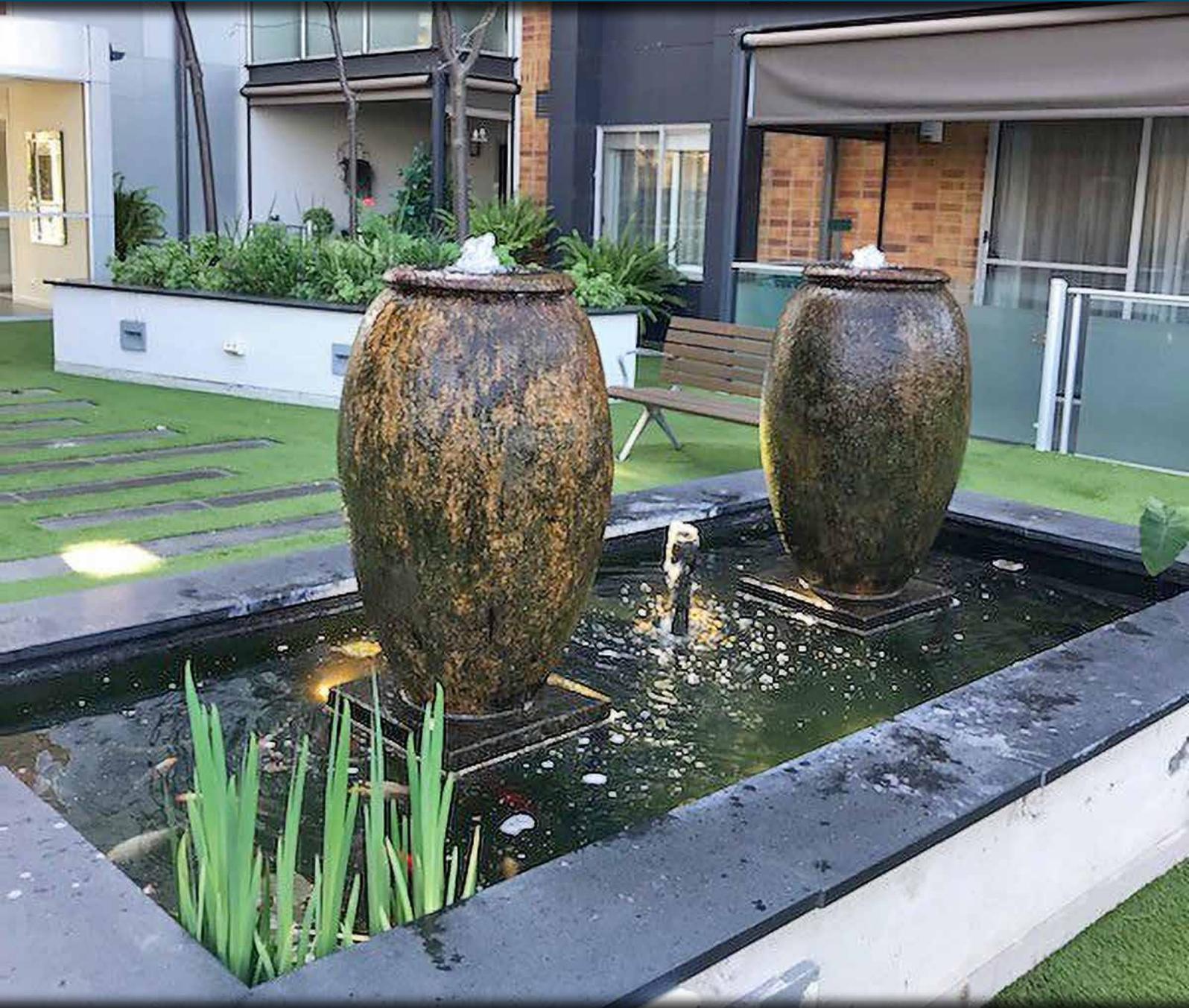




ASHBROOK

APARTMENTS



The Ashbrook News

AUTUMN 2025



Ashbrook Apartments

2-8 Syme Street, Ashford, SA 5035

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

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Welcome to The Ashbrook!

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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.**



Anniversaries



On 20 January, one of our earlier residents, Thekla Ganser, celebrated her 100th birthday.

Thekla and husband Hans moved from their home in Whyalla into the Ashbrook in 2009. They quickly settled into their new apartment and were actively engaged in activities in the village

Sadly, Hans passed away in 2017 and whilst Thekla stayed on, health problems saw her reluctantly moving into Carinya Nursing Home care last year.

Thekla received dozens of congratulatory cards and visits on her birthday from family and friends, as well as well wishes from His Majesty, King Charles III and Queen Camilla; Her Excellency the Honourable Ms Samantha Mostyn AC, the Governor General of the Commonwealth of Australia; The Honourable Anthony Albanese MP, Prime Minister of Australia and Her Excellency the Honourable Frances Adamson AC, Governor of South Australia.

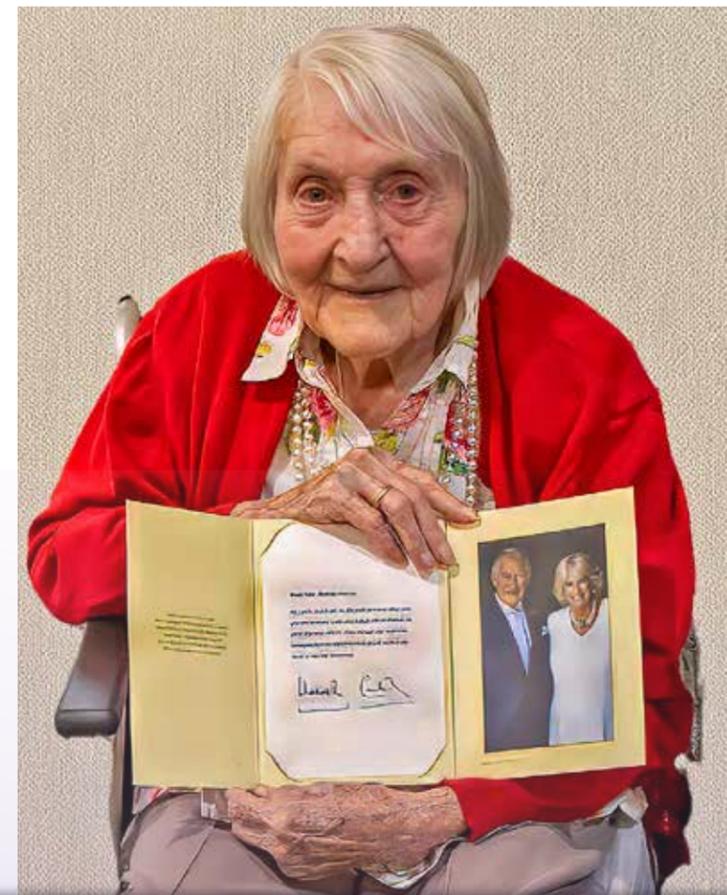
Many of the Ashbrook residents helped Thekla celebrate this impressive milestone with a morning tea at Carinya.



RESIDENTS MILESTONE 60TH WEDDING ANNIVERSARY

Kathy and Alan Crockett have called The Ashbrook home since 2011. Kathy was involved in both the Social and Residents Committees over many years.

It is with much pleasure that they celebrated their 60th Wedding Anniversary on 23 January, receiving congratulations and best wishes from His Majesty, King Charles III and Queen Camilla; Her Excellency the Honourable Ms Samantha Mostyn AC, the Governor General of the Commonwealth of Australia and The Honourable Anthony Albanese MP, Prime Minister of Australia.





WE HAVE OFTEN BEEN ASKED: WHY WE GO CRUISING?

In the mid 1970's we boarded the old P & O Ship 'Fairstar', the "Fun Ship", for our first cruise. The ship took us to various Pacific Islands. She carried a maximum of 1870 passengers and while we had a great time, it now pales in significance to the experience and amenities to be enjoyed on the cruise ships of today. It did however sow the seed for more shipboard travel.

We have been fortunate to experienced three types of water travel –

- River cruising
- Small ships
- Ocean liners

The river cruises included Budapest to Amsterdam; Constanta on the Black Sea

across Europe (three rivers) to Amsterdam; 14 days on the Nile in Egypt, and from Arles in France to the Normandy Beaches. European river cruises have the advantage of small numbers, excellent service and amenities, freedom to explore independently as well as educational seminars and tours. One can be very busy or conversely, quite laid back and literally let the world pass by.

Small ships included the Hurtigruten coastal ships from Kirkenes (Norway) to Trondheim and later Bergen to Kirkenes; in South America, Buenos Aires (Argentina) to the Falkland Islands and Antarctica then through the Chilean Fiords to Santiago. Our Australian small ship company

has taken us from Broome to Darwin and also to explore the Islands of South Australia. We love the small ships (now that one of us has overcome motion sickness). The educational seminars and geographic exploration are such fun. We've met some very interesting travel companions. The food and service are second to none.

Ocean travels have included the Pacific Islands and a Pacific "Music Cruise". Sydney to Hawaii and return was great fun when we were accompanied by another Ashbrook resident. Other oceans travelled include the Indian Ocean travelling from Perth to India, South Africa (where we spent several days on a Game Farm), Mauritius back to Perth. We choose cruising to NZ as an easy way of catching up with family and long-time friends; Japan and South Korea were fascinating, but our all-time favourite was our World Cruise with 2000 guests, 32 countries, (107 days) and including traversing both Suez and Panama Canals.

There are several of reasons that we like travelling by ships – limited flying, no driving in strange places, easy to prepare for the journey, we get to explore places we would not otherwise see.

The well quoted publicity of only unpacking bags once, coupled with good food, quality entertainment, bars, pools, laundry, quality internet mean another 'home away from home'.

Ray and Jocelyn Nicholson



Lifestyle



LOCK – AND – LEAVE LIFESTYLE WORRY LESS & ENJOY MORE FREE TIME!

For those that no longer want to manage the maintenance of a large home and would like more free time.

Ashbrook Apartments lock-and leave lifestyle is a recipe for stress-free living, from the flexibility to travel at the drop of a hat to the low maintenance lifestyle.

Lock up and leave lifestyle

means having the freedom to not worry about your home when you are away, whether it be for short breaks or extended periods of time away on holiday.

Just turn the key in your front door and head off on your next venture – wherever and whenever you please knowing your home is in the safe hands of Ashbrook Management & Staff.





Social Scene



SOCIAL SCENE AT THE ASHBROOK

From themed dinners in the dining room, special occasion lunches in the sky garden to drinks and a quiz on a Friday night in the sports bar, or perhaps

attending a movie session in the Cinema.... these are just some of the activities and occasions you can look forward to when living at the Ashbrook.

Not to forget outings organised by the Social Committee to local restaurants, pubs and regular bus trips to destinations further afield.



PUT THE DATE IN YOUR DIARY – FRIDAY 30 MAY AT 9.30 AM

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.

Keep an eye on the notice boards for further details closer to the date.



IT'S CAPTION TIME!

Put your wit to the test. Create a caption for this picture.

To submit your entry pop caption along with your name and apartment number into the sales letter box.

The most comic captions will be published in the next issue.

Block of chocolate awaits the **"winning"** caption.

Picture taken by Barb McFarlane



LUXURY RETIREMENT LIVING – WELCOMING COMMUNITY

APT. 1.08

🛏️ 2 🚿 1.5 🚗 1

Recently decorated, first floor 2-bedroom, 1.5-bathroom Traditional style apartment has spacious living areas as well as a private balcony of generous proportions for all year round entertaining and enjoyment.

Master Bedroom features bay window, floor to ceiling robes, and has ensuite access to 2-way bathroom.

Kitchen fitted with new cooking appliances is equipped with generous storage options including a pantry.

Separate laundry offers additional storage.

To View:
Contact **Carolyn**
0477 870 071



THE ASHBROOK TICKS ALL BOXES

New Residents Ron & Jan share what it was that influenced them in their decision to make Ashbrook Apartments their new home.

We spent a considerable amount of time visiting and evaluating a wide variety of retirement living options.

Relocating from York Peninsula to Adelaide, prime factors in making our decision were security, accessibility, lifestyle and a sense of belonging.

Upon inspection of The Ashbrook, we were impressed with the size and layout of the apartment, extensive communal facilities and also the staff and welcoming residents.

The Ashbrook has everything we were after, and more...

Welcome to Ashbrook Apartments!

Ron & Jan



ASHBROOK
APARTMENTS
Ashford, South Australia

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
- Comfort in knowing staff on site 24/7 for Emergency Assistance
- Superb city fringe location with Ashford Hospital on your doorstep

Viewing Highly Recommended



We welcome your call on 0477 870 071 • 2-8 Syme Street, Ashford SA 5035 • ashbrookapartments.com.au



Quiz Page

TRIVIA QUIZ

1. What is the meaning of the Latin phrase *cum grano salis*?
2. The song *Hakuna Matata*, from the 1994 animated film *The Lion King*, takes its name from a phrase in which language meaning 'no worries' or 'take it easy'?
3. Which Australian author and historian is known for works of social history like *The Anzacs* and *Outback Heroes*?
4. Garbanzo is another name for which legume?
5. In which English county is Stonehenge?
6. In the US, which 1970's movie is considered the first summer blockbuster?
7. In geometry, the Pythagorean theorem refers to what kind of shape?
8. Which British royal family member now holds the title Princess of Wales?
9. What is the popular Greek dish avgolemono?
10. What is called a 'Glasgow kiss' in slang?
11. Which Arabic-language broadcasting network is based in Doha, Qatar?
12. What is the four-letter name of a man's suit of the 1940's with baggy trousers and a long coat with wide lapels and padded shoulders?
13. Which English landmark built in the 1830's, was sold in 1968, carefully disassembled, transported to the US, and then rebuilt in Lake Havasu City, Arizona?
14. If a creature is described as acephalous, what body part is it lacking?
15. Can you name three species of cockroach found in Australia that are also names of nationalities?
16. Yidaki is another name for which musical instrument?
17. Slaughterhouse-Five is the best-known novel by which American author?
18. In which division did the late Australian boxer Johnny Famechon compete?
19. From which movie comes the quote, "You keep using that word. I do not think it means what you think it means"?
20. In the words of a popular song from 1931, life is just a bowl of what fruits?
21. Which country has the kyat as its main currency unit?
22. What were the first names of the Brothers Grimm?
23. What is the bestselling brand of beer in the US?
24. Xanthippe is known to history as the scolding, bad-tempered wife of which ancient Greek philosopher?
25. The Italian word *slampadato* has no English equivalent. What does it mean?
26. Which two countries are separated by Palk Strait?

DOGS COME WHEN THEY'RE CALLED;

CATS TAKE A MESSAGE AND GET BACK TO YOU LATER.

ANSWERS
Trivia Answers: 1. With a grain of salt, 2. Swahili, 3. Patsy Adam-Smith, 4. Chickpea, 5. Wiltshire, 6. Jaws, 7. A right-angled triangle, 8. Catherine, 9. Shredded chicken and rice in a chicken broth with egg yolks and lemon, 10. Headbutt, 11. Al Jazeera, 12. Zoot, 13. London Bridge, 14. Head, 15. German, Australian & American, 16. Didgeridoo, 17. Kurt Vonnegut, 18. Featherweight, 19. The Princess Bride, 20. Cherries, 21. Myanmar (Burma), 22. Jacob & Wilhelm, 23. Bud Light, 24. Socrates, 25. Someone addicted to sun beds, 26. India & Sri Lanka

Social Calendar



ASHBROOK APARTMENTS SOCIAL CALENDAR MARCH 2025			
FRI, MAR 6	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
FRI, MAR 14	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
MON, MAR 17	12noon	Residents BBQ	Sky Garden
FRI, MAR 21	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
SAT, MAR 22	12:50pm	AFL Essendon vs Adelaide. BYO Lunch	Sports Bar
FRI, MAR 28	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
MON, MAR 31	TBA	McLaren Vale Bus Trip. Morning Tea & Lunch	

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