



Sherwood State School Sings.

On the morning of Monday, 24th October, Arbor Sherwood residents were entertained by a short but lovely presentation by the Sherwood State School Senior Choir. It was such a pleasure to see these 5th and 6th graders delighting in singing together. One piece they sang was written by a young member of the choir. Who knows where being in this choir will lead them? Many a famous musician has started a career in the school choir.



Music can play such an important part in our lives, regardless of age, bringing us calm, happiness, hope and just every-day pleasure. There are so many genres – opera, pop, country and western, hip-hop, etc., each with its own attraction. Here at Arbor Sherwood a choir has been formed under the direction of Valerie Towers and it's to be hoped that it will bring much enjoyment to those who participate and to future audiences. So, come along on Wednesday afternoons from 3.30 to 4.30 and LET'S SING!!



The Arbor Village Singers have had their inaugural meeting and first rehearsals. I was thrilled to see so many happy, smiling faces all keen to learn some “new songs, and blue songs and songs to bring you happiness”. These are the opening words from “A Handful of Songs”, one of several pieces we are learning.

It's always a challenge starting off a new group, working out what we are capable of and what kind of songs we want to sing together. It can be hard work but singing with friends is always a joy and a lot of fun. We are looking forward to singing for you at our Christmas Concert in December. *Valerie*



A Jacaranda Display for Arbor Sherwood Village

With touches of purple blooming everywhere, our city during Spring looks lovely. It doesn't last for long. Jacaranda trees in Brisbane usually bloom for approximately one month, between late September and early November and this one is Arbor's special treat. Delma T. tells us that the beautiful Jacaranda is a sub-tropical tree native to South America and is now regarded as an invasive species in some parts of the world.

FROM THE MANAGER

COVID UPDATE: From 14 October 2022, if you test positive to COVID-19, it's no longer mandatory to self-isolate at home. However Queensland Health strongly recommends that people who are sick, or who have tested positive to COVID-19, continue to take action to reduce the risk of transmission. As we are a high-risk setting, I encourage all residents to be considerate of each other, not attend community areas and isolate in their apartments where possible. We have had a very low infection rate in the Village, and it would be great if we can keep it this way.

COVID TEST KITS: thanks to a generous donation from Noeleen's family we now have a large supply of Covid test kits for any residents and their families who may want them. Please see Karen for a supply.

PRESSURE WASHING OF CARPARK. The recent pressure washing of the car park went well and it certainly looks a lot brighter. To keep on top of this, the cleaners will be pressure cleaning the area each month and we will advise you when this is occurring.

Please note the following:

1. Vehicles do not need to be removed from the carpark as they will clean around them.
2. You may enter and leave the car park in your vehicle whilst work is being carried out but please **reduce your speed** and be mindful of the cleaners and others in the area.
3. Do not store anything in your designated car space. This is not permitted under the lease and the cleaners will not be responsible for any water damage to goods stored.

CARPET CLEANING: The carpets in the common area and the lounge furniture will be cleaned on 13th December 2022. Should you wish to have the carpets in your apartment cleaned on the day at a reduced rate, the following costs will apply:

\$55.00 for 1 bedroom + study

\$88.00 for 2 bedroom apartment

If you are interested, please let me know by email or place a note in the silver box on Level 1 **no later than 23rd November**. Cash will be required and is payable directly to the cleaner on the day.

! **ARBOR SHERWOOD ANNUAL GENERAL MEETING** will be held on THURSDAY 17th NOVEMBER at 10.30AM in the Library. All residents have received the relevant Financial Statements for 2021/22 and are encouraged to attend.

HOLIDAYS: I will be on holidays from **24th November until 5th December**. I am very excited to be having my Mum and siblings over from New Zealand to celebrate my Mum's 80th Birthday. Bianca will be in attendance during that time. *Karen*

COMING EVENTS

NEXT BIRTHDAY MORNING TEA is on **Tuesday 29th November at 10am**. A cake will be provided, and residents are invited to bring along a plate to share.

Annie was the October Birthday Girl



There will be an ART WORK CONVERSATION on THURSDAY 10th NOVEMBER in the Lounge at 10am. See details on Pg. 5.



NEXT SET MEETING DATE is **Thursday 1st December at 3pm** in the Library. Please come along and contribute ideas and offers of help for the Arbor Sherwood End-of-Year Celebrations.

VOLUNTEERS, PLEASE APPLY 😊

Contact Marg Cullen [307] Ph: 0419 642 190



A CHRISTMAS DECORATING WORKING BEE is planned for **Friday 2nd December**. Would you like to help??
If so, please meet on the Deck at **10.30am**.

A CHRISTMAS HAMPER RAFFLE is being organised so PLEASE CONSIDER DONATING SUITABLE ITEMS. A box will be available outside the Office to take your donated goodies, e.g., wine, chocolates, nuts, bon-bons, etc.

Closing date for donations is 30th November.



ARBOR CHRISTMAS CONCERT AND END-OF-YEAR CELEBRATION LUNCHEON
[provided at no cost] will be held on
THURSDAY 15th DECEMBER from 11AM

The *Arbor Village Singers* and *Arbor Ukulele Group* will entertain with musical items and a Christmas Carol Sing-Along

For more information, please contact Marg [307] Ph: 0419 642 190

Our *Arbor Painting Group* is also hoping to hold a mini Art Exhibition on the day.

UPDATED EVENTS

Unfortunately, the **Christmas Luncheon** planned for November 24th **has been cancelled**. The Arbor Christmas Concert and Lunch, funded by the Residents' Social Funds, will replace the planned Luncheon and is our major Christmas function for the year.

PLEASE NOTE A CHANGE of DATE: The SLEEP HEALTH SEMINAR will now be held on **THURSDAY 8TH DECEMBER at 10.30am**, in the library.

The current attendance lists with the changed date, will remain in the library and lounge.

Theracare Senior Therapeutic Consultant, James McFarlane, unpacks the latest research and technology into improving the quality of sleep without the use of medication.

Free Session and Morning Tea will be provided

CHAIR YOGA NEWS. A new Yoga 6-week term will commence on **Tuesday 8th November, at 10.30am on the Deck**. We will take a 3-week break over Christmas and classes will recommence on 10th January 2023. Each class will cost \$12, with the total of \$72 for 6 weeks paid in advance in the first week of the new term. Bistra is a very popular instructor who fashions each class to suit our capabilities. New members are always welcome and, should we have some new participants, the cost per class could be lowered. *Margaret*

REGULAR EVENTS DIARY

Trivia with Delma	Alternate Mondays at 10.30am <i>on the Deck: 14th & 28th November</i>
Yoga with Bistra	Tuesdays at 10.45am <i>on the Deck. NO CLASS on 1st Nov.</i>
Paint 'n Sip	Last Tuesday of the month: 3 – 5pm <i>Library Terrace</i>
Ukulele with Becky	Wednesdays at 10am – <i>Library.</i>
Arbor Village Singers	Wednesdays 3.30 - 4.30pm <i>in the Lounge</i>
Social Events Team	Thursday 1 st December 3pm <i>in the Library</i>
Tai Chi with Julia	Fridays at 9am <i>on the Deck.</i>
Happy Hour	Fridays from 5pm <i>in the Lounge. NO BBQ IN NOVEMBER</i>
Movie Nights	2 nd and 4 th Saturdays of the month at 7.30pm <i>in the Lounge</i> After November, the next Saturday Night Movie will be on the 10 th February 2023

MOVIE NIGHTS

Saturday 12th November: *Second Best Exotic Marigold Hotel*

This 2015 comedy-drama film is the sequel to the 2011 hit film *The Best Exotic Marigold Hotel* and features an ensemble cast including stars Judi Dench, Maggie Smith, Dev Patel, Bill Nighy, and Richard Gere. Since *The Best Exotic Marigold Hotel* is full, Muriel and Sonny make plans for *The Second Best Exotic Marigold Hotel* while he prepares for his wedding. Rated PG. Running time: 2hrs 2min



Saturday 26th November: *Les Misérables* [Musical]

2012 Musical, History, Drama: After 19 years as a prisoner, Jean Valjean (Hugh Jackman) is freed by Javert (Russell Crowe), the officer in charge of the prison workforce. Valjean promptly breaks parole and eight years later becomes the guardian of a factory worker's child. Javert's relentless pursuit means that peace will be a long time coming. Rated PG-13. Running Time: 2h 38m

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Some Ideas



Have you considered leaving your weekend newspapers on the coffee tables in the Lounge once you've finished with them? It might save residents buying copies of several newspapers: *The Weekend Australian*; *The Courier Mail*; *The Sunday Mail*; *The Saturday Paper*; *The Sydney Morning Herald*; *The Age*

Next year we might trial an informal and occasional ***Residents' Own Magazine***, with suitable editorial management, which would allow for residents to exchange information e.g., share recipes, a buy/sell/swap section, personal essays or short stories, poems, movie/book reviews etc. Comments or ideas about this suggestion? Contact Maddie [401] Ph 0411 022 464

YOU ARE INVITED: 10AM, THURSDAY 10 NOVEMBER IN THE LOUNGE



This early painting, *'The Dancing Class'*, by William Robinson, is being donated to the Queensland Ballet in appreciation of the enjoyment the ballet company has given over many years and it's currently in the care of a resident at Arbor.

Figurative expressionist painter, **William Robinson AO**, is considered one of Australia's foremost artists and has a gallery dedicated to his work at **Old Government House in Brisbane**. His humorous and imaginative self-portraits were awarded the Archibald Prize in 1987 and 1995. It is rare for an early work of William Robinson, to be shown in public and art connoisseur and educator, **Shane Pace**, has requested a viewing before it's given to the ballet company. At our invitation, he is visiting Arbor Sherwood on **Thursday 10th November at 10 am in the Lounge**. Shane has agreed to say a few words about the painter and his works if there is more than a couple of us in the room.

FROM THE LIBRARY

Rank	Title	Author	Price
1.	THE RISING TIDE	Ann Cleeves	\$34.99
2.	VERIFY	Colleen Hoover	\$22.99
3.	PORTRAIT OF AN UNKNOWN WOMAN	Daniel Silva	\$32.99
4.	BLOWBACK	James Patterson	\$32.99
5.	LYING BESIDE YOU	Michael Robotham	\$32.99
6.	DARK ROOMS	Lynda La Plante	\$32.99
7.	THE 6:20 MAN	David Baldacci	\$34.99
8.	THE WRONG WOMAN	J.P. Pomare	\$32.99
9.	GIRL, FORGOTTEN	Karin Slaughter	\$32.99
10.	QUARTER TO MIDNIGHT	Karen Rose	\$32.99

THE RISING TIDE by Ann Cleeves.

A group of teenagers go on a school trip to the Holy Island of Lindisfarne situated within the English County of Northumberland. A few return every five years to renew their friendship. They stay at Pilgrims' House, a former convent. Fifty years later, when they are in their mid-sixties and are on one of their reunions, one of their number is found dead. The death is confirmed as murder. The island has no bridge, but it can be accessed at certain times via the causeway. The number of suspects is not therefore limited to those living on the island.

The Rising Tide has short paragraphs and a plot that progresses at a good pace with an easy-to-read style. It's a riveting police procedural and a challenging whodunit by a crime writer at the top of her game. (Macmillan) 2022; 374 pages). Clive Hodges ****

Page Turners at **Corinda Public Library**, 641 Oxley Road, Corinda. Ph: 3407 7701

2pm on Thursday 17th November 2022 - Join a group of avid readers who share their recent reads. There are no set titles; just go along and talk about a book you've recently read ... and find out some titles that others have enjoyed.



Thanks to residents and friends who have donated plastic bread tags to Donna. As bakeries are no longer using plastic tags, she is no longer collecting them.