



ASHBROOK

APARTMENTS



The Ashbrook News

SPRING 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

CONTENTS

- FRONT COVER Spring is in the air
- PAGE 2 Contents. Thank you.
- PAGE 3 Christmas in July
- PAGE 4-5 Blooming! Photo gallery
- PAGE 6 Refer & Win
- PAGE 7 Did You Know? Carrots
- PAGE 8 Testimonial: Pat
- PAGE 9 Christmas Trading Table
- PAGE 10 Properties for sale
- PAGE 11 Properties for sale: G.12, 1.47
- PAGE 12 Spring Recipe
- PAGE 13 Spring Recipe
- PAGE 14 Quiz page
- PAGE 15 Social Calendar
- BACK COVER Ashbrook Gardens



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.



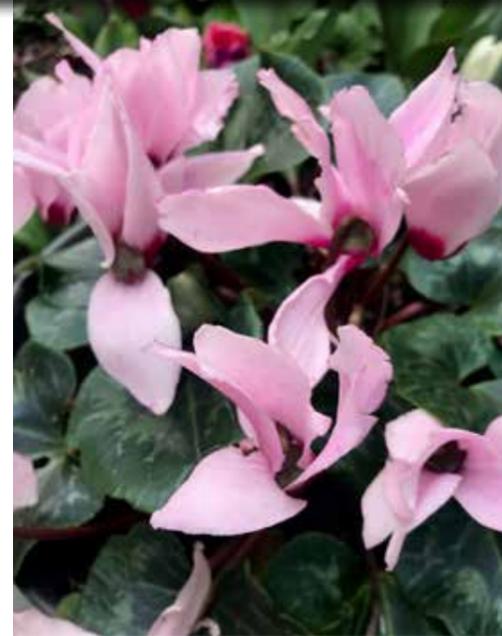
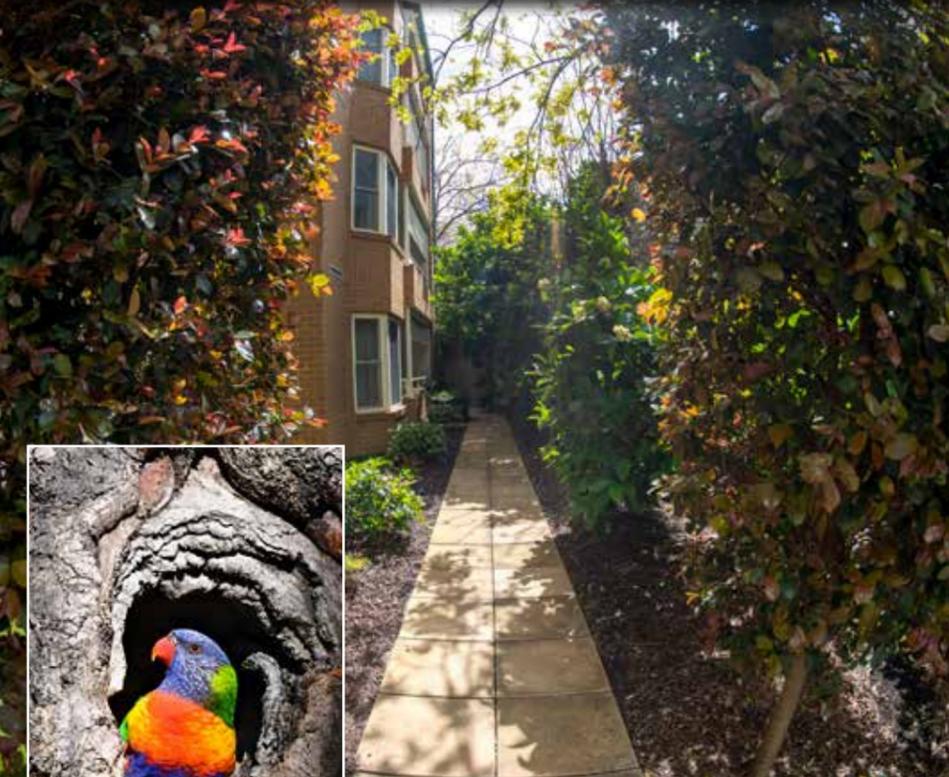
MANAGEMENT DINNER

Residents enjoyed pre-dinner drinks followed by 3 course dinner.



Ashbrook Gardens

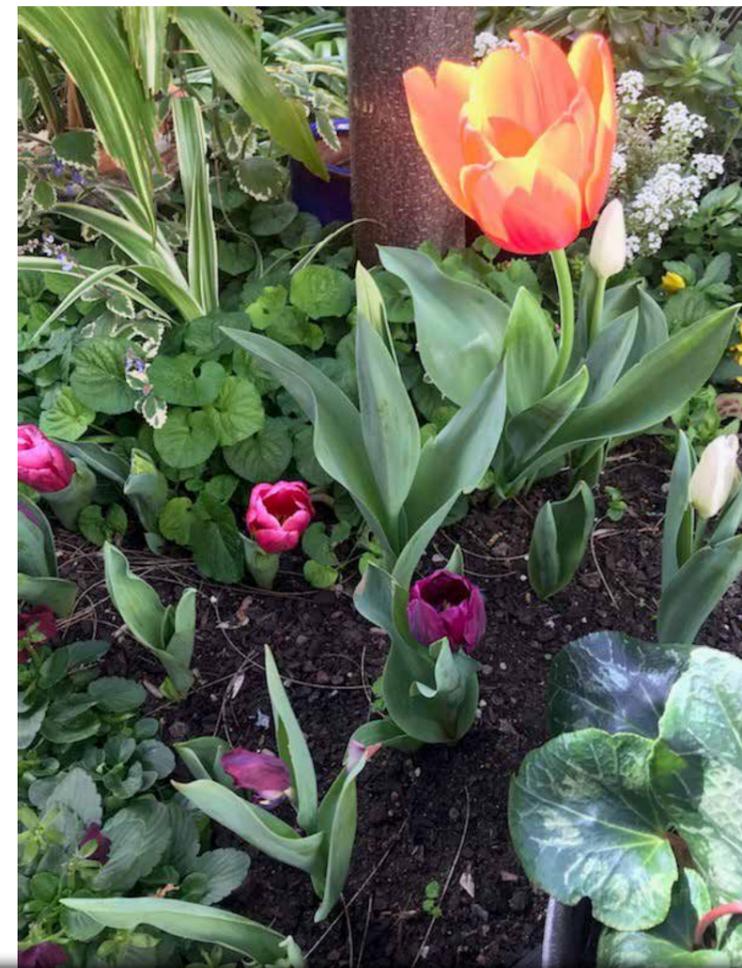
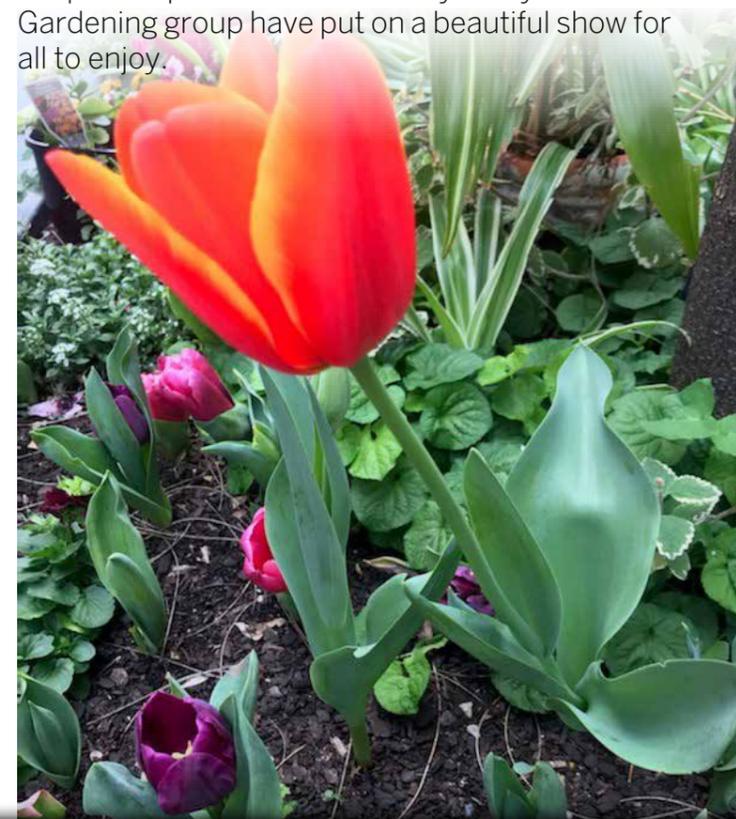
Blooming Beautiful!



ASHBROOK GARDENS IN SPRING TIME

Following a long cold Winter, our tranquil gardens provide a perfect haven to enjoy the warmer Spring days and soak up some sunshine.

Tulip bulbs planted earlier in the year by Ashbrook Gardening group have put on a beautiful show for all to enjoy.





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: _____



Did You Know?

FROM PURPLE CARROTS TO THE ORANGE ONES WE HAVE TODAY

The history of carrots is hazy, but it is thought to be traced back to ancient Persia where purple and yellow carrots were grown.

At the end of the 16th century, Dutch growers started to do some research and testing, to improve the quality of the vegetables. They took mutant strains of purple carrots as well as yellow and white ones and started crossing them.

Gradually, after numerous generations, they got to the sweet orange variety we recognize today, which was

also more resistant to pests and better tasting.

Urban legend has it that they developed the orange carrot in honour of William of Orange! (England's King William III — was also known as William of Orange because he was from Orange in the Dutch Republic.)

The new orange carrot quickly became more and more popular and it wasn't long before it started replacing the older purple and yellow varieties — this was due in large part to the greater yields and sweeter flavour of the orange carrot, which made

it a more appealing choice for farmers and consumers alike. But the lobby from the Dutch traders also helped. From the 17th century on, the vast majority of carrots became orange.

Who knows what the future is for carrots — researchers from the Vegetable Improvement Centre at Texas A&M University have created carrots with purple skin and orange flesh, rich in cancer-preventing substances and with a high concentration of nutrients.

Adapted from several articles on the Internet

Testimonial

WHAT'S NOT TO LIKE?

The timing was just right.

Although still very happy with my lovely house and neighbours I knew it was time to move on.

The decision was not easy.

But when I first stepped into The Ashbrook foyer and saw the

comfortable and well stocked library I immediately felt at home. It took a few months for the apartment I wanted to become available and in that time I was lucky enough to be invited (by my lovely cousins-in-law) to The Melbourne Cup lunch where I met many residents who both welcomed

and encouraged me to move in.

When settlement took place I was impressed with both the professional and friendly manner of all the staff.

The financial arrangements were made very clear to me, so no surprises once I had moved in. I was escorted around the building and shown all the nooks and crannies.

The 4th floor is amazing with the atrium, bbq area, sports bar and dining room. I've now attended many Happy Hours and dinners, including an introductory dinner with my beautiful ambassador Yvonne who also presented me with a welcome basket on the night I moved in.

Life can be busy at The Ashbrook with a very active Social Committee. I still maintain my external social and volunteer activities but am also enjoying being part of The Ashbrook community. I've joined the gardening group, play cards once a week and have had chats and admired the work of the craft group. The Melbourne Cup is coming up again and there are planned Christmas activities.

I am convinced I made the right decision and will enjoy living here for a long time to come.

Thank you everyone.

Pat



ASHBROOK CRAFT GROUP CHRISTMAS TRADING TABLE

SATURDAY 23 NOVEMBER— 4TH FLOOR CONSERVATORY & DINING AREA

9.30 AM – 1.00 PM (UNLESS SOLD OUT EARLIER!)

**FEATURING HOME BAKED GOODIES,
CHRISTMAS NOVELTIES AND TREE DECORATIONS,
GREETING CARDS
JEWELLERY, MUSICAL CDS, BOOKS, AND MUCH, MUCH MORE.....**

SAUSAGE SIZZLE AND HOT DOGS IN THE OUTDOOR BBQ AREA

**TEA, COFFEE & SLICE OF BUTTERED YEAST BUN AVAILABLE
IN THE DINING ROOM**

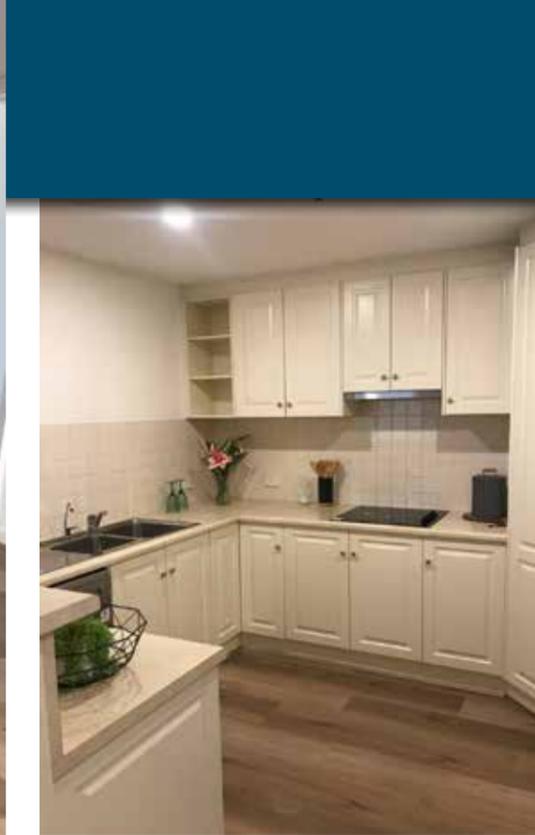
**PUT THE DATE IN YOUR DIARY AND COME ALONG
WITH FAMILY AND FRIENDS**

**TEA/COFFEE
YEAST SLICE
\$3.50**

**Proceeds
to support
charity**

**BBQ
\$3.00- \$3.50**

Charities being supported—Dementia/Alzheimer's Foundation, Leukemia Research, Parkinsons, Research. Peter Couche Stem Cell Research



ASHBROOK
APARTMENTS

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



APT. G.12

- 2 Bedrooms**
- 2 Bathrooms**
- 1 Under croft car park**

LIGHT FILLED AND SPACIOUS

Freshly painted with new flooring throughout.

Welcoming entrance hall leads to Living/Dining and connects seamlessly with private terrace ideal for welcoming family & friends or simply to enjoy time outdoors.

The kitchen fitted with new cooking appliances and double sink, is supported by generous counter space and storage options.

Bedrooms with bay windows are of most generous proportions with floor to ceiling robes, master bedroom with ensuite.

Separate laundry offers additional storage.

APT. 1.47

- 2 Bedrooms**
- 2 Bathrooms**
- 1 Under croft car park**

CONTEMPORARY APARTMENT

Both bedrooms with built in wardrobes, master with ensuite.

Modern kitchen is complete with drawer dish washer, double sink and ample storage.

Spacious open plan living/dining with sliding door access to private balcony overlooks interior gardens.

Separate Laundry with additional storage

Call
Carolyn
0477 870 071

No obligation Ashbrook Tour & Apartment Inspections



Spring Entrée



CURRY MANGO AND LIME CHICKEN SKEWERS

Serves 8

Time 20 minutes plus 30 minutes marinating

INGREDIENTS

- 8 chicken thighs, each cut into 8 equal pieces
- 1 cup Greek-style yoghurt
- 1 mango
- 3 lime, 1 juiced and 2 for serving
- 2 heaped tbsp yellow curry paste
- Pinch of salt and pepper
- 2 tbsp extra virgin olive oil
- 2 packets coconut, chilli and lemongrass rice, to serve
- Coriander to garnish

METHOD

Place chicken pieces into a large bowl.

Slice the cheeks from the mango and scoop out the flesh into a blender. Blitz until smooth.

Add pureed mango to the chicken as well as the Greek-style yoghurt, lime juice, curry paste and salt and pepper. Mix until chicken is well coated. Cover and refrigerate to marinate for at least 30 minutes.

Thread the chicken pieces onto skewers and set aside on a tray.

Heat olive oil in a large frying pan or grill pan over medium heat. These can also be done on the BBQ. Cook skewers, turning occasionally or until caramelised and cooked through.

Serve platter style on a bed of rice, garnish with coriander and serve with halved lime wedges.

White Meat • Snack and Starters • Tim's Recipes

<https://www.goodchefbadchef.com.au/recipes/curry-mango-and-lime-chicken-skewers>

Spring Dessert



LUKE'S PB & J CUPS

<https://www.goodchefbadchef.com.au/recipes/luke-s-pb-and-j-cups>

Serves 6 large (or 12 small)

Time 30 minutes

INGREDIENTS

- 250g dark chocolate
- ¼ cup crunchy peanut butter
- 1 cup fresh or frozen raspberries
- ¼ cup thick shredded coconut

METHOD

Line a large 6-hole muffin tin with paper cases.

Melt down the raw chocolate in a small saucepan over low heat, stirring as you go, until thick and creamy, set aside to cool but not harden.

Fill the paper cases one-third of the way up with the melted chocolate, then transfer to the freezer and leave to set.

Once set, spoon 1 teaspoon of peanut butter over each chocolate base, and top the peanut butter

with 2-3 raspberries. Remelt the unused chocolate if need be, then pour over the filling to cover. Top each with a little sprinkling of coconut, then return to the freezer until set.

Enjoy straight away or transfer to an airtight container and keep in the fridge for up to 2 weeks or in the freezer for up to 3 months.

Snack and Starters • Gluten Free



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