



ASHBROOK

APARTMENTS



THE ASHBROOK NEWS

December/January 2020

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Christmas Fair

Yet again we were blessed with the perfect weather for this year's event on Saturday November 23rd.

It was pleasing to see so many of our residents, family and friends supporting us on the day. Our trading tables were abundantly stocked with crafts, gifts and home-cooked goods to tempt the palate. The sausage sizzle and hot dogs were in demand, and many followed this up with a chance to chat over a cuppa.

The Craft Group would like to extend our thanks to all who contributed in any way to making this day such a success. A particular thank you must go to Colleen who donated so many wonderful items for our trading table,

and to The Ashbrook staff who ensured that we had everything we needed to make it a great day.

Our overall profit on November 30th was \$2,200.70, which is a magnificent result. The four nominated charities to benefit this year are listed below:

- Arthritis and Osteoporosis SA
- Alzheimers/Dementia Research
- Parkinsons Foundation
- Stroke-Stem Cell Research-Peter Couche Foundation

Once again, I'd like to thank everyone for their support.

Barb McFarlane
Coordinator



MOVIE THEATRE

PLEASE NOTE:
A second session of our weekly Thursday movie has been added to the monthly schedule.

Current:
Thursdays 1:30 pm

NEW:
Thursdays 7:00 pm



BRICKWORKS BUS

PLEASE NOTE:
A change in departing time for the Brickworks Bus. The bus now departs The Ashbrook at 8.45am for each scheduled trip.

We hope to see you on our next scheduled trip on **Friday 7th February.**



ChiBall Gentle Moves

REMINDER: WEDNESDAYS 11.15 AM

This is your friendly reminder to please contact Reception if you would like to join in for ChiBall exercise class on Wednesday mornings.

This unique and gentle exercise class is a combination of movement from Tai Chi, Qi Gong, Yoga, Pilates, and also Deep Relaxation.

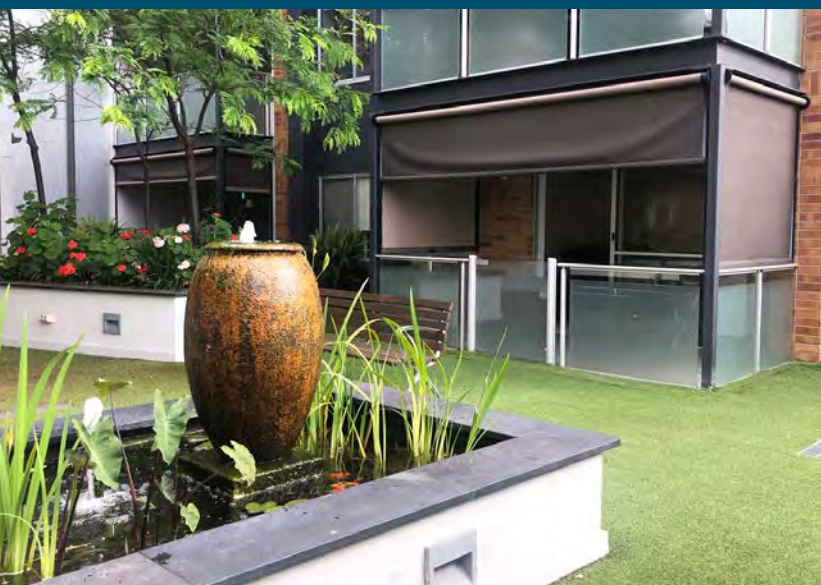
The exercises can be performed from both standing and sitting positions, so it is ideal for older adults and those with limited mobility. ChiBall can be embraced by participants with a range of abilities and conditions, enhancing their well-being.

Benefits:

- Improves general health and well-being
- Enhances concentration, coordination, mobility and balance
- Improves posture, strength, and flexibility
- Stimulating energy and breath
- Helps to manage stress and anxiety



CALL TO BOOK A PRIVATE TOUR 0477 870 071



Apartment G.47

Ground floor convenience

Apartment 47 has ample room for a couple, as well as features a sunroom with access straight into our courtyard garden with Fishpond. How convenient! There is no doubt you'll enjoy living in contemporary luxury at Ashbrook Apartments.

\$505,000

Happy Hour Guest Speaker

ADVOCATE OF MENTAL HEALTH & SUICIDE PREVENTION - JOHN DAWKINS

Happy Hour in the sports bar on Friday 8th November, was like a family affair.

Social Committee representatives Lyn and Barry Whittaker, invited (through their daughter Karen McColl, Advisor to the Minister), the Honourable John Dawkins MLC, the Premier's advocate of mental health and suicide prevention.

John initially spoke to the 37 attendees about the recent decades in which society has changed it's conversations on a taboo topic, like suicide. These sorts of conversations mainly concern our youth, veterans, and lonely elderly.

As a result, Parliament and Government are now focusing on the identification and prevention of events like this on society. They have profound effects on immediate

family members, friends, and also work colleagues.

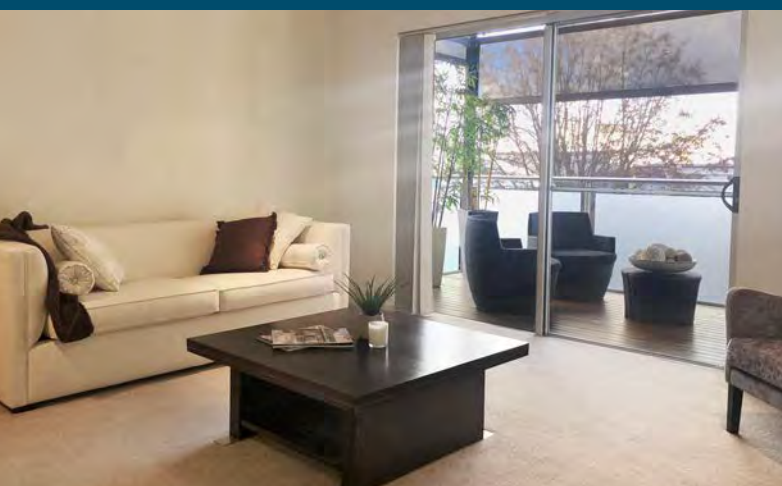
A preventative measure which is equally important as it is simple, is to ask the question "*are you thinking of committing suicide?*" to someone you know and respect who may be showing behavioural changes. This courageous approach will usually open up the start of a conversation to arrange help.

The next most disturbing fact was the sheer size of the tragedy. The exact numbers are not known but it has the ratio twice the size of the road toll, and even some of the road toll belong to the other column.

For those around us, we ask you to remember to "be aware and take care".



FEATURED PROPERTIES THIS MONTH



Apartment 2.47

Elegant & Fabulous

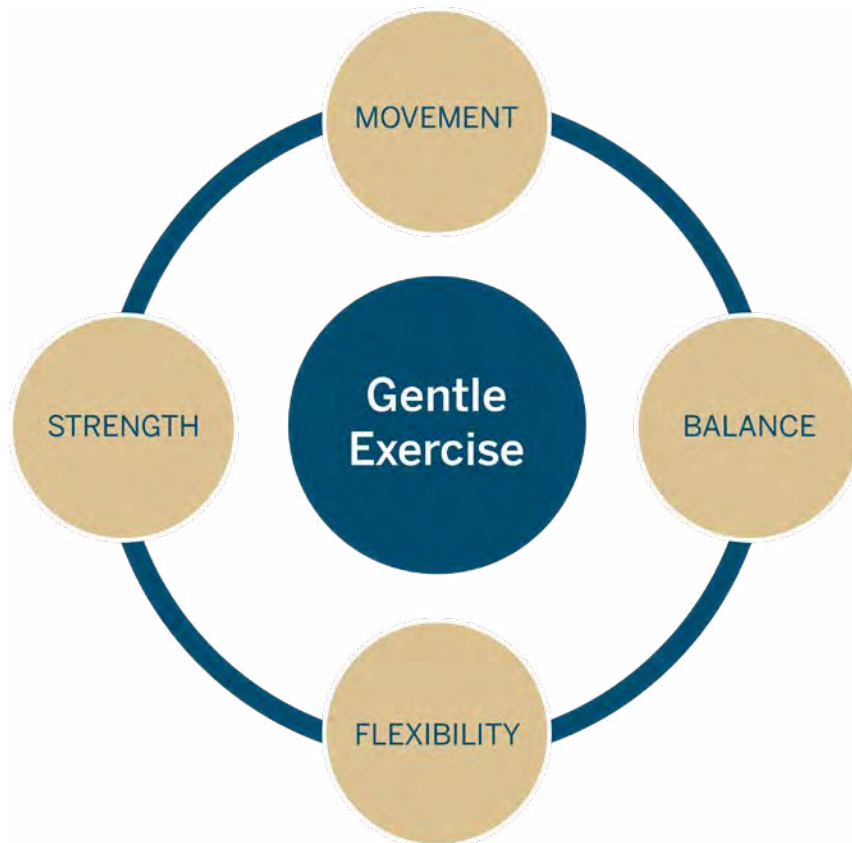
Apartment 47 is on our second floor & equipped with a large contemporary Kitchen. This apartment also has an open plan Living/ Dining space, 2 Bedrooms, master with ensuite and a separate full Bathroom!

\$475,000

Join our Exercise Classes

Gentle Exercise with Anna

New to Exercise Classes?
Try your first session for **FREE!**



Wednesdays at 10:00am to 11:00am
Meet in the Foyer at 9:55am

For more information, please contact Lynn on 3051, Cheryl on 3054, or Ray on 3309.

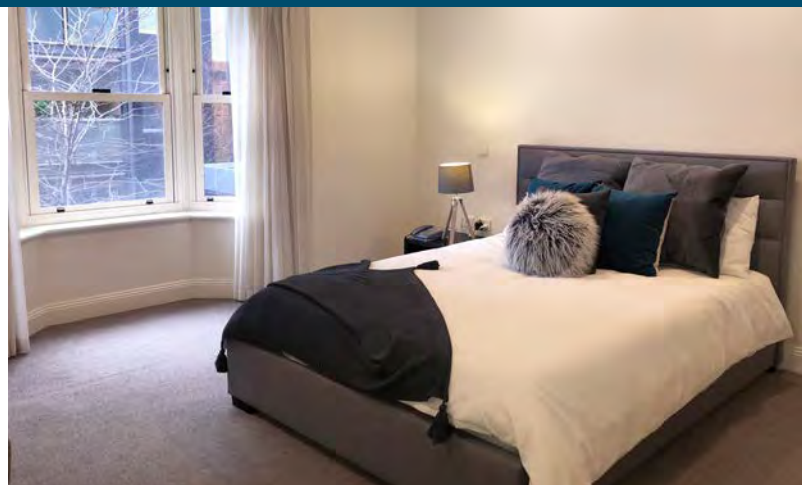
We hope to see you there!

CALL TO BOOK YOUR PRIVATE TOUR (08) 8193 0098

Apartment 1.17 **Beautifully Traditional**

A North facing and pleasantly bright level 1 apartment, featuring 2 Bedrooms and a large 15.1 sqm Balcony. Nothing compares to living in a luxury retirement complex like Ashbrook.

\$500,000



Christmas Lunch

We were delighted to see an attendance of over 50 people at the 2019 Christmas Lunch. A beautifully presented Turkey, Ham, Stuffing and roast vegetables had everyone finishing their meal in record time. Pudding was then served and appreciated down to the last crumb, later we had coffee and chocolates to finish.

Mother Claus greeted us between courses, which was felt as a nice change by all present. Jokes and quiz questions about Christmas kept the Residents entertained as well as two little elves handing out chocolates.

To staff, a very big "Thank you". We hope you heard the applause for your hard work in presenting an exceptional Christmas Lunch for all of us at Ashbrook.

NEW YEARS EVE

On a warm and breezy evening, 35 Residents gathered in the Conservatory for an enjoyable dinner of Chicken, roast potatoes, and salad. With the Sky Garden used as our servery, it was a wonderful atmosphere and an amicable time spent together. The shared plate of desserts supplied by the Residents was a smorgasbord of varied delights. Everyone was able to indulge in second helpings.

20 Residents stayed to enjoy the 9pm fireworks, which included both the beach suburbs, and city displays visible from various points on the 4th floor. Some Residents then returned home, but a small crowd of Residents stayed to enjoy the midnight fireworks and saw in the New year together.

Once again, a lovely shared evening at home with friends and neighbours. Happy New Year to all!



Domestic Violence Unit Visit

Throughout the year, the Craft Group from Ashbrook have gathered clothing and toiletries to donate to the East Adelaide Domestic Violence Unit. Jennifer Stehn, as a member of the Zonta Club of Adelaide, volunteers to support this Unit, and has been the link to the our Craft Group to pass donations on.

As a thank you, a group of ladies from Zonta as well as Alison from the Domestic Violence Centre, both visited our Craft Group on Wednesday November 27th and spoke briefly about the work they do, before providing us with a wonderful afternoon tea.

In this photo, Jennifer Stehn and Lorraine



Goldsmith represented The Ashbrook ladies, gifted a further trolley load of donations to this valuable Unit. They were warmly received by Wendy Bruce (President of Zonta Club of Adelaide), Alison Menaud (Community Development Co-ordinator, Domestic Violence Unit), Mary Burford (Zonta), and Beverley Newberry (Zonta).

CRAFT GROUP NEWS

We need your help!

The Ashbrook Craft Group provides Activity Packs for children who unexpectedly find themselves in the Emergency Department of the RAH, when a family member is brought in for urgent treatment.

Our packs cater for children up to seven years old, with each pack containing a story book, small toy, colouring in pages, and six coloured pencils.

If you or any of your friends know of any children who might like to donate unwanted story books or small toys, they would be very much appreciated.

If you can be of any help, we would love to hear from you. Please contact Barb McFarlane (Apartment 1.50) with any assistance.

Barb McFarlane
Craft Group Convenor

Children's story books

If you know of anyone, including your grand-children, who have outgrown their children's story books, the Craft Group would love to have them.

We are collecting story books to use in the Children's Activity Packs which we put together for the RAH Emergency Department. So, if you can help in any way, please let Barb McFarlane know.

Thank you
(Apt 150)



INFORMATION

JP SERVICE

Mr Owen Wheeler

3222 - Apartment 2.22

Hamra Centre Library

1 Brooker Terrace, Hilton 5033

Monday to Friday, 10am - 4pm.

*No appointment necessary, but please call ahead to ensure that a JP is present.

8416 6228.

TRANSPORT

Suburban Taxis

131 008 - Quote "VIP8807"

MOBILE HAIRDRESSER

Michelle 0416 058 097

FEBRUARY	
WEDNESDAY 5 TH	Senior Moments, Dunstan Playhouse 2:00 pm
THURSDAY 6 TH	Social Committee Meeting, Level 4 9:30 am
FRIDAY 7 TH	Brickworks Shopping Bus 8:45 am Happy Hour, Level 4 5:00 pm
MONDAY 10 TH	Resident Committee Meeting, Level 4 2:00 pm Book and Film, Level 4 4.00 pm
WEDNESDAY 12 TH	Craft Group Visit, new Parkinson's Building 1:30pm
FRIDAY 14 TH	Happy Hour Quiz Night, Level 4 5:00 pm
FRIDAY 21 ST	Brickworks Shopping Bus 8:45 am Happy Hour, Level 4 5:00 pm
MONDAY 24 TH	Games, Level 4 2:00 pm
TUESDAY 25 TH	Japanese Garden & Haigh's 12:45 pm
FRIDAY 28 TH	Happy Hour, Level 4 5:00 pm

REGULAR WEEKLY ACTIVITIES:

DAILY	Pool, Sports Bar 4:00 pm
MONDAY	Bridge, Restaurant 7:00 pm
TUESDAY	Art Group 9:30 am Mahjong, Level 4 2:00pm Men & Womens Carpet Bowls, Rec Room 3:00 pm Ladies Pool, Sports Bar 7:00 pm
WEDNESDAY	Keep Fit, Rec Room 9:45 am Craft , Dining Room 1:30 pm Mahjong, Level 4 7:00pm
THURSDAY	Movie Matinees, Theatre 1:30 pm & 7:00pm Ukulele, Level 4 4:00pm
FRIDAY	Rummikub, Dining Room 2.30 pm
SATURDAY	Rummikub, Dining Room 2.30 pm