



ASHBROOK

APARTMENTS



The Ashbrook News

SUMMER 2025



Ashbrook Apartments

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Welcome to The Ashbrook!

Anniversaries

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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.



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.



90TH BIRTHDAY CELEBRATIONS

Ashbrook Resident Tony Swain celebrated his 90th birthday with celebrations starting on Saturday 7th December with Dinner at the Ashbrook for family and friends. A great evening!

The following day, the 8th, which was Tony's actual birthday, he travelled by coach with some family and interstate visitors to Seppeltsfield to meet up with

other family members at Fino Restaurant, there were 30 in all that joined Tony for a long lunch to celebrate his milestone birthday.

Tony's wife Brenda, says it was a memorable day finishing off with Tony tasting a 1934 Port (being his birth year). As you can see in the photo with his son David it was the cherry on the cake! Happy Birthday Tony!



CRAFT GROUP

At Ashbrook there are many interest groups to join, the talented and creative craft group is one of them. The group come together once a week, providing opportunity to collaborate on craft projects, enjoy afternoon tea and engage in a chat.

The craft group ladies create beautiful art & craft work for

sale at fundraising events throughout the year, including Biggest Morning Tea for Cancer Research and the Christmas Craft Fair, which this year raised over \$3,200 for four chosen charities. In addition, the ladies bake goods, engage in ticket sales, coordinate trading tables, serve tea & coffee, and generally ensure event days run smoothly.

They also make 'Twiddle" muffs, which are activity items for use by people with dementia – these are donated to the Royal Adelaide Hospital as well as Dementia SA. The group periodically works together to support other projects such as domestic violence and other groups in need.

Thank you for your dedication and great work ladies!



Back Row (Left to Right) Christine, Lyn, Jan, Dorothy, Anne, Ruth, Lorraine
Front Row (Left to Right) Barb, Kathy, Irene, Rae, Mary, Janet
Insert (Left to Right) Lorna, Rhona, Judy



CRAFT GROUP - CHRISTMAS FAIR 2024

Held in The Ashbrook Atrium and Sky Deck, the 2024 Christmas Craft Fair was a great success, raising more than \$3,200 for this year's selected charities, Alzheimer's- Dementia SA, Parkinsons Research, Leukemia Foundation and Peter Couche Stem Cell Research Foundation.

Thank you to Coordinator, Barb McFarlane, the Craft Group and everyone who participated in putting this event together, and for their assistance on the day. Thank you also to everyone who donated goods, as well as all attendees for their generous support.



CHRISTMAS FAIR RAFFLE CAKE: RICH FRUIT CAKE RECIPE

INGREDIENTS

- 950 g mixed fruit
- 250 g butter – best at room temperature
- 250 g brown sugar
- 250 g plain flour
- 60 g SR flour
- ½ tsp salt
- 4 eggs – best at room temperature
- ¼ tsp nutmeg
- 60 g almonds – can use more if desired
- 1 tsp mixed spice
- 1 tsp cinnamon

DIRECTIONS

Soak the fruit in sherry or brandy overnight (I use a sweet sherry and just cover the fruit).

Line an 8-inch round or 7-inch square tin with 3 layers of paper – having said that, I find it easier to line with one layer then wrap

the OUTSIDE of the tin in several layers of paper tied with kitchen string.

Weigh and measure ingredients.

Sift flour salt and spices.

Cream butter and sugar.

Gradually add the eggs one at a time to the creamed mixture.

Mix well.

It may look a little curdled at this stage, but that's OK.

Add the fruit, nuts then flour – should not need any further liquid, but can add a little orange juice if needed.

Stir gently and thoroughly with a wooden spoon.

Place in the prepared tin, hollowing out the centre a little to allow for rising.

If not planning to ice the cake, can decorate the top with blanched almonds now if you wish.

Bake in a 140-150 degrees C oven for approx. 3 to 3 ½ hours – cake is cooked when a skewer is inserted and comes out clean. (I also test halfway through).

When baked, leave in the tin with a tea towel cover until completely cold.

Store wrapped in foil and in an airtight container until ready to use.

Baked and decorated by Barb McFarlane



FESTIVE CHEER!

Residents were invited to enjoy Christmas drinks and a BBQ held on the roof top Sky Garden.

The perfect venue on a perfect afternoon to enjoy good company, good food and indulge in some Christmas Cheer....

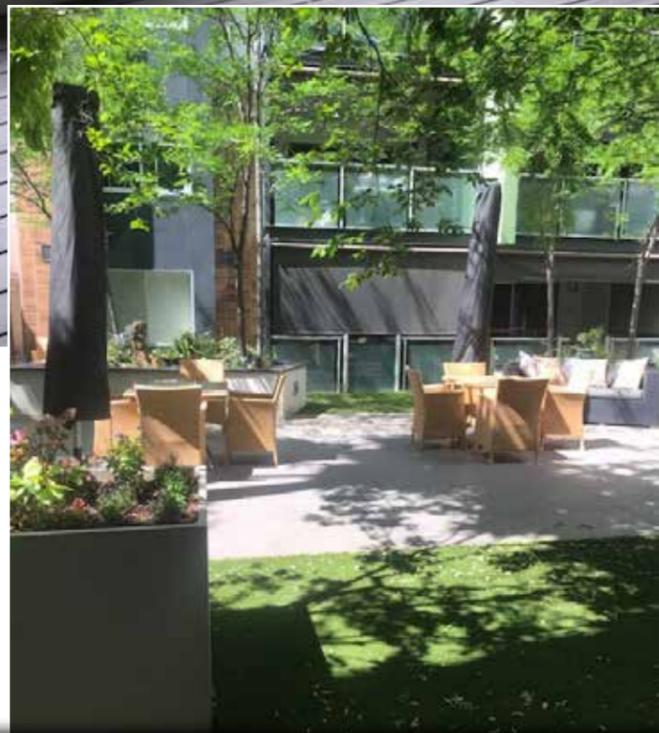
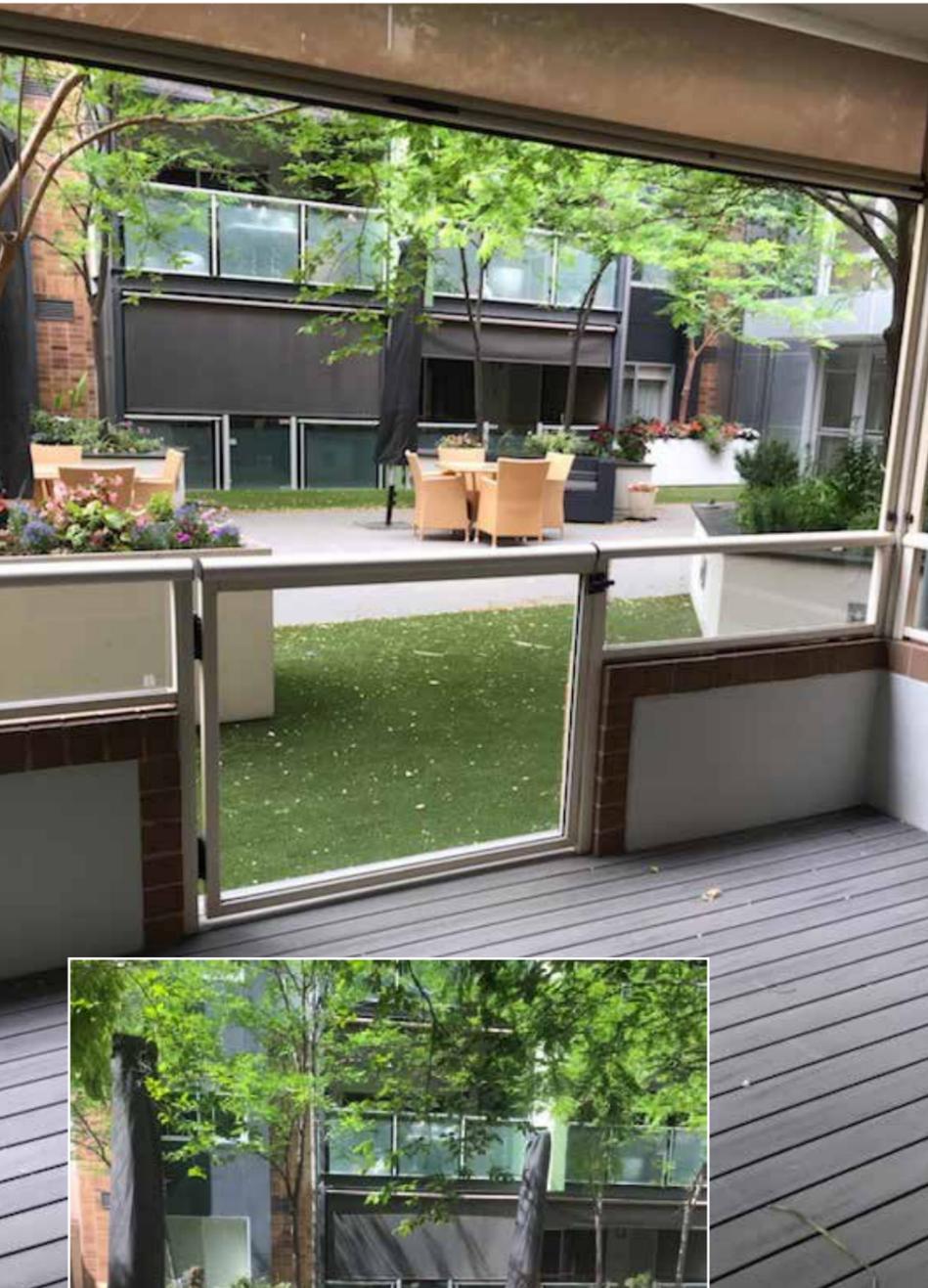
Merry Christmas and Best Wishes to everyone for 2025!

Compliments of Ashbrook Management.



Properties for sale

LUXURY RETIREMENT LIVING – WELCOMING COMMUNITY



APT. 1.08

🛏️ 2 📏 1.5 🚗 1
 First Floor - South Facing –
 Syme Street Location

APT. G.17

🛏️ 2 📏 1.5 🚗 1
 Ground Floor – North Facing –
 Interior Garden Location

Apartments Feature:

- 2 Large Bedrooms
- Master with bay window & built-in robes
- 2 – Way Bathroom + 2nd toilet with vanity
- Split system heating & cooling
- New flooring throughout
- New Kitchen appliances
- Separate Laundry with additional storage
- Large private balcony
- Undercroft car park

Call Carolyn 0477 870071
 to schedule Apartment Inspections & Ashbrook Tour



WORDWISE

You have 15 minutes to find as many words as possible using the letters in the grid. Each word must contain four or more letters, one of which must be the central square. No proper nouns, plurals or foreign words are allowed. There is one nine-letter word in the grid, for which the clue is: "Type of flour or bread".

O	W	E
M	L	H
A	E	L

MINI CROSSWORD

1	2	3	4
5			
6			
7			

The shaded boxes spell out a word.

ACROSS

- 1. ... Moore (actor 4)
- 5. Assert (4)
- 6. Dairy product (4)
- 7. Household animals (4)

DOWN

- 1. Moist (4)
- 2. ... Irie, singer (4)
- 3. Thaw (4)
- 4. Annoys (4)

WORDWISE

whole. Nine letter word: Wholmeal
 olla, wale, wall, weal, well, whale, wheal, wheel, whelm,
 mallee, mallow, meal, mellow, mewl, motal, mole, moll,
 hello, helm, hole, holm, howl, lame, loam, male, mall,
 Allee, allow, aloe, hale, hall, hallo, halo, heal, heel,

S	T	E	P
K	L	I	M
R	E	V	A
I	M	E	D

Make.
ANSWERS
MINI CROSSWORD

ASHBROOK APARTMENTS SOCIAL CALENDAR DEC 2024/JAN 2025			
MON, DEC 23	12.00noon	Christmas Lunch	Arkaba Hotel
FRI, DEC 27	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
TUE, DEC 31	5.00pm	New Years Eve	Level 4
FRI, JAN 3	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
FRI, JAN 10	5pm-6.30pm	Cocktails Happy Hour	Sports Bar
FRI, JAN 17	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
MON, JAN 20	12.00noon	Resident's BYO BBQ	Level 4
FRI, JAN 24	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
SUN, JAN 26	12.00noon	Australia Day BBQ	Level 4
FRI, JAN 31	5pm-6.30pm	Happy Hour & Raffle	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
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
SATURDAY	5:00pm	Happy Hour	Sports Bar
SATURDAY	4:00pm	Billiards	Sports Bar
SUNDAY	4:00pm	Billiards	Sports Bar

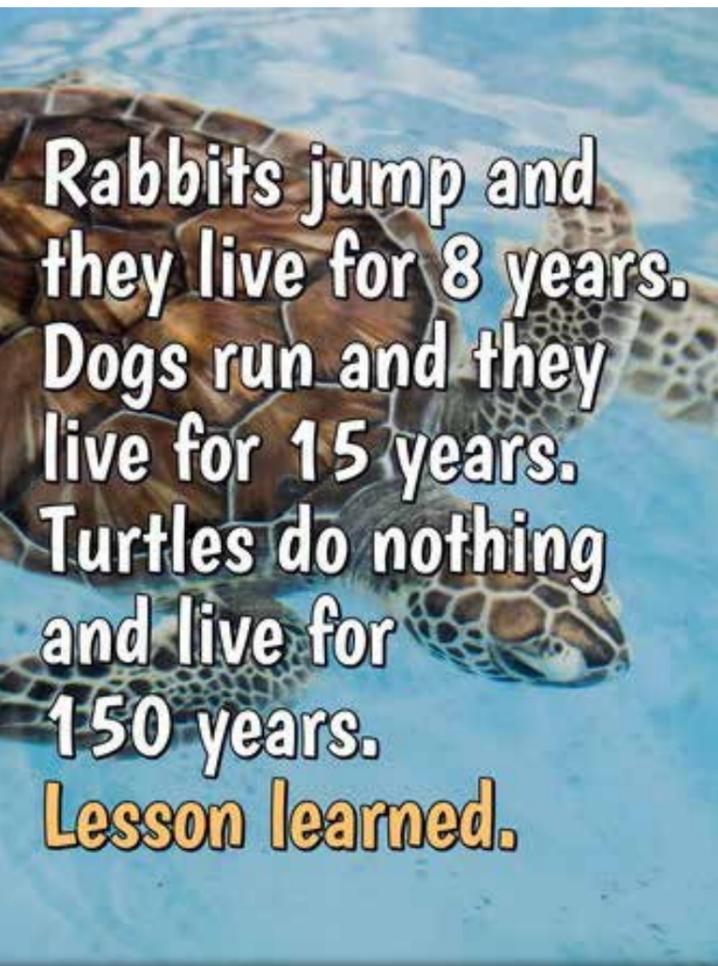
USEFUL CONTACTS

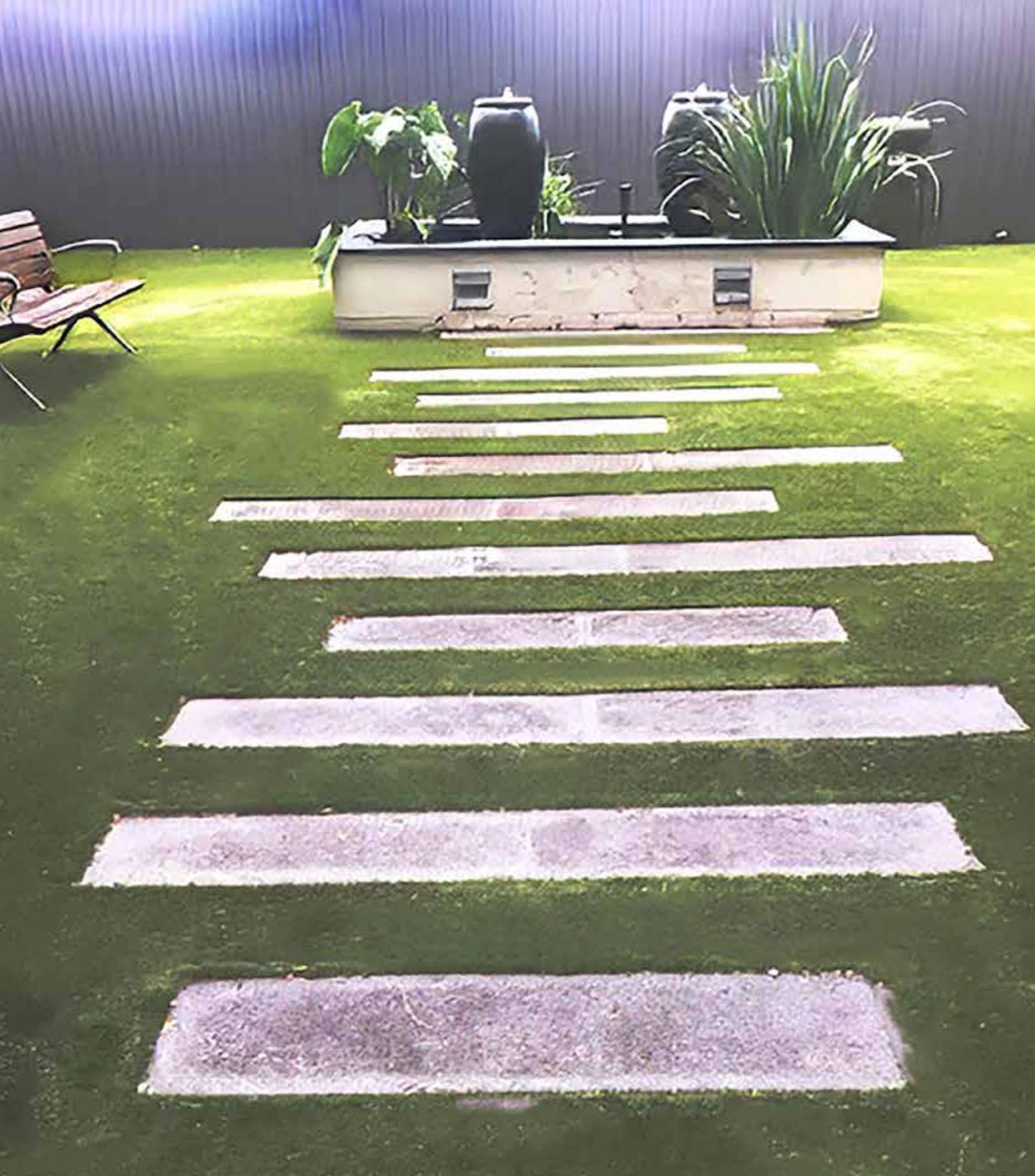
TRANSPORT & OTHER SERVICES
 Suburban Taxis
131 008 - Quote "VIP8807"

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>






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