

miLife

SENIOR  
LIFESTYLE  
VILLAS

# Your Kind of Life

The MiLife Communities Newsletter

June 2016



## Bowled over by the Community Centre Extension

miLife

BELL VISTA



With over 75 residents calling MiLife Bell Vista their home, it was time to extend our beloved Community Centre. It has doubled in size and had a makeover at the same time. Now we have room to play indoor bowls and even have a dance! The residents are making the most of this new space, there's something happening every day in the Community Centre. The huge deck with built-in seating will be a popular spot for summer BBQs. The Village Book Club are especially pleased with the new library. It even has room for a jigsaw puzzle – feel free to add a piece or two when you visit.



## Spotlight on MiLife's Eldest Resident

Taking centre stage in our village green is MiLife's eldest resident. Now lit up at night for everyone to admire.





# Mums at MiLife Bell Vista

In honour of our Mums at MiLife, we celebrated Mothers Day with a Devonshire Tea in our Community Centre. Friends and families were welcomed and shown around our new extended space, the lovely new gardens and our newly completed villas.

Here's what some of the families said about why they love their Mum being at MiLife.



"We love that Mum/Nana is in her own home and still making all her own choices. There is everything she needs with the many village activities and in the wider community. She is busier than ever and very happy at MiLife."



"I'm very happy that my Mum lives in MiLife because it gives her the security of being amongst other folk but still in keeping with her independence and with it being handy to the beach, walkway and shopping area, makes it an ideal location."



"Our parents/grandparents are enjoying their retirement at MiLife. As a family this makes us extremely happy."



"Mum has kept her independence with the support services coming to her villa."



"I love my Mum at MiLife because she loves it."



"Mum and Dad enjoy living at MiLife because they can walk to the beach or the local shops and yet it's not too far for them to drive to Waiwhakaiho or central New Plymouth. Mum and Dad have both made new friends at MiLife and enjoy having the option to join in with community activities."



"It was the right time when Mum chose to move to MiLife. We know she is safe and secure and has made many new friends since shifting there."

## Your Kind of Life





# Exciting times ahead at MiLife Rosewood Park



Village Manager Linda

It is hard to believe I've been at Rosewood Park for 6 months. Time has just flown by. It's been so great to welcome all our new residents to the village and see them settle into their new living environment at Rosewood.

There has been plenty of events going on in the village over the last few months for the residents to

come and join in on. It's great to see residents continue with their independent lives, but also having the opportunity to attend activities and events held in the Community Centre, all without having to leave the village. It's just one of the advantages of living in a Retirement Village.

We had our first soup day this month. We have some great soup makers in the village who provided 5 different soups to try. The Community Centre was filled with delicious soup smells and lots of laughter to accompany. Looking forward to the next one. I managed to get a few of those tasty recipes too. Great.

Our weekly exercise classes with Pat and Jenny are growing in numbers by the week. Great to see the men enjoying the classes which combines the use of bands and balls to get you moving while seated in your chairs. The relaxation session at the end

looks so nice and peaceful. Think I might have to sneak in and join in one day.

This year we introduced a weekly housie afternoon to the village. Jenny, Pete and Betty have provided a very fun and entertaining afternoon. There's plenty of laughter and the competition is fierce! Those ice cream slices for afternoon tea go down a treat. Yum.

The card group meets 3 times a week and play a variety of different games. They welcome new comers and are always happy to teach new players.

Friday Happy Hour is delightful. A great place to meet new people with lots of laughter and chatter echoing around the Community Centre. This week it's Fish n Chip night and a great way to end the week.

We have lots planned for the months ahead with the extension of our village in progress at the moment. Exciting times ahead. Winter is certainly upon us now. Our lovely roses have been so beautiful all during our extended summer. We will await the flowering of those glorious cherry trees in the next season. Call anytime for a tour of the village, it's always warm and welcoming at Rosewood Park.

Kind Regards  
Linda



## Your Kind of Life

miLife

ROSEWOOD PARK





# News from MiLife Kelvin Grove



Village Manager Sue Blewitt

The first few months of 2016 have seen our residents enjoying a variety of activities and outings. The Men's Day Out Group is up and running with visits to the Regional Council to learn about the flow of water, and how it is measured, a visit to Foodstuffs site to see how their computer systems operate and how orders are processed and dispatched to the supermarkets, and a planned visit to a private collection of railway memorabilia. This proactive group already have their next 4 months' outings mapped out.

Sports Manawatu visited and demonstrated the use of Resistance Bands, a gentle activity which can be done whilst seated. This activity has a large following in the village and helps residents to maintain a good level of fitness. Our Museum in a Box morning was a lot of fun, with dance as the theme it created some amazing memories from days gone by. A visit to the Kapatī ice cream factory to sample the newest flavours appealed to those of us with a sweet tooth and a demonstration of cake decorating from Petit Fours rewarded us with a beautiful lemon cake for afternoon tea. We have also enjoyed visits from Support Link's, District Health Board, Levin Floral Art ladies and a wonderful afternoons entertainment from our local Maverick Square and Round Dance Club.

Two Golden Weddings were recently celebrated in the village, both couples receiving congratulatory messages from government officials. We were delighted to host their families for the evening celebrations. Certainly very special occasions.

It is a privilege to work in an amazing environment where old fashioned values of care and support for each other abounds. Soon many more residents will enjoy this wonderful lifestyle with the next stage of building planned to commence in the next few months.

Sue Blewitt,  
Village Manager, MiLife Kelvin Grove.



## Green Prescription

An opportunity embraced by the residents came about after a visit to the village by Sport Manawatu. Green Prescription provides a topic talk presented by a professional in their field of expertise and then they are off to try either a gentle walk, swim, gym, resistance bands or Aqua aerobics. The majority of our residents have taken to the water with aqua aerobics as something different to try and enjoy. After participating in the program the residents graduated and along the way they collected a few goodies and left with certificates. The program has become popular with many of our residents as they keep themselves fit and healthy.

## Rugs for Eastern Europe

On a Wednesday you will usually find the Community Centre full of ladies as they sit and knit or crochet but a few have taken on board a Christian organisation called Mission Without Borders and have created some beautiful wool rugs the size of double beds, along with hats, and scarves all of these are destined for families and orphanages in one of the six Eastern European countries. The ladies accept wool donations as they are keen to continue with this loving venture.



# Your Kind of Life

milife

KELVIN GROVE