



# ASHBROOK

APARTMENTS



*The Ashbrook News*

**WINTER 2025**



**Ashbrook Apartments**

2-8 Syme Street, Ashford, SA 5035

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# Welcome to The Ashbrook!

Ashbrook Luxury Retirement Apartments

## CONTENTS

- FRONT COVER Ashbrook inner courtyard
- PAGE 2 Contents. Thank you
- PAGE 3 Morning tea
- PAGE 4 Testimonial & Library
- PAGE 5 Ashbrook Activity
- PAGE 6-7 Bird Spotting & Ashbrook Men's Lunch
- PAGE 8 Ashbrook Apartments Welcome
- PAGE 9 Winter Recipe
- PAGE 10 Properties for sale
- PAGE 11 Retirement Village Expo
- PAGE 12 Refer & Win
- PAGE 13 Share Your Stories
- PAGE 14 Quiz Page
- PAGE 15 Social Calendar
- BACK COVER Ashbrook Sky Bar



## Morning Tea



## COFFEE & CONVERSATION

On Tuesday mornings Ashbrook residents gather for morning tea in the Sports Bar at 10.30 a.m.

It is just a coffee and chat

get together but sometimes we discuss items from the newspaper or residents may like to tell us a little about their life experiences.

We all have had interesting lives and it helps to know a little about other resident's backgrounds. It makes for lively conversations.

Muriel Birkill, Ashbrook Resident

**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](mailto: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.**

Herbert Rd



# Resident Stories

## ASHBROOK RESIDENT TESTIMONIAL

I was introduced to Ashbrook apartments ten years ago when a close friend moved to the apartments. Two others and I met regularly with our friend in the atrium to collaborate on books that we were writing. I always thought from that time, "this is a place I would like to live, when the time is right". That time has come, fortunately my husband, Peter agreed with me, and we are not at all regretful or disappointed. While every move is stressful, it was made much easier, with the advice and assistance from the Ashbrook management. We have also found that this move has been financially advantageous for us. We are lucky to have an apartment that completely suits us, with two bathrooms and two bedrooms, with the smaller bedroom converted into an office for us both. The apartment is roomy, light and airy with many versatile cupboards for storage. My husband can continue his hobby with a space in the workshop off the garage. We have access to maintenance should we need it and there is assistance and security from the management. There are many social facilities that we can access should we wish to or just continue with



our established social lives. We are very happy to spend our mature years at Ashbrook and would highly recommend these apartments.

Professor Annette Summers AO RFD DSJ

## COSY RETREAT – ASHBROOK LIBRARY



A popular spot with Ashbrook Residents all year, but even more so in the cold winter months, with its welcoming and cosy fireplace, it really is a truly lovely space to sit back and relax in.

Pick up a book, catch up on the latest news with papers delivered daily, or simply have a chat with friends. Our dedicated librarian, Brenda Swain has it well organised.



Congratulations to the winning team: **Barry & Lyn Whittaker, Rose Miller, Jan Foster, and Ian & Raelene Purdey.**



## ASHBROOK ACTIVITY

**March 31st.** Day out - A large group of residents met in the Ashbrook foyer before boarding their coach, the destination, McLaren Vale. A day of sightseeing, a visit to Fleurieu Art Centre followed by lunch at Carmel's Café Bar & Grill in Main Street McLaren Vale.

**Easter.** Residents enjoyed hot cross buns on Good Friday in the dining room, and on Easter Sunday opened their apartment doors to find surprise Easter Chocolate treats on their doorstep. Compliments of the Social Committee Easter Bunny!

**25th April.** Many Ashbrook Residents attended an ANZAC Day Service held in the dining room, they were joined by Guest Speaker, Australian War Historian, Mr. Nick Smyth. Thank you to Jocelyn and Ray Nicholson, The Social Committee and all who assisted in organising the Service.

**26th May.** Adelaide Radio Players Concert provided an afternoon of entertainment followed by afternoon tea.

**30th May.** Biggest Morning Tea hosted by Barb McFarlane, was once again a great success. Thank you to all who so generously gave their time and support to this incredibly worthy cause.

**30th May.** Quiz Night in the Sports Bar. Teams of 6 put their thinking caps on for a competitive night of fun, general knowledge and "Who Am I" questions.





## BIRD SPOTTING

One of our residents, Barb McFarlane, is a keen nature photographer and captured some great photos of a Brown Tree Creeper and a Common Starling feeding the same chicks in a nest in the hollow of a Eucalyptus tree.

Barb was intrigued with this unusual behaviour and sought further advice from an ornithologist. As a result of her enquiries, she was invited

to submit an article about this occurrence, together with the photos she captured. A three-page article was subsequently published in the South Australian Ornithologist magazine published earlier this year. Volume 49 Parts 1 & 2 – February - 2025

Well done, Barb.

Ashbrook Resident, Barb McFarlane

## Events

### ASHBROOK MEN'S LUNCH

On April 8th, a lunch specifically for the male residents of The Ashbrook was prepared and served by several of the lady residents who also happen to be members of the RFDS Adelaide Auxiliary. Lunch was a 2-course meal comprising either Pork Ribs in BBQ sauce or Butter Chicken with Rice, followed by Bread & Butter Pudding or Rhubarb Crumble. To accompany the meal the RFDS Adelaide Auxiliary also provided drinks – beer, wine, soft drink, tea or coffee.

The main purpose of the luncheon was to provide a forum for the male residents to meet up and chat about whatever seemed appropriate at the time. This being the fourth such lunch provided by the RFDS Adelaide Auxiliary, most of the world's problems have been solved, at least philosophically. Of course, a lot of jovial conversation, tall stories, banter about favourite footy teams, and other curious topics were freely tossed around among the men. Laughter and enjoyment dominated the lunch.

Needless to say, the men all enjoyed the opportunity to interact with other male residents, some of whom they may not have previously known much about. A common departing comment from the men was "when is the next one?" which is indicative of the success of the lunch.



While not a prime focus, after covering the costs of the food and drinks, a sum of several hundred dollars, including additional donations from several of the attendees, was raised for the Royal Flying Doctor Service.

The RFDS Adelaide Auxiliary resident members enjoy providing this luncheon for the men and in response to requests from the men propose to hold another lunch in a few months time, perhaps in early July.

# ASHBROOK

## APARTMENTS

### LUXURY RETIREMENT LIVING

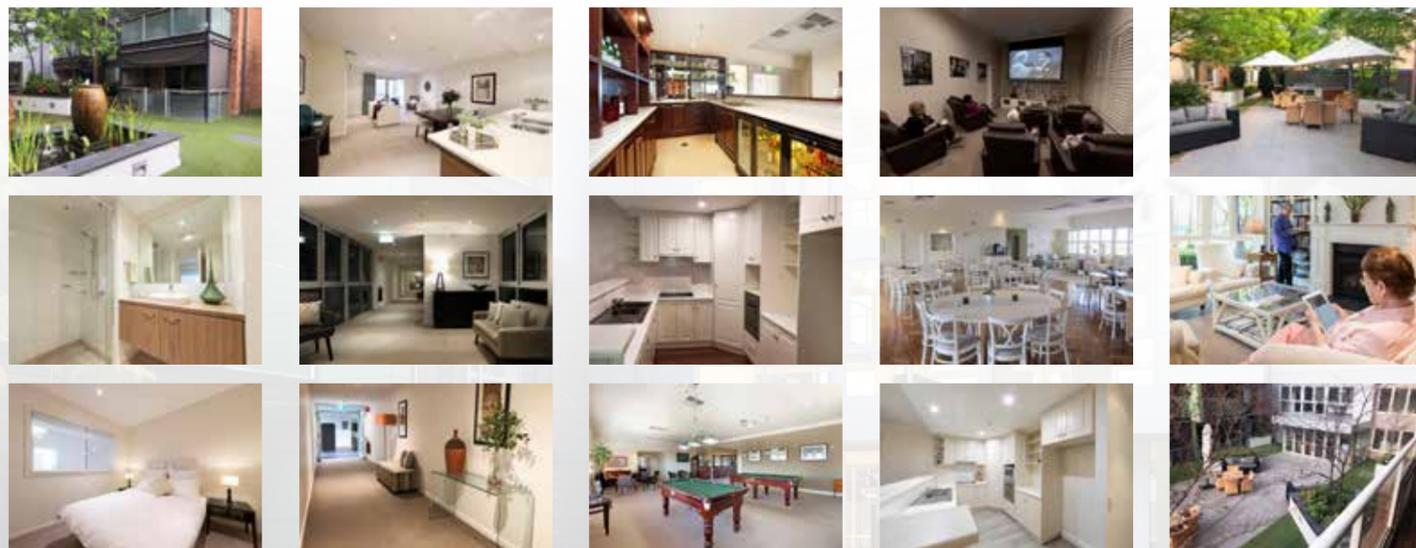
#### ELEGANT APARTMENTS

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

## Winter Recipe



### TAHINI CHOCOLATE KETO GRANOLA BARS

- Serves 12
- Time 25 minutes
- ½ cup sugar-free choc chips or extra dark chocolate, chopped (optional)

#### INGREDIENTS

- 1 free-range egg
- 3 tbsp tahini or almond butter
- 1 tsp vanilla
- 2 cups paleo keto granola
- ¼ cup roasted hazelnuts, roughly chopped

#### METHOD

Heat oven top 170°C (fan forced) and line a 14 x 14 cm square baking tin with greaseproof paper.

In a bowl combine egg, tahini/ almond butter, and vanilla and whisk together until creamy.

Add the granola and chopped hazelnuts, chopped chocolate, and mix.

Spread into a square baking tin and place in the oven to bake for 15-20 minutes. Cool completely in the tin before slicing into pieces.

Store in an airtight container for up to 1 week.

<https://www.goodchefbadchef.com.au/recipes/tahini-chocolate-keto-granola-bars>

# Properties for sale

## APARTMENT 3.11

- Traditional Third Floor – **185 m<sup>2</sup>**
- Rare opportunity to secure large 3 bedroom – 2-bathroom apartment.
- Currently undergoing extensive refurbishment. North facing with outstanding alfresco living.

## APARTMENT 1.15

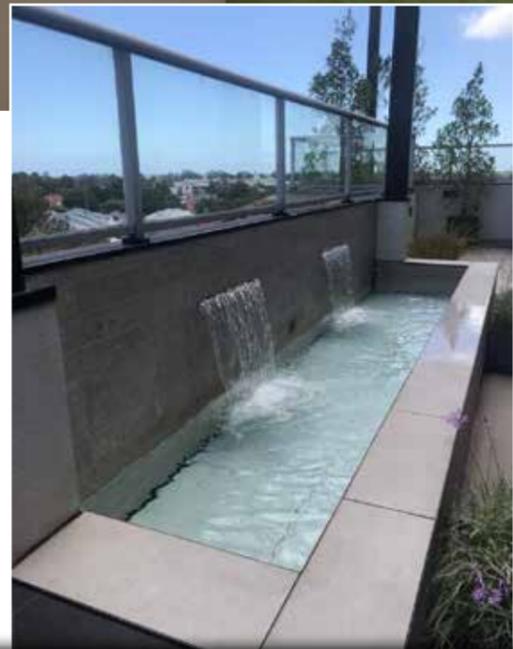
- Traditional First Floor – **110 m<sup>2</sup>**
- 2 bedroom – 1 bathroom & 2nd toilet.
- Sought after north facing - interior garden outlook – large balcony

## APARTMENT 2.22

- Traditional Second Floor – **127 m<sup>2</sup>**
- 2 Bedroom – 2 Bathroom Apartment with balcony.
- Spacious light filled corner apartment overlooking Leafy Syme Street.

## APARTMENT G.52

- Contemporary Ground Floor – **121 m<sup>2</sup>**
- 2 Bedroom – 2 Bathroom Apartment with study nook & private alfresco living.
- North facing with convenient direct access to Reid Street.



**Apartments priced from: \$620,000 - \$995,000**

## ADELAIDE RETIREMENT VILLAGE EXPO – JUNE 22<sup>ND</sup> & 23<sup>RD</sup>



Each year Ashbrook Apartments attend the Adelaide Retirement Expo held in the Unley Town Hall. This year it will take place on Sunday 22<sup>nd</sup> & Monday 23<sup>rd</sup> June.

The Expo provides an opportunity to connect with hundreds of attendees who visit

the Expo, and share with them why Ashbrook Apartments continue to attract retirees from all over Adelaide. A chance to communicate the benefits and lifestyle options that living at the Ashbrook Apartments can provide, our well-connected city fringe location and welcoming community.

*We want to hear YOUR tales!*

# 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: \_\_\_\_\_

# SHARE YOUR STORIES

The Ashbrook News is your newsletter and we welcome articles and reports on social events. **We are looking for a team to assist in compiling of our quarterly Newsletters.**

Ashbrook Apartments are community driven and Ashbrook residents are what make our everyday so vibrant and enjoyable. **Your contributed stories and pictures add flavour to our Newsletter.**

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!**



**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](mailto:sales@theashbrook.com.au)!



# Quiz Page

## PUZZLES & TRIVIA

### WORD TRIPLETS

Using the groups of three letters below, fill in the boxes in the grid horizontally to make three nine-letter words. A few letters have been filled in to help you on your way.

- APE ATE CHE
- EVA FAB NCE
- NED REL RIC

			A						
						A			

## LETTER FILLER

Place the listed letters into the blank spaces of the grid to complete this mini crossword.

### FILLER LETTERS

- B C D E H L L P R S

		E							
A						E		S	
W				O					
		O		O				E	
						E		N	

## CAPTION COMPETITION



“But Mum!  
What about Breakfast?”

Winner – Jan Foster

## MULTIPLE MEANINGS

Each of the words below contain three clues for different meanings of the same word. Can you work out which word each set of clues describes?

Oval fruit, number on a calendar, go out with.....

Man's name, honest, sausage .....

Not sharp, forthright, reduce the force of .....

Instance, piece of luggage, legal action .....

Light rainfall, bathroom fixture, party for a baby .....

**ANSWERS**

**Word Triplets.** Cheapered, Fabricate, Relevance

**Multiple Meanings.** 1. Date, 2. Frank, 3. Blunt, 4. Case, 5. Shower

**Letter Fillers.** Across: 1. Bed 2. Acres 3. Whole 4. Loose 5. Pen

Down: 1. Bawl 2. Echo 3. Droop 4. Else 5. Seen

## Social Calendar

ASHBROOK APARTMENTS SOCIAL CALENDAR JUNE 2025			
<b>FRI, JUN 6</b>	5pm-6.30pm	<b>Happy Hour &amp; Raffle</b>	Sports Bar
<b>MON, JUN 9</b>	6.30pm	<b>“Build your own Hamburger”</b>	Dining Room
<b>FRI, JUN 13</b>	5pm-6.30pm	<b>Happy Hour &amp; Raffle</b>	Sports Bar
<b>MON, JUN 16</b>	12noon	<b>Hotel Lunch “Earl of Leichester”.</b> Place name on list at letter box, mark if you need a ride.	Parkside
<b>FRI, JUN 20</b>		<b>Cocktail night: Brandy Alexanders &amp; Margaritas</b>	Sports Bar
<b>FRI, JUN 28</b>	5pm-6.30pm	<b>Happy Hour</b>	Sports Bar
<b>SUN, JUN 29</b>	2.50pm	<b>AFL: Richmond vs Crows. BYO Nibbles</b>	Sports Bar

REGULAR WEEKLY ACTIVITIES			
DAY	TIME	ACTIVITY	LOCATION
<b>MONDAY</b>	10:00am	<b>Keep Fit</b>	Rec Room
	2:00pm	<b>Bingo</b> (last Monday of the Month)	Dining Room
	2:00pm	<b>Darts</b>	Sports Bar
	4:00pm	<b>Book and Film Club</b> (second Monday of the Month)	Dining Room
	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	Sports Bar
<b>TUESDAY</b>	7:00pm	<b>Bridge</b>	Dining Room
	10:30am	<b>Coffee &amp; Chat – All welcome!</b>	Sports Bar
	12:30pm	<b>Board Games/Cards</b>	Dining Room
	2:00pm	<b>Mahjong</b>	Dining Room
	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	Sports Bar
<b>WEDNESDAY</b>	7:00pm	<b>Ladies Pool</b>	Sports Bar
	10:00am	<b>Gentle Moves</b>	Rec Room
	1:30pm	<b>Craft</b>	Dining Room
	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	Sports Bar
	7:00pm	<b>Mahjong</b>	Dining Room
<b>THURSDAY</b>	10:30am	<b>Garden Group</b>	Garden Court
	1:30pm	<b>Movie Matinee</b>	Theatre Room
	2:00pm	<b>Darts</b>	Sports Bar
	4:00pm	<b>Ukulele</b>	Conservatory
	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	Sports Bar
<b>FRIDAY</b>	7:00pm	<b>Movie</b>	Theatre Room
	9:30am	<b>Qi Gong</b>	Rec Room
	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	Sports Bar
<b>SATURDAY</b>	5:00pm	<b>Happy Hour</b>	Sports Bar
<b>SUNDAY</b>	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	Sports Bar
	4:00pm	<b>Billiards/Snooker &amp; Men's chat</b>	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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