

MACLEAY VALLEY VILLAGE NEWSLETTER AUTUMN 2020



Welcome to our autumn edition of Macleay Valley Village's newsletter.

Five residents now call Macleay Valley Village home with another ten Residents moving in over the next two months.

It has been an absolute pleasure welcoming each and every resident to the village and watching them embrace their new lifestyle, playing such a vital role in building a beautiful, fun, caring and compassionate community.

I am very excited for the next few months and to watch the village grow and develop as a community and look forward to introducing new, fun & exciting activities to our Residents.

If you would like to share information that you think our readers might be interested in, please email me at emma@macleayvillage.net.au

Emma Ford - Macleay Valley Village Manager

Our First Residents



"Judy and Norma enjoy a coffee together as Macleay Valley Village's first Residents"

Judy was our first Village Resident who arrived from Bellingen but spent most of her younger years growing up in the Macleay. She moved away in her 20's and has always known she wanted to come back here to live.

Judy moved into her new Terrace villa on November 22nd and has enjoyed settling into her new lifestyle. "The view and the atmosphere is what I was looking for and it offers a secure place where I can feel comfortable. The lifestyle here is what really suited me and is the main reason I wanted to move here."



Norma, much like Judy, grew up in the Macleay before moving away. "Before moving here I had been living in Sydney for the past 15 years and it's just too busy," Norma said. "It feels like I'm coming home. My son and sister live in the Macleay and having them close by is nice. Bringing my little dog, Chicko, has made it all a lot easier for me and staff here have been really welcoming and friendly."

MACLEAY SENIORS FESTIVAL 2020



Thompson Health Care and Macleay Valley Village were proud sponsors of the Macleay Seniors festival of 2020. The seniors Expo and festival opening was held at the Slim Dusty Centre in South Kempsey. With over 30 information booths and a host of workshops, displays and information sessions it was a one-stop shop for seniors' resources and opportunities. It was a fantastic event to be a part of not only to showcase our beautiful village to the valley but to have the opportunity to obtain connections for local services and community groups for our Residents.

In the coming months we will be holding various workshops for our Residents, showcasing a variety of services within the health industry and community available to you. Watch this space!

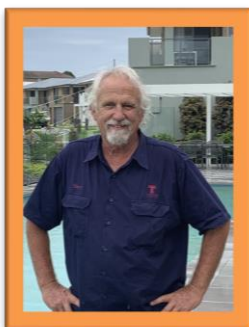
Meet the Staff

Name: Steve

Role: Landscaper and Maintenance Manager

"I have done landscaping for the past 30 years and really love what I do. My Nanna was a member of the Milton Ngulla Dulla Garden Club and when I went to stay with her during the Easter holidays I would work at the Garden Club with my Nan. I believe this is where it all started for me and where my love and passion for landscaping branched from.

I have been involved with the Village project from the beginning and have really enjoyed not only the landscaping but all facets of the construction and maintenance side as well".



Name: Bert

Role: Maintenance

Bert got into the building industry in the late 70's and has been involved in various construction roles over the years such as carpentry & concreting. Bert also ran a successful cleaning business for many years. "I love working outdoors and meeting new people. Macleay Valley Village is a really positive, happy place to work. I really enjoy the environment, my work colleagues and the interactions I have with the Residents."



"Village Manager Emma Ford, and Macleay Valley Mayor Liz Campbell, enjoying the senior's week festivities"



Remember to put your clocks back 1 hour on Sunday April 5th for the end of daylight savings.

Another Happy Customer

Sue is one of our Registered Nurses from Macleay Valley House Nursing home.

This is what she had to say about making Macleay Valley Village home.

"Whenever I come to work & see the beautiful view and location it takes my breath away.

I am so excited not only to get the pleasure of having this beautiful view from work but now also getting the opportunity to enjoy this spectacular landscape every day from my own home.

Working next door at Macleay Valley House I knew the quality and attention to detail Thompson Healthcare offers and knew this would be no exception next door at Macleay Village.

I am so excited to make Macleay Valley Village home".



"Registered Nurse from Macleay Valley House right next door purchases Terrace Villa".



Healthy & Active for Life



Staying physically active is the single most important thing you can do to stay fit and independent as you get older. Physical activity is good for the body and mind.

Age is no barrier - research shows that any exercise, at any age, is worth the effort.

Macleay Valley Village will be hosting the 'Healthy and Active for Life' program which will be held in the community centre for a 10 week period commencing Monday 4th May until Monday 13th July. Classes will run from 2:30pm-4:30pm with afternoon tea provided. It is a program for individuals over 60 years of age to assist them in improving balance, strength and nutrition. The program is free for the participants to attend and is available for our Residents and the outside public. The program is conducted by NSW Health. There are limited spaces available, if you are interested in registering for the program please phone Maryann Anderson on 6691 1892.

Your Luxury Single Level Villa



Retire in style to your own brand new villa and live in a village you'll be proud to call home. Macleay Valley Village brings together the magic of our expert architects, interior designers and construction team, to create exceptional quality villas in this unique senior's independent living village. Each villa features a modern color scheme and ample windows reflecting natural light and vistas. All villas have solar hot water panels, air conditioning, quality fixtures, fittings and high-end appliances.

Choose from two different floorplans:

Terrace Villa

The complete upper floor with private access from Upper Street

Courtyard Villa

The complete lower floor with private access from the Lower Street

Each Villa includes:

- ◆ 2 bedrooms
- ◆ 2 bathrooms
- ◆ Flexi room
- ◆ Dual Courtyards or Entertainers' Terrace
 - ◆ Double garage with internal access
 - ◆ Open plan kitchen/lounge and dining

RECIPE IDEAS

Carrot Muffins

INGREDIENTS

- 1 cup (150g) self-raising flour
- 1 cup (160g) whole meal self-raising flour
- 1/2 cup (45g) rolled oats
- 1/2 cup (40g) desiccated coconut
- 2/3 cup (150g) brown sugar
- 1 carrot, peeled, coarsely grated
- 1 zucchini, peeled, coarsely grated
- 1/2 cup (55g) coarsely chopped walnuts
- 1 1/2 teaspoon ground cinnamon
- 1 free range egg, lightly whisked
- 1 cup (250ml) buttermilk
- 1/3 cup (80ml) vegetable oil

CRUMBLE TOPPING

- 2 tablespoons rolled oats
- 2 tablespoons shredded coconut
- 20g butter
- 1 tablespoon brown sugar



METHOD

Step 1 Preheat oven to 180°C. Line a 12-hole, 1/3 cup (80ml) muffin pan with paper cases. Place the combined flour, oats, coconut, sugar, carrot, zucchini, walnut and cinnamon in a large bowl. Stir to combine.

Step 2 Whisk the egg, buttermilk and oil in a small bowl. Add to the flour mixture and stir until just combined (don't overmix). Divide the mixture evenly among the paper cases.

Step 3 To make the crumble topping, place the oats, coconut, butter and sugar in a small bowl. Use your fingertips to rub until combined.

Step 4 Sprinkle the crumble topping evenly over the muffins. Bake for 25-30 mins or until a skewer inserted in the centres comes out clean.

Wishing you and your families a very happy and healthy Easter holiday!

