



ASHBROOK

APARTMENTS



Wedding Anniversary ► Page 3

The Ashbrook News

AUTUMN 2026



Ashbrook Apartments

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Congratulations to Jocelyn & Ray Nicholson on their 60th Wedding Anniversary.

Jocelyn and Ray Nicholson were married on the 5th February 1966 in St. John's Methodist Church, Makotuku North Island, N.Z.

Makotuku is a rural village situated about halfway between Palmerston North and Hastings. In their 60 years of married life with transfers due to Ray's job, they lived in Hastings, Johnsonville (Wellington), Melbourne, Adelaide, then back to Wellington, Melbourne, until retiring back to Adelaide in 1997. They moved to Ashbrook Apartments in May 2009.

SUPPORTING COMMUNITY

Every Wednesday the Craft Group meet not only to share conversation over afternoon tea, but to work together on important projects in support of well deserving South Australian community causes. The most recent project will support Catherine House.



The Craft group are putting together welcome boxes, an initiative of group member Lyn Whittaker. The welcome boxes and donations will assist in providing support services to the many women who reach out to Catherine House on a daily basis for help and accommodation services.

If you would like to donate goods or make a monetary donation to Catherine House, please contact Lyn. Apartment G. 51.

To all those who have already donated. Thank you!

▲ **Names of Craft Group:**
From left: - Kathy - Barb - Dorothy - Jan - Lyn - Ruth - Irene - Lorraine

THANK YOU!

A big thank you to those who have kindly contributed to this Autumn edition of the Ashbrook Newsletter. Your photos, shared stories, reports on social events, travels and interests

most appreciated. Without you there would not be a newsletter.



12 YEARS AT ASHBROOK APARTMENTS

Jan Gaebler Smith

My husband, Graham Smith, and I are celebrating 12 years living at Ashbrook Retirement Village this year... and what a wonderful life we have created and enjoyed!

When we moved in, we were just retiring after intensive and exciting years working and raising families. My twins became triplets when Graham and I married (his son Hayden was two weeks younger than Holly and Jenny) and when we realised we would have three kids in year 12 at the same time, we bought a magnificent home that provided individual bedrooms and study rooms for each of the three kids!

When the kids all graduated top of their class, they entered uni and we realised it was best that they leave the wonderful house we were living in... otherwise their friends would simply use them and their wonderful home for sponsoring fun and good times. We told them we were moving down to Glenelg to set up a bookshop/art gallery. We agreed to pay their rents for individual apartments of their choices, and their uni fees for a year...and after that they had to take their own responsibility. They've all done well and now in their 40s, are married to wonderful partners and raising wonderful kids of their own!

Glenelg was an engaging life for Graham and me - living in a nice two-story home, having fun with the book shop for three years or so, and sponsoring engaging writer talks and dinners. I had opened the bookshop as a means of selling the building it occupied, which we owned, but when this didn't work, we shut down and sold the building.

We both enjoy history and the close of the bookshop/art gallery left us looking for something to do, so we initiated Glenelg Historical Society and had some wonderful events ... garden parties in historic homes, history tours around Glenelg, children's events on the Glenelg Tram

which was on display back then, holding booked out Quiz Nights at the Glenelg Footy Club, and leading booked out roundtrip bus tours, one to Melbourne and one to Canberra, with multiple country town stops on each tour.

As time moved, our grandkids were being born, and we were available to babysit during their preschool years instead of working, so our kids could all focus on their successful careers.

Age was now catching up with us, and we realised that our two-story home needed a downstairs bedroom, which we couldn't organise, so we started looking at other options 'round Glenelg and the CBD. However, we couldn't find anything that was 'right'.

We were driving home from the CBD one day after buying airfares for our son's upcoming wedding in South Korea when we saw a sign on Anzac Highway inviting us to have a look at Ashbrook Retirement Village Apartments!

We began a wonderful look at the ground floor, and when we arrived up on the 4th floor at our eye-catching apartment, we decided in 5 minutes it was EXACTLY what we wanted!

Unlike lots of people, who we have subsequently learned, extensively looked at available retirement village options, we decided in an instant to buy! (Our apartment's wonderful balcony looking out to Ashford Hospital has a wonderful skyline view straight into the CBD and we viewed the building where we both used to happily work...and figured it might be a message!)

Once the grandkids entered primary schools, Graham and I were able to do lots of overseas trips with lots of wonderful adventures in Norway, Scandinavia, Spain, England, New Zealand and throughout America, including Puerto Rico and Hawaii. We also did several cruises and our best adventure at sea was the Panama Canal Cruise!

As well, we had overseas visitors coming to Adelaide and Ashbrook's Atrium, BBQ area, and dining room offered perfect social areas beyond

our apartment!

On our 4th floor we cannot have any pets...and that works for us after years of lots and lots of pets! However, it is also nice that other Ashbrook residents can also pick a floor to be able to keep their pet.

Likewise, we had years and years of extensive gardening, so it is nice to now have wonderful floral environments without having to do the work...but again, it is nice that other residents who still love their gardening can continue helping Ashbrook Management with our gardening needs.

Ashbrook Retirement Village is the perfect place to live!

Your apartments give you privacy and there are regular social, exercise, gaming events, etc. to attract your social interactions and lots of sitting areas, inside and outside, throughout the village to meet and interact with fellow residents and external friends... and still enjoy privacy. There is a wonderful dining room offering dinners and Sunday lunches, as well as a BBQ area for residents to privately use.

There is a rich tapestry of interesting people living here, and it is common to come across people you already know moving in!

We are in a perfect location for public transport... buses, trains, and trams; as well as a wonderful private carpark for residents and their visitors.

We have wonderful nearby walking areas and are a walkable distance to the Showgrounds, Goodwood, Kurralta Park and even the CBD!

And finally, but perhaps most importantly, the Ashbrook Retirement Village has a wonderful, engaging, caring staff team who don't hesitate to engage with residents as well as respect their privacy.



NIGHT OWLS BOWLING GROUP

On Wednesday nights, residents field an Ashbrook team to play in the Night Owls Social Competition at the Torrensville Bowling Green.

Each week a team of four pit their skills against another team. The activity is a great way to develop a new skill, have fun, meet new friends and socialise. Our team has shown great improvement as the season has progressed.

Before each game there is a sausage sizzle and following the game, supper and raffles – a great night out.

Anyone interested in joining in, please contact Gayle Clarke – Apt G54.

▼ Night Owls Team Names:

From Left: - Carolyn - Joan - Viv - Janette - Gayle - Barb & Jill



ASHBROOK

APARTMENTS LUXURY RETIREMENT LIVING

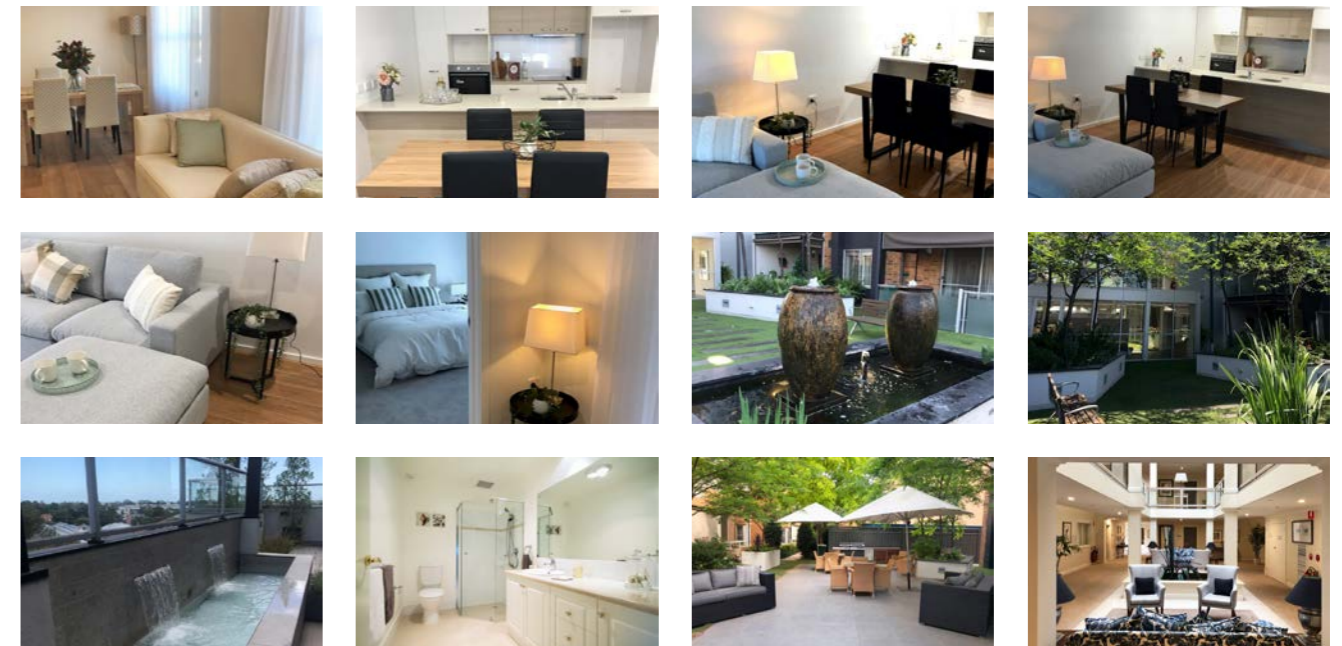
ELEGANT APARTMENTS

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 at your doorstep

JOIN OUR WAITLIST!



FOR TOUR BOOKINGS AND ENQUIRIES
CALL CAROLYN 0477 870 071

FLEURIEU PENINSULA

On Tuesday 24th February, an enthusiastic group of 14 set out with "Run A Muck" bus tours for Hindmarsh Island. We stopped for delicious hot scones, jam and cream at the McLaren Vale Visitors' Centre, and our crumbs were picked up by the 'second sitting'.

From there we **really did** tour the Fleurieu Peninsula. From McLaren Vale, we worked our way over to Normanville past Fleurieu Gin (unfortunately closed), and then onto Victor Harbor. Lunch was at the 'Taverners Inn' on Hindmarsh Island. It was very windy there but no-one really minded. The wind surfers were having a great time flying up and down the Lake.

The way home took us down old Willunga Hill, through Meadows, Kangarilla, Clarendon and Flagstaff Hill. Some of us may well have had a sleep on the way home.

Rose Miller





SOCIAL CLUB ACTION

Dec 31 **New Years Eve Celebrations** - Ashbrook's rooftop Sky Garden provided the perfect venue and vantage point to view firework displays held in Glenelg throughout the evening. An enjoyable evening shared together at home with friends & neighbours to welcome in 2026. Happy New Year to all

Jan 13 **Men's Lunch** - Continues to be a very popular get together, shared conversation and friendly banter, whilst also raising money for a good cause, the Royal Flying Doctor Service. Thank you to the ladies of the RFDS Auxiliary, Ro, Anne, Helen, & Pat, who prepared and served lunch. Another pleasant afternoon coordinated by Ro and Neville Williams.



Jan 26 **Australia Day** - Although there was a change in venue from the Sky Garden to the Dining Room due to extreme temperatures reaching close to 45 C the day was a great success. Residents enjoyed a traditional Australia Day BBQ followed by an array of shared desserts. Thank you to John Clutterham & Ian Purdie for braving the heat to cook BBQ lunch. Thank you also to Raelene Purdie for the beautiful salads.

Feb 1 **Sunday Afternoon Entertainment** - Peter & Emma Night provided an entertaining afternoon of piano duets. A relaxing and pleasant way to spend a Sunday afternoon.

Feb 16 **Pub Lunch** - Several residents travelled to the Glenelg Football Club for an afternoon outing and a good old pub lunch.

Feb 24 **All day tour** - Fleurieu Peninsula. Boarding the "Run A Muck" tour bus at 9.30 a.m. from Ashbrook Apartments for a sight-seeing day in the Fleurieu Peninsula. Lunch destination, Taveners Inn on Hindmarsh Island. A great day out by all accounts! (see page 8)



ASHBROOK APARTMENTS SOCIAL CALENDAR MARCH 2026			
FRI, MAR 6	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
FRI, MAR 13	5pm-6.30pm	St Patrick's Night Cocktails	Sports Bar
MON, MAR 16	12pm	BBQ Lunch	Conservatory
FRI, MAR 20	5pm-6.30pm	Happy Hour & Raffle	Sports Bar
FRI, MAR 27	5pm-6.30pm	Cocktails & Raffle	Sports Bar
SUN, MAR 29	3pm	Baritone Singer - Henry Olonga	Dining Room

DAY	TIME	ACTIVITY	LOCATION
REGULAR WEEKLY ACTIVITIES			
MONDAY	10:00am	Keep fit	Rec Room
	2:00pm	Bingo (last Monday of month)	Dining Room
	2:00pm	Darts	Sports Bar
	4:00pm	Book and film club (second Monday of month)	Dining Room
	4:00pm	Billiards/Snooker & men's chat	Sports Bar
TUESDAY	7:00pm	Bridge	Dining Room
	10:30am	Coffee & chat all welcome	Sports Bar
	12:30pm	Board Games/Cards	Dining Room
	2:00pm	Mahjong	Dining Room
	4:00pm	Billiards/Snooker & men's chat	Sports Bar
WEDNESDAY	7:00pm	Ladies Pool	Sports Bar
	10:00am	Gentle Moves	Rec Room
	1:30pm	Craft	Dining Room
	4:00pm	Billiards/Snooker & men's chat	Sports Bar
	7:00pm	Mahjong	Sports Bar
THURSDAY	10:00am	Garden group	Garden CY
	1:30pm	Movie matinee	Theatre Room
	2:00pm	Darts	Sports Bar
	4:00pm	Ukulele	Conservatory
	4:00pm	Billiards/Snooker & men's chat	Sports Bar
FRIDAY	7:00pm	Movie	Theatre Room
	9:30am	Qi Gong	Rec Room
	2:00pm	Rummikub	Dining Room
	4:00pm	Billiards/Snooker & men's chat	Sports Bar
	5:00pm	Happy Hour	Sports Bar
SATURDAY	4:00pm	Billiards/Snooker & men's chat	Sports Bar
SUNDAY	4:00pm	Billiards/Snooker & men's chat	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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