



# ASHBROOK

APARTMENTS



Ladies Pool ► Page 8

*The Ashbrook News*

WINTER 2026



**Ashbrook Apartments**

2-8 Syme Street, Ashford, SA 5035

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

[sales@theashbrook.com.au](mailto:sales@theashbrook.com.au) | [manager@theashbrook.com.au](mailto:manager@theashbrook.com.au) | [www.ashbrookapartments.com.au](http://www.ashbrookapartments.com.au)

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## THANK YOU!

A big thank you to those who have kindly contributed to this Winter 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.

## FAREWELL AFTERNOON TEA

The Ashbrook Craft Group held an afternoon tea in honour of long-time resident Kathy Crockett to bid her a fond farewell.

Kathy has called Ashbrook Apartments home for 17 years and during that time has contributed greatly to many aspects of our community. In particular, as a member of the craft group, Kathy has produced numerous exquisite pieces of craft work that have helped the group to raise many hundreds of dollars for various charities.

Although sad to leave, due to failing health, both

Kathy and her husband Alan look forward to keeping in touch and would welcome visits from all who would like to call in for a catch up and chat.

The Craft group extend their best wishes to Kathy and Alan in their new home at Regis, Burnside.

Barb McFarlane – Craft Group

▼ Kathy pictured bottom row, middle



The Anzac Day service was attended by 56 residents and guests. The service began with a very moving audiovisual presentation. We were honoured to have Lt. Col. Stephen Miller, who presented the commemorative address, his wife and daughter, all serving in the Army with us. His daughter, an Army Cadet, recited the Ode after her Father's address.

Lt. Col. Miller on graduation from Duntroon was commissioned into the Royal Australian Infantry Corps and posted to the 10th/27th Battalion, The Royal South Australian Regiment. He has had a very impressive career being promoted through the ranks to Lieutenant Colonel in 2024 and is now a Senior Career Manager in the Directorate of Reserve Soldier Career Management.

Lt. Col. Miller's address was titled "From Gallipoli to Home: A South Australian Anzac Story". His address focussed on a great aunt, born in the 1870's, who travelled to England during the First World War as a trained nurse. From there she was sent to France during the war. She survived her ordeals and returned to South Australia to continue her nursing. This aunt lived into her 90's. Lt. Col. Miller's forefathers had all served over the years in the Royal South Australian Regiment.

Many attending the service had a similar journey within their families with members serving in various conflicts from the First World War through to Vietnam.

A very memorable service for all who attended.

The Service was followed by morning tea.

Jan Hosking



# Ashbrook Community Presentation

# Men's Lunch

## PRESENTATION TO AMY FROM CATHERINE HOUSE

On Wednesday 18th March 2026, the Craft Group organised afternoon tea for the presentation of the welcome boxes they had been putting together to Amy, a representative from Catherine House. In all 20 welcome boxes and 12 welcome bags were put together from donations of items such as shampoo, conditioner, moisturiser, hand crème, deodorant, toothpaste and toothbrush plus many other necessary items for day-to-day living given by residents of Ashbrook Apartments.

These items were beautifully presented in a box, tied with ribbon and a card attached. What a wonderful response to a request from the Craft Group by Lyn Whittaker.

Catherine House was founded in 1988 by the Sisters of Mercy to meet the needs of women experiencing homelessness in South Australia. Catherine House is named in honour of the founder of the Sisters of Mercy, Catherine McAuley. Her vision was of compassion, dignity and justice. Catherine McAuley's commitment of offering shelter, education and support to women experiencing homelessness is still upheld today by the organisation.

Catherine House is South Australia's only homelessness and recovery service for women. They assist women in planning a future to help them sustain housing and financial security and build purposeful lives. Many of the women seeking assistance have children who are in foster care or with family; Catherine House does not cater for families. Each year the number of women needing assistance increases (Catherine House Impact Report 2025 has the statistics for each service). Not everyone needing support can access accommodation at Catherine House as there is a waitlist but those on the waitlist are still supported with moving on packs, mobile phones, toiletries, personal alarms, dental referrals and housing application support where

required. The services provided by Catherine House are a safe bed and meal as well as:

- Health services
- Counselling services
- Mental health and NDIS support
- Legal and financial services
- Brokerage support
- Wellbeing and personal development

"The Catherine House logo is of a woman standing tall, her legs elongated to give the impression of inner strength and resilience. She is holding her hands in celebration of taking control and giving herself shelter in a difficult time. Her legs are different lengths to emphasis movement – she is moving forward and progressing positively with her life."

Jan Hosking



## SUPPORTING ROYAL FLYING DOCTOR SERVICE

The men's lunch is an opportunity for the male residents of the Ashbrook to enjoy a lunch with other male residents and discuss whatever seems relevant at the time.

Twenty residents attended the most recent lunch held on Tuesday 5th May, they enjoyed a choice of Satay chicken with rice or French onion braised beef and veg for mains, followed by pavlova roll or crème brulee for dessert. The meal was accompanied by wine or soft drink of choice, followed by tea and coffee.

Meals were prepared and served by fellow residents and members of the RFDS Auxiliary, Anne Lehmann, Ro Williams, Jan Hosking, Pat McGuinness and Betty Treloar.

Thank you to all who contributed to and supported another enjoyable afternoon of great food and good company.



## BIRTHDAY CELEBRATIONS

Congratulations! 99 Years Young

Long time Ashbrook Resident Irene MacLeod celebrated her 99th Birthday on May 22nd.

Irene enjoyed ongoing celebrations over the weekend following her birthday, with her 5 children and their families, coming from Interstate and the West Coast. More than 50 relatives attended her birthday celebrations.

Happy Birthday Irene



## WHY WE CHOSE ASHBROOK

John & Jean Bowen

From Hervey Bay to Ashbrook!

Relocating from Hervey Bay in Queensland, we moved into Ashbrook Apartments 2 days prior to Christmas Day. It was a big move to come back to Adelaide, but we were very motivated for a number of reasons.

We chose Ashbrook Apartments for our new home; we loved the location so near to public transport, hospitals and close proximity to the airport. When we entered the foyer of Ashbrook Apartments for the first time, we were very impressed because it felt like a luxury hotel.

The Ashbrook is so spacious, wide hallways, and lovely communal areas to enjoy. It is a very pleasing place to live and we feel safe here.

The icing on the cake for us is without a doubt the friendliness and inclusiveness that we feel here.



# ASHBROOK

## APARTMENTS LUXURY RETIREMENT LIVING

ELEGANT APARTMENTS

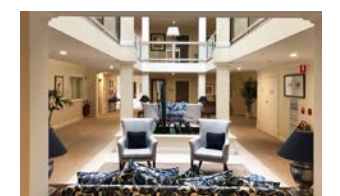
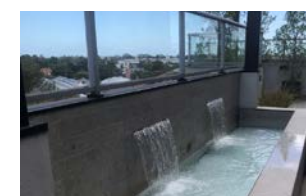
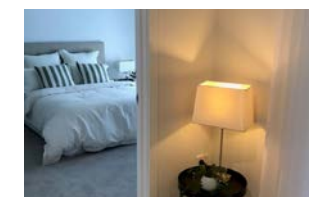
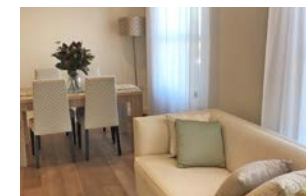
GENEROUS FLOOR PLAN, AMPLE STORAGE AND PRIVATE BALCONY

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

2 BEDROOM – 2 BATHROOM APARTMENT AVAILABLE SOON – LARGE BALCONY

FROM: \$700,000



FOR TOUR BOOKINGS AND ENQUIRIES  
CALL CAROLYN 0477 870 071

## SOCIAL CONNECTIONS

Social and recreational choices are plentiful at Ashbrook with a number of activities to join in depending on your interests.

Snooker and men's chat held every afternoon.

Ladies meet every Tuesday evening for a fun game of pool.

An abundance of other activities for all interests from Mahjong, Bridge, Bingo, Qi Gong, Darts, Ukulele and Book and Film Club are all held on a weekly basis. See full Social Activities schedule page 11



## Australia's Biggest Morning Tea

**SAVE THE DATE: 19 JUNE 2026**

**DOORS WILL OPEN FROM 9.15AM FOR THE TRADING  
TABLE, RAFFLES ETC**

**ENTRY IS \$5.00pp DONATION AND A PLATE TO  
SHARE**

**RSVP BY FRIDAY 12 JUNE**



### ASHBROOK APARTMENTS SOCIAL CALENDAR JUNE 2026

|                    |            |                                      |             |
|--------------------|------------|--------------------------------------|-------------|
| <b>FRI, JUN 5</b>  | 5pm-6.30pm | <b>Happy Hour &amp; Raffle</b>       | Sports Bar  |
| <b>FRI, JUN 12</b> | 4.45pm     | <b>Quiz Night</b>                    | Sports Bar  |
| <b>FRI, JUN 19</b> | 9.15am     | <b>Biggest Morning Tea (Opening)</b> | Dining room |
| <b>FRI, JUN 19</b> | 5pm-6.30pm | <b>Happy Hour &amp; Raffle</b>       | Sports Bar  |
| <b>FRI, JUN 26</b> | 5pm-6.30pm | <b>Happy Hour &amp; Raffle</b>       | Sports Bar  |

| DAY                              | TIME    | ACTIVITY                                           | LOCATION     |
|----------------------------------|---------|----------------------------------------------------|--------------|
| <b>REGULAR WEEKLY ACTIVITIES</b> |         |                                                    |              |
| <b>MONDAY</b>                    | 10:00am | <b>Keep fit</b>                                    | Rec Room     |
|                                  | 2:00pm  | <b>Bingo (last Monday of month)</b>                | Dining Room  |
|                                  | 2:00pm  | <b>Darts</b>                                       | Sports Bar   |
|                                  | 4:00pm  | <b>Book and film club (second Monday of month)</b> | Dining Room  |
|                                  | 4:00pm  | <b>Billiards/Snooker &amp; men's chat</b>          | Sports Bar   |
|                                  | 7:00pm  | <b>Bridge</b>                                      | Dining Room  |
| <b>TUESDAY</b>                   | 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   |
|                                  | 7:00pm  | <b>Ladies Pool</b>                                 | Sports Bar   |
| <b>WEDNESDAY</b>                 | 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>                                     | Sports Bar   |
| <b>THURSDAY</b>                  | 10:00am | <b>Garden group</b>                                | Garden CY    |
|                                  | 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   |
|                                  | 7:00pm  | <b>Movie</b>                                       | Theatre Room |
| <b>FRIDAY</b>                    | 9:30am  | <b>Qi Gong</b>                                     | Rec Room     |
|                                  | 2:00pm  | <b>Rummikub</b>                                    | Dining Room  |
|                                  | 4:00pm  | <b>Billiards/Snooker &amp; men's chat</b>          | Sports Bar   |
|                                  | 5:00pm  | <b>Happy Hour</b>                                  | Sports Bar   |
| <b>SATURDAY</b>                  | 4:00pm  | <b>Billiards/Snooker &amp; men's chat</b>          | Sports Bar   |
| <b>SUNDAY</b>                    | 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>

A photograph of a garden with a stone birdbath, trees, and a hedge. The birdbath is a shallow, wide, light-colored stone bowl on a pedestal with a rectangular cutout. It sits on a bed of brown mulch. In the background, there is a green hedge, several trees with green and yellowing leaves, and a glimpse of a building and a car.

  
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