

The Ashbrook News

AUTUMN 2024

Ashbrook Apartments 2-8 Syme Street, Ashford, SA 5035

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

sales@theashbrook.com.au | manager@theashbrook.com.au | www.ashbrookapartments.com.au

Welcome to The Ashbrook!

Anniversaries



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

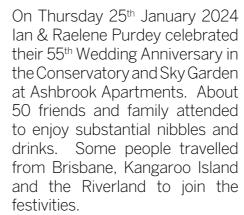
CAN YOU HELP US?

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.



Raelene and lan shared the beginnings of their journey including first meeting through the S^t John Ambulance Brigade volunteers, lan's university course in Architecture and Raelene's air hostess days with Ansett ANA.

A special feature of the celebration was a "re-enactment" of the wedding. Our youngest granddaughter, Chanel. wore Raelene's wedding dress including veil and headdress and walked down the isle escorted by Clive Eacott to the "groom" our youngest grandson, Cooper dressed in dinner suit similar to lan's on the day. All were then invited to join Raelene and lan in a Modern Waltz. Those in "attendance" included lan's sister Shez who was in the actual wedding party when she turned 16 years old on the same day as the wedding so we also celebrated the anniversary of her 70th birthday.

lan and Raelene spoke of the birth of their two daughters, their days in house renovations, restoring a 1955 MGTF and of their move to Kangaroo Island to build and operate a successful holiday house business before their eventual retirement and move to Ashbrook Apartments.



55TH WEDDING ANNIVERSARY CELEBRATIONS WITH FAMILY & FRIENDS



Ian & Raelene Purdey celebrated 55th Wedding Anniversary Celebrations with family & friends in Ashbrook Conservatory & Sky Garden





ASHBROOK APARTMENTS /3



★ASHBROOK APARTMENTS /5



CAROLYN PRICE SHARES HER STORY OF THE WORK SHE DOES, AND WHAT IT MEANS TO HER

This is the first of, hopefully, many more articles that those of us who reside at Ashbrook, may care to contribute to the quarterly magazine.

Many conversations during Happy Hour and on other occasions, has often revealed the work, volunteering and other endeavours we have done or maybe are still doing.

While we engage in naming and describing the above, do we also share what it is that has provided immense satisfaction, been a source of inspiration, creativity and very meaningful?

The idea behind Sharing Stories is to do just that!

Consequently, as "first cab off the rank" so to speak. may I share how I spend my time 3 mornings a week and why.

A little bit of background!

The largest proportion of my working life was spent in TAFE initially as a lecturer in Hair and Beauty then in Complementary Health,



coordinating and teaching in Diplomas in Remedial Massage, Reflexology and Clinical Aromatherapy. Professional development enabled the acquisition of an Oncology Massage qualification.

This brings me to what I do on those 3 mornings a week.

Over the past nine years since leaving TAFE, I have felt very privileged to be a member of a team of therapists working in the Cancer Infusion Suites at two Calvary hospitals.

Surely, if you are reading this you would have to agree, cancer indiscriminately touches many lives, possibly yours. Initial diagnosis and embarking on treatments are beyond daunting. The world one knew is turned on its head.

It is both a humbling and inspiring experience to be in the presence of people currently living with cancer and to work alongside the compassionate nurses providing care. I am constantly amazed how each patient uniquely deals with the fluctuating periods of fear, optimism and hope. As a therapist one is able to spend "one on one" time with each person, providing an empathetic, safe "space" for them to talk if they wish or simply relax and respond to the benefits of massage.

Sometimes there is laughter and sometimes tears.

I have already mentioned the privilege I feel having this work to do. This is attached to the individual stories entrusted to me in that "safe space" and what I have learnt from the experiences shared. I am immensely grateful to have such a meaningful way to spend my time.

Carolyn Price – Ashbrook Resident





WRITERS WEEK 2 - 7 MARCH

Ashbrook residents enjoyed speakers of interest during Writers Week via live streaming of the event from the comfort of the sports bar lounge.



INVITATION EXTENDED TO ALL ASHBROOK RESIDENTS TO SHARE YOUR STORY AND WHAT IT MEANS TO YOU. EXPERIENCES - HOBBIES - VOLUNTEERING -

CREATIVITY - INTERESTS



WRITERS'



WEEK 2024 2-7 MAR





Live Streaming Schedule

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★ASHBROOK APARTMENTS /7

Apartments



CENTRAL CITY FRINGE LOCATION

Ashbrook Apartments situated in the leafy Adelaide suburb of Ashford between the City & Sea, its location affords Ashbrook residents easy access to popular local destinations and attractions, with the convenience of medical assistance when needed a few steps away at neighbouring Ashford Hospital.



Glenelg - popular beachside suburb located on the shore of Holdfast Bay in Gulf St Vincent, located just 7kms from Ashbrook Apartments.

In under an 8-minute commute you will be able to feel the sand under your feet at Glenelg Beach, catch up with family & friends in your favourite café or restaurant, or simply relax and enjoy the ocean & marina views.

Throughout the year many community events are held including markets, car shows, live music, themed food & wine festivals, art exhibitions and more! For events calendar visit holdfast.sa.gov.au

Central Business District just as accessible within a



5 km commute, to the Adelaide Oval - Festival Centre -Adelaide Central Markets -Botanical Gardens – Museums - Wine Centre and an array of restaurants and shopping in Rundle Mall.

Adelaide Airport - A short commute of under 5km.

Adelaide Parklands Rail Terminal Interstate Passenger Railway Station -Less than 2 kms commute.



Adelaide Farmers Market -Located less than 2 kms away in the Adelaide Showgrounds open on Sunday mornings.

Kurralta Central – Large local shopping Centre is in close proximity including but not limited to supermarket, food court, cafes and restaurants, fresh produce, take-away, and specialty gifts.

Public transport is on the doorstep to these and other destinations across Adelaide, including Westfield Marion **Shopping Centre & Westfield** Tea Tree Plaza.

AUSTRALIA'S singles Norning Tea **PUT THE DATE IN YOUR DIARY** FRIDAY 24 MAY AT 9.30 AM Cancer Council

ON THE MENU -ASHBROOK DINING

Enjoy an evening Meal or Sunday lunch prepared by our Resident • French Baked Steak Chef.

Invite friends and family or join • Crumbed or Grilled Whiting fellow residents in the dining room, alternatively you may request that your meal be delivered to your apartment, complimentary service. • Apple Pie There is always plenty of variety • Citrus Tart with a revised menu selection each week, and depending on your appetite you can choose from a • Cheesecake main meal or entree serving.

A sample menu may include but not limited to:

Mains

- Butterfly Pork Steak
- Beef Stroganoff
- Oven Baked Flathead
- Atlantic Salmon

Dessert

- Sticky Date Pudding
- Sticky Toffee Pudding
- Apple Strudel



Do invite family and friends to join you for this wonderful annual fundraising event!

Australia's Biggest Morning Tea is a chance for us to get together and raise money for a great cause. 1 in 2 Australians will be diagnosed with cancer by the age of 85.

Every dollar we raise makes a real difference in helping to fund Cancer Council's vital research, prevention and support service programs.

For now, it is time to once again consider if you have any items surplus to your needs that we may be able to sell on our Trading Table on 24 May.

Barb McFarlane will be happy to hear from you if you can assist. (Apt 150).

biggestmorningtea.com.au

All meals come with a choice of Chef's salad or vegetables

★ASHBROOK APARTMENTS /9









LUXURY RETIREMENT LIVING

ELEGANT APARTMENTS

GENEROUS FLOOR PLAN, AMPLE STORAGE AND PRIVATE BALCONY

SAFE & SECURE UNDER CROFT CAR PARK

- Come and join a vibrant community of like-minded people
- Secure and friendly environment with helpful staff on hand
 - Staff available on site for 24/7 Emergency Assistance
- Superb city fringe location with Ashford Hospital on your doorstep

JOIN OUR WAITLIST!

FOR TOUR BOOKINGS AND ENQUIRIES CALL CAROLYN 0477 870 071

Notification of pre marketing opportunities



Autumn Recipe

ZUCCHINI 'SPAGHETTI' WITH TOMATO AND FETTA

Serves	4
Prep	20min
Cook	35min
Total	55min

OODLES OF ZOODLES

Spaghetti-like strands are created from zucchini in this recipe instead of any actual pasta, which also makes this dish a great gluten-free option.

INGREDIENTS

- 500 gram cherry truss tomatoes
- 1/4 cup (60ml) Bertolli olive oil
- 1/4 cup fresh oregano leaves
- 200 gram piece fetta, sliced into 4 lengthways
- 1/4 teaspoon dried chilli flakes
- 5 small zucchini (450g)
- 3 clove garlic, sliced thinly
- 2 teaspoon finely grated lemon rind
- 1/4 cup (60ml) lemon juice
- 2 tablespoon olive oil, extra
- 2 tablespoon finely chopped fresh oregano, extra
- 1 cup small fresh basil leaves
- 2 tablespoon coarsely grated parmesan

METHOD

- 1. Preheat oven to 200°C. Line two oven trays with baking paper.
- 2. Place tomatoes on one tray; drizzle with 1 tablespoon of the oil. Sprinkle with 2 tablespoons of the oregano leaves; season. Bake for 20 minutes or until golden and blistered.
- 3. Meanwhile, place fetta slices on second tray; drizzle with 1



tablespoon of the oil. Sprinkle with chilli and 2 teaspoons of the oregano. Bake for 12 minutes or until golden.

- 4. Using a julienne peeler or bowl.
- 5. Heat remaining oil in a small frying pan over medium heat; cook garlic for 2 minutes or until lightly golden. Stir in rind, juice, extra oil and extra chopped oregano.
- 6. Addgarlicmixtureandroasted tomatoes (and any juices) to zucchini with basil and remaining oregano leaves;





spiraliser, cut zucchini into 'spaghetti'; place in a large

toss to combine. Season to taste. Serve 'spaghetti' topped with crumbled fetta and parmesan.

NOTE

To create the long pasta-like strands, you will need a few special tools: a julienne peeler, this looks like a wide bladed vegetable peeler with a serrated rather than straight blade. You could also use a spiraliser, a hand cranked machine designed to cut vegetables into noodles or ribbons. Both items are available from kitchenware shops.

https://www.womensweeklyfood.com. au/recipe/dinner/zucchini-spaghettiwith-tomato-and-fetta-29434/

★ ASHBROOK APARTMENTS /11



ASHBROOK APARTMENTS Luxury retirement living Experience the *finer* things in life. Available Soon: Large 2 Bedroom, 2 Bathroom Apartments

To register your interest, please call Carolyn 0477 870 071

2-8 Syme St, Ashford 5035 ashbrookapartments.com.au

APARTMENTS -**AVAILABLE SOON**

- Leafy Syme Street Outlook
- Large 2 bedroom 2-bathroom apartments
- Featuring generous floor plans with entrance hall
- Large master bedroom with bay window and ensuite
- 2nd bedroom conveniently adjacent located main bathroom - perfect for visitors!
- Well equipped kitchen with pantry
- Generous dining/lounge flows out to private outdoor balcony
- Large laundry
- Reverse cycle heating & cooling
- Secure under croft car park

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 DMr DMrs DMs			
Address			
11			
Home phone			
Email address			
EMAIL ADDRESS			

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

Signature:

ASHBROOK

NEW CLIENT Mr Mrs Ms Address HOME PHONE Email address

Date:



Quiz Page

Social Calendar

٨٥	HRPOOK	APARTMENTS SOCIAL CALENDAR SP.	PINC 2023
SUN, MAR 10		High Tea at Lenzerheide Restaurant	
TUE, MAR 12	10.30am	Morning Tea & Chat	Sports Bar
		Happy Hour "Cocktail Night"	Sports Bar
MON, MAR 18	opin 0.50pi	BYO BBQ Lunch	Sky Garden
TUE, MAR 19	10.30am	Morning Tea & Chat	Sports Bar
FRI, MAR 22			Sports Bar
TUE, MAR 26		Morning Tea & Chat	Sports Bar
FRI, MAR 29			Sports Bar
SAT, MAR 30	10.00am	Hot Cross Buns Morning Tea	Dining Room
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DAY	TIME		LOCATION
DAI		REGULAR WEEKLY ACTIVITIES	
	10:00am		Rec Room
Monday		Bingo (last Monday)	Dining Room
		Book and Film Club (second Monday)	Dining Room
	4:00pm l		Sports Bar
	7:00pm l		Dining Room
		Art Group	Art Room
	2:00pm		Dining Room
TUESDAY		Carpet Bowls	Rec Room
	4:00pm		Sports Bar
		Ladies Pool	Sports Bar
		Gentle Moves	Rec Room
WEDNESDAY	1:30pm	Craft	Dining Room
WEDNESDAI	4:00pm	Billiards	Sports Bar
		Mahjong	Conservatory
	1:30pm	Movie Matinee	Theatre Room
	4:00pm		Sports Bar
THURSDAY	4:00pm		Level 4
	7:00pm		Theatre Room
		Table tennis for all	Rec Room
	9:30am		Rec Room
Friday		Rummikub	Dining Room
	4:00pm		Sports Bar
		Happy Hour	Sports Bar
SATURDAY			Sports Bar
Sunday	4:00pm I	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.

TRIVIA - BRAIN BUSTERS

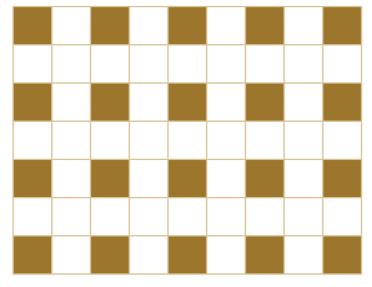
- 1. Kenneth Branagh plays which fictional Belgian detective in the mystery film, A Haunting in Venice?
- 2. Where would you find the Dewey Decimal *Classification* System used?
- 3. In Indian cuisine, what is the name of a popular potato-stuffed pastry?
- 4. Democracy, meaning, "rule of the people" was a philosophy from which ancient civilization?
- 5. The Dalmatian coast, Split and Rijeka are located in which country?
- 6. What is the highest mountain in Africa?
- 7. What is a pluviometer used to measure?
- 8. Which actor provided the voice of Shrek in the animated films?
- 9. What is the mineral, pyrite also known as?
- 10. Cool Runnings, was a film about a bobsled team from which country?
- 11. Which historic space event celebrated its 50th anniversary on July 19, 2019?
- 12. How many Grand Slam singles titles did Australian tennis superstar Ash Barty win?



ALL-A-GRAMS

Instead of clues, you have been given anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each word fits.

RENT RIP. NEON PIG. SPORT RANT. CORK ODE. SEEN TIN. VERGING ON. GREEN MESS



STAR FINDER

In each sentence below your task is to delete exactly half of the letters to reveal the name of a famous person. You do not need to rearrange the letters in order to do so. To help you we can tell you that the hidden names, in no particular order, are of an actor, a philosopher, a singer and an author.

Confluence of genius (9) Wanted a sheer anorak (2,7) Astrologer's motorbike (5,5) Pilant Elmo helps at Rita's party (5,7).....

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Landing 12. Three Myers 9. Fool's gold 10. Jamaica 11. Appollo Moon Greek 5. Croatia 6. Mt Kilimanjaro 7. Rainfall 8. Mike Trivia 1. Hercule Poirot 2. Libraries 3. Samosa 4.



MOBILE HAIRDRESSER Michelle **0416 058 097**

ON-CALL DOCTOR 13SICK (137425) https://homedoctor.com.au

★ ASHBROOK APARTMENTS / 15

ASHBROOK APARTMENTS

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