



ASHBROOK

APARTMENTS



Birthday celebrations! ▶ 3



African Wildlife Adventure ▶ 6-7



Trip to Monarto Safari Park ▶ 8-9



The Ashbrook News

SPRING 2023



Ashbrook Apartments

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Welcome to The Ashbrook!

Anniversaries

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BACK COVER South African Wildlife Safari



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.



BIRTHDAY CELEBRATIONS!

Arts & Craft group combined arts and craft activity with an afternoon tea to help Mary O'Reilly celebrate turning 90 "yearsyoung". Congratulations, Mary!



Fellow residents welcome Mary (second from the left) to the 90 something years young club.



Testimonial. Craft Fair

TESTIMONIAL

Following the death of my husband last year, I decided to sell the big family home in Geelong, and down-size to a retirement village in Adelaide to be nearer my sons and their families. When the unit at Ashbrook Apartments became available, it was an

answer to prayer. This is such a warm, welcoming and inclusive community, it has been a balm to my soul, the smooth, quiet competence of staff a joy.

All my boxes have been ticked, a few more I hadn't thought of

added on and ticked as well. I feel like I have come home.

Thank you all, residents and staff alike, from this very happy camper.

Sincerely, Jan Foster



2023
Christmas
CRAFT FAIR

ASHBROOK
CRAFT GROUP

Saturday 25th November

9.30am **Commencing Craft Fair**
10-11am **Live Band: "Bent Tubes" Saxophone Ensemble**
Sausage Sizzle
Hot Dogs
Home Baked Goodies
Morning Tea & Coffee
Crafts and bargains galore!
2pm **Raffle Drawn**

Everyone welcome! Don't need to be a Resident!
Supporting: Parkinson Foundation, Royal Flying Doctor, Mary Potter Hospice, and Smith Family

Seasons

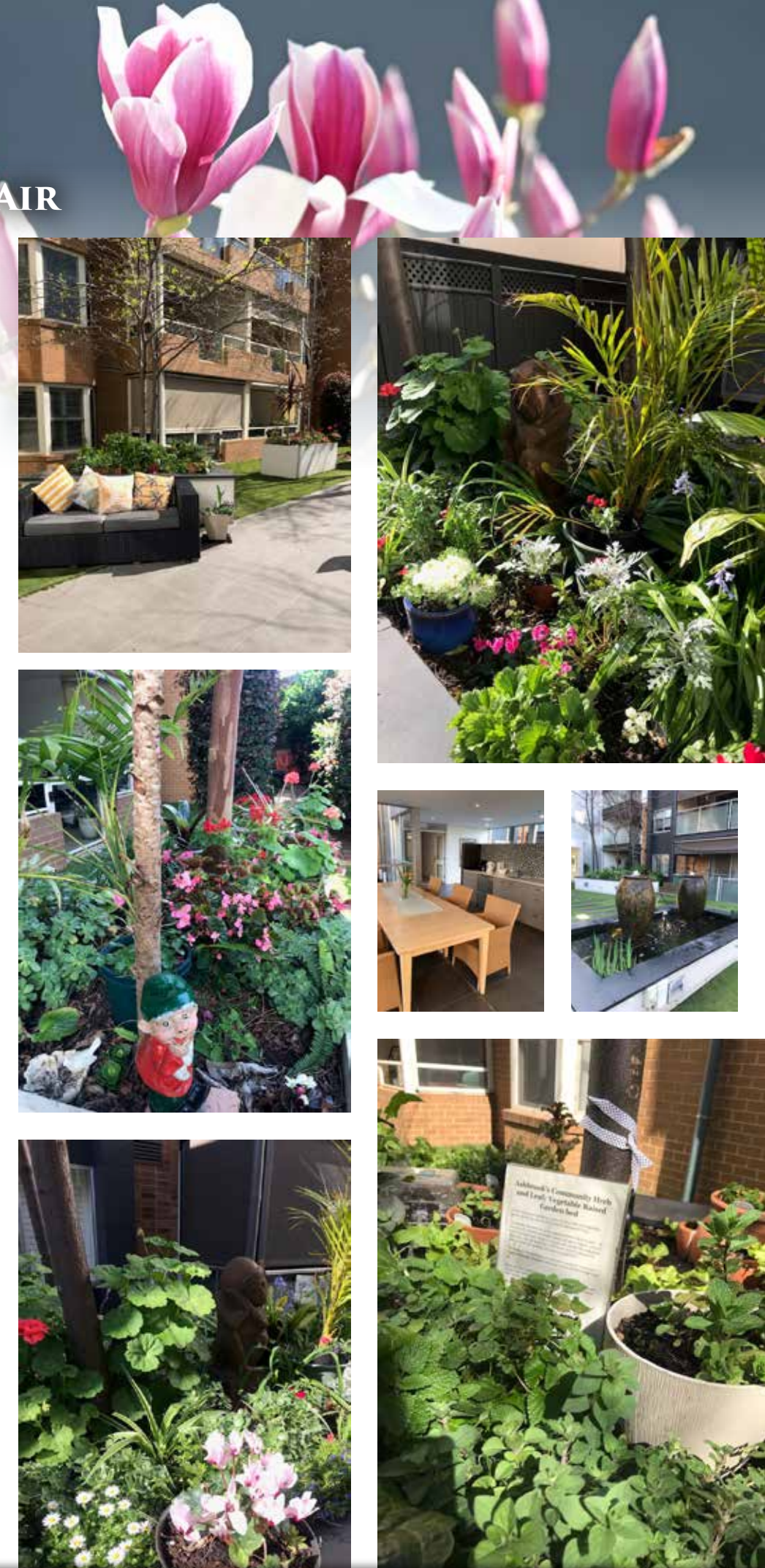
SPRING IS IN THE AIR

The Ashbrook courtyard gardens abundant with beautiful flower beds and tranquil fountain provide the perfect place to soak up some sun, read a book, catch up for a coffee and a chat, or just simply to relax and enjoy.

Conveniently located adjacent to the courtyards is a fully equipped kitchen, and within the interior courtyard an additional BBQ area... ideal for making the most of the outdoors in the beautiful Spring weather.

And if you would like some fresh herbs & leafy vegetables to compliment your BBQ... no problem, choose what you need from the herb garden, grown and maintained by some of our very own "green thumb" residents.

Interior Courtyard Gardens at the Ashbrook – Tranquil & Inviting



On Safari

SOUTH AFRICAN WILDLIFE ADVENTURE

Ashbrook Resident Barb McFarlane is a talented photographer with a passion for nature & wildlife photography. Barb had long held onto the thought of undertaking an adventure combining her love of both, and due to changed circumstances, and an unexpected opportunity, her “bucket list” wish became a reality. In June this year, Barb, accompanied by her son Paul, also an avid photographer, boarded a flight and flew to Kasane via Johannesburg South Africa, to indulge in a 7-day “Photographic Safari” in the Chobe National Park followed by a further 3 days at the stunning Victoria Falls.

Chobe National Park is in northern Botswana near the vast, inland Okavango Delta. It's known for its large herds of elephants and Cape buffalo, which converge along the Chobe Riverfront in the dry months. Lions, antelopes and hippos inhabit the woods and lagoons. The floodable grasslands of the Savuti Marsh attract numerous bird species, plus migrating zebras.

Safaris are offered on set departure dates, throughout the year, with no more than eight clients accompanied by a Pangolin Photo Host throughout.

The Safari on The Pangolin Voyager is over 3 nights, a houseboat built over three floors, with sleeping accommodation, a lounge, dining area and sun deck, it cruises up and down a long stretch of the Chobe River with three dedicated mooring points

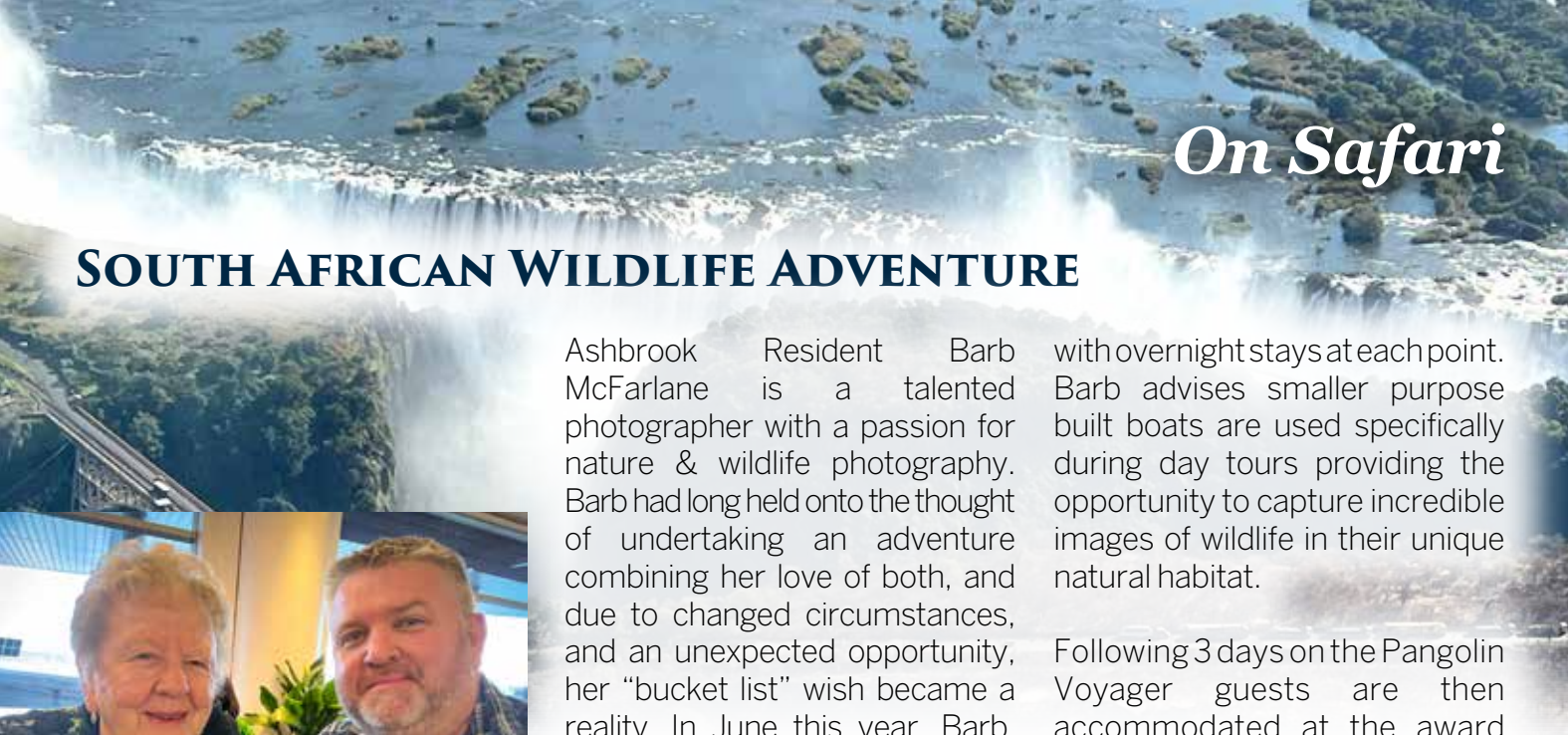
with overnight stays at each point. Barb advises smaller purpose built boats are used specifically during day tours providing the opportunity to capture incredible images of wildlife in their unique natural habitat.

Following 3 days on the Pangolin Voyager guests are then accommodated at the award-winning Pangolin Chobe Hotel, where the road component of the adventure commences for a further 4 days.

Barb says the tour was everything she had imagined, and more, at times providing many “heart in the mouth” moments for her and Paul, when on occasion some of their captivating wildlife subjects decided, they would like to get a little more “up close and personal” than perhaps had been bargained for!

Following the Safari the adventure continued by road to Victoria Falls, where Barb and Paul experienced an awe-inspiring helicopter flight over the Falls, this experience was even more meaningful says Barb because of the date, which marked a significant personal anniversary for her. Barb says it will be forever a most treasured and priceless memory, she adds she felt fortunate to have her son with her to share it with... and when a beautiful rainbow also appeared, well that was just the icing on the cake.

Barb has been kind enough to share some highlights of her breathtaking experience.





Social Club Activity



ALL DAY BUS TRIP TO MONARTO SAFARI PARK



◀▶ All aboard!

Residents enjoyed a tour of Monarto Safari Park followed by lunch at the Bridgeport Hotel ▶





Celebrating Spring

Spring Recipe

RESIDENTS OF ASHBROOK ENJOY A SPRING THEMED DINNER

Ashbrook Residents gathered for a night of fun, good food and conversation, commencing with Pre Dinner drinks in the Sports Bar at 5.30 p.m. followed by dinner of Roast Lamb for mains & Citrus Tart for dessert in the Ashbrook Dining Room.

Thank you to Ashbrook Management and staff for coordinating yet another successful and enjoyable evening for the Residents of Ashbrook Apartments.

Special Thank you to Lorna for photos and capturing the joy of the evening.



LAMB CHOPS WITH CHIMICHURRI, POTATO & GREEN BEAN SALAD

METHOD

In a food processor combine the ingredients for the chimichurri and blitz until you have a paste.

In a bowl combine the lamb chops with the chimichurri – reserve a decent quantity for later and allow to marinate for 15 minutes or longer and prep the salad ingredients.

Place the potatoes in a pot of boiling water and allow to simmer for 8-10 minutes until potatoes are soft but not mushy – for the final 3 minutes of this place the top and tailed green beans in to blanch. When done, remove the green beans from water and place in water with ice to ensure they remain crunchy and slice the potatoes.

For the dressing, combine the 2 minced garlic, anchovy, capers, mustard, white vinegar and olive oil in a small bowl.

In a large salad bowl use hands (to avoid potato breaking up) the potatoes and green beans and dressing, top with chopped parsley and basil leaves.

Now place a grill pan on medium heat and cook the lamb cutlets for around 3 minutes each side – for medium rare.

Once flipped add a generous amount of chimichurri on top of each lamb chop.

To serve this, place salad and lamb chops on the table and let everyone go for it!

- Red meat, salads
- Serves 4-6
- Time 30 minutes

INGREDIENTS

- 10 lamb French cutlets
- 5 brown potatoes, peeled
- 500g green beans, top and tailed
- 2 garlic cloves, minced
- 2 anchovies, chopped
- 1 tbsp capers, chopped
- 1 tsp Dijon mustard
- 4 tbsp white vinegar
- ½ cup extra virgin olive oil
- Flat leaf parsley, chopped
- Basil leaves, to serve
- Chimichurri
- ½ cup extra virgin olive oil
- 2 tbsp red wine vinegar
- ½ cup flat leaf parsley, finely chopped
- 3 garlic cloves, minced
- 1 red chilli, deseeded and finely chopped
- ¾ tbsp dried oregano
- Approximately ½ tsp salt
- ½ tsp pepper

Source: <https://www.goodchefbadchef.com.au/recipes/lamb-chops-with-chimichurri-potato-green-bean-salad>

Properties for sale

LUXURY RETIREMENT LIVING – WELCOMING COMMUNITY



APT. 2.22

2 2 1 \$615,000
Tree Top Outlook – Light Filled & Spacious.

Enjoy the treetop outlook from recently refurbished apartment 2.22.

A light filled apartment with generous floorplan comprising entrance hall, 2 large bedrooms, both with bay window, and built in robes, master with ensuite. A well-equipped kitchen with pantry has been fitted with all new cooking appliances and dishwasher. The spacious open plan dining & lounge area connecting with your private balcony. A designated undercroft car park provides safety and security.



APT. 4.52

2 2 1 \$625,000
View the city lights from your spacious private balcony in this modern 2-bedroom, 2-bathroom apartment with study nook.

Apartment 4.52 is located on the top floor of The Ashbrook, north facing with city views. Features include, ducted air conditioning, freshly painted with new floor coverings throughout, well equipped kitchen with dishwasher, new cooking appliances and pullout pantry. The 2 bedrooms are of generous proportions complete with built in wardrobes, the master with ensuite.

Open plan lounge/dining flows out to spacious private balcony, perfect for alfresco dining and entertaining.



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

RIDDLE

Solve the riddle to discover the hidden animal. Each line of the riddle will reveal successive letters of the final answer.

First letter is in **CHEETAH** but isn't in **ELEPHANT**

Second letter is in **SEAHORSE** but isn't in **SEA OTTER**

Third letter is in **DINGO** but isn't in **DUGONG**

Fourth letter is in **SHEEP** but isn't in **SHREW**

Fifth letter is in **LLAMA** but isn't in **CALF**

Sixth letter is in **MOUSE** but isn't in **MOOSE**

Seventh letter is in **PANDA** but isn't in **LEOPARD**

Eighth letter is in **KOALA** but isn't in **FOAL**

Hidden Animal:



LETTER PATH

Hidden in the grid is the title of a rock classic (8,8). Starting at the coloured square, move either diagonally, horizontally or vertically from letter to letter, using each one only once, to discover the title.

O	S	A	R
D	P	H	N
Y	O	A	I
B	H	E	M

BRAINBUSTERS

1. The Diamond Jubilee State Coach used to carry Kings Charles 111 and Queen Camilla to their coronation at Westminster Abbey was built in which country?
2. The Suez Canal in Egypt connects which two seas?
3. What is the name of the liquid white metal used in some thermometers and barometers?
4. Mycology is the scientific study of what?
5. In Greek mythology, which of the three Gorgons was considered mortal?
6. In the game of Cluedo, who is the victim?
7. Who was the ship's captain on the HMS Bounty at the time of the mutiny in 1789?
8. The Cats, Suns, Dockers and Bombers are names of teams in which football league?
9. Which philosopher said. "Without music, life would be a mistake"?
10. Maputo is the capital of which African country?

ANSWERS
 Riddle: Chimunk
 Letter Path: Bohemian Rhapsody
 Brain busters: 1. Australia 2. The Mediterranean Sea and The Red Sea 3. Mercury 4. Fungi 5. Medusa 6. Dr. Black 7. Lieutenant William Bligh 8. AFL 9. Friedrich Nietzsche 10. Mozambique

ASHBROOK APARTMENTS SOCIAL CALENDAR SPRING 2023

FRI, OCT 6	5pm-6.30pm	Happy Hour	Sports Bar
FRI, OCT 13		Happy Hour & Trivia Quiz	Sports Bar
MON, OCT 16		Hotel Lunch	To be advised
FRI, OCT 20	5pm-6.30pm	Happy Hour	Sports Bar
FRI, OCT 27	5pm-6.30pm	Happy Hour	Sports Bar
TUE, NOV 7		Melbourne Cup Lunch	
SAT, NOV 11		Remembrance Day	
SUN, NOV 12		Ethan Hall Concert	
SAT, NOV 25		Christmas Craft Fair	
FRI, DEC 1		Management Christmas Dinner	
FRI, DEC 3		Cornish Choir	
FRI, DEC 8		Management Christmas Drinks	

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
	7:00pm	Movie Matinee	Theatre Room
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
	4:00pm	Billiards	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>



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