

Spring/Summer
2015

inspire

Meet our
**Inspiring
Faces of
Warrigal**

**Construction
commences at
Shell Cove**

**Yoga
sequence
for 50+**

**A traditional
High Tea near you
PLUS
how to host**

Warrigal

inspire

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Inspire is a magazine for you – we invite you to contribute with stories, book or movie reviews and travel tales. Contributions can be submitted to The Editor by:

Email: community.relations@warrigal.com.au

Mail: PO Box 435 Albion Park NSW 2527



WELL



Welcome to our Spring/Summer edition of Inspire.

We are proud to share with you 'Inspiring Faces of Warrigal' – we celebrate older people and the ordinary people that have extraordinary lives, these are the stories and photographs of just some of our residents and staff. It is a collection of the history, belief, talent, wisdom and personalities of the people that make up the Warrigal community. It celebrates the idea that everyone has a story that should be heard.

Earlier this year we launched 'Go Grey In May' to celebrate the contribution of older people to our lives. We held the month of events in our Goulburn village, concluding the month with G Day – Grandparents, Good Friends and Great People Day. If you haven't yet seen it, the GGIM Taylor Swift video is a must-see, with some of our residents grooving along to "Shake It Off" which went viral and attracted interest from people all over the world. Read more on this on page 4.

In other news, Warrigal Shell Cove is well underway, with construction already commenced on our brand new residential care home and innovative community Quay. Construction of the 33 villas, all of which have now been deposited is due to commence later on in the year. In September we launch Stage two of the project, the apartments, these will be released to the Shell Cove VIP Village Choices Register. Read on for more updates on our exciting Shell Cove Village.

We hope you enjoy this edition filled with health and lifestyle information, entertainment, and an action-packed calendar of events.

Best Wishes,

Mark Sewell, CEO



come



Warrigal Shell Cove

Work has begun at Warrigal's newest inspiring community for older people, Warrigal Shell Cove. An innovative design and service offering assures the very best in retirement living.

Warrigal Shell Cove features a variety of convenient services, allowing you the time to do what's most important. Whatever you need, Warrigal can provide for you on site.

Following several years in development and planning some key milestones were reached in 2015. The turning of the first sod occurred on the site in February, with construction having commenced in August.

Warrigal Shell Cove offers a range of spacious villas and apartments suiting relaxed low maintenance

living. The entire Warrigal Shell Cove community village has a six star Nationwide House Energy Scheme (NatHERS) rating. This was achieved through the incorporation of high thermal performance glazing and building fabric, ensuring each structure will be comfortable in all seasons with minimal heating and cooling required. An added benefit of the six star NatHERS rating is that your home will have lower energy costs all year round.

The village will also feature 47 well appointed apartments, 6 serviced apartments and a 128 suite

residential care home. A \$17 million dollar boost to funding was provided by the Infrastructure NSW Restart Illawarra Grant, enabling Warrigal to provide the very latest in residential aged care in a beautiful prime seaside location, delivering on our vision for "older people to have great lives".

The Shell Cove VIP Village Choices Register were invited to an exclusive launch of the first release of 33 villas. More than 300 people came along to two information sessions held in late June. A further event in July saw 160 people come along to submit

Construction has commenced!



expressions of interests for deposit on all villas. The Shell Cove launch has been an overwhelming success with all 33 villas now deposited.

With such an overwhelming level of interest in the village, we have now brought forward the second stage apartments for release at the end of September.

To find out more about our newest inspiring community for older people click on the Shell Cove link on our home page Warrigal.com.au

Freecall 1800 WARRGIAL to register your interest.



This year Warrigal launched an innovative new initiative to celebrate the contributions of older people to our lives and our communities called “Go Grey in May”. As the name suggests GGIM was held across the month of May, and included many community engagement events and THAT video www.youtube.com/watch?v=xGY2i6g2sCA

The initiative was launched on social media at the end of April with the now famous GGIM Taylor Swift video. The video generated smiles across the globe with our residents grooving along and lip synching the Taylor Swift hit “Shake it Off”.

The video hit a note with social media audiences immediately and climbed to over 40,000 views on the Warrigal Facebook page with thousands of shares. The video began to really pick up steam after stories ran on local television news and newspapers both in Wollongong and Goulburn, with an appearance on the Nine network Today Show nationally. We haven’t heard from Taylor herself yet but expect she’ll be popping by to meet some of her older fans when she tours here later in the year. :-)

GGIM Merchandise

GGIM Merchandise was available for purchase across the Warrigal network during May. Fun badges and cards were sold to raise funds to go directly towards services for older people. In Goulburn the funds were used to purchase a new ipad to help residents connect with relatives via skype.

GGIM Instagram Competition

To kick off the Warrigal Instagram page we invited our staff to upload their photos that were inspired by our Go Grey in May theme. There were some great entries taken across the month, but for humour and sheer creativity the award for the best photos went to Warrigal Wellness and Lifestyle Manager, Shiva Gopalan with his hilarious ‘Mr Wolf’ photo series.

Community Walk

The first GGIM event was a Community Village walk at Warrigal Community Village in Goulburn. A brisk morning saw over 40 residents from the village and residential care home join Warrigal staff and volunteers for a walk around the village culminating in a BBQ.



GGIM Art Show

Organisers of the very first GGIM Art Show at Goulburn were astounded by the wealth of talent amongst our Warrigal residents. Many Goulburn residents are seasoned Goulburn Show entrants, some of these award winning pieces were on display.

Matt Crooks' entered a wonderful sentimental piece he painted after returning from WWII. The painting is of the HMS Battler upon which he served. The painting is just off the coast of Gibraltar and has amazing detail. Matt continues to paint local landscapes and entered a local painting of a scene near Crookwell which was still wet from just coming off the easel.

A beautiful quilt made as a tribute to her daughter was shown by Eileen Evans, adorned with embroidered quotes about Mother's and Daughters, the quilt took approximately 12 months to complete and is an impressively large work.

Residents, their families, friends and members of the local community enjoyed the show followed by a delicious afternoon tea.

GGIM Luncheon with Audrey Guy

Positive ageing advocate and Warrigal company member Audrey Guy provided the key note address at our inaugural GGIM luncheon. A packed house were treated to a delicious luncheon and a thought provoking address by Audrey. Audrey kept the audience, made up of residents, staff and members of the local business community, entertained with her insightful perspectives on ageing and how to change negative stereotypes around older people. In particular Audrey is keen to change the narrative around "the ageing population problem" into embracing it as a positive opportunity, we couldn't agree more Audrey!

Audrey has written about our GGIM initiative on her blog, which is <http://audreyguy.com/> Audrey is just one of the many inspiring people associated with Warrigal, we hope to have more events with Audrey to share her positive messages.

G Day – Grandparents, Good Friends and Great People Day

Our month long celebration culminated in the G-Day family fun day event at Goulburn. G is for grandparents, good friends and great people and the event attracted residents and visitors of all ages. The beautifully adorned stalls were all the work of local Warrigal staff members. A sausage sizzle, jumping castle and live music added to the atmosphere. A turn in the weather resulted in a quick change into the foyer and main hall, alive with music, stalls and people having a great time. A highlight of the afternoon was a good old sing-a-long with local entertainers.

Go Grey in May will return in 2016 with more events and more fun.

Go Grey in May attracted great community awareness!

The "Shake it Off" video attracted:

- 40,000 views on Facebook
- 6,300 Likes, comments and shares on Facebook

We were thrilled to see Warrigal residents and their friends and family attend the GGIM events. We had 30 talented residents submit artwork, and 260 people along for the events.

A Sustainable Community

Warrigal has strong partnerships with the community which has resulted in great outcomes for our residents. In 2011 many of the residents of Lake Illawarra Community Village had the opportunity to take advantage of a generous government scheme to install solar panels at most of the villas – which has given residents considerable financial and environmental benefits.

In 2013 we joined a consortium of organisations to establish the Energy Efficiency in the Third Age (or EE3A) project, which received funding from the Australian Government. EE3A has recently simplified its name to Energy + Illawarra and is in full swing. The project is unique in that it seeks to explore the issues with energy efficiency and provide practical solutions without reducing the comfort or wellbeing of older people.

This year 200 homes in the Illawarra, Southern Highlands and Shoalhaven have been visited by students from the University of Wollongong who collected information about building features, home owner habits, and current energy use. This data is currently being processed and participants will be offered personalised energy saving improvements - such as LED lighting, solar hot water systems or efficient appliances- at no cost to themselves. The success of these improvements will be part of the research of the project and will be used to guide future policy decisions by government.

Around 35 participants were volunteers from Warrigal Community Villages and Warrigal is proud to be contributing funding and staff time to this project.

Additionally Energy + Illawarra is connecting with the greater community with a number of educational resources, the first of which is a newsletter featuring Warrigal residents called Energy + Everyday Living, with two more newsletters to follow. WEA Wollongong will be running a number of discussion style seminars about energy efficiency and if you are interested in finding out more, the website can be found here www.energyplusillawarra.com.au/



Australian Government
Department of Industry and Science

The views expressed herein are not necessarily the views of the Commonwealth of Australia, and the Commonwealth does not accept responsibility for any information or advice contained herein.

ENERGY + EVERYDAY LIVING
WWW.ENERGYPLUSILLAWARRA.COM.AU
SAVE MONEY, SAVE EARTH, LIVE WELL AND CREATE A BETTER WORLD FOR TOMORROW

ENERGY + ILLAWARRA

SAVE THE ENVIRONMENT - Using less energy means we save on precious natural resources, cut down pollution, and ensure a sustainable world for future generations.

LIVE WELL - Knowing how to use energy efficiently and having the key facts can help you run your home and live the lifestyle you want without a hassle. Finding better ways to use energy and your home appliances can help you maximise comfort whilst minimising energy consumption.

FEEL GOOD - Knowing that you are using energy efficiently can make you feel happy and confident about how you run your home. You may also feel good about doing your little bit to help create a better world.

SET A GOOD EXAMPLE - By using energy efficiently in the home you can set an example to family, friends and for future generations that you know the benefits of being energy efficient. People could see you as a good source of advice and knowledge meaning you can help others as well as yourself.

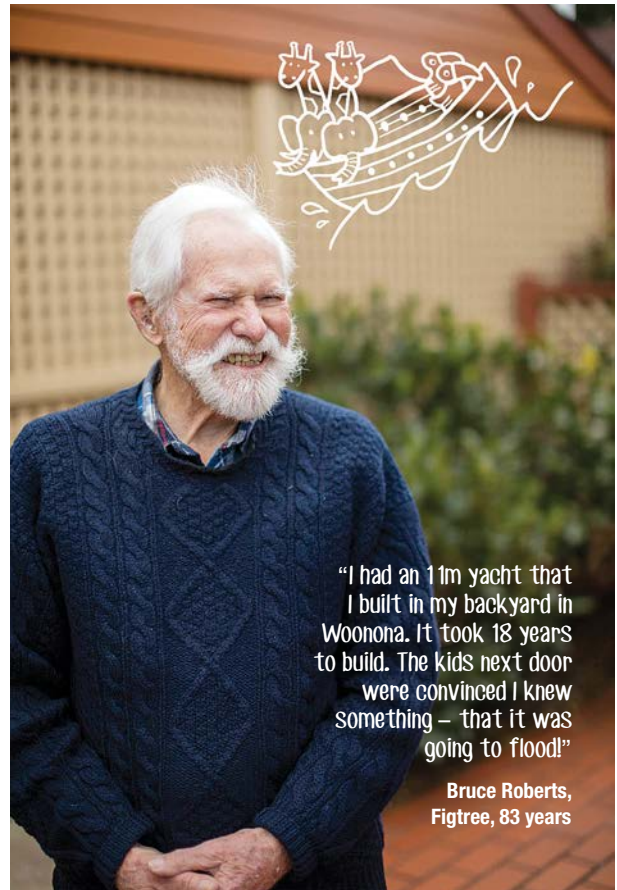
ARE THERE EVENTS I CAN ATTEND?
Yes! WEA Illawarra are conducting 3-hour training events across the Greater Illawarra. You can learn about energy efficiency practices, the latest technologies, and what small improvements in your home can make a big difference. For more information on these community events you can visit the ENERGY+ILLAWARRA website at: www.energyplusillawarra.com.au

Inspiring Faces of Warrigal

It is the people of Warrigal that make up our community – we are reminded of this everyday. They are people like Maria Terhaar, 88 years, who lives in our Albion Park Rail Care Home. Our Community Relations team got chatting to Maria on her daily walk whilst filming our “Go Grey in May” video. Maria was drawn to the music of our film clip and reminisced of years of ballroom dancing and her love of German music.

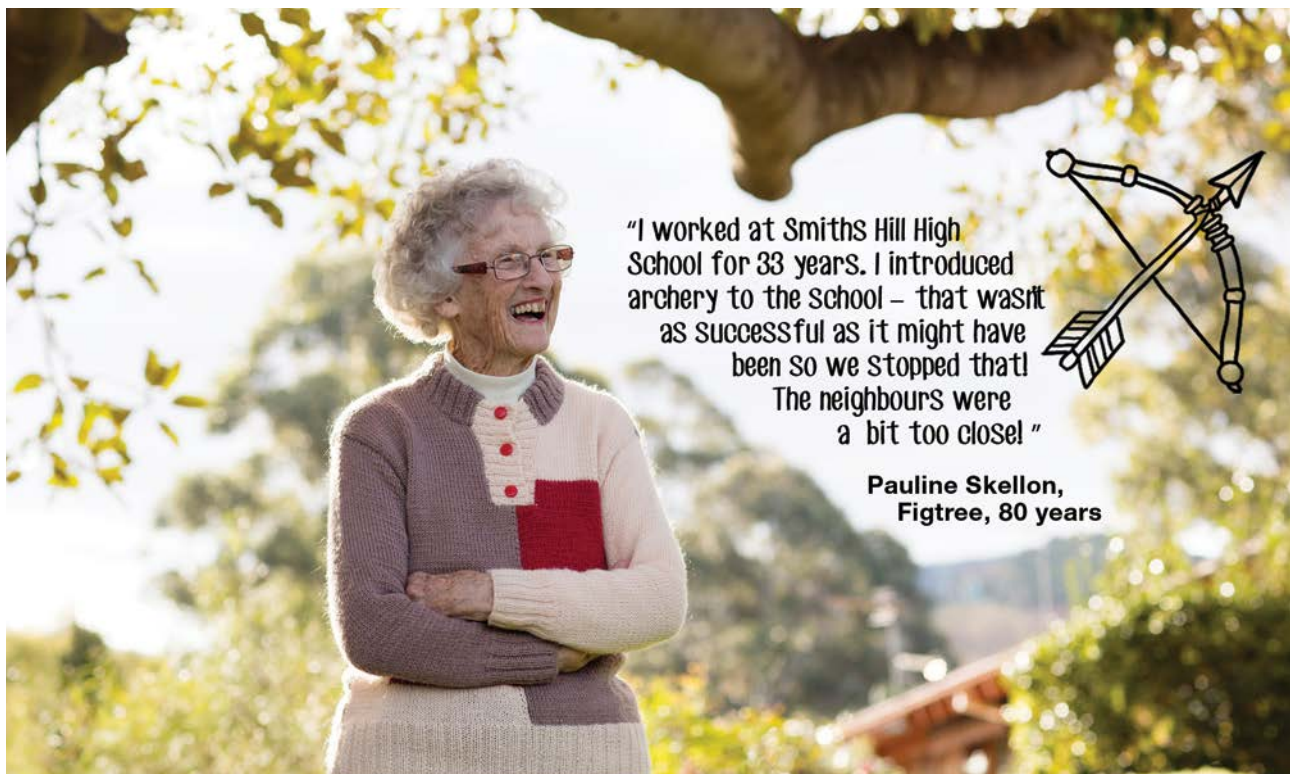
With Maria as our inspiration, we set out to find out some more stories of residents and staff from Warrigal – from the ordinary to the extraordinary, everyone has a story to share. In this feature you will be introduced to some of the Warrigal community, and you can also meet many more faces and read their full stories on our website or facebook page.

We loved hearing of the stories behind some of the faces of Warrigal. We are delighted to share some and hope you will find them inspiring, stay tuned for many more to come!



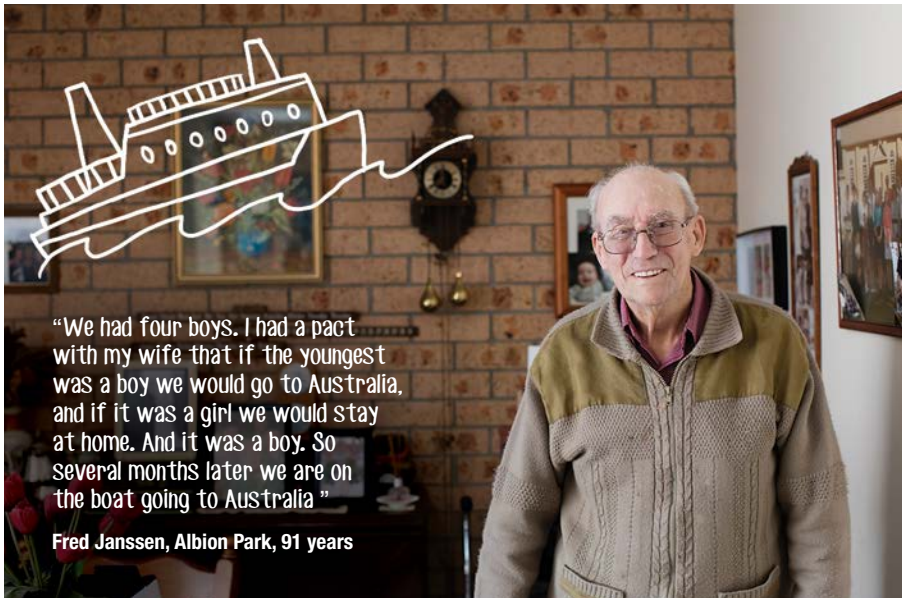
“I had an 11m yacht that I built in my backyard in Woonona. It took 18 years to build. The kids next door were convinced I knew something – that it was going to flood!”

Bruce Roberts,
Figtree, 83 years



“I worked at Smiths Hill High School for 33 years. I introduced archery to the school – that wasn’t as successful as it might have been so we stopped that! The neighbours were a bit too close!”

Pauline Skellon,
Figtree, 80 years



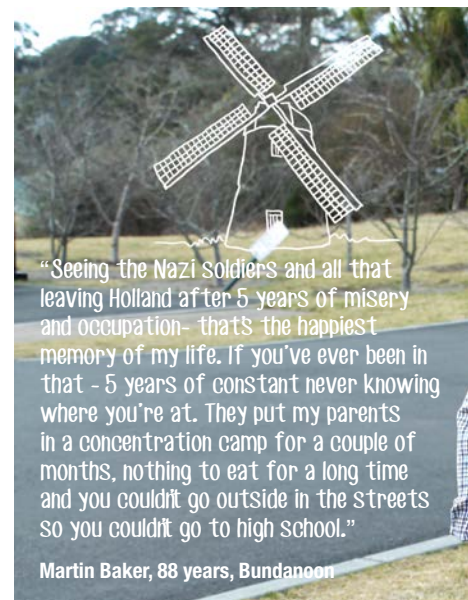
“We had four boys. I had a pact with my wife that if the youngest was a boy we would go to Australia, and if it was a girl we would stay at home. And it was a boy. So several months later we are on the boat going to Australia”

Fred Janssen, Albion Park, 91 years



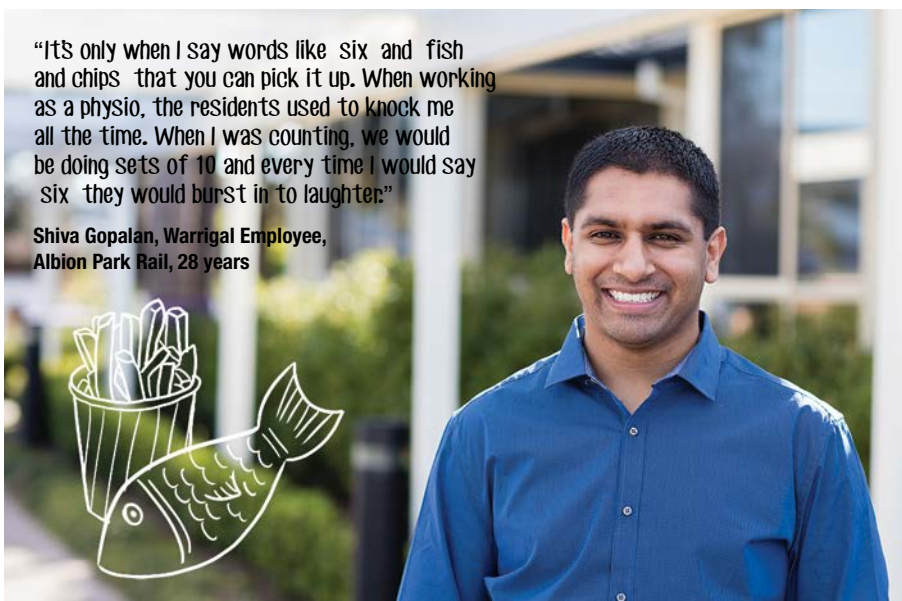
“I loved France. When they let us off the bus the fellow said go and get lost because that's the best way to see Paris. Well my husband couldn't wait to get back to the hotel because he was worried about getting lost.”

June Finn 91 years, Lake Illawarra



“Seeing the Nazi Soldiers and all that leaving Holland after 5 years of misery and occupation- that's the happiest memory of my life. If you've ever been in that - 5 years of constant never knowing where you're at. They put my parents in a concentration camp for a couple of months, nothing to eat for a long time and you couldn't go outside in the streets so you couldn't go to high school.”

Martin Baker, 88 years, Bundanoon



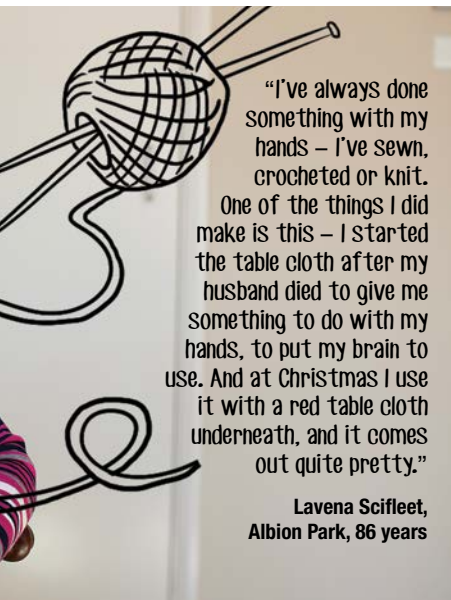
“It's only when I say words like six and fish and chips that you can pick it up. When working as a physio, the residents used to knock me all the time. When I was counting, we would be doing sets of 10 and every time I would say six they would burst in to laughter.”

Shiva Gopalan, Warrigal Employee, Albion Park Rail, 28 years



“The first time I met Harold I waited on his table. I had a flower in my blouse and he asked if he could have it. I said no. Harold asked me if I'd go to the pictures with him. He asked twice - the second time I said yes. Harold and I were married for 69 years and 8 months - he was a family man, he loved his family.”

Ivy Watson, Goulburn



"I've always done something with my hands – I've sewn, crocheted or knit. One of the things I did make is this – I started the table cloth after my husband died to give me something to do with my hands, to put my brain to use. And at Christmas I use it with a red table cloth underneath, and it comes out quite pretty."

Lavena Scifleet,
Albion Park, 86 years



"I met an Australian navy man named Cyril at the age of 17 and fell madly in love. My family felt I was too young to be interested in boys and I was sent to live with my father in Tamworth in the country. A year later Cyril followed me to the country and my father realised this was serious and I wasn't going to marry a farmer as was his wish."

Olive Hill, Goulburn



"I loved obstetrics. I have an aboriginal goddaughter from one family I got to know in Moree, she was one of the babies I delivered and cared for."

Sheila Stockdale, Figtree, 76 years



"See those rocks, they're from all over the world, that's my hobby. That one there is from the Colosseum in Rome, (you did not) I did, I had to kick it out of the wall as I couldn't find a loose one! Those rocks remind me of places more than photos."

Eddy Baldwin,
Albion Park, 79 years



High Tea

The History

Anna, the seventh Duchess of Bedford, introduced afternoon tea in the 1840's. The Duchess felt faint in the afternoons whilst awaiting dinner, so requested that a tray of tea, bread and butter and cake be brought to her room. This became a habit of hers that she began inviting friends to join. This practice became a fashionable social event where upper-class and society women would change in to long gowns, gloves and hats for their afternoon tea. Afternoon tea was served at the "high" dining table, thus the term "High Tea" was born.

It was around this time that John Montagu, the Fourth Earl of Sandwich, had the idea of placing meat and other fillings between two slices of bread.

High Tea Etiquette

"Never" says Andreanis' French Guide to Etiquette (1988) "leave your coffee spoon in your cup when you lift it to your lips."

Pinkies Up? Absolutely not. The common misconception is that outstretching ones little finger aids

the balance of the cup when taking a sip of tea; this is almost certainly not the case and is not only pointless but slightly silly. We wouldn't recommend grasping the cup in the palm of your hand but there is no need to stick a pinkie out, it has rapidly become one of Afternoon Teas most common faux pas.

- Pick up your cup and saucer together, holding the saucer in one hand and the cup in the other.
- When stirring your tea, avoid making noises by touching the sides of the cup.
- Never leave your spoon in the cup, and avoid sipping tea from your spoon.
- Milk should be poured into the cup after the tea.
- Lemon slices should be neatly placed in the teacup after tea has been poured.
- Never add lemon with milk, as the citric acid will cause the milk to curdle.

Host your own High Tea

Hosting a High Tea is a lovely occasion to dust off old china and silver tea pots – a chance to use beautiful things we don't in our everyday lives. Mismatched vintage looks fabulous and you can find some great tea cups, tea pots, side plates, and high tea stands at op-shops.

It is also a great opportunity to frock up and look glamorous – we recommend a floral frock or vintage dress, pearls and hats. Make sure you include the dress code on your invitation.

The occasion calls for a proper invitation in the mail, which is very lovely for your guests to receive. High Tea is traditionally held in the afternoon 2-5pm.



Flowers are essential, such as a bunch of freshly picked lavender which sets the mood.

One of the great things about High Tea is that pretty much everything can be prepared in advance, menu ideas include:

- Finger sandwiches, (smoked salmon, cream cheese and cucumber/ roast beef, watercress and horseradish cream)

- Scones served with jam and cream
- Slices, cakes, melting moments, lemon curd tartlets, brownies

And of course, don't forget the tea!

(Sources: www.festiviteas.com, www.afternoontea.co.uk, www.homelife.com.au)

High Tea Near You

Illawarra Region:

Ravensthorpe, Albion Park

Sundays 3-5pm

Reservations: 4257 6096

Price \$52pp (includes strawberry champagne cocktail)

A Strawberry Champagne Cocktail (or mocktail) is followed by a selection of scones and preserves, finger sandwiches and miniature desserts presented on gorgeous china and silverware, served with your selection of exotic teas or espresso coffee. Hats and pearls and vintage wear are definitely welcome! Ravensthorpe is an 1893 Colonial Georgian Manor House and the ideal setting for the ritual of High Tea

Seacliff Restaurant, North Wollongong

1st and 3rd Sunday of Every

Month from 1:30pm – 5pm

Reservations: 4228 5410

Price \$49pp (includes glass of sparkling wine)

You will be greeted by our friendly staff offering a drink of your choice (Sparkling Champagne, Gourmet Tea or Espresso Coffee). The three tiered stand of refreshments include a variety of fresh petite sandwiches, heavenly signature scones with homemade jams served with Chantilly Crème, delectable savoury selections and the most outstanding, dainty and divine Petit Fours.

Southern Highlands:

The Ravensworth, Bundanoon

Fridays & Saturdays

10am-3pm

Reservations: 4883 6068

Price \$30pp

A selection of homemade sandwiches, pastries and cakes. Includes a glass of sparkles, tea or coffee. Served in the dining room and bar or lounge terrace and gardens.

Goulburn:

Madison's Restaurant at the Goulburn Heritage

Reservations: 4821 9377

Price \$35pp (additional for coffee and sparkling wine)

Enjoy a selection of homemade scones, cucumber sandwiches, assorted cakes and slices, and warm savouries

Canberra:

Hyatt Hotel, Canberra

Friday-Sunday 2:30-5pm

Reservations: 6269 8815

Price: \$58pp (includes glass of sparkling wine)

Indulge in the famous afternoon tea buffet with an array of savouries, finger sandwiches, freshly baked scones, jam and cream, and a selection of tempting cakes and slices. High Tea in the heritage listed Tea Lounge is an established tradition at Hyatt Hotel Canberra.

Recipe: Chicken and almond ribbon sandwiches



What you will need

- 1 barbecue chicken, skin and bones removed, coarsely shredded
- 1 cup (235g) mayonnaise
- 1 tbs Dijon mustard
- 1 tbs lemon juice
- 4 celery sticks, finely chopped
- 1/2 cup (65g) toasted slivered almonds
- 1/3 cup finely chopped fresh tarragon
- 1 loaf sliced wholemeal sandwich bread

Step-by-step

1. Make the chicken mixture

Combine the chicken, mayonnaise, mustard and lemon juice in a large bowl. Add the celery, almonds and tarragon and gently stir until just combined. Taste and season with salt and pepper.

2. Spread chicken mixture, sandwich, remove crusts, cut & serve

Arrange half the bread slices on a clean work surface. Spread the chicken mixture evenly among the bread slices. Sandwich together with remaining bread slices. Use a serrated knife to remove the crusts from each sandwich. Cut each sandwich lengthways into thirds. Arrange on a platter to serve.

(source: www.taste.com.au)

Younga Yoga's Top Yoga Poses for the Over 50s

Yoga is an incredibly powerful, low impact exercise that can be practiced by most people with some modifications. For those over 50, simple guidelines include using a chair to help balance in standing postures and using cushions or props to feel more comfortable in sitting poses. Here is a simple sequence brought to you by Deb Young from Younga Yoga that can be practiced day or night and should take about 20 mins to complete. Try to breath through the nostrils if possible and lengthen the breath without straining.

1



Tree Pose

Using a chair stand on one leg.

Bring the other leg up to the inside of your ankle, calf or thigh avoiding the knee joint.

Benefits

Helps improve balance.
Strengthens the feet & ankles.

2



Warrior II Pose

Place the feet in a wide stance, heel of front foot in line with arch of the back foot. Bend the front knee, keeping the knee in line with the foot. Stretch the arms out & use a chair if needed.

Benefits

This pose strengthens the legs & helps to focus & ground the mind.

3



Seated Glute Stretch

Place one ankle just above the knee of your opposite leg. Maintain the natural curve in your lower back and press the chest forward. Try not to round your back. Take the hands behind you to stretch out the chest.

Benefits

This pose can help prevent sciatica by releasing tight gluteal muscles.

4



Seated Shoulder Stretch

Sitting sideways on a chair reach back with your palm facing outwards & thumb pointing up.

Turn toward the front of the chair until you feel a stretch through the front of the shoulder and the chest.

Benefits

This pose helps to counterbalance long periods of sitting & poor posture by stretching through the pectoral area of the chest and the front of the shoulders.



Deb Young BEd

(Physical & Health Education)

Is the co-founder of Younga Yoga Studio in Wollongong.

She also teaches a range of online yoga classes. For more details visit www.theonlineyogastudio.com

Elise Young (model)

Elise is in her 60s and enjoys an active lifestyle.

She is a breast cancer survivor & enjoys the benefits of yoga & meditation.



5



Sitting Spinal Curl

Sitting with legs crossed (if sitting on the floor is difficult - try elevating the hips with 2-3 stacked blankets. You can also do this one sitting on a chair.

Pic 5.

Bring the hands behind you (thumbs turned outward).

Breathe in and lift the chest upward and forward as you roll the shoulders back to open the chest

Pic 6.

As you breathe out, round the shoulders & the upper back forward.

Benefits

This sequence helps to release tension in the upper back & improve poor posture from too much sitting. The opening movement helps to bring space across the front of the chest, which is especially useful for those with breathing difficulties such as asthma.

Linking the movements with your breath helps to bring calm & ease to the mind.

6



7



Seated hamstring stretch

Sit on the floor with your legs stretched out.

Bend one knee to the side (use a cushion for support).

Flex the feet, lift & lengthen through the spine & start to lean your upper body forward. Avoid rounding the back.

Benefits

This pose helps to gently stretch out tight hamstrings & improve range of motion in the hip of the bent knee.

8



Knees to Chest

Lay on your back and hug the knees into the chest.

You can vary this pose by making circles with your knees or by hooking the ankles and bringing the knees wide.

Benefits

Releases the lower back.

9



Supine Twist

Take your hand to opposite knee, then roll toward your straight leg. Stretch the other arm out straight. Try to keep both shoulders on the floor. You can bend both knees to make this easier. To make the twist more restorative, place a pillow under the bent knee.

Benefits

This restorative twist is a nice pose on it's own to relieve tension from sitting and standing. It releases the spine & outer hips.

10



Legs up the Wall

Bringing the hips in toward a wall, raise the legs upright.

Placing a blanket or pillow under the hips. You can make this easier by bringing the backs of the calves to a chair instead of up the wall.

Benefits

This pose is ideal for those with circulation problems or swelling in the lower limbs. It helps to bring blood flow back to the heart for oxygenation.

Travelling Solo

Canada & Alaska, May 2015

By Kath Hilton
Albion Park Rail Village

I had flown alone to join family or friends before, but this time it was just me.

I arrived in Vancouver solo, which was a strange feeling. I enjoyed day tours – Victoria Island was a delight – however at night I wasn't comfortable going out on my own.

Once I arrived on the Princess Cruise ship everything was fantastic! The other travellers were friendly, and it was very well organised so it was time to sit back and enjoy. Being solo on a cruise ship was easy – you could be as social as you wanted and I made some lovely friends that would join me for shows, day tours and meals.

The Alaskan scenery was breathtaking. It was just as I had seen in the brochures. The weather

was perfect, and it was light until 10pm. We visited some very interesting places; we docked in Skagway and Ketchikan amongst others. The glaciers were fascinating and stunning, and we were lucky enough to cruise past a seal and her pup resting on an iceberg. Following the cruise I extended the tour with a rail trip to the national park in Mt Denali and Mt McKinley which was magnificent.

We didn't encounter any grizzly bears, but a bear warning did keep us inside one evening!

Traveling solo... I would definitely do it again and would highly recommend a tour or cruise. I am now pondering "what's next?"



Australia Day Community Walk

In 2015 Warrigal was proud to support the Australia Day Community Walk in Wollongong. This is an annual 3.5km walk starting at Belmore Basin.

We had a great day with 65 people walking as part of Team Warrigal – standing out in the crowd with their purple Warrigal t-shirts, and over 200 participants in the Community Walk in total.

It was a great opportunity for Warrigal to engage with the greater community and for staff, volunteers, residents and families to get together for a fun morning of fitness.

Due to the great success, Warrigal will be on board again Australia Day 2016.

We look forward to welcoming you to the Warrigal Community Walk Team.



NRMA Owl Ratings



NRMA has developed an OWL Ratings Scheme for Retirement Villages.

The OWL ratings are designed to assist people in their search for quality retirement living options. They independently rate retirement living services on what matters to the people living there from a personal and emotional perspective. Considerations include the genuine friendliness of staff, variety of services and activities available, flexibility and timeliness of services and the look and feel of living spaces.

3 OWLs is the highest score available (much like the chef's hats for restaurants).

Our Albion Park Rail village scored 3 OWLS and our Figtree Village scored 2 OWLS. This is a wonderful result as many other providers have had their villages rated and did not achieve an OWL score.

So, well done to all of the Warrigal teams who liaise with and work behind the scenes for our Community Villages.

For more information on the NRMA OWLS Ratings please see the website: www.mynrma.com.au/living-well-navigator/independent-living

Currently on this site is a quote from one of our residents here in the Albion Park Rail Village.

What's Happening

September

12 September-11 October:
Floriade, Canberra



13 September:
Spring into Corrimal Festival, Corrimal

13 September:
Shellharbour Bike About, Lake Illawarra

15-27 September:
Tulip Time, Bowral



19-20 September:
Berry Antiques & Collectibles Fair, Berry

October

Until 15 Nov
'Life Interrupted – Gallipoli Moments' Exhibition,
National Archives, Canberra

Thursday 1 October:
International Day of Older Persons

1-31 October:
Good Food Month, various events
(www.goodfoodmonth.com)

Friday 2 -Monday 5 October:
The Lilac City Festival, Goulburn

Sunday 4 October:
NRL Grand Final

Monday 5 October:
Labour Day

Monday 19 October:
Music in the Morning, Wollongong Town Hall



22 October-8 November:
Sculptures By The Sea, Bondi

Friday 30 October:
Albion Park Rail Village Fete

30 October-1 November:
Choir-tly Loud Festival of Song, Wollongong

November

Tuesday 3 November:

Melbourne Cup

Wednesday 11 November:

Remembrance Day

11 November:

CATS The Musical, Capitol Theatre

Friday 13 November:

Mini Market 9:30am - 12:00pm, Albion Park Rail

Saturday 14 November:

Viva la Gong, Wollongong

15 November:

Festival of Flight, Stanwell Park

15 November:

i98FM's Camp Quality Convoy, Albion Park Rail



28-29 November:

Southern Highlands Chamber Music Festival, Bowral

30 November:

Joy of Christmas, Wollongong Town Hall

December

3 December:

International Day of Persons with Disabilities

Friday 25 December:

Christmas Day

Saturday 26 December:

Boxing Day

Wednesday 31 December:

New Years Eve



January/February



14-17 January:

Illawarra Folk Festival, Bulli

26 January:

Australia Day

Australia Day Community Walk, North Wollongong

29-30 January:

Berry Show, Berry

11-14 February:

Australian Blues Music Festival, Goulburn

14 February:

Valentines Day

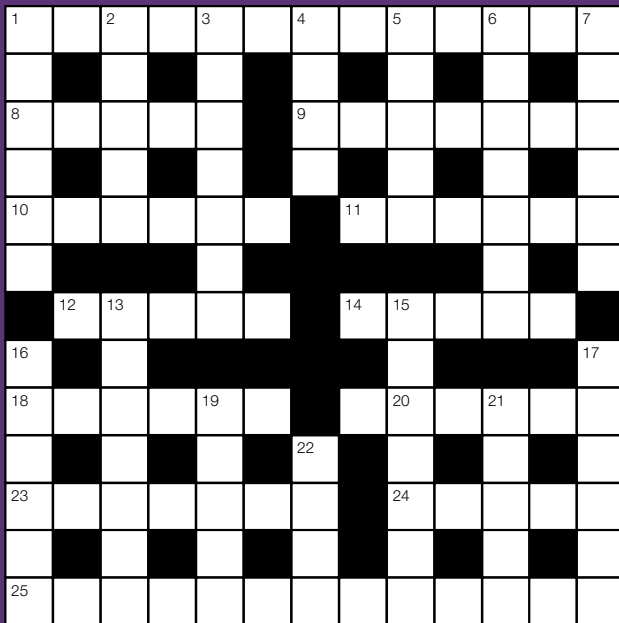
28 February:

Illawarra Memory Walk and Jog, North Wollongong

Social Pages



Crossword



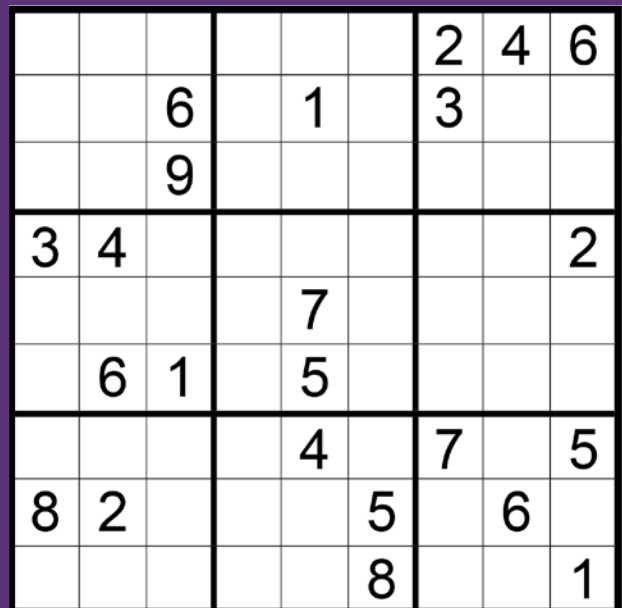
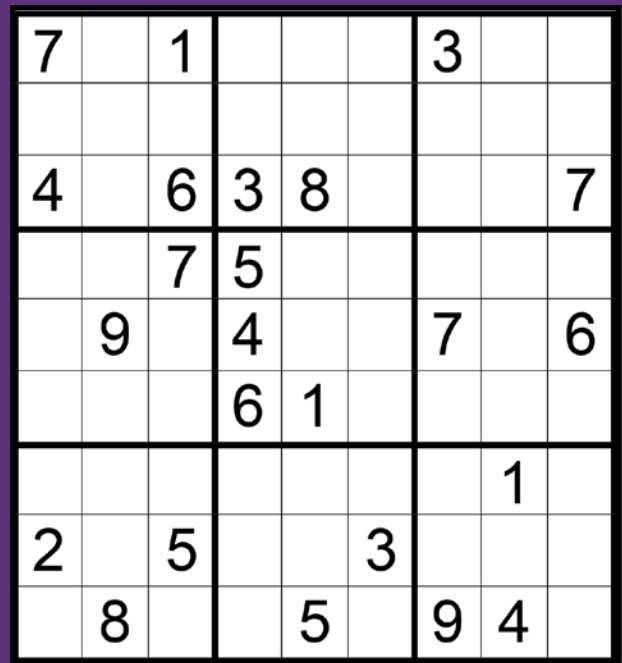
Across

- 1 Unfavourable conditions
- 8 Ballots
- 9 Suppose
- 10 Dreary
- 11 Repaired
- 12 Bird
- 14 Bright
- 18 Meal
- 20 Sheep's coat of wool
- 23 Unusual artefacts
- 24 Fungal skin disease
- 25 Destroying

Down

- 1 Separate into parts
- 2 Satisfies
- 3 Scorn
- 4 Central line of a body
- 5 Buying and selling
- 6 Molar tooth
- 7 Disburses
- 13 Sympathetic relation
- 15 Body of citizen soldiers
- 16 Turn into ice
- 17 Suspend again
- 19 Gather cloth on parallel threads
- 21 Boredom
- 22 Indonesian island

Sudoku



Solutions on the back page.

Real Estate

Coastal – Warrigal Community Villages at a Glance

Albion Park

From \$270,000



Warrigal Community Village Albion Park is an intimate complex of 16 garden villas in the busy and historic suburb of Albion Park where pets are welcome.

Close to village shops with a great variety of shopping and services available just a short walk away.

Conveniently located for travel further afield, the village is close enough to Sydney and Canberra to enjoy day trips or mini breaks.

With excellent access to public transport you can leave the car at home.

Albion Park Rail

From \$335,000



Warrigal Community Village Albion Park Rail is located in a superb

garden setting offering 64 pet friendly luxury villas, with the Illawarra's largest shopping centre only seven kilometres away.



Local attractions include beautiful south coast beaches, access to the many bush walks in the magnificent Illawarra escarpment and a menu of entertainment options including restaurants, clubs and community activities.

Figtree

From \$230,000



Warrigal Community Village Figtree offers 39 pet friendly villas conveniently located close to the city of Wollongong.

The spacious one and two bedroom villas are built around courtyards, terraced gardens and well maintained lawn areas.

Overlooking bushland gullies, it is conveniently located so you can

enjoy all forms of entertainment and shopping in Wollongong and Figtree.

Villas available now!

Warilla

From \$150,000



Warrigal Community Village Warilla is a 40 villa/apartment style complex close to Warilla cafés, hairdressers and other shops, beaches, services and transport. The village is also home to our Opportunity Shop.

We also offer rental opportunities at this village, conditions apply.

Lake Illawarra

From \$245,000



A 2 bedroom villa is available for sale with the option to rent a separate garage on-site.

Country Warrigal – Support through various stages of your life

Servicing country NSW in Goulburn, Queanbeyan and the Southern Highlands village of Bundanoon, we offer support through various stages of your life.

Warrigal Community Villages in Queanbeyan and Bundanoon are well established and our newest Village in Goulburn was completed in late 2013.

Warrigal provides age appropriate, spacious homes in secure and private locations where our residents live independently but can still feel part of a closer community.

An exciting new range of services offered to the local community can be accessed through Warrigal Connect,

supporting you to remain in your own home as long as possible.

Warrigal Residential Care Homes offer an option for those who need more assistance in their daily lives while still retaining choice and control.

Bundanoon

From \$200,000



Warrigal Community Village Bundanoon has twelve 1 and 2 bedroom apartments, complete with balconies, courtyards and lock up garages. Pets are welcome to enjoy community life with you as you amble into the tranquil village of Bundanoon. Enjoy the opportunity it affords you to be part of village life, where the shopkeepers know you personally. Socialise with friends and family in the local cafés and recreational areas and when you want to go further afield, the community bus is available to run trips to Bowral and Moss Vale.

With Wollongong close by on the coast and country NSW and the ACT only 90 minutes away, Bundanoon living gives you so many options.

Queanbeyan

From \$215,000



Warrigal Community Village Queanbeyan has 57 pet friendly spacious villas in a beautifully tended lush location close to central Queanbeyan.

The original Edwardian house 'Kawaree' stands at the heart of the village and is its social hub, with regular activities, games, entertainment and social functions taking place within its elegant walls.

Enjoy a morning swim in the community's large solar heated pool and plan the rest of your day around shops, clubs, churches and other Queanbeyan local facilities, only a short walk away.

Close to Canberra you're ideally positioned to regularly enjoy all the nation's capital has to offer.

With the beautiful beaches of the south coast of NSW also a reasonable drive away, Queanbeyan gives you the best of all worlds.

Goulburn

From \$303,000



Warrigal Community Village Goulburn is our newest community completed in late 2013, with 36 contemporary homes. Spacious and light-filled, with quality fixtures and fittings, these stunning villas are always in high demand.

Close to the centre of the quintessentially Australian, large country town, Goulburn, the village is ideally situated with beautifully designed gardens and landscaping.

Enjoy the entire buzz and all the familiarity an old town has to offer – if you can tear yourself away from community life at your new home – whilst accessing Goulburn's considerable resources.

A great day trip is not too far away; the Community Village is located within a reasonable driving distance to both Canberra and the beaches of the south coast of NSW.

Inspire

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Email warrigal@warrigal.com.au

For more information about Inspire contact
 Community Relations on (02) 4257 4257



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www.youtube.com/warrigalcommunities



Visit our website
www.warrigal.com.au

Disclaimer

We believe the information contained in this publication is accurate at the time of production (September 2015). However the information is subject to change without notice.

Crossword solution

D	I	S	A	D	V	A	N	T	A	G	E	S
I	A	I	X	R	R	P						
V	O	T	E	S		I	M	A	G	I	N	E
I	E	D	S	D	N	N						
D	I	S	M	A	L		M	E	N	D	E	D
E		A								E	S	
	C	R	A	N	E		S	M	A	R	T	
F	A						I				R	
R	E	P	A	S	T		F	L	E	E	C	E
E	P	H	B	I	N	H						
E	X	O	T	I	C	A		T	I	N	E	A
Z	R	R	L	I	U	N						
E	X	T	E	R	M	I	N	A	T	I	N	G

Sudoku solutions

7	5	1	2	6	9	3	8	4
8	3	9	1	7	4	2	6	5
4	2	6	3	8	5	1	9	7
3	6	7	5	9	8	4	2	1
1	9	8	4	3	2	7	5	6
5	4	2	6	1	7	8	3	9
9	7	4	8	2	6	5	1	3
2	1	5	9	4	3	6	7	8
6	8	3	7	5	1	9	4	2

1	7	5	3	8	9	2	4	6
2	8	6	5	1	4	3	9	7
4	3	9	6	2	7	1	5	8
3	4	8	9	6	1	5	7	2
5	9	2	8	7	3	6	1	4
7	6	1	4	5	2	8	3	9
9	1	3	2	4	6	7	8	5
8	2	7	1	9	5	4	6	3
6	5	4	7	3	8	9	2	1