



NEWSLETTER Monday 1st November 2021



Farewell to Suella

Arbor Sherwood Retirement Village is now fully sold, with the remaining residents due to move in before Christmas. Thanks to the commitment and hard work of Sales Manager, Suella Seminara. What a



wonderful effort Suella has put in over the last 6 months. Sadly, this means that her work at Arbor Sherwood is finished. Happily, she is going to another retirement village company where they will have the benefit of her skills. Our Friday 22nd October Happy Hour was a special occasion to say goodbye to Suella and present her with some beautiful plants which we hope will bring her much pleasure and keep us in her thoughts. She goes with our sincere thanks for all she has done for us, and we wish her well in her new position.



Guest Speaker and Birthday Morning Tea. On Wednesday, 27th October, our guest speaker was Grace Mackelmann who is a resident of Coorparoo Village. Grace's topic was "Hijacking over Brisbane", focusing on a case on 8th June 1979 when her husband, Grahame, a pilot with TAA, was involved in a high-profile incident during a flight from Coolangatta to Brisbane. The hijacker was Philip Sillery, an Irishman, who was subsequently jailed for life but served only part of his sentence. We thank you Grace for sparing the time to give us a most interesting and informative presentation.

Individual Level Happy Hour Gatherings Thursday 28th October. From the comments received, it's apparent that these gatherings were a great success. With many new residents moving-in in recent weeks, it was a great opportunity to get to know each other. It's hoped that there will be many more such occasions when we can share each other's company. The weekly Happy Hour at 5pm in the Lounge on Level One is great time to catch up with each other on a regular basis.





NEW RESIDENTS

We welcome these new residents into our community

Margaret Garrone [309] is our third Margaret so, to make it easier for us all, she is happy to be known as Nonna! Margaret is excited to be returning to her old stomping ground in Corinda where she was a boarder as a young student. Margaret is also happy to be closer to her son and grandchildren who recently moved back to Brisbane from Melbourne, and to her other son who lives not far away.

John and Annie Powell [207] made the move from Stanthorpe to Arbor early in October. It took Annie a year of convincing John to make the move to a retirement village. With all their family and children in Brisbane, it will make life a lot easier for them and cut out a lot of travelling.

Rosa Caceres [112] joined us from Inala where she has lived for over 40 years. Rosa was looking for security and a sense of community in her retirement and Arbor ticked all the boxes. Originally from Chile, Rosa loves to cook and the aroma of many Chilean dishes she makes often wafts through level 1.

FROM THE MANAGEMENT

CARDBOARD RECYCLING BIN: The blue bin is working well in getting rid of all those packing boxes from recent move-ins and most residents are doing the right thing. Please remember it is only for cardboard boxes of every size. These must be flattened and, where possible, they should be stacked standing up around the inside walls of the bins. Currently the bin is collected fortnightly and will remain so until all residents have moved in, when it is anticipated there will be more room available between collections.

TOUR AND SPECIAL EVENTS SIGN-UP LISTS: Following several recent requests, the lists had been relocated to the Lounge. However, as a result of feedback, these lists have now been relocated back to the Library noticeboard.

SUMMER IS UPON US so it's a good time to clean out the cobwebs and hornet nests that might be on your balcony. For those units that have shutters installed we suggest that a vacuum and spray of WD40 on the tracks will keep the shutters moving along smoothly. If you're keen, wipe the blades clean of dust and build up.

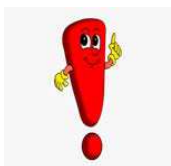
SOME RESIDENTS may have noticed that the grout in your balcony tiles looks powdery. This is **efflorescence** and is **common in tile, stone, concrete, brick and grout**. In many cases, **efflorescence will disappear on its own over time**. However, if you wish to reduce the appearance of efflorescence, brushing with a small nylon brush will remove the powder. This can then be vacuumed up. **Handy hint**. Do not use an excessive amount of water when mopping your balconies as this only encourages further efflorescence to occur.

SECURITY ALERT!! All residents please note that you must not let anyone into the building unless you know who they are. We have had a couple of incidents recently where residents have allowed people unknown to them into the building. Unless you know who they are, those who are visiting residents must contact them to gain access. Other visitors should contact Karen. **WE ARE A SECURE BUILDING AND NEED TO MAINTAIN STRICT SECURITY.**

Great news that the last unit has been sold!! That means that the display furniture from those units is being dismantled. Some of the items have already been returned to BHC and others sold. However, there are still a number of items remaining and an in-house mini-garage sale is planned for next month. Funds raised will go towards future improvements to the Village to the benefit of all residents. The items for sale will include a bed, bedroom tables, lamps and assorted decor items. A leaflet detailing specific items and prices will be distributed shortly.

UPCOMING EVENTS

The Melbourne Cup Luncheon will be held on Tuesday 2nd November starting at 12 noon. Lunch will be catered and BYO drinks. If last year's event is any indication, it will be a fun day.



The re-scheduled **ARBOR AGM** will now be held on **Wednesday 17th November at 10am** on the Deck on Level 3. This is a very important meeting and all residents are encouraged to attend. The Annual Report and Audited Financial Statements will be presented along with the Annual Review and Update followed by General Business. Morning Tea will be provided at 11am.



Day Bus Trip to Samford has been rescheduled to **Thursday 18th November**. Bus will depart from Arbor at 9.30am and arrive back no later than 3.30pm. For those who intend to join the trip please sign up on the sheet on the notice board in the library.



Arbor Christmas Luncheon: Friday 26th November at 1PM to be held at the Hotel Monier, Darra. Cost is approx. \$60 per person – to be confirmed. Transport will be provided for anyone who is unable to make their own way there. Further details about costs, collection of monies, transport and the luncheon menu will be provided before the event.

REGULAR EVENTS

Trivia with Delma	Monday 10.30am on 1 st , 15 th , 29 th November - <i>on the Deck</i>
Yoga with Nicola	Tuesdays 10.30am – <i>on the Deck</i>
Ukulele with Becky	Thursdays 10.45am – <i>deck outside the Library</i>
Happy Hour	Fridays from 5pm - <i>in the Lounge</i> BBQ on first Friday of the month.
Movie Nights	2 nd and 4 th Saturdays of the month 7.30pm - <i>in the Lounge</i>



Each Tuesday at 10.30 am on level 3, Nicola offers **Yoga for seniors**. The regulars know it as *Sit-Down Stretching Exercises for the Elderly*. It's not lying on a mat, jumping up and down, having a heart attack. It's stretching to ensure the body can function as it should. A class of ten is required to make Nicola's visit viable. Currently, five or six turn up on a regular basis. Please come and try it - you may find it helps you to become/remain supple. \$10 for the hour.

Ukulele classes are going well with 5 or 6 regulars, but more would always be welcome. We hope to show you what we've achieved at an informal function before Christmas, so please think about joining; it's a challenge but really enjoyable. Loan Ukes available for a trial lesson.



A BIG THANK YOU to the 'boys' who supply and barbecue the food at the *Happy Hour* from 5pm on the first Friday of each month.



SATURDAY NIGHT MOVIES



Saturday 13th November **FORREST GUMP**

Key historical events unfold from the perspective of an Alabama man with an IQ of 75. Forrest's unassuming innocence contrasts with the upheavals and rancour of the times. 1994 • Drama/Romance/Comedy • Rated M 2h 22m

Saturday 27th November **LITTLE MISS SUNSHINE**

The Hoover family puts the fun back in dysfunctional by piling into a VW bus and heading to California to support a daughter in her bid to win the *Little Miss Sunshine* Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause epic problems as they travel along their interstate route. 2006 • Comedy/Drama • Rated M - 1h 40m

FROM THE LIBRARY



For those who enjoy reading biographies and memoirs, these have been donated to the Community Library:

Andre Agassi, Susan Boyle, Li Cunxin, Anh Do, Rupert Everett, Don Farmer, Stephen Fry, Helen Garner Diaries 1978–1987; 1987–1995, Peter Garrett, Julia Gillard, Matthew Hayden, Jesse Martin, Ricky Martin, Azar Nafisi, Michael Parkinson, André Rieu, Ian Roberts, Magda Szubanski, Malala Yousafzai

Two new jigsaws in the library. Thanks to Erica, Shani and an anonymous donor, two new jigsaws have been set out in the library, one for beginners and another that's more challenging. You're welcome to come and add one piece (or more if you become hooked) towards their completion.



**Food for thought:
If you rip a hole in a net,
you have fewer holes
than there were before.**



Delma Tessmer [105] regularly checks her rain gauge and she informs us that from the 1st to the 28th October we have received 158ml of rain.