW. Leaving the Lodge at 12.45pm, cost \$20 for the bus.

Wednesday, 12 June to the Edogawa Japanese Commemorative Gardens, East Gosford for morning tea, lunch at Terrigal (somewhere to be determined). Leaving the Lodge at 8.45am, cost \$25 for the bus.

Tuesday, 18 June to Centennial Park for afternoon tea. Leaving the Lodge at 12.45pm, cost \$20 for the bus.



## Bus Shopping Timetable

Tuesday and Thursday - \$10.00 Return  
 8:45 Am- Departing for Cherrybrook  
 9:15 Am- Departing for Pennant Hills  
 10.30 AM- Returning from Cherrybrook  
 11.00 AM- Returning from Pennant Hills  
**Hornsby**  
**11th April 9.15am depart 11.30 Return**

Phillip Johnson hard at work upgrading and maintaining the Fish pond



# Cherry Blossom Happy Hour 12th March 2024

# Hair with Karen

## Price List

LADIES HAIRCUT	\$40
MEN'S HAIRCUT	\$35
LADIES SHAMPOO, CUT & BLOWDRY	\$78
LADIES SHAMPOO & BLOWDRY/ SET	\$44
PERM, CUT & BLOWDRY	\$120
COLOUR, CUT & BLOWDRY	\$120
SHAMPOO	\$10
BEARD TRIM	\$15
MANICURE	\$30



## Gift Shop section now open!

Gifts for yourself or for your family and friends, such as jewellery including a range of clip-on earrings, handbags, shopping bags, skin care, umbrellas, scarves and other lovely goodies!

**FOR MORE INFORMATION, PLEASE CALL KAREN  
PHONE 0405509960**

**OPEN WEDNESDAYS AND FRIDAY**



# Woodlands In-Home Services

## Services Provided

### In-home Services

\$45 per hour include:

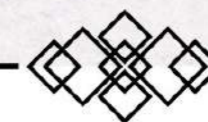
- Cleaning
- Laundry
- Ironing
- Accompany to Medical Appointments


### Other Services provided

- \$70 Window cleaning
- \$50 Internal pest control min cost depending on Unit Size
- \$60 Replacement smoke alarm supplied and fitted
- \$10 replace battery smoke alarm
- Carpet spot clean, price will be quoted
- Awnings, price will be quoted
- General Maintenance including: plumbing, air-conditioner filter replacement and other maintenance requirements prices will be quoted per service

Please note that all services will be completed with an authority form and will be invoiced directly from the office.

**No cash will be accepted**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>April 2024</h1>			<b>Key:</b> CC- Community Centre LL- Lodge Lounge LRO- Assisted Living Lodge Resident Only Activity <i>(All residents welcome to all other activities)</i>				
<u>Notes:</u> .....			<b>Office Hours</b> Monday to Friday: 9.00am-5.00pm Closed Weekends & Public Holidays Phone: 9481 8842 <a href="mailto:julie@woodlandsvillage.com.au">julie@woodlandsvillage.com.au</a>				
	<b>1 Easter Monday</b> 9.00am Garden Club 9.30am Kiosk-CC 10.00am Coffee Club- CC (Theme – Easter) 10.30am Mini Cricket – LL 1.30pm Carpet bowls-CC 2.00pm Painting for fun with Lynette –LL	<b>2</b> 8.45am & 9.15am Shopping Bus 10.00am Activities with Lynette – LRO <b>12.45pm Chang Lai Yuen Chinese Gardens</b> 2.00pm Rummikub – LL 2.30pm Lodge Kiosk – LL 3.00pm Darts – CC	<b>3</b> 2.00pm Bingo -LL 7.00pm Mini Cricket - LL	<b>4</b> 8.45am & 9.15am Shopping Bus 9.30am Dr's Clinic 10.30am Mini Cricket– LL 1.30pm Carpet Bowls -LL 1.45pm Rummikub – CC 3.00pm Rummikub – LL	<b>5</b> 9.30am Hairdressing Salon 9.30am Kiosk- CC 1.30pm Table Tennis - CC 1.45pm Movie-LL	<b>6</b> 9.30am Croquet on the Lawn 10.30am Mini Cricket–LL 1.30pm Table Tennis-CC 1.45pm Movie-LL	
	<b>7</b> 1.30pm Scrabble-CC 1.45pm Movie-LL	<b>8</b> 9.00am Garden Club 9.00am Flu Clinic LL 9.30am Kiosk-CC 10.00am Coffee Club- CC 10.30am Mini Cricket – LL 1.30pm Carpet bowls -CC 2.00pm Painting for fun with Lynette –LL	<b>9</b> 8.45am & 9.15am Shopping Bus 10.00am Activities with Lynette – LRO 2.00pm Rummikub – LL 2.30pm Lodge Kiosk – LL 3.00pm Darts – CC 4.00pm Happy Hour – LL (Theme South Africa)	<b>10</b> <b>8.45am Vaucluse House</b> 9.30am Activities with Andi - LRO 2.00pm Bingo - LL 7.00pm Mini Cricket - LL	<b>11</b> 8.45am & 9.15am Shopping Bus 9.30am Dr's Clinic (Dr away) 10.30am Mini Cricket– LL 1.30pm Carpet Bowls -LL 1.45pm Rummikub – CC 3.00pm Rummikub – LL	<b>12</b> 9.30am Hairdressing Salon 9.30am Kiosk- CC 11.30am Tai Chi 10.00am Non-Denominational Church Service – LL 1.30pm Table Tennis -CC 1.45pm Movie-LL	<b>13</b> 9.30am Croquet on the Lawn 10.30am Mini Cricket –LL 1.30pm Table Tennis-CC 1.45pm Movie-LL
	<b>14</b> 1.30pm Scrabble-CC 1.45pm Movie-LL	<b>15</b> 9.00am Garden Club 9.30am Kiosk-CC 10.00am Coffee Club- CC 10.30am Mini Cricket – LL 1.30pm Carpet bowls -CC 2.00pm Painting for fun with Lynette –LL	<b>16</b> 8.45am & 9.15am Shopping Bus 10.00am Activities with Lynette – LRO <b>12.45pm West Head</b> 2.00pm Rummikub – LL 2.30pm Lodge Kiosk – LL 3.00pm Darts – CC	<b>17</b> 9.30am Activities with Andi - LRO 2.00pm Bingo - LL 4.00pm Jim's Ploughman's Lunch 7.00pm Mini Cricket – LL	<b>18</b> 8.45am & 9.15am Shopping Bus 9.30am Dr's Clinic 10.30am Mini Cricket– LL 1.30pm Carpet Bowls -LL 1.45pm Rummikub – CC 3.00pm Rummikub – LL	<b>19</b> 9.30am Hairdressing Salon 9.30am Kiosk-CC 11.30am Tai Chi 1.30pm Table Tennis -CC 1.45pm Movie-LL	<b>20</b> 9.30am Croquet on the Lawn 10.30am Mini Cricket –LL 1.30pm Table Tennis-CC 1.45pm Movie-LL
	<b>21</b> 1.30pm Scrabble-CC 1.45pm Movie-LL	<b>22</b> 9.00am Garden Club 9.30am Kiosk-CC 10.00am Coffee Club- CC 10.30am Mini Cricket – LL 1.30pm Carpet bowls - CC 2.00pm Painting for fun with Lynette –LL	<b>23</b> 8.45am & 9.15am Shopping Bus 10.00am Activities with Lynette – LRO 2.00pm Rummikub – LL 2.30pm Lodge Kiosk – LL 3.00pm Darts – CC	<b>24</b> 9.30am Activities with Andi - LRO 2.00pm Bingo - LL 7.00pm Mini Cricket - LL	<b>25 ANZAC Day</b> 9.30am Dr's Clinic (Dr away) 10.30am Mini Cricket– LL 1.30pm Carpet Bowls -LL 1.45pm Rummikub – CC 3.00pm Rummikub – LL	<b>26</b> 9.30am Hairdressing Salon 9.30am Kiosk-CC 11.30am Tai Chi 1.30pm Table Tennis -CC 1.45pm Movie-LL 4.30pm Happy Hour - CC	<b>27</b> 9.30am Croquet on the Lawn 10.30am Mini Cricket –LL 1.30pm Table Tennis-CC 1.45pm Movie-LL
	<b>28</b> 1.30pm Scrabble-CC 1.45pm Movie-LL	<b>29</b> 9.00am Garden Club 9.30am Kiosk-CC 10.00am Coffee Club- CC 10.30am Mini Cricket – LL 1.30pm Carpet bowls-CC 2.00pm Painting for fun with Lynette –LL	<b>30</b> 8.45am & 9.15am Shopping Bus 10.00am Activities with Lynette – LRO 2.00pm Rummikub – LL 2.30pm Lodge Kiosk – LL 3.00pm Darts – CC	