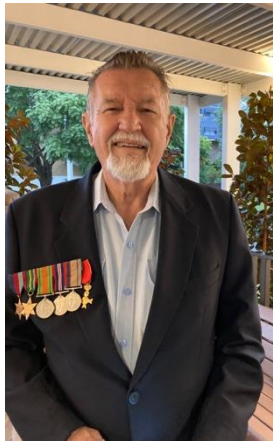




# NEWSLETTER MAY 2022

**ANZAC DAY 2022** dawned cold and wet. However, the weather didn't deter those residents who attended the 6am commemoration service which, due to the weather, was held on the ground floor deck. Marg Cullen led the service with Estelle and Brian Schipplock's grandson providing beautiful renditions of the Last Post and Reveille. Rob Erskine-Smith and Bill Carey proudly wore medals earned by relatives who had participated in both World Wars. Thanks to Valerie Towers for providing the recorded accompaniment for "O God our Help in Ages Past" and for the Australian National Anthem. Following the service, a breakfast of croissants and coffee was held in the Lounge.



**APRIL GUEST SPEAKER:** Local police officers visited Arbor to talk a little about security and being safe in the community. It was good to learn that we enjoy a very high level of security here at Arbor and that the broader Sherwood area is basically a very safe one. However, we were reminded not to leave valuables in our cars and to ensure that our car is always locked. To report any suspicious after-hours activity in or around our building, we were advised to make a note of the exact time of the activity and to phone the police on **131 444**

### **ARBOR UKULELE GROUP NEWS**

On Wednesday, 27th April, the Oxley CWA Choir, under the direction of Arbor resident, Valerie Towers, presented a concert at the Salisbury Senior Citizens Centre, consisting of a wide selection of popular old songs – and a dance routine. Valerie’s daughter, Alison, who has a beautiful soprano voice, delighted everyone, with some popular classics and our own **Arbor Ukulele Group**, accompanied by our tutor, Becky, performed three items which were well-received. A most enjoyable morning for performers and audience alike.



### **MANAGEMENT UPDATE**

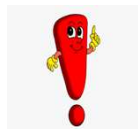
I hope you all enjoyed the Easter Break with your family and friends. I certainly enjoyed my break and the beautiful Queensland autumn days we had. It is just stunning at this time of the year.  
*Karen.*

### **SMOKE ALARMS**

With the cooler weather upon us, people are tending to close windows and sliding doors to keep in the warm air. Please **REMEMBER**, when cooking you must still have some windows open, the sliding door ajar and the rangehood on. The alarms go off mostly through the winter months so “please be aware and let the place air”; we do not want more visits from the Fire Brigade.

### **SAVE THE DATES**

Following on from the success of the Memory Classes last year I am pleased to advise we have been successful in securing a further Wellness Program to be conducted by Wesley Mission at Arbor on a weekly basis. Wellness is so much more than just the absence of disease or illness; it is a ‘whole person’ approach to life that takes into account physical, mental, emotional and social health factors. The sessions will explore these concepts and, hopefully, teach you some new ways to be well. They will begin on **Thursday 2<sup>nd</sup> June from 10.30-12.00pm in the Library** and will be held **each Thursday for 5-6 weeks** at no cost to residents. A list will be put up in the lounge and



Library and we ask that if you are interested in attending you sign up.

**PLEASE NOTE:** on **Wednesday 18<sup>th</sup> May ALL DAY:** LINE-MARKING OF THE CARPARK WILL BE TAKING PLACE AND THE CARPARK WILL NOT BE ACCESSIBLE.

## ARBOR SHERWOOD IS WORKING TOWARDS ACCREDITATION!

The Australian Retirement Village Accreditation Scheme (ARVAS) is a voluntary industry accreditation scheme for retirement village and seniors housing operators in Australia. Accreditation is achieved after undertaking an assessment through Quality Innovation Performance (QIP), the independent authorised accreditation provider for ARVAS.

The ARVAS national standards include seven quality areas to ensure that each participating village is:

- Managed efficiently and effectively;
- Safe, secure and operating to a quality level;
- Inclusive and resident-focused; and
- Transparent and accountable.
- 

The standards are designed to work directly with the Retirement Living Code of Conduct, which is the sector's self-assessment tool. Any organisation wishing to apply for accreditation under ARVAS must be an active subscriber to the Retirement Living Code of Conduct of which Arbor Sherwood is a member.

Accreditation provides an industry benchmark and reflects BHC's commitment to deliver quality-focused services.

In July this year, Arbor Sherwood will be visited by an independent assessment team. All residents will be invited to meet with the assessors during their visit. During the meeting, you will be able to:

- Provide feedback;
- Discuss your environment (safety, security, facilities and services provided);
- Raise concerns on your experience living at Arbor Sherwood;
- Discuss staff, management and communication.
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We'll keep you updated on our progress as we work towards accreditation. In the meantime, if you would like further information about Arbor Sherwood's accreditation, please feel free to raise it with Management.

## UPCOMING EVENTS

### WEDNESDAY 25<sup>TH</sup> MAY at 2PM in the Lounge – RESIDENTS' FIRE TRAINING

Residents are invited to attend this interesting and very useful session of Basic Fire Safety Training which will be conducted by Fire Boar.

**FRIDAY 27<sup>TH</sup> MAY at 10.30AM - BIGGEST MORNING TEA.** This is an annual and significant fund-raising event for Arbor and all residents are encouraged to come along and join in. You are also invited to bring a plate to share.



**BIRTHDAY MORNING TEA:** The May Residents' Birthday Morning Tea will be held in conjunction with our **Australia's Biggest Morning Tea** at **10.30am on Friday 27<sup>th</sup> May**. A cake will be provided and those people whose birthdays are being celebrated are NOT expected to contribute a plate to the Morning Tea event.

## REGULAR EVENT UPDATE

The **TAI CHI CLASS** on **FRIDAY MAY 27<sup>TH</sup>** at 9am will be **in the library** due to arrangements on the deck for the morning tea to be held there at 10.30am that morning.

## REGULAR EVENTS

|                    |  |
|--------------------|--|
| Trivia with Delma  | Alternate Mondays at 10.30am <i>on the Deck: 2<sup>nd</sup>, 16<sup>th</sup> &amp; 30<sup>th</sup> May</i> |
| Yoga with Bistra   | Tuesdays at 10.45am <i>on the Deck.</i>  |
| Paint 'n Sip       | Last Tuesday of the month 3 – 5pm <i>in the Lounge - \$12</i>  |
| Card Games         | Tuesday evenings 7pm <i>in the Lounge</i>  |
| Ukulele with Becky | Wednesdays at 10am - <i>Library Terrace</i>  |
| Social Events Team | Meet on 1 <sup>st</sup> Thursday of the month at 3pm <i>in the Lounge</i>                                  |
| Tai Chi with Julia | Fridays at 9am <i>on the Deck</i>  |
| Happy Hour         | Fridays from 5pm <i>in the Lounge.</i> BBQ on first Friday of the month                                    |
| Movie Nights       | 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays of the month at 7.30pm <i>in the Lounge</i>                  |

## SATURDAY NIGHT MOVIES

### Saturday 14<sup>th</sup> May:

**Breakfast at Tiffany's:** Audrey Hepburn plays the part of a New York socialite who becomes interested in a charming young man who has moved into her apartment building. Comedy, drama and romance based on the novel by Truman Capote. 1961. PG. 1hr 50mins.

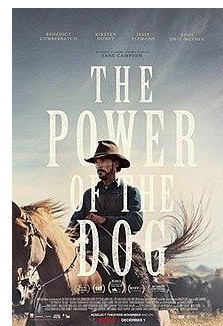
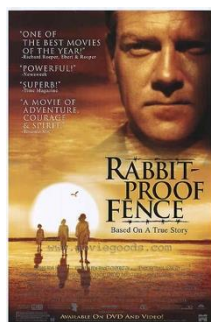
### Saturday 28<sup>th</sup> May

**Perfume: The Story of a Murderer.** Set in 18th century Paris, the story of a man with an extraordinarily acute sense of smell takes a dark turn when his quest to create the ultimate fragrance leads to murder. Cast includes Dustin Hoffman. Warning: strong themes; disturbing images. 2006. Rated R 2hrs 25Mins.



## From the Library

Three books adapted for movies have recently been donated to our community library:



Before throwing out books, magazines, DVDs and CDs,  
please consider donating them to the community library.