

CONNECTED

APPLEWOOD
YOUR LIFE, YOUR LIFESTYLE

A newsletter to keep in touch with our valued Applewood clients

Open for Business!

Welcome to our first issue of *Connected*. The purpose of this newsletter is to enable us to keep in touch with you- our valued client. We hope you find our newsletter interesting and informative. Page 3 details lots of ideas and suggestions for social distancing activities but when you have exhausted all options we would love to see you.

Our sales team are still working and are eager to show you our beautiful village. Under the current government-approved guidelines, we are available for exclusive, private inspections and rest assured all hygiene standards are strictly enforced. Scroll down to page 6 where we are showcasing some of our beautiful properties.

Please do not hesitate to call Alison or Heidi on 8848 1111 to arrange a private appointment.



Alison McCarron



Heidi Pratt



Village Life During Isolation

Life in a retirement village is certainly different under the current isolation protocols. Our village manager's share the impact that isolation has had on the village community.

How have the village residents supported each other during isolation?

Some neighbours have a signal, if their blind is down by midday, their neighbour will give them a call to check in.

A resident support group has been set up where if a resident needs assistance, help is at hand.

It could be for things such as a simple phone call, a wave, something from the shops, assistance with meal deliveries.

The group has given those residents in quarantine the support to stay in quarantine and stay safe but connected.

INSIDE THIS ISSUE:

Village Life in Isolation 2

It is time to de-clutter 3

Riddle Time 3

Let's get creative 4

Tech Talk 5

Recipe Corner

Property Showcase 7-9

Village Life During Isolation

What unique or special village activities have there been during isolation?

We have initiated a 'Fancy Friday' event encouraging residents to dress up and walk around the village, wave at other residents from their balconies and porches.

One street in the village nominate a time of day where they all come out onto their porch and take turns doing a parade down the street.

Residents have been having driveway drinks – set up of a table in each of their driveways and chat from between 5-10 metres away.

The restaurant and caterers at the villages have initiated a take-away service. Roast night was a huge success!

Has isolation changed the culture of the village and how had the village come together?

Isolation has made people consider what is really important – people are missing their family and friends and village activities and excursions but the residents are walking more than ever around the village and appreciating that they have each other and are meeting new faces (from a safe distance of course)

Residents have been thankful to the staff for the proactive communication. They have said this makes it easier especially in the early days of the pandemic where the path forward was not as clear as it is now. People are sad to have lost community facilities but are appreciating the safety measures taken to protect their lives

Residents received regular email and SMS communications and communications via our in-house TV channel. These digital messages get out to residents faster, can be referenced easily later and can be shared with family and friends.

Have the residents taken to using technology to stay connected ?

Residents are embracing FaceTime, Instagram, Zoom, What's App, Facebook and Netflix – there is a big movement to get online quickly and keep connected with friends and family

Have residents been able to maintain some physical activity and not get villa/apartment bound during this period?

Residents have commented how beautiful the village is and that they really appreciate being able to safely walk around. Residents are feeling quite cocooned and secure in the village, and they are happy to have the expansive village grounds to stretch their legs and get out of the villa or apartment.

Previously held activities such as Pilates, yoga, Movement 2 Music, are soon to be launched at the same time via the In-house-TV to get residents up and about.

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."

What a Great Time to Declutter

In light of the current situation where we are all encouraged to stay home, what a great time to think about and start that dreaded decluttering process!

Once you're free of the possessions you don't need, then you can move on to organising what you want to keep.

2. Remove anything that could cause you to trip and fall.

Falling is a serious health hazard and as a result, it is important to identify and remove any tripping hazards as part of the decluttering process.

This can involve not only clearing items off the floor but removing throw rugs, getting rid of furniture you don't use and taping down electrical cords.

3. Consider what you use most often and keep those items within reach.

Take some time to pick out things you use a lot (e.g. TV remote, reading glasses, tissues and other types of necessities) Organise your living space so these essentials are within reach of the spot(s) you usually sit.



Before

After

Whether you're getting ready to move or just reorganising your current living space, decluttering can be a daunting task.

The following 3 great tips can help you tackle the task of

paring down and sorting through a lifetime of stuff:

1. Sort out what you want to throw away or donate first.

A great first step in the decluttering process is sorting possessions into 3 groups: stuff to keep, stuff to donate and stuff to throw away.

Fast fact

Applewood is built on **25 acres** with an abundance of spaces and walking tracks for passive use or recreation. Walking the village eliminates social isolation and enables our residents to connect with the environment.

Riddle

1. Which word is the odd one out: Seventy, Brawl, Clover, Proper, Carrot, Swing, Change, Travel, Sacred, Stone?
2. *My numbers may vary, thin as a sheet, take one away, and we're just not complete.* What am I?
3. What tastes better than it smells?
4. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
5. I make two people out of one. What am I?
6. Some try to hide, some try to cheat, but time will show, we always will meet.
7. The more you take, the more you leave behind. What am I?
8. What has many keys, but can't even open a single door?



Let's get creative!



We all need to think outside the square at for ways to entertain ourselves whilst being housebound. Here are some fun suggestions:

Read everything. You always say you'll find the time to read more. Now is that time? Download a bunch of e-books and audiobooks instead. Drag your friends into your literary abyss and create a virtual book club and call each other to discuss.

Take a virtual museum tour. Google Arts & Culture has a collection of virtual walk-throughs for dozens of international museums, from Paris to New Delhi.

Learn a language - or just the basics. Don't know Spanish, Japanese yet? Websites like Open Culture provide free lessons in foreign languages. Download apps like Duolingo on your phone or tablet to learn on the go.

Boost your vocabulary. Remember when reading the dictionary was a form of punishment? No longer. Flip through a thesaurus to test your vocabulary, and gradually intumescence your personal lexicon and chevy your kin with your verbosity.

Start bird watching. Coronavirus hasn't bothered the birds. Find out what species nest near you, dust off your binoculars if you've got 'em and download a bird watching map. Sit in your backyard or near a window. You'll be surprised by how many you notice when you really look.

Go for coffee. FaceTime/video chat with your family and friends over a cup of coffee or tea.

Do a home workout. Brush off that old Jane Fonda tape or find a suitable class online. Now is the perfect time to exercise or practice yoga in the comfort of your own home without anyone watching.

Take up sewing. Remember that quilt you've always wanted to make, but didn't have the time or the patience? With winter approaching, make yourself something to warm up with in the colder weather.

Find new recipes. Read your cookbooks and browse every culinary site on the internet. You've got the time, after all.

Meditate. Life is slowing down for a bit. Emptying your mind and centering your awareness no longer feels impossible and it may help you relax.

Bring out the board games. Clue. Marbles. Scrabble. The classics are just as fun as you remember.

Tackle a puzzle. It's gotta be challenging enough to keep you occupied, but not so challenging that it threatens to drive you mad.

Make art. Whether it's a page out of a colouring book or paint-by-numbers masterpiece, a knitted scarf or a piece of pottery, creating will ease your mind and keep your fingers nimble.

Get handy. If something needs fixing around the house, whip out your toolkit and get to work. There's something about building that fills you with purpose.

Become a sport expert. Read up on your sport so that when your team starts playing again, you'll have even greater insight into the game.

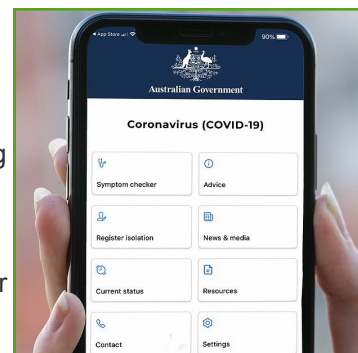
Record your family history. Many of us have spent countless hours researching our family history. But what about the generations after us? Spend some time writing down your own life history to share with the descendants that follow. Even better- record a video of you telling your story.

Tech Talk!

Australian Coronavirus App

Did you know that Australians now have easy access to all of the latest Covid-19 information via the government's new coronavirus app. The application provides up-to-date information about the outbreak, from basic health advice, including the signs and symptoms to look out for, to the government's guidelines on how to stay safe amid the pandemic.

The Coronavirus Australia app can be downloaded from either the Apple App Store or Google Play through your smartphone. Simply go into the relevant app store, use the search bar to locate Coronavirus Australia and click install.



Facebook Messenger can help you stay in touch with loved ones

Missing your family and friends? - there's plenty of other ways to stay connected, such as Facebook Messenger. The app allows you to message, call, video chat and share photos with your loved ones all with the click of a few buttons.

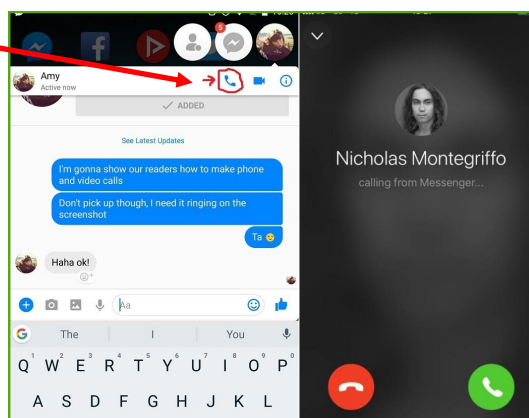
Phone calls

First open up the Facebook Messenger app on your phone or download this via the app store – and select the person you wish to call. Then in the top corner you'll see a telephone icon.

If you click this it will begin calling the other person.

Their phone will ring, just like it does with a normal phone call, and they can click accept or decline. Once connected you can chat away as you please. This feature is particularly handy if you have Wi-Fi, as it won't eat away at your data on the phone plan.

If you don't have the app, you can also access Facebook Messenger by simply logging onto Facebook via your Internet browser and clicking the messenger icon.



Video chat

To conduct a call simply go into the messenger app, select the person you want to chat with and click the camera icon in the top right corner. This will call their phone with a request for a video chat. Once they approve the chat you'll be able to see their face and they will be able to see yours.

"I alone cannot change the world, but I can cast a stone across the water to create many ripples." - Mother Teresa

Recipe Corner– Blueberry, Almond and Lemon cake !

Now is a time for enjoying the simple pleasures in life and this cake is one of them! This cake is timeless, easy and also keeps well for 3 days stored in an airtight container at room temperature.

Ingredients:

150g unsalted butter at room temperature plus extra for greasing

190g castor sugar

2 lemons: finely grate the zest to get 2 teaspoons, then juice to get 2 Tablespoons

1 teaspoon of vanilla extract

3 large eggs, beaten

90g self-raising flour, sifted

1/8 teaspoon of salt

110g ground almonds

200g blueberries

70g icing sugar

Method:

1. Preheat the oven to 180°C fan. Grease and line a loaf tin 11 x 21 cm, and set aside
2. Place the butter, sugar, lemon zest and 1 tablespoon of the lemon juice and vanilla in the bowl of a free-standing food mixer with the paddle attachment in place. Beat on a high speed for 3-4 minutes, until light, then lower the speed to medium. Add the eggs, in small additions, scraping down the sides of the bowl. The mix may spilt a little but don't worry: it will come back together! Add the flour, salt and almonds in 3 additions. Finally, fold in 150g of blueberries, by hand and pour into the prepared loaf tin.
3. Bake for 15 minutes, then sprinkle the remaining 50g of blueberries over the top of the cake. Return to the oven for another 15 minutes, until the cake is golden brown but still uncooked. Cover loosely with tin foil and continue to bake for another 25-30 minutes, until risen and cooked. Test by inserting a knife in the middle: it's ready if it comes out clean. Remove from the oven and set aside, in its tin, to cool for 10 minutes, then remove from the tin and place on a wire rack to cool completely.
4. Meanwhile, make the icing. Put the remaining tablespoon of lemon juice in a bowl with the icing sugar and whisk until smooth. Pout over the cake and gently spread out: the blueberries on the top of the cake will bleed into the icing a little, but don't worry: this will add to the look.
5. Enjoy!



Quiz Answers:

1. Carrot. When the first and last letters are removed from the other words, they still spell another word.
2. A book
3. A tongue
4. Fire

5. A mirror
6. Death
7. Footsteps
8. A piano

Property Showcase– 3 Howqua Lane \$735,000



Property Showcase— Apartment 50 \$799,000



Property Showcase— 4 Mahogany Lane - \$720,000

