



Atawhai Assisi

An outreach of the Methodist Church of New Zealand

ASSISI RETIREMENT VILLAGE NEWS

AUGUST 2025

We have had some beauty frosts this last week and some lovely sunrises and sunsets. If you're out of bed early enough to see the sunrises they are magnificent. I love silhouettes so have attached a photo I took of a silhouette of the tree just on dusk at the entrance gates.



Message from Suné



At Happy Hour on Friday, 1st August at 3.00pm, the Tamahere Ukulele Group will be performing for us. This will be a good opportunity to mix and mingle with the Tamahere residents so please make them feel welcome.

Other events are:

| | | |
|--|--------------------|--------------------|
| 1 st , 15 th Aug | Chartwell shopping | 10.30am |
| 4 th , 18 th Aug | Bingo | 4.00pm in the Barn |
| 19 th Aug | Assisi quiz/trivia | 3.30pm in the Barn |

This quiz afternoon is replacing the one that got cancelled last month due to illness. You make up your own teams of 4 and bring your own drinks and nibbles. If we could get a few teams for the event, that would be great.

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| | <p>August Villa Lunch Red Cherry Café 7 Forrest Road, Cambridge If you are going in the Assisi Van Please meet at Reception at 11.20am Ready to leave at 11.30am</p> |

Assisi Chapel Services



Here are the sessions for August to which everyone is welcome to attend.

Bible Study

| <u>Date</u> | <u>Time</u> | <u>Venue</u> |
|---------------------------|-------------|-----------------------------|
| Tuesday, 5 th | 3.00pm | Rest Home, Hata Dining Room |
| Monday, 11 th | 11.00am | Chapel |
| Tuesday, 12 th | 11.00am | Chapel |
| Tuesday, 19 th | 11.00am | Chapel |

Discussion Group

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|-----------------------------|---------|-----------------------------|
| Wednesday, 20 th | 11.15am | Rest Home, Hata Dining Room |
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Combined Church Services

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|---------------------------|---------|----------|
| Monday, 25 th | 11.00am | Hospital |
| Tuesday, 26 th | 11.00am | Chapel |

Catholic Mass

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|--|---------|--------|
| Wednesday, 6 th , 13 th , 20 th , 27 th | 10.30am | Chapel |
| Saturday, 2 nd , 9 th , 16 th , 23 rd , 30 th | 10.30am | Chapel |
| Sunday, 3 rd , 10 th , 17 th , 24 th , 31 st | 10.45am | Chapel |

Fish & Chip Night
Monday, 11 August 2025
At 5.00pm in the Barn
Please give your suggestions for
the movie to Bob Gray

Craft Group



Some of the craft group went over to the Rest Home to help the residents make snowmen and gnomes. These are some of the results made by the residents and they look pretty fantastic. Well done residents! They are to be used at a function later on in the year for decorations.

Earthworks

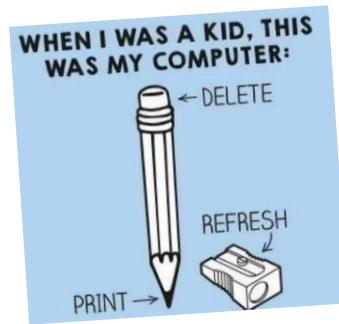


This is a photo taken of our village out of the window of a plane by Helen Richardson when flying back into Hamilton. It's an amazing photo as it shows some of the work done at the time of the flight which we can't see at ground level. Thanks for sharing Helen.

The development out the back continues and the concrete pads have now been laid for villas 26-31. If you go out the back you can see the roading and roundabouts are now really taking shape.



If you don't leave your past in the past, it will destroy your future. Live for what today has to offer, not for what yesterday has taken away.



Teacher: Give me a sentence which includes the words: defence, defeat, detail.

Charlie: When a horse jumps over defence, defeat go first and then detail.

I decided to make sure my Husband woke up with a Big Smile on his face this morning. Now I can't have Sharpies in the house anymore.

My new car has a button for pretty much everything. There's even one that says 'rear wiper' still too afraid to try that one....

Birthdays are good for you – the more you have, the longer you live!

Two Irishmen were hammering floorboards down in a house. Paddy picks up a nail, realizes it is upside down and throws it away. He continues on doing this until Murphy says, "why are you throwing them away?"

"Because they are upside down" says Paddy.

"You daft prat" replied Murphy
"Save them for the ceiling"!

Paddy's in the bathroom and Murphy shouted to him, "Did you find the shampoo?" Paddy says "Yes, but it's for dry hair and I've just wet mine"

My wife was hinting about what she wanted for our upcoming anniversary. She said "I want something shiny that goes from 0 to 150 in about 3 seconds". I bought her a bathroom scale and that's when the fight started.....

An old man went to the doctor complaining of a terrible pain in his leg. I'm afraid it just old age" replied the doctor
"there's nothing we can do about it".
"That can't be" fumed the old man "you don't know what you are doing".
"How can you possibly know I am wrong?" countered the doctor
"Well, it's quite obvious" the old man replied.
"my other leg is fine and it's exactly the same age!"

Notices from Eventide



Eventide are holding a quiz on 6th August at 3.00pm at the Cherry Blossom. You need to organise our own teams of six and take your own nibbles and drink. Please let Sune know if you wish to enter a team. A group of us went last year and had a really fun time. Please try to support this event as it is another opportunity to get to know Eventide residents.

Carole has kindly sent us this information on computer ransomware which I think is worthwhile reading and taking note of. Thanks Carole

Ransomware: what you need to know

Although these kinds of attacks have become less frequent over the past 3 years, I thought I'd provide some information about what are known as "ransomware" or "cryptolocker" attacks. These malicious applications are employed by anonymous hackers to extract money from their unwitting victims by encrypting (preventing access to) documents, data and images on the victims' computers. Unfortunately the attacks are not always 100% preventable, but you can save yourself a lot of hassle by knowing what to do if you get hit with one.

If you get a message on your computer (not on an email) saying your data has been encrypted and you need to pay money to get it back, close all programs and shut down your computer immediately. If your computer will not shut down, hold the power button for 10 seconds which will perform a "hard shutdown" (not advisable normally). Do not turn the computer back on. Then contact a computer expert to assess the situation. Unfortunately even with the help of seasoned professionals, it is not always possible to recover the data.

To be prepared for an attack (and many other computer issues), you need to have your important data backed up somewhere other than your computer. Simple as that. If you have your data backed up, then lose it to this kind of attack, you can just reinstall the operating system and your programs, then copy it back. Simple solutions to backup your data include the built-in Windows Backup (on PC) or Time Machine (on Mac). When backing up to an external drive, make sure it is only plugged into the computer while backing up, otherwise the data on the drive could become encrypted too in this sort of attack.

Paying the ransom is a last resort. While there are scenarios where businesses haven't backed up their data, so it makes financial sense to pay the ransom and get it back, by doing so you encourage the hackers to do more of the same to others. Also, some of the more recent attacks don't actually have a guarantee of getting your data back, even if you pay the ransom.

Antivirus solutions (I recommend Eset Internet Security) can often prevent these kinds of attacks by scanning your emails (the malicious software will often be attached to a scam email). But since no antivirus solution is bullet-proof, it makes strong sense to be cautious about emails that look suspicious. Regardless, regular backing up is a good solution to many problems including ransomware, computer failure and poor decision-making when you've had one too many drinks!

Bottom-line: always keep your data in two places, if it's important to you. Whether the second place is online in 'cloud' storage (eg. dropbox or google drive) or an external drive is up to you.

Feeling pressured? Contact Matt at 0211348576 or info@homepcsupport.co.nz \$80 per hour, or \$70 for drop-off-to-workshop services.



On Tuesday, 5th August, at 2.00pm Pellows Funeral Service will be at Eventide to inform people how to organise a funeral.

Have you put your medication list on your fridge yet?

Garden Club



The garden during the winter months is looking ok. If you have a moment, please give it a quick tidy up. I know Sue Lane has been looking after it of late – thanks Sue and also thanks to Lyall for weeding it about 3 weeks ago.

New Golf Cart



Wow! Our new golf cart has arrived and looks fantastic. As you can see, Sharron and Lynda love it and are getting the “low down” from David as to how all the controls work. Sorry Ross... you were away when the photo was taken but I see that you have been driving it since and also love it. Our mail persons are having a great time delivering the mail on the cart especially when the weather is inclement.

It also has come in handy for pickups and drop offs for residents who are on walkers etc. when they attend various functions in the Barn.

Message from Sandra

Winter has arrived with great gusto, with these frosty mornings being rather hard on our hands. I am currently still doing my rehab at Tamahere but hopefully soon I will be back with you. With the leaving of Lesly, the team at Tamahere will be coming over to work hard for us all, a couple of days a week.

The effluent field is looking completely different from when I was last at Assisi with road construction, paths and house footings taking shape. This will mean slightly less work for me to do on the area (fingers crossed).

Take care everyone, keep warm and hope to see you soon once my shoulder has healed.

Quote of the month:

“If we had no winter, springtime would not be so pleasant” – Anne Bradstreet

See you amongst the weeds

Sandra

Entertainment in the Rest Home

Jem is wondering if there is anyone, or anyone knows of someone, who is willing to help with her knitting group in the Rest Home on a Wednesday at 1.30pm for a couple of hours. One of the ladies who was helping Jem is no longer available so she is looking for someone who can help out even if it is only once a week, fortnight or month. Any help would be appreciated.

The entertainment in the Rest Home for this month is

| | | | |
|-------------------------------|---------------|---------|-------------|
| Saturday, 2 nd Aug | Jem Staria | 2.00pm | Main Lounge |
| Tuesday, 5 th Aug | Trish & Colin | 10.30am | Main Lounge |
| Monday, 18 th | Graham Horne | 10.30am | Main Lounge |

Rest Home Knitting Group – postponed until someone is able to assist Leonie otherwise normally weekly on Wednesdays 1.30pm – 3.30pm

It has been a month where we have had a couple of residents in hospital and thankfully they are now home and fully recovered. Unfortunately, Myf hasn't fared as well in that she's had a fall whilst in Christchurch and broke both her wrists. We wish her the best in her recovery and look forward to seeing her back home as soon as she can do so.

Well, that's me for another month. Please look after yourselves during these cold months – keep warm and be careful on wet surfaces. Keep an eye out for your neighbours and if you haven't seen them in a day or so, knock on their door to make sure they are okay.

Allison

Assisi Retirement Village – Calendar of Events – August 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|---|---|---|--|---|--|
| | | | | | 1 11.30am Villa Lunch – Red Cherry Café | 2 10.30am Catholic Mass – Chapel 2.00pm Jem Staria Rest Home Main Lounge |
| 3 10.45am Catholic Mass Chapel | 4 1.30pm Craft in Library | 5 10.30am Trish & Colin – Main Lounge 1.30pm Strength & Balance Rehab Room 2.00pm Organizing Funerals Eventide 3.00pm Bible Study Hata Dining Room | 6 10.30am Catholic Mass Chapel 1.30pm Games Barn | 7 10.00am – 12.00 Noon Age Concern Scam Awareness. The Link, 4 Te Aroha St 1.30pm Strength & Balance Rehab Room | 8 | 9 10.30am Catholic Mass - Chapel |
| 10 10.45am Catholic Mass Chapel | 11 11.00am Bible Study Chapel 1.30pm Craft in Library 5.00pm Movie & Fish & Chip Night Barn | 12 11.00am Bible Study Chapel 1.30pm Strength & Balance Rehab Room | 13 10.30am Catholic Mass Chapel 1.30pm Games Barn | 14 1.30pm Strength & Balance Rehab Room | 15 | 16 10.30am Catholic Mass - Chapel |
| 17 10.45am Catholic Mass Chapel | 18 10.30am Graham Horne Main Lounge 1.30pm Craft in Library | 19 11.00am Bible Study Chapel 1.30pm Strength & Balance Rehab Room | 20 10.30am Catholic Mass Chapel 11.15am Discussion Group Hata D/Room 1.30pm Games Barn | 21 1.30pm Strength & Balance Rehab Room | 22 | 23 10.30am Catholic Mass - Chapel |
| 24 10.45am Catholic Mass Chapel | 25 11.00am Combined Church Service Hospital 1.30pm Craft in Library | 26 11.00am Combined Church Service Chapel 1.30pm Strength & Balance Rehab Room | 27 10.30am Catholic Mass Chapel 1.30pm Games Barn | 28 1.30pm Strength & Balance Rehab Room | 29 5.00pm Happy Hour Barn | 30 10.30am Catholic Mass - Chapel |
| 31 10.45am Catholic Mass Chapel | | | | | | |