



ASHBROOK

APARTMENTS

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Coronation at Ashbrook

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The Ashbrook News

WINTER 2023



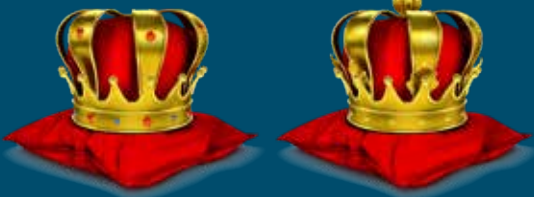
Ashbrook Apartments

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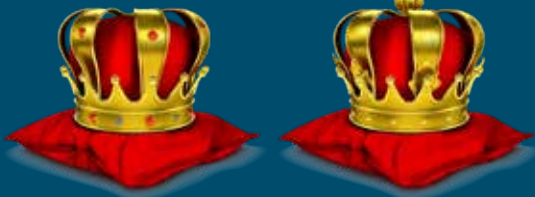
Welcome to The Ashbrook!

ADELAIDE RETIREMENT VILLAGE & RESORT EXPO

Ashbrook Apartments participated in the 2023 Retirement Village & Resort Expo held at the Unley Town Hall. Exclusively devoted to Retirement Villages and over 55's resorts, the event took place over 2 days on the 5th & 6th May and was attended by visitors from Adelaide metro and country regions. This event provides a great opportunity for attendees to gather information and engage with Providers of Retirement Villages.



Coronation at Ashbrook



A NIGHT OUT WITH ROYALTY

Residents dressed in their finest attire for "A very Royal Evening" at The Ashbrook to celebrate the Coronation of King Charles III.

The evening commenced with a glass of champagne in the Sports Bar followed by fine wine and dining "Fit for a King" held in the Ashbrook Dining Room.

Thank you to Barb and Lorna for our very regal photos.

<https://www.vecteezy.com/free-vector/king-crown>



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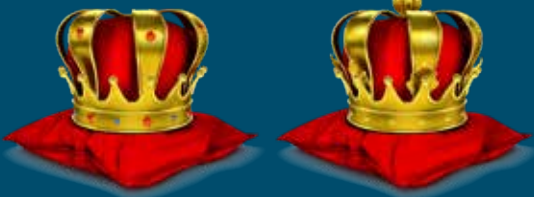
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THANK YOU!

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.





Coronation at Ashbrook

Coronation at Ashbrook





DAY OUT IN THE ADELAIDE HILLS

Ashbrook residents went for a day out in the Adelaide Hills, with the bus departing Ashbrook Apartments at 9.30 am.

First Stop: Karkoo. A Family-owned Garden centre in Oakbank. Spanning across three acres filled with plants, garden art, home & giftware. Residents

were able to engage in some retail therapy followed by morning tea.

Second Stop: Hahndorf, for lunch at the Old Mill.

Last Stop: Beerenberg Farm, for an ice-cream before embarking for the journey home.

By all accounts – another great day out for Residents organised by Ashbrook Social Committee.



Testimonials

MY MOVE TO ASHBROOK APARTMENTS

In mid-May I moved to The Ashbrook. Previously I lived in a suburb only 2 kms from the centre of Adelaide in a gated community of six houses which I had owned for nearly twenty years although some of that time it was rented out. I turned 80 recently and had found the stairs in my 3-bedroom home and the garden more difficult to contend with.

I looked at Ashbrook Apartments some years ago but at the time decided a move wasn't for me. I came to look at The Ashbrook again, and it was as I remembered, a place I thought well of and I was not disappointed. Fortunately, a 3-bedroom apartment was available for sale.

Carolyn O'Brien showed me around and was unfailingly kind and thoughtful explaining in detail the layout and running of the community.

I was able to register my interest and go away to think without being hassled. I then brought various family members to see the apartment, once again Carolyn showed them all around, and I soon decided it was for me and was able to sign to purchase the apartment, with a 3-month period to sell my own property. Fortunately, everything fell into place and I have now moved in.

Without fail everyone has been most welcoming. I was assigned



Ro and Neville as ambassadors and this helped enormously, they greeted us with a welcome basket from the management full of lovely goodies. They also answered all my sister and my queries about all and sundry.

The apartment is well planned and set up. A kitchen with lots of lower drawers and a study nook which is marvellous, and the main bathroom has a light that goes on when one enters!

Ann Hewett, Apartment 4.54

NEW "KIDS" ON THE BLOCK

When first approached by Carolyn we were somewhat taken aback that anybody would be interested in a couple of newcomers who in essence are rather boring people, but nevertheless are happy to contribute in any way possible

When our daughters first viewed details of Ashbrook and relayed their findings to us, Annette (and her sister Cathryn) were adamant that this was the correct venue for us to reside. Being a rather shy person, I hesitatingly accepted the challenge. We visited the venue maybe up to four times before we were convinced to put our names down to accept. Then came the outstanding decision to clear out our then existing house and garage, but with our children's assistance and their perseverance we managed to finally move in on 24/04/2023. Our next challenge was to find storage for all our goods in our apartment, we have some way to go yet but in time we will manage it. We feel sure that others have had the same experience.

Since moving in we found that we were greeted



by a number of residents warmly (although remembering their names is another challenge). We have also attended a number of the social events including Anzac Day service and the Coronation Dinner. We must say that so far everybody that we have encountered here have been most welcoming and friendly.

Marlene & Peter Thoday

BIGGEST MORNING TEA 2023 – ANOTHER GREAT SUCCESS!

Organised by Resident Barb McFarlane, this year's Biggest Morning Tea was attended by more than 70 residents and guests and raised over \$4,000 for Cancer Research.



Guest speakers included Professor Ross McKinnon (above right), Strategic Professor in Cancer Research and Kaity Sharp (above left) from the Cancer Council SA.



Well done to everyone involved in making this year's Biggest Morning Tea at The Ashbrook another great success.

Congratulations to Mary O'Rielley (above right) on winning the amazing "Chocolate Box cake".



VEGETABLE SOUP

The most comforting way to get your five-a-day.

- 10 mins preparation
- 25 mins cooking
- Serves 4

Packed with the goodness of vegetables and energy dense pasta, this soup is a quick, easy and filling meal for families on the go. Serve with crusty warm bread to complete the meal.

INGREDIENTS

- 1 tablespoon vegetable oil
- 2 (400g) large brown onions, chopped finely
- 2 (360g) large carrots, chopped coarsely
- 8 (800g) stalks celery, trimmed, chopped coarsely
- 3 clove garlic, crushed
- 1 litre (4 cups) vegetable stock
- 1 litre (4 cups) water
- 3/4 cup (165g) soup pasta (see notes)
- 2 (240g) medium zucchini, sliced thickly
- 250 gram trimmed silver beet, chopped coarsely
- salt and freshly ground black pepper, to season

METHOD

1 In a large saucepan, heat oil on medium heat; cook onion, carrot, celery and garlic, stirring, for about 5-10



minutes, or until vegetables soften.

2 Add stock and water; bring to the boil. Reduce heat; simmer, uncovered, for about 10 minutes. Add pasta and zucchini; simmer, uncovered, stirring occasionally, for about 5 minutes, or until pasta is tender. Add silver beet; cook, stirring, for about 30 seconds, or until silver beet

wilts. Season before serving.

NOTES

Recipe is not suitable to freeze. You will need about 1kg silver beet for this recipe. Soup pasta is a mixture of small pasta shapes, available in selected supermarkets. You could also use the same quantity of risoni pasta.

Source: <https://www.womensweeklyfood.com.au/recipes/vegetable-soup-8493>

LUXURY RETIREMENT LIVING – WELCOMING COMMUNITY

Available Now

APT. 2.09

🚗2 🏠1.5 🚗1 \$550,000
North facing 2 Bedroom Apartment with open plan kitchen/dining/lounge flows out to spacious private balcony with leafy outlook.....perfect for entertaining family & friends or just relaxing. The well- equipped kitchen features a pantry and all new cooking appliances including dish washer. The light filled master bedroom with ensuite access to the 2-way bathroom is of most generous proportions and features a bay window. The apartment also has the convenience of a 2nd toilet with vanity. A generous size laundry with storage completes this attractive offering. Undercroft car park with storage unit is included. Inspection of this comfortable, recently refurbished apartment is highly recommended.



- Properties for Sale
- Prices Starting from \$550,000 (2 Bedroom)
- Available Now!

322

Available soon

APT. 3.22

🚗2 🏠2 🚗1 \$POA
Large 2-bedroom Apartment facing leafy Syme Street.

Features entrance hall, 2 large bedrooms, both with built-in wardrobes, master with ensuite and bay window. A second bathroom offers convenience for when family and friends come to visit and is adjacent 2nd bedroom. The kitchen is equipped with all new appliances, including dishwasher. A spacious lounge/dining area flows out to private balcony overlooking Syme Street. Allocated undercroft car park.

Available soon for inspection.



We want to hear YOUR tales!

SHARE YOUR STORIES

The Ashbrook News is your newsletter and we welcome articles and reports on social events. **We are looking for a team to assist in compiling of our quarterly Newsletters.**

Ashbrook Apartments are community driven and Ashbrook residents are what make our everyday so vibrant and enjoyable. **Your contributed stories and pictures add flavour to our Newsletter.**

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!

CAN
YOU HELP
US?

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 <input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms
ADDRESS
HOME PHONE
EMAIL ADDRESS

NEW CLIENT <input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms
ADDRESS
HOME PHONE
EMAIL ADDRESS

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

Signature:

Date:

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!

Quiz page

BRAIN BUSTERS

1. In October 2022, Australian basketball legend Lauren Jackson farewelled her remarkable career with the Opals, playing in the FIBA Women's Basketball World Cup with a bronze medal win over which country?

2. What name is shared by a South American rodent and a town in Queensland?

3. What word is used to mean the opposite of the Orient?

4. Situated in Venezuela, what is the world's tallest uninterrupted waterfall?

5. What era of American history did the Volstead Act of 1919 usher in?

6. What do the letters e.g. stand for Latin?

7. In which field of the arts was Australia's Max Dupain famous?

8. In which war was the Siege of Sevastopol?

9. In a margarita cocktail, what is served on the rim of the glass?

10. Which historical figure was married to John Rolfe?

11. With which occupation would you associate a pea jacket?

12. Alexander De Croo is the prime minister of which European country?

JUST FOR LAUGHS!

Sherlock Holmes and Dr. John Watson went on a camping trip.

After sharing a good meal and a bottle of Petrie wine, they retire to their tent for the night.

At about 3 a.m., Holmes nudges Watson and asks, "Watson, look up into the sky and tell me what you see?" Watson said, "I see millions of stars."

Holmes asks, "And, what does that tell you?" Watson replies, "Astronomically, it tells me there are millions of galaxies and potentially billions of planets."

Astrologically, it tells me that Saturn is in Leo.

Theologically, it tells me that God is great and we are small and insignificant.

Horologically, it tells me that it's about 3 a.m.

Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Holmes?" Holmes retorts, "Someone stole our tent."

"Doc, I can't stop singing The Green, Green Grass of Home. He said: 'That sounds like Tom Jones syndrome.' 'Is it common?' I asked. 'It's not unusual' he replied."

A penguin walks into a bar and asks the barman, "Has my brother been in for a drink here today?" The barman looks at the penguin and says, "I'm not sure. What does he look like?"

WORDMAKER

How many words of four letters or more including one of nine letters, can you make from the letters here – with each word containing the letter in the centre? Don't include proper names or plurals.

L	U	G
O	P	Y
R	A	P

I said to the gym instructor: 'Can you teach me to do the splits?' He said: 'How flexible are you?' I said: 'I can't make Tuesdays.'



ASHBROOK APARTMENTS SOCIAL CALENDAR JULY 2023

FRIDAY 7 TH	5pm-6.30pm	Happy Hour	Sports Bar
FRIDAY 14 TH	5pm-6.30pm	Happy Hour "Mulled Wine"	Sports Bar
MONDAY 17 TH		BYO BBQ Lunch	
FRIDAY 21 ST	5pm-6.30pm	Happy Hour	Sports Bar
FRIDAY 28 TH	5pm-6.30pm	Quiz Night	Sports Bar

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	Bridge	Dining Room
TUESDAY	10:00am	Art Group	Art Room
	2:00pm	Mahjong	Dining Room
	3:00pm	Carpet Bowls	Rec Room
	4:00pm	Billiards	Sports Bar
	7:00pm	Ladies Pool	Sports Bar
WEDNESDAY	10:00am	Gentle Moves	Rec Room
	1:30pm	Craft	Dining Room
	4:00pm	Billiards	Sports Bar
	7:00pm	Mahjong	Conservatory
THURSDAY	1:30pm	Movie Matinee	Theatre Room
	4:00pm	Billiards	Sports Bar
	4:00pm	Ukulele	Level 4
	7:00pm	Movie	Theatre Room
	7:00pm	Table tennis for all	Rec Room
FRIDAY	9:30am	Qi Gong	Rec Room
	2:00pm	Rummikub	Dining Room
	4:00pm	Billiards	Sports Bar
	5:00pm	Happy Hour	Sports Bar
SATURDAY	4:00pm	Billiards	Sports Bar
SUNDAY	4:00pm	Billiards	Sports Bar

USEFUL CONTACTS

TRANSPORT & OTHER SERVICES

Suburban Taxis
131 008 - Quote "VIP8807"

JP 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>



ASHBROOK

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