

# ASHBROOK

APARTMENTS









The Ashbrook News

**AUTUMN 2023** 



**Ashbrook Apartments** 

2-8 Syme Street, Ashford, SA 5035

Office: (08) 8193 0000 | Sales: 0477 870 071

# Welcome to The Ashbrook!



#### **THANK YOU!**

Thanks again to those of you who have added to this seasons bumper edition! We welcome more tales on the theme "Remember when..." from any time in your life that is memorable to you in that time. We've all lead exciting, interesting lives, – please share as much or as little as you want with us, as

we would love to hear all about it! Send us tricks you have played on people and tricks they played on you. Destinations you've been to, places & events that hang in your memory from childhood, etc....

Got an idea?
Come and see us
in the sales suite or
let Lorna or Muriel know.



HAVE YOU GOT A PHOTOGRAPH WORTHY OF THE FRONT COVER?

Please pop into the sales suite or email your photo to sales@theashbrook.com.au

#### **CAN YOU HELP US?**

This is your newsletter and we welcome articles and reports on social events. We are looking for a team to meet once a quarter and dedicate some time to share the load and

assist with the compiling of our quarterly Newsletters.

If you are interested or would like more information, please visit Carolyn in the Sales Suite (Monday to Wednesday). A little help will go a long way!

Big THANK YOU to those who have kindly contributed to this edition!
Without you there would not be a newsletter.



# Ashbrook Action

## **BIGGEST FUNDRAISING MORNING TEA**

The Biggest Morning Tea for 2023 will be on Friday 26th May, so put the date in your diary and don't double book yourself.

If you have any items that could be donated for the Trading Table, or are willing to cook some sweet treats and other goodies for sale on the day, I would love to hear from you.

More details about this event will be distributed closer to the date.

Friends & family more than welcome!

**Barb McFarlane** 

Biggest Morning Tea Host



## STORY TO SHARE: ASHBROOK RESIDENTS - DAVID & BETTY

Long time Residents David & Betty lived in their Glenelg North family home on the Esplanade for many years, but when they thought it was time to consider downsizing a friend suggested Ashbrook Apartments as an option. That was 10 years ago, and although David says it was very sad to leave their home with "front seat ocean views" once they settled into The Ashbrook they did not look back... and have loved living here ever since.

David shares how he and Betty were neighbors living next door to each other when they met as young teenagers, and how difficult it was when it became apparent late last year that Betty would need ongoing care. David says it was a real wrench to see his bride of 71 years transition

into permanent care, however he says he is comforted in knowing she is comfortable, content and well looked after in her new home, Aldersgate Residential Care.

David enjoys the company of fellow Ashbrook residents and joins them for a Movie in the Ashbrook Theatre and also participates in the Ukulele club both held on Thursdays, David says Thursdays are his social day out at the Ashbrook!

David also believes he is very fortunate to have a caring family, both Son & Daughter visit regularly, taking him to appointments and outings including once a week to his Kooyonga Golf Club.....but the outings he most looks forward to.....are his visits to see Betty.



David & Betty Christmas 2022

# HAPPY BIRTHDAY, DR. SEUSS!

Ashbrook Apartment residents celebrated and enjoyed a fun filled brunch. On the menu... green eggs & ham followed by creative dessert!







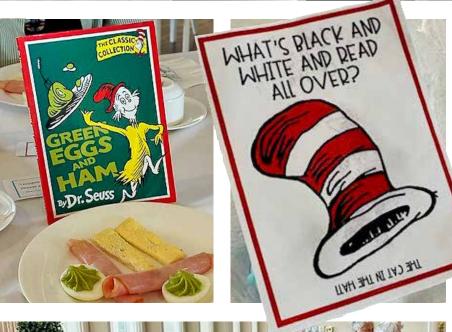
#### **ABOUT DR SEUSS**

Theodor Seuss Geisel (2 March, 1904 – 24 September, 1991) was an American children's author and cartoonist. He is known for his work writing and illustrating more than 60 books under the pen name Dr. Seuss. His work includes many of the most popular children's books of all time, selling over 600 million copies and being translated into more than 20 languages by the time of his death.

Thank you to Lorna & Barb for photos & capturing the fun of the morning.













# Thank you to some of our newest Ashbrook Residents for sharing their story.

When it was time for me to 'downsize' I didn't consider apartment living as I was a keen gardener & couldn't imagine not having my own piece of dirt in which to grow my herbs & vegetables. I looked at a large number of retirement units over 2 years, but never found the one that I wanted to call home.

I had driven past Ashbrook on numerous occasions, & one day after viewing a nearby retirement unit, noticed that there was an apartment for sale. I enquired & am so very glad I did!

I was very impressed as I walked into the spacious foyer with the library in one corner......I love to read, next I viewed the apartment situated on the first floor, a light filled, bright space,



# To join our wait list and view The Ashbrook call Carolyn 0477 870 071

with plenty of storage space & lovely outlook surrounded by mature trees, following I was shown around the communal areas, the well-maintained gardens, facilities such as the theatre room, BBQ areas & conservatory and I knew this was the home I was looking for.



It was a good decision & I am very happy 'living in the treetops' Although everything went extremely smoothly with the sale of my existing house & the purchase, moving (and especially moving to somewhere smaller) is a daunting task & a stressful time. I was extremely grateful that management was happy to let me move in once I had unconditional approval on the sale of my

previous home - it was so much easier to have the 2 weeks to gradually establish myself here, rather than do everything on the day of settlement.

Residents of Ashbrook have gone out of their way to make me feel at home, it's a very welcoming & friendly place to be & there appears to be no shortage of organised activities to take advantage of.

Added bonuses have been that I am within walking distance of bus, tram & train & I have walked into the city a couple of times.

I have a balcony, & was intending on establishing a potted herb garden as soon as I moved in, but discovered there was no need for me to do so as I am within walking distance of the Sunday Farmers Market... the fruit & vegetables I buy there are far tastier than anything I have ever grown.

So happy I made the move to Ashbrook!

Viv Ward

# Resident testimonials

Hello, my name is Anne Lehmann and in early January I moved into apartment 3.51.



I started looking at retirement villages after retiring in 2015. I attended several Retirement Village Expos and at the last one in early 2021 I picked up the brochures for Ashbrook. At the time I did not think I would be able to afford to live here so passed on the brochures to my sister and her husband.

When they came to visit Ashbrook in the middle of 2021 I came too, and fell in love with the apartment they chose to purchase.

As soon as apartment 3.51 became available I made arrangements to visit and see the apartment. This occurred in early November and I immediately decided I wanted this apartment. From the study nook just after walking in the front door, to the spacious bedrooms, balcony and living area, this apartment is very comfortable. And it is lovely having the secure underground carparking with lift access as well as the close proximity to public transport on Anzac Highway, with supermarkets only a short drive away.

I have been able to attend happy hours since moving in and have

had several lovely meals in the dining room.

Although I have only been here a few weeks, I am finding the lifestyle wonderful and I am looking forward to spending many years living here. I am meeting other residents almost daily and without exception everyone has made me feel very welcome.

**Anne Lehmann** 



After viewing several different forms of retirement living we came to the conclusion that they did not suit our lifestyle so we decided to look at apartments which had not previously been a consideration.

We were then asked by a family member to explore Ashbrook and Joan was particularly impressed with the establishment and the facilities being offered.

The surroundings, the light in the building and the comfort offered in the apartments on offer were very much to our liking.

Ashbrook is conveniently positioned with access to most of the services we require.

On our short time here we have been welcomed by many of the current residents who we have met in the lift, the basement and at happy hour. A delightful group of people.

The staff have all been most helpful in all aspects of our beginning of life at Ashbrook.

Joan and Leo Amato





# A GLASS OF WINE & CONVERSATION IN THE SPORTS BAR

Friday evening 'Happy Hours' in the Sports Bar of the Ashbrook are a popular time for residents to get together to celebrate a birthday, occasionally listen to a guest speaker, or just to socialise with fellow residents.

A very active Social Committee oversees the planning of special events and running the Bar, including keeping the prices of drinks to a very competitive level.







# Autumn recipe

### WARM AUTUMNAL SALAD

A roasted root vegetable salad will still taste great as leftovers the next day.

- 25 mins cooking
- Serves 4

#### **INGREDIENTS**

# WARM AUTUMNAL SALAD

- 1 large butternut
- 2 tablespoon olive oil
- salt
- black pepper
- 4 large vine-ripened tomatoes
- 100 gram rocket leaves
- 100 gram cow's feta, broken into cubes
- 1/2 cup walnut halves, toasted

#### **ROCKET OIL**

- 100 gram rocket leaves
- 4 tablespoon olive oil

#### **KALAMATA HONEY**

- 12 pitted kalamata olives
- 1 tablespoon honey

#### METHOD WARM AUTUMNAL SALAD

- 1. Preheat oven to 190°C. Carefully cut butternut in half and scoop out seeds. Slice into wedges and place in roasting tray. Drizzle with olive oil and season with salt and pepper.
- 2. Roast in oven for 15 minutes, add tomatoes to tray

and cook for a further 10 under

and cook for a further 10 minutes.

3. Remove from oven. Arrange on serving dish with rocket, feta and toasted walnuts, drizzle with rocket oil (see below) and dollops of Kalamata honey.

#### **ROCKET OIL**

4. Bring a small pot of lightly salted water to the boil, drop in the rocket, then pull out again immediately, running

under cold water in sieve until cold.

Using a hand blender, blitz the rocket and oil together until smooth.

#### KALAMATA HONEY

6. Using a hand blender, blitz olives and honey together into a smooth paste.

https://www.womensweeklyfood. com.au/recipes/warm-autumnalsalad-26506

# Properties for sale

## **LUXURY RETIREMENT LIVING - WELCOMING COMMUNITY**



# **APT. 2.09**

**№** 1.5 **■** 1 \$570,000 Recently refurbished 2bedroom apartment, light filled private setting. New flooring throughout. Large master bedroom with bay window, ensuite access and built in robes, 2<sup>nd</sup> toilet and separate laundry with generous storage, kitchen is complete with all new cooking appliances including new dishwasher. Large and spacious private balcony for alfresco dining or simply relax with friends & family.

















- Properties for Sale
- Prices Starting from \$570,000 (2 Bedroom)
- Available Now!





Rare opportunity to purchase light filled 3 Bedroom apartment. The generous floorplan comprises open plan kitchen/dining/lounge, master bedroom with ensuite, study nook, separate laundry and spacious private balcony.















# We want to hear YOUR tales!





# REFER & WIN

Refer a friend or family member to The Ashbrook and you both will benefit from our exciting reward program!

If the person you refer secures an apartment and becomes an Ashbrook Resident we will reward you with a \$300.00 Westfield Gift Card.

## **PLUS**

\$200.00 of restaurant credits to be used for dining or a catering function in our restaurant at The Ashbrook.

Your friend/new resident will also receive the same reward. A \$300.00 Westfield Gift Card plus \$200.00 of restaurant credits.



# WHAT A GREAT WELCOME GIFT!

#### Conditions

The Voucher will be paid within 30 days of the Settlement of the apartment. It cannot be exchanged for cash and must be used within the time frame specified in the Voucher.

The referral nomination form and acceptance referral must be completed in full prior to the first visit to The Ashbrook and signed and dated by the sales department.

### REFERRAL NOMINATION FORM

This section is to be completed by the person referring the client.

REFERRER   Mr   Mrs   Ms	New CLIENT □Mr □Mrs □Ms
Address	Address
Home phone	Home phone
Email address	Email address
-1 1 1 1 1 1 1 1 1 1 1 1	

I have checked with Ashbrook Sales that the client is not already on the Ashbrook database.

Signature:	Date:

### **KNOCK-OUT**

Knock out all the words that match the clues. When you do, there will be two words remaining and these will form the name of an item of clothing.

GAME	SET	BREEZE	SWIMMERS	DELIVER
COBRA	STAMP	VIPER	ZEPHYR	DRESSING
GALE	GOWN	MOUSE	READER	SCREEN
FIREWALL	BOA	THONGS	FREIGHT	HAT

#### CROSS OFF ALL:

- 1. Types of wind.
- 2. Postal words.
- 3. Computer-related terms.
- 4. Snakes.
- 5. Words that follow "MIND".
- 6. Beachwear.

## **TOP AND TAIL**

Complete the words below by adding the same letter at both ends.

\_ONOGRA\_ \_LAYGROU\_

\_EARIN\_ \_ERIDE\_

\_ATHTU\_ \_MBROSI\_

\_OLERAN\_ \_EAMLES\_

\_AUSTI\_ \_RUDIT\_

\_ANDFAL\_ \_ECEPTO\_

## TRIVIA QUIZ

- 1. What African country is completely contained within South Africa?
- 2. What is the name of the famous passenger train that runs between Adelaide and Darwin?
- 3. Sculptor Gutzon Borglum is best known for his work on what?
- 4. The sunken USS Arizona naval battleship is located in which harbour as part of a war memorial?
- 5. How many stars appear on the Australian Flag?
- 6. What galaxy is our solar system located in?
- 7. What is 25% of 25?
- 8. The Complete Adventures of Snugglepot and Cuddlepie was written by May Gibbs but who did the illustrations?
- 9. With which sport to you associate the terms blocking, checking and hooking?

- 10. Which game is oldest: backgammon or chess?
- 11. Which group released the hit songs Under the Bridge and Californication?
- 12. Who was the host of the long-running TV show *Hey Hey It's Saturday?*
- 13. In which year did Julia Gilliard resign as Prime Minister?
- 14. Which month comes last alphabetically?
- 15. Is a young llama called a bria, a cria or a dria?
- 16. In terms of dining, what do Americans mean by the word entrée?
- 17. The toy fads Tamagotchi, Furby and Tickle Me Elmo were all launched in which decade?
- 18. What is the capital of Romania?
- 19. Which fruit is used to make a tapenade?
- 20. Which children's character has vehicle friends named

- Scoop, Muck, Dizzy and Roley?
- 21. Who was the first European sailor to circumnavigate the Australian continent in 1802 3?
- 22. Red blood cells carry what essential element around the body?
- 23. On a Monopoly Board, which red property is worth more Fleet Street or Trafalgar Square?
- 24. What character did Tina Turner play in *Mad Max Beyond Thunderdome?*
- 25. How many different husbands did Lana Turner have?
- 26. Which paper size is larger: A3 or A4?
- 27. A business is the collective noun for which kind of carnivorous mammal?
- 28. Ruby is the birthstone of which month?
- 29. What was the first ever fulllength animated feature film?

Top and Tail. 1. Monogram 2. Gearing, 3. Bathtub 4. Tolerant 5. Caustic 6. Landfall 7. Playgroup 8. Derided 9. Ambrosia 10. Seamless 11. Erudite 12. Receptor. Knock-Out. Dressing Gown Trivia Quiz. 1. Lesotho, 2. The Ghan, 3. Mount Rushmore, 4. Pearl Harbour, 5. Five, 6. The Milky Way, 7. 6.25, 8. May Gibbs, 9. Golf, 10. Backgammon, 11. Red Hot Chili Peppers, 12. Daryl Somers, 13. June 2013, 14. September, 15. Cria, 16. Main Course, 17. 1990s 18. Bucharest, 19. Olive, 20. Bob the Builder, 21. Matthew Flinders, 22. Oxygen, 23. Trafalgar Square, 24. Aunt Entity, 25. Seven, 26. A3, 27. Ferret, 28. July, 29. Snow White and the Seven Dwarfs



DAY	TIME	ACTIVITY	LOCATION		
REGULAR WEEKLY ACTIVITIES					
Monday	10:00am	Keep Fit	Rec Room		
	2:00pm	Bingo (last Monday)	Dining Room		
	4:00pm	Book and Film Club (second Monday)	Dining Room		
	4:00pm	Billiards	Sports Bar		
	7:00pm		Dining Room		
		Art Group	Art Room		
		Mahjong	Dining Room		
TUESDAY		Carpet Bowls	Rec Room		
		Billiards	Sports Bar		
		Ladies Pool	Sports Bar		
		Gentle Moves	Rec Room		
Wednesday	1:30pm		Dining Room		
		Billiards	Sports Bar		
		Mahjong	Conservatory		
		Movie Matinee	Theatre Room		
		Billiards	Sports Bar		
THURSDAY	4:00pm		Level 4		
	7:00pm		Theatre Room		
		Table tennis for all	Rec Room		
FRIDAY		Qi Gong	Rec Room		
		Rummikub	Dining Room		
		Billiards	Sports Bar		
		Happy Hour	Sports Bar		
SATURDAY		Billiards	Sports Bar		
SUNDAY	4:00pm	Billiards	Sports Bar		

## **USEFUL CONTACTS**

# TRANSPORT & OTHER SERVICES

Suburban Taxis 131 008 - Quote "VIP8807"

#### **IP SERVICE**

#### **HAMRA CENTRE LIBRARY**

1 Brooker Terrace, Hilton 5033 Monday to Friday, 10am - 4pm.

#### (08) 8416 6228

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

#### MOBILE HAIRDRESSER

Michelle **0416 058 097** 

#### **ON-CALL DOCTOR**

13SICK (137425)

https://homedoctor.com.au

