

THE GARDENS

“Life In The Gardens”

Month September 2025

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ANNUAL GENERAL MEETING

Firstly I would like to thank the outgoing Residents Committee namely

Lois Webster Chairperson (unit 199)

Vic Smith Vice Chairperson (unit 189)

Lesley Oliver Secretary (unit 200)

Mike Sheehan Treasurer (unit 39)

T.J Wicker Committee member (unit 66)

Linda Perry “ “ “ “ (unit 152)

John Viergever “ “ “ “ (unit 41)

Jeff Higgins “ “ “ “ (unit 74)

Marilyn Thomas “ “ “ “ (unit 120)

for voluntary giving of their time, energy and assistance over the past year. I am sure The Gardens residents appreciate your time spent and a job well done.

THANK YOU.

On the 26th August 2025 a new committee was elected to serve for the next 12 months. Of the outgoing committee all were re-nominated except Lois and Lesley. Both had done an exceptional job but had decided to hand over to somebody new. For the new committee Eileen Hollis (unit 43) was nominated to take on the position of Secretary but unfortunately no nominations were forwarded for the position of Chairperson and as it was noted by the outgoing Returning Officer without a Chairperson we have no committee and therefore could not operate. It was put to the attending residents for someone to volunteer and finally Maureen Morton (unit 121) very kindly accepted . Thank goodness.

Alick White (unit 94) was again nominated as the Returning Officer.

The incoming Committee is wished every success for the 2025/2026 year ahead.



L-R back row. Denise Goodwin (unit 193). Jean Barry (unit119). Kathryn Smith (unit 100). Lorraine Johnson (unit46). Linda Perry (unit 152). Diana Ford (unit35)
L-R front row. Wilma Bonnar (unit 196). Beverley Sando (unit 171). Connie Haylock (unit 59). Lois Webster (unit 199).

In April this year Linda Perry (unit 152) and Bev Sando (unit 171) wrote in the Gardens Monthly Newsletter that they would like to restart a weekly craft group. Well this has happened and we now have a happy group of ladies who turn up each week (in between pesky medical appointments, shopping, holidays etc) with the craft work they are doing.

We decided to do a project for charity and the ladies set about knitting little Comfort Dolls which have been given to two organisations. One being an organisation called Keyassets SA. This is a Foster Care Agency. Children going into Foster Care homes are often removed from families without anything. They are provided with a backpack and have a few personal items supplied and one of the Comfort Doll will also go into the backpack. Thanks to Connie in our group for organising this. The rest of the Comfort Dolls were delivered to the SA Ambulance Depot at Parafield Airport for putting into their Ambulances when they have to attend a little child who is upset and frightened. Hopefully these little knitted dolls will be able to calm them down.

The two young paramedics Bev and I handed the dolls over to were very happy to receive them.

Our group meets in the Main Hall every Thursday 2.00pm to 4.00pm. Feel free to join us or come and see what we are doing.



Residents Library

Welcome to all our new residents. Please feel free to borrow books, puzzles, DVD's and magazines. On return of borrowed items, please pop onto returns trolley... please do not put back on shelves etc, I have a returns procedure that helps me when I purge.... thank you

No register to complete, just take and return 😊

All puzzles are in the cupboards on left hand side when entering the library from foyer, 500 pieces in white shelving in fridge alcove.

Donations are gratefully received... please place all donations on the returns trolley.

Donations accepted:

All books in good condition

Puzzles, 500 and 1000 pieces only

Dvd's in good order and fairly up to date

Magazines.

NB: Any donated items, if a duplicate or unsuitable for our library, will be donated on to charity shops...

Enjoy our library and Happy Reading

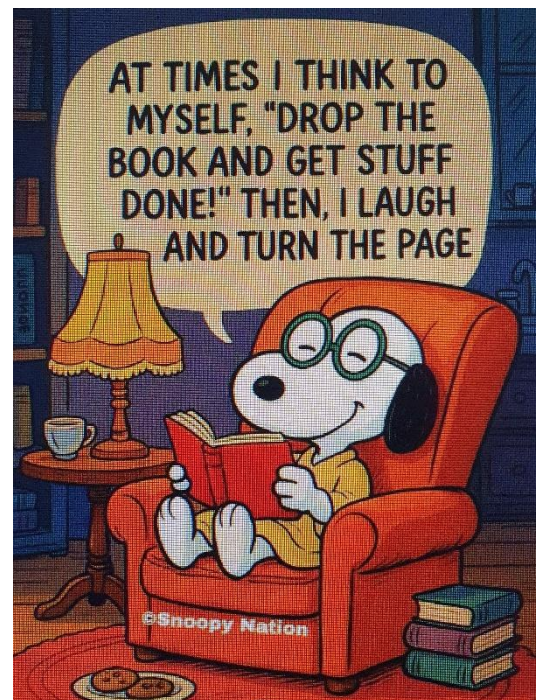
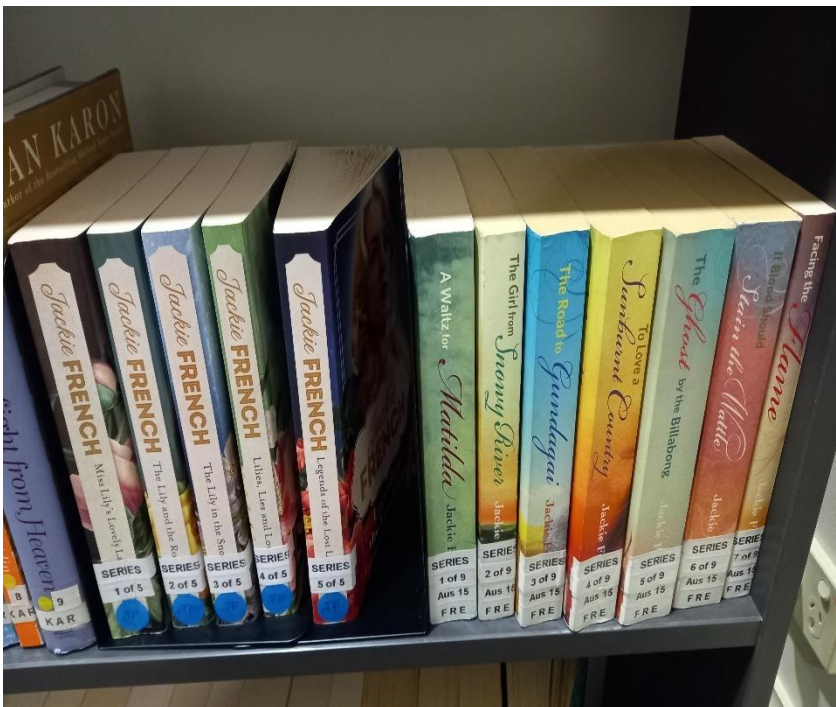
Gwen Jones (unit 132)

We have a couple of excellent series by Jackie French, Lovely Ladies by five books and The Matilda Saga by nine books... you will find these in the divider facing the TV on right hand shelves....

I highly recommend both sets... please read and return the books as quickly as possible as another resident may be waiting for that number in the series....

Enjoy 📖 🤖 🤔

Gwen Jones



New Residents

A very warm welcome to the September new residents. We hope you will enjoy living in The Gardens lifestyle village and using all the facilities available. There are many groups and activities for you to participate in as well as social events.

REX and DIANNE WAY (unit 118)

Gorgeous Girls Lunch

To be held at the Para Hills Community Club, 360 Bridge Road, Para Hills on Wednesday the 17th September 2025.

Your mobile phone has already replaced your clock, camera, calendar, and alarm.
Don't let it replace your family.

of the signs of stroke.

Even if you aren't sure, or the signs only last for a few minutes, call 000 (triple zero).

Learn the F.A.S.T. signs of STROKE



FACE
drooped?



ARM
can't be raised?



SPEECH
slurred or confused?



TIME
is critical! Call 000.

If you see any of these signs
Act FAST call 000 (triple zero)



Share the F.A.S.T. message with family and friends. We need everyone to know the signs, and to call 000 (triple zero).

On the 5th August 2025 a very interesting and informative talk was given by a representative of the STROKE FOUNDATION in the village hall .

High blood pressure is the biggest risk factor for stroke – and it's preventable. The lower your blood pressure, the lower your risk of stroke. You should have it checked on a regular basis.

Not doing enough physical activity is the second biggest risk factor for stroke. It can lead to high blood pressure, diabetes and cholesterol. It can also lead to being overweight.

All these things increase your risk of stroke.

Aim to be active for 30 minutes most days. You need to increase your heart rate, feel a little warm and get a bit out of breath.

Village Music Quiz #2

On Sunday 17th August 2025 about 50 residents enjoyed a music quiz arranged by Tom Giddings (unit 29) who did a great job setting some interesting questions and playing the music. The winners were Sandy and John Rich (unit 210) Lyn Lisk (unit 115) Judy Gration (unit 205) and a friend. Thanks to Tom for a great afternoon.

Marilyn Thomas (unit 120)



Justice of the Peace

Is there a JP in the village. If so would you like to put your name in the village newsletter.

To those who see today's grandmothers and notice only gray hair and gentle smiles, let us reintroduce ourselves.

We were the wild souls of the '60s and '70s. We wore skirts so short they made headlines, boots that climbed past our knees, and pants so tight they held every dream in place. We didn't just witness change—we sparked it.

Our music was rebellion set to rhythm. The Beatles, The Rolling Stones, Led Zeppelin, Janis Joplin, Jimi Hendrix—they weren't background noise. They were our voice. We sang loudly, played records until they wore out, and let the music move us—heart and soul.

We raced through cities on roaring motorcycles, zipped around in Mini Coopers with windows down and freedom as our only destination. We sipped gin and tonics in smoky bars, danced barefoot in fields soaked with rain and rock 'n' roll.

We didn't have Wi-Fi, filters, or phones glued to our hands. Our memories weren't uploaded—they were lived. With tangled hair, dirty feet, and hearts blazing, we built a world that pushed back, stood tall, and refused to be silenced.

So when you see us now, remember—we were fierce long before hashtags. We didn't just dream of change. We became it.

Rock on, young ones. We already did.

September Bin Collection

2nd September

RED and GREEN bins

9th September

RED and YELLOW bins

16th September

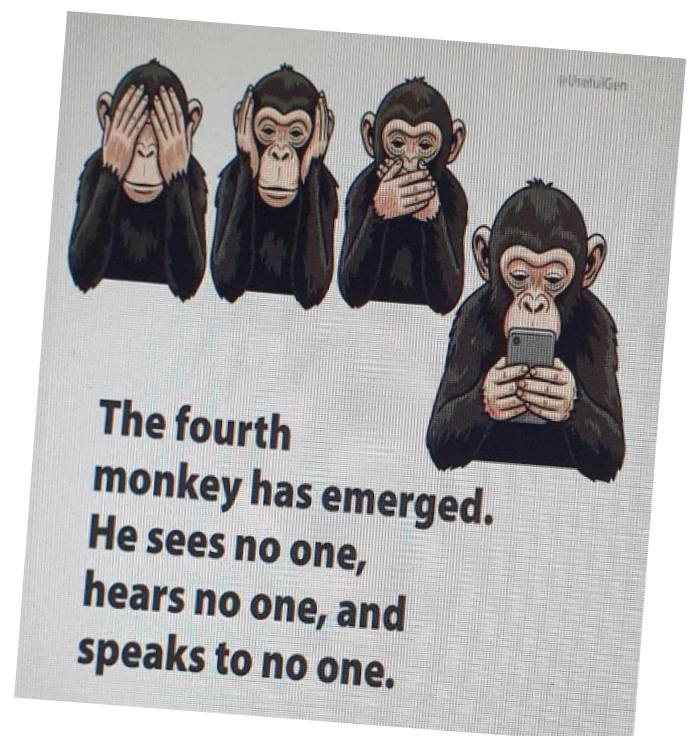
RED and GREEN bins

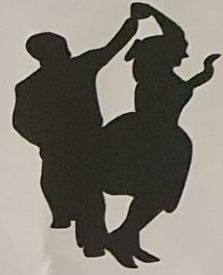
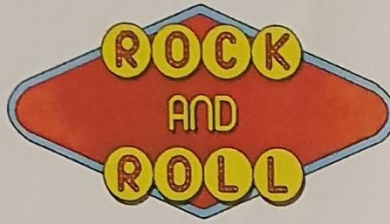
23rd September

RED and YELLOW bins

30th September

RED and GREEN bins





Social Saturday No 3

Saturday 13th September

Back to the Fifties Night (Dress up Optional)

Drag out your Brylcreem/California Poppy

Bobby Socks/Rope Petticoats

Music by our resident DJ Eileen Hollis

Bar Opens at 7.00 pm

BYO Basket Supper.

Table list will be placed on the Notice Board in the Hall at
10 am on Tuesday 2nd September (limited to 10 per table)



SAUSAGE SIZZLE LUNCH

Wednesday 24th September

Gold Coin Donation

12 Noon

Fund Raiser for

Research into Men's Cancers.

For Catering purposes Name List available on the Notice Board
11am Tuesday 16th September

What's on in South Australia

10th Sept – 12th Oct

Adelaide Guitar Festival – Various locations

26th Sept – 12th Oct

Nature Festival – Various locations

Articles for newsletter

If there is anything going on in your life, in the village, or in South Australia that might be of interest to other residents please send an e.mail to

rogfw@optusnet.com.au including a photograph, if available, or put a note in my letter box (unit 34) . I would love to hear from you.

Newsletter

If you currently receive a paper copy of the newsletter but would prefer an e.mail copy please let me know.

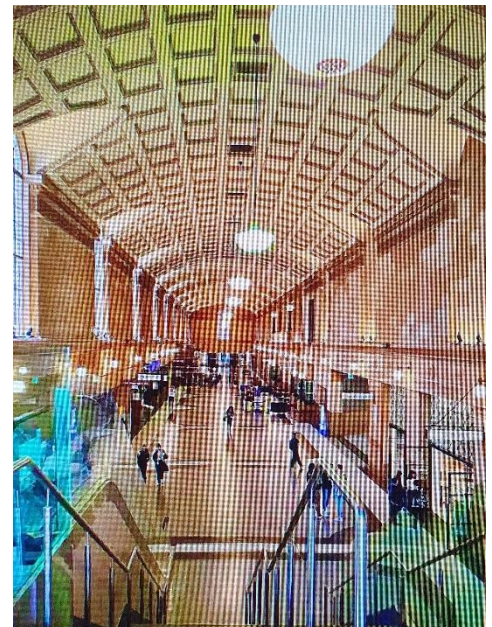
Birthdays

I have noticed in some of the other villages newsletters that they include birthday wishes for residents whose birthday is in the current month . I will put a notice on the noticeboard and if you would like to be included please put your **name** on the list together with your **unit No** and **birthdate** (**not** including the year) ie 1st Sept (We have to have some privacy). If you have a special age then again let me know.



The State Library of South Australia claimed 2nd place as the “World’s Most Beautiful Libraries” in the 1000 libraries awards 2025.

Adelaide Central Railway Station is more than just trains. It is one of the cities most recognisable buildings combining history, transport and modern life under one roof.



AFL Grand Final 2025

Some of the other villages are having the AFL Grand Final set up in the community hall on the big screen. I'm sure somebody might be interested.

Residents Gardens

As I walk around the village I see many gardens that are not looking good and well kept. We are led to believe that the gardens are being maintained by the gardeners. And they are to a basic minimum. Certainly residents as we age are not able / capable of keeping them up to the standard I am sure they would like. Many are covered in weeds. It has been suggested to me that if you are registered for a **Home Care Package** a gardener can be used as part of that package. If you need help maybe that will relieve any stress.

International Day of Peace



In a time of turbulence, tumult, and uncertainty, it is critical for everyone to take action to stand for peace in the world. We must speak up against violence, hate, discrimination, and inequality; practice respect and embrace the diversity of our world. The urgent need for understanding, non-violence and disarmament.

Fathers Day 7th September 2025

Most important day of the year (or minute)
Happy Fathers Day to all the fathers in the World



Susies Hairdressing

Susie will be on holiday from 14th October – 21st October 2025. Please book your appointments early if required.

My mom text me yesterday.

MOM: What does IDK, LY, TTYL mean

ME: I Don't Know, Love You, Talk To You Later

MOM: Ok then I will ask your sister.

Watching my wife about to give birth to our first baby and realizing now she knows what it feels like when I have a cold.

Parliament House Visit 28th August 2025

A group of village residents joined with other local residents from Parafield Gardens etc that are constituents of John Fullbrook MP for Playford in a visit to Parliament House. We were treated to jam/cream scones and tea, coffee in the Old Parliament House (built 1840-50) before being taken on a very interesting tour of the House of Assembly (lower House) and the Legislative House (Upper House) built between 1889-1939 in 2 parts.



House of Assembly



Legislative Council



Old Parliament House



Pat Arbon (Speaker) (unit 138)

This is the newsletter of THE GARDENS LIFESTYLE VILLAGE. It does not necessarily represent the views of LIFESTYLE SA, The RESDENTS COMMITTEE or those assembling the newsletter