

Lifestyle

Knightsbridge Village 21 Graham Collins Drive Windsor Park 0632

Telephone: 477-2100 Hours Open Monday to Friday 9.00am - 4.30pm

Email: knightsbridge@primelife.co.nz

Monday 16 May 2011 - Sunday 29 May 2011

VILLAGE EVENTS



ANGLICAN COMMUNION SERVICE

The Anglican Communion Service to be held on **Sunday 15 May** at 10.45am in the Chelsea Room.

LIBRARY BUS

The Library Bus will be calling at the village on **Tuesday 17 May** at 3.00pm, then fortnightly thereafter.

GARDEN CIRCLE



Wednesday 18th May

Visit to

The Protea Patch & Morris & James Pottery

As this trip is to Matakana the bus will leave the Centre at 9.30am SHARP.

Returning sometime after 2pm.

COST :-BUS \$10.00

The Sculpture Habitat at The Protea Patch (optional) \$4.00

Please phone Liza 476 3511 or Bev 478 6666 to book a seat

Sorry, Garden Circle Members Only – see Notice Board for more info.

PODIATRIST



Paul's next visit to the village will be on the morning of **Thursday 9 June**.

Please make your appointment with reception. Consultations cost \$35.00 per person.



KNIGHTSBRIDGE CHRISTIAN FELLOWSHIP

The next service will be held in the Chelsea Room on **Sunday 12 June at 4pm**. We commence with refreshments and the service concludes at 5pm. Come and join us. Mark your diary. More details later. Contact Reg Saunders 476 4466.

PLEASE NOTE CHANGE OF DATE AND TIME.

PETANQUE

Petanque is now played on the Terrain each **Monday, Wednesday and Saturday at 10am**. *David Lippard*

KNITTING, SEWING & CRAFT



The Knitting, Sewing & Craft group meet every **Monday at 1.30pm** in the Lounge.

BRIDGE

Join our friendly group for a game of social bridge on **Monday afternoons** at 1pm. We would make you very welcome. If interested please contact Paula Miers on 476 0411.

WALKING GROUP

Meet in the lounge on **Mondays at 9.30am**; decide where to walk, and then head to the agreed destination.
If interested David Smale V91 479 1931

PAPER KUTZ

In the Snug every **Friday at 1.30pm**; come and have fun with our friendly group of ladies who will help and encourage you to produce lovely greeting cards to send to your family and friends.

Helen Porteous

500 Card Game

500 is held in the lounge/dining room every **Thursday from 1.00pm**. Come and join in. A belated congratulations to the team of Logan & Gwen Downey, Beryl Hamer and Ralda green who won the cup for 500 at the Inter Village games



ART GROUP

This group meet every **Tuesday at 2.00pm** in Belgrave Square. The group are experienced in most mediums. New members are welcome. Come and join us.

YOGA

This is a friendly group of women who enjoy participating with our very able tutor Chris. Chris is of our era and mindful of our abilities. This class is held on **Wednesday at 10.00am** in the Chelsea Room. Please feel free to join in. All welcome.

AQUACISE

Aquacise is on every **Tuesday afternoon at 2pm**. All welcome.



TAI CHI

Tai Chi is **USUALLY** held every **Tuesday at 10.30am** in Belgrave Square. However it will not be held on **Tuesday May 17th and May 24th** as Shirley, our instructor will be away. All Welcome

BOWLS - INDOOR

Indoor Bowls meets on **Thursday at 10am** and **Monday at 1.30pm** in Belgrave Square. Any new residents who have not tried Indoor Bowling will receive a warm welcome and help to enjoy a fun game.

John Seymour 479 3181.

BOWLS -OUTDOOR



Roll ups **Tuesday, Thursday and Saturday** 1.30pm start. Please put your name in the box 10 minutes beforehand to enable the match committee to arrange the draw.

Reg Saunders/Tony Fletcher co Chairman



LINE DANCING

Line dancing is held on **Wednesday at 1pm** and **Friday at 9.30am** in the Belgrave Square.

CROQUET

Please note Wednesday play at 2pm. Days of play and contacts are as follows:

Monday	2.00pm	Bernice Piper 476 6860 or Shirley Wallis 478 9454
Wednesday	2.00pm	Barbara Robinson 476 5152 or Loma Savage 476 8133
Thursday	2.00pm	Pearl Brent 476 3110 or Maurine Fowler 476 0336

Inter village finals has been won by Fairview Village.

The results were delayed due to interpretation of the rules in that whilst Fairview and Knightsbridge were equal on games won, Fairview had not lost a game throughout the competition. Congratulations to all players.

KNIGHTSBRIDGE MOVIES (Afternoon at the Movies)

Films are shown in the Chelsea Room, every Wednesday and Saturday at 2.00pm

Wednesday - A mix of Music and Documentaries

Saturday - A full length feature film

For further details of films being shown please check the cinema notice board.

OUT AND ABOUT

BUS TO PARK N RIDE AT ALBANY

The bus will be leaving at **9.30 on Tuesday and Friday** from the village to drop residents off at the Park n Ride at Albany. **There will be no pickup FROM** Constellation Drive back to Knightsbridge Village. Please give your names to the office.

MORNING MELODIES

At the Bruce Mason Theatre **Monday 30 May the Band of the Royal Regiment of NZ Artillery** will be performing for you. The bus will leave the village at 10.00am, cost \$6.00 per person. Please make your reservations at the office early.

BROWNS BAY AND SHOPPING BUSES

Tuesdays, and Fridays

The bus leaves the village at 10.00am for Browns Bay on Tuesday and Friday. Don't forget that you have to reserve your place on these buses if you wish to go shopping. Reservations can be made at reception anytime from 2pm on Friday prior to the week you wish to go shopping. **Can you please remember to put two trollies back downstairs at the side entrance. Thank you.**

COMPLAINTS

We are reviewing our Complaints system and you will notice that there are pink complaint forms for you to fill in at Reception or the Nurses' Station or the Library if you have something which needs to be discussed. If you have trouble writing your complaint then a staff member will assist you to put your thoughts down on the page. We would urge you to try and assist us in refining the running of the village. We cannot fix everything, but we can certainly listen to your concerns and maybe make a plan to improve things for you and everybody else.

LIFESTYLE BY EMAIL

Please give your email to the office so that the Lifestyle can be sent directly. This will enable residents to receive it earlier and also it would save on paper.

ENCORE PROGRAM

The ladies from the Encore Group will be at Knightsbridge Village for a ten week program starting **Tuesday 3 May until June 28th**. The pool will be unavailable from 11am – 12pm for residents.

USED STAMPS

If any residents have used stamps please leave them at reception.

KNIGHTSBRIDGE VILLAGE HAIRDRESSERS ph: 477-2106

If you wish to contact Hazel or Vel to discuss or make your appointment please phone the village salon on 477-2106.

Hazel is at the village on Monday, Wednesday & Thursday.

Vel is here on Tuesday and Friday and Saturday morning. Vel's after hours contact number is 410-7174.

Belinda's Bytes

Good afternoon everyone

Well here we are in May nearly half way through the year, winter has arrived and it looks as if it will be an extremely wet one! It was good to see many of you at the English Pub Night and the Mother's Day Brunch was well attended and there is a variety of events coming up throughout the remainder of the year.

Budget Time

You will all have received the Budget pack in the mail with the date of the Meeting Friday 27th May at 9.30am.

NZ Natural Therapy

If this company calls you to make an appointment please be wary as the products are very expensive and the medical advice they have given other residents is questionable.

Gardening

With the advent of very wet conditions the gardeners will only mow if the grounds are firm enough to take weight of the ride-on mower without damaging it or will be using hand mowers if conditions are suitable. If you require water blasting please put it in the gardening Book.

Smoke Alarm Batteries

Shane Lear is continuing with the replacement of these batteries in the Villa's.

Manager Training Seminar

I will be attending training in Australia from the 23rd to 25th May. If you need to make an appointment to see me before I leave please see Sandra Lane.

Enjoy the week!

Belinda Keith

Village Manager

KNIGHTSBRIDGE VILLAGE RESTAURANT

WELCOMES FAMILY & FRIENDS

Meals are priced as follows (except when indicated otherwise)

WEDNESDAY FULL LUNCH Served at mid-day @ \$10.00pp+

Please note: Children up to 5 years free: 6 to 10 years half price: 11 years upwards full price

LUNCH MENU – WEEK ONE

CAFE MENU HOURS OF CAFE 10.00am -3.00PM

CHOICE OF PIES	\$3.00
PIZZA (SMALL)	\$3.00
SPINACH or HAM QUICHES	\$3.00
LASAGNE – CRUMBED OR VEGETARIAN OR MEAT	\$3.00
CHEF ASSORTED SALAD	\$3.00
BAKED BEANS & 1 EGG ON TOAST	\$3.00
CLUB SANDWICHES (Check fillings with Kitchen)	\$3.00
TOASTED SANDWICHES	\$3.00
2 ND FILLING @ \$1.00	
BOWL OF CHIPS	\$2.00
SCONES OR MUFFINS	\$2.00
2 PIECES OF FRUIT	\$2.00

FROZEN MEALS AND FROZEN SOUP

CHECK THE BOARD IN THE KITCHEN

MON 16th May CLOSED

TUES 17th May, THURS 19th May, FRI 20th, CAFE MENU

WED 18th May SOUP or
BATTERED FISH or CRUMBED FISH, CHIPS & COLESLAW
or MUSHROOM CHICKEN VOL AU VENT, COLESLAW & CHIPS
or SAVOURY OMELETTE, CHIPS & COLESLAW

SAT 21st May CLOSED

SUN 22nd May CLOSED OPEN FOR DINNER

**KNIGHTSBRIDGE VILLAGE RESTAURANT
WELCOMES FAMILY & FRIENDS**

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WEDNESDAY FULL LUNCH Served at mid-day @ \$10.00pp

Please note: Children up to 5 years free: 6 to 10 years half price: 11 years upwards full price

LUNCH MENU WEEK TWO

CAFE MENU

HOURS OF CAFE 10.00am -3.00PM

CHOICE OF PIES	\$3.00
PIZZA (SMALL)	\$3.00
SPINACH or HAM QUICHES	\$3.00
LASAGNE – CRUMBED or MEAT Or VEGETARIAN	\$3.00
CHEF'S ASSORTED SALAD	\$3.00
PANINI FILLED WITH CHEESE & TOMATOES	\$3.00
CLUB SANDWICHES- (Check the filling with Kitchen Staff)	\$3.00
TOASTED SANDWICHES – 2 ND FILLING @ \$1.00	\$3.00
BOWL OF CHIPS	\$2.00
SCONES OR MUFFINS	\$2.00
2 PIECES OF FRUIT	\$2.00

FROZEN MEALS and FROZEN SOUP

CHECK THE BOARD IN THE KITCHEN

MON 23rd May

CLOSED

TUES 24th May, THURS 26th May, FRI 27th May CAFE MENU

WED 25th May

**SOUP or
BATTERED FISH or CRUMBED FISH with CHIPS & COLESLAW
or MEAT ROLLS SERVED WITH RICE & SALSA TOMATO SAUCE
or SAVOURY OMELETTE, CHIPS & COLESLAW**

SAT 28th May

SUN 29th MAY

CLOSED

OPEN FOR DINNER

**KNIGHTSBRIDGE VILLAGE RESTAURANT
WELCOMES FAMILY & FRIENDS**

DINNER Served at 6.00pm \$15.00 per person
Tuesday, Friday and Sunday

Please note: Children up to 5 years free: 6 to 10 years half price: 11 years upwards full price

WEEK 1

DINNER & DESSERT MENU

MON 16 MAY

CLOSED

TUES 17 MAY

Seasoned Rump Beef Roast, Yorkshire Puddings, Horseradish & Gravy
Roast Potatoes, Kumara and Pumpkins, 2 Veggies,
Chocolate Chiffon Pie, Fruit Salad, Cream

WED 18 MAY

CLOSED

THUR 19 MAY

CLOSED

FRI 20 MAY

Hot Buffet - Slowly Baked Lamb Shanks with Onion Gravy with Scalloped Potato
Thai Mild Chicken Curry on Rice, served with 2 Veggies
Assorted Desserts, Fruit Salad, Whipped Cream

SAT 21 MAY

CLOSED

SUN 22 MAY

Roast Seasoned Leg of Lamb, Mint Sauce & Gravy,
Roast Potatoes, Kumara and Pumpkins, 2 Veggies,
Pavlovas, Fruits, Cream

WEEK 2

DINNER & DESSERT MENU

MON 23 MAY

CLOSED

TUES 24 MAY

Roast Leg of Pork, Apple Sauce, Gravy
Roast Potatoes, Kumara and Pumpkin, 2 Veggies
Dutch Apple served with Custard, Bowl of Fruit, Whipped Cream

WED 25 MAY

CLOSED

THUR 26 MAY

CLOSED

FRI 27 MAY

Beef Casserole served with Mashed Potatoes, or
Mild Lamb Curry served with Rice, 2 Veggies
Bread & Butter Pudding, Bowl of Fruits, Whipped Cream

SAT 28 MAY

CLOSED

SUN 29 MAY

Seasoned Roast Chicken with Stuffing & Gravy,
Roast Potatoes, Kumara and Pumpkins,
Assorted Pudding, Brandy Snaps Bowl of Fruits, Cream

MONDAY 16 MAY

8.00am	Garden, Paper & General Rubbish Collection	1.00pm	Bridge -Chelsea Room
9.00am	Nurses Clinic	1.30pm	Knitting, Sewing & Craft Lounge
9.00am	Hairdresser - Hazel	1.30pm	Snooker - Snug
9.30am	Walking Group meet in the Centre	1.30pm	Indoor Bowls - Belgrave Square
10.00am	Boule Up on the Petanque Terrain	2.00pm	Croquet - Croquet Lawn
10.00am	Golden Oldies - Bus	3.00pm	Nurses Clinic
11.30am	Dr Groen Surgery	3.30pm	KBV Players - Belgrave Square
		7.00pm	Movie Committee Meeting-Chelsea Rm

TUESDAY 17 MAY

8.00am	Blood Pressure Clinic	1.30pm	Roll Up on the Bowling Green
8.30am	Hairdressers - Vel Ph 410 7174	1.30pm	Classical Opera - Snug
9.00am	Nurses Clinic	2.00pm	Artist Group - Belgrave Sq
9.30am	Bus to Albany Park N Ride	2.00pm	Aquacise
10.00am	Shopping Bus to Browns Bay	3.00pm	Library Bus
10.00am	Save the Children Fund - Chelsea Room	3.00pm	Nurses Clinic
10.00am	Encore - Belgrave Square	5.00pm	Happy Hour Knightsbridge Arms
11.00am	Encore- Pool	6.00pm	Dinner

WEDNESDAY 18 MAY

9.00am	Hairdresser - Hazel	1.00pm	Line Dancing - Belgrave Square
9.00am	Nurses Clinic	1.30pm	Card Games in Board Room
9.30am	Garden Group	1.30pm	Snooker - Snug
10.00am	Boule Up on the Petanque Terrain	2.00pm	A Mixture of Music and Documentaries -Chelsea Room
10.00am	Yoga - Chelsea		
11.00am	Mahjong	2.00pm	Croquet - Croquet Lawn
11.30am	Dr Gentry Surgery	3.00pm	Nurses Clinic
12.00pm	Lunch		

THURSDAY 19 MAY

8.00am	Blood Pressure Clinic	1.00pm	Mahjong - Chelsea Room
9.00am	Nurses Clinic	1.00pm	Bridge-Boardroom
9.00am	Hairdresser - Hazel	1.00pm	500 Cards in Lounge
10.00am	Indoor Bowls - Belgrave Sq	1.30pm	Letter Rummikub - Snug
10.00am	Making History - Chelsea Room	1.30pm	Snooker - Snug
10.00am	Sweet Louise - Snug	1.30pm	Roll Up on the Bowling Green
		2.00pm	Croquet - Croquet Lawn
		3.00pm	Nurses' Clinic

FRIDAY 20 MAY

8.30am	Hairdressing - Vel Ph 410 7174	1.30pm	Paper Kutz in the Snug
9.00am	Nurses Clinic	3.00pm	Nurses Clinic
9.30am	Bus to Albany Park N Ride	5.00pm	Happy Hour Knightsbridge Arms
9.30am	Line Dancing - Belgrave Square	6.00pm	Dinner
10.00am	Mahjong in the Chelsea Room		
10.00am	Shopping Bus to Browns Bay		

SATURDAY 21 MAY

9.00am	Nurses Clinic	1.00pm	Cards, T.V., Pool - Snug
10.00am	Boule Up on the Petanque Terrain	1.30pm	Roll Up on the Bowling Green
		2.00pm	A Full Length Feature Film
		3.00pm	Nurses Clinic

SUNDAY 22 MAY

9.00am	Nurses Clinic	1.00pm	Bridge- Chelsea Room
10.30am	Morning Chit Chat in the Lounge	2.00pm	Bridge - Boardroom
		3.00pm	Nurses Clinic
		6.00pm	Dinner

MONDAY 23 MAY

8.00am Garden, Paper & General Rubbish Collection
 9.00am Hairdressers - Hazel
 9.00am Nurses Clinic
 9.30am Walking Group meet in the Centre
 10.00am Boule Up on the Petanque Terrain
 10.00am French for Fun - Chelsea Room
 11.30am Dr Groen Surgery

1.00pm Bridge in the Chelsea Room
 1.30pm Indoor Bowls - Belgrave Square
 1.30pm Knitting, Sewing & Craft Lounge
 1.30pm Snooker
 2.00pm Croquet - Croquet Lawn
 2.00pm U3A Film Group - Boardroom
 3.00pm Nurses Clinic
 3.30pm KBV Player - Belgrave Square
 7.00pm Movie Committee Meeting

TUESDAY 24 MAY

8.00am Blood Pressure Clinic
 8.30am Hairdressers - Vel Phone 410 71
 9.00am Nurses Clinic
 9.30am Bus to Albany Park N Ride
 10.00am Encore-Belgrave Square
 11.00am Encore-Pool
 10.00am Shopping Bus to Browns Bay

1.30pm Roll Up on the Bowling Green
 2.00pm Artist Group - Belgrave Sq
 2.00pm Aquacise
 2.00pm Fashion Parade - Lounge
 3.00pm Nurses Clinic
 5.00pm Happy Hour Knightsbridge Arms
 6.00pm Dinner

WEDNESDAY 25 MAY

9.00am Hairdresser - Hazel
 9.00am Nurses Clinic
 9.30am U3A - Snug
 10.00am Yoga - Chelsea Room
 10.00am Boule Up on the Petanque Terrain
 11.00am Mahjong - Snug
 11.30am Dr Gentry Surgery
 12.00pm Lunch at the Centre

1.00pm Line Dancing - Belgrave Square
 1.30pm Card Games in Board Room
 1.30pm Snooker - Snug
 2.00pm A Mixture of Music and Documentaries -Chelsea Room
 2.00pm Croquet - Croquet Lawn
 3.00pm Nurses Clinic

THURSDAY 26 MAY

8.00am Blood Pressure Clinic
 9.00am Nurses Clinic
 9.00am Hairdresser - Hazel
 10.00am Indoor Bowls - Belgrave Sq

1.00pm Mahjong - Chelsea Room
 1.00pm Bridge - Boardroom
 1.00pm 500 Cards in Lounge
 1.30pm Letter Rummikub - Snug
 1.30pm Snooker - Snug
 1.30pm Roll Up on the Bowling Green
 2.00pm Croquet - Croquet Lawn
 3.00pm Nurses Clinic

FRIDAY 27 MAY

8.30am Hairdresser - Vel Ph 410 7174
 9.00am Nurses Clinic
 9.30am Residents Budget Meeting - Centre
 9.30am Line Dancing - Belgrave Square
 9.30am Bus to Albany Park N Ride
 10.00am Shopping Bus to Browns Bay
 10.00am Mahjong in the Chelsea Room

1.30pm Paper Kutz in the Snug
 3.00pm Nurses Clinic
 3.00pm Disaster Meeting - Centre
 5.00pm Happy Hour Knightsbridge Arms
 6.00pm Dinner

SATURDAY 28 MAY

9.00am Nurses Clinic
 10.00am Boule Up on the Petanque Terrain

1.00pm Cards, T.V., Pool - Snug
 1.30pm Roll Up on the Bowling Green
 2.00pm A Full Length Feature Film
 3.00pm Nurses Clinic

SUNDAY 29 MAY

9.00am Nurses Clinic
 10.30am Morning Chit Chat in the Lounge
 12.00pm Sausage Sizzle

1.00pm Bridge - Chelsea Room
 2.00pm Bridge - Boardroom
 3.00pm Nurses Clinic
 6.00pm Dinner

Q/IMPORTANTDOCS/LIFESTYLE