



Balmoral
GARDENS VILLAGE



NEWS & VIEWS
APRIL 2026

FROM THE MANAGER

Welcome to April's News and Views!

As we approach the celebration of Easter, I hope you get a chance to spend some lovely time with your family and friends. Also this is the one time of year we can all indulge in chocolate eggs and hot cross buns, without too much guilt!

At the end of 2025, Balmoral farewelled our beloved massage therapist Karen. In the months since we've been scouting for a replacement service and have now locked in Rise Health to visit on Wednesdays from April. It has been difficult to find someone to offer massage services at the low rates that Karen charged. When booking, be sure to ask about any rebates available to you. You can find details of the new service in this edition of News and Views.

Having a fall is never a fun experience, I can certainly attest to that having recently fallen over my suitcase and breaking my foot on a recent holiday. Over the years many of our residents have taken tumbles across all areas of the village. In the past several months three of our residents have unfortunately tripped on the step leading up from the bowling green to the patio area. An easy thing to do admittedly if you are racing around the corner and forget the step is there. In order to make this step more visible to residents, our painter will shortly be re-painting the top as well as the vertical face. To all residents, I encourage you to slow down and take care, particularly in this area. There is already a handrail installed on the corner to use if needed and of course there is a ramp at the other end near the croquet court. Nim organised a falls prevention seminar back in February which was well attended by residents. If you were unable to attend but want some handy hints or information about preventing falls, come speak with Nim.

Many residents have reported to me the trouble they are having with the traffic when exiting our village onto Mockridge Street, particularly at school drop off and pick up times. A couple of years ago I submitted a request to council to have a Keep Clear zone installed at the Ridge Road / Mockridge Street junction.

FROM THE MANAGER

Unfortunately council advised we do not meet the guidelines for this and were insistent that they had investigated the traffic flow and did not see an issue. I have just recently gone back to council to request further consideration into installing a Keep Clear zone or a roundabout at the intersection following more resident concerns. To support this cause, I encourage all residents who are worried about this issue to contact Knox council directly. Perhaps multiple requests may just be the ticket to getting our squeaky wheel oiled!

This month we say a big happy birthday to Joy, the third of our Balmoral centenarians who have reached the incredible milestone of turning 100 in 2026. On the 15th, Balmoral are hosting a party to celebrate all three lovely ladies. If you haven't already done so, please let us know if you are attending for catering purposes via the sign up sheet on the notice board.

Until next time, have a very happy April.

Jody



KNOX WASTE COLLECTION

**HARD RUBBISH COLLECTION IS
SCHEDULED FOR WEEK BEGINNING**

MONDAY 13TH APRIL

All items you wish to be collected are to be placed at the end of your court on Ridge Road over the weekend of **Saturday 11th and Sunday 12th April** so they are ready by Monday 13th April morning.

**Please DO NOT put items out earlier than the weekend
of the 11th and 12th April.**

Refer to your Knox City Council waste collection guide for items that can and cannot be put out for pick up.

ANZAC DAY
SATURDAY 25TH APRIL - 10.40am



An Anzac Day service will be held in the MPR (Multi Purpose Room) on Saturday 25th April at 10.40am.

We request that all activities cease during this service.

Badges will be on sale in the Library Wednesday 22nd April between 11.00am - 2.00pm

Any queries, please see Natasha up at the office.

KAY'S CLASSIC FASHION SHOW
WINTER COLLECTION



When : Monday 20th April

Time : 10.30am in the MPR

Come along to a morning of fun!! Don't miss the opportunity to purchase new season's *winter* fashion from the very popular Kays Classic Fashion mobile ladies clothing retailer.

We are looking for four (4) models for the fashion parade, please see Natasha if you would like to be one of our fabulous models for the show.

All garments in the collection have been designed with timeless styling and are chosen for quality, price and comfort. Stay for a cuppa & chat afterwards!

OFFICE CLOSED



Friday 3rd April - Good Friday
Monday 6th April - Easter Monday

BALMORAL VILLAGE DAY TOUR

MELBOURNE IMMIGRATION MUSEUM



- WHEN : THURSDAY 30TH APRIL**
WHERE : MELBOURNE IMMIGRATION MUSEUM
TIME : COACH LEAVES BALMORAL AT 9.30AM
COST : \$50.00 INCLUDES LUNCH
(Admission is free to Concession Card Holders)

Please bring your Pension Card AND Seniors Card

PAYABLE NO LATER THAN FRIDAY 17th APRIL

Moving stories of people from all over the world who have migrated to Australia over the last 200 years to make a new home. The estimated population of Australia in 1850 was approximately 400,000, and has now increased to over 27 million. The 2021 Census showed 48 % of Australian people have at least one parent born overseas and 27% were born overseas themselves.

BISTRO LUNCH AT THE KNOX CLUB, WANTIRNA

COFFEE/TEA VOLUNTEERS

We need your help.....

Volunteer/s are required to monitor the tea and coffee station in the lounge area of the Community Centre on a daily basis, *excluding* the large coffee machine.



Please contact the office for further details if you feel this is something you may be interested in.



THURSDAY LUNCHES

EAT IN THE DINING ROOM OR TAKEAWAY

CHICKEN LUNCH

Thursday 2nd April - pay by noon Tues 31st March

1/4 Chicken & Chips - **\$11.50**

1/4 Chicken, Peas, Potato, Carrot & Gravy - **\$13.50**

1/4 Chicken, Chips, & 2 Salads - **\$13.50**

PIZZA LUNCH

Thursday 9th April - pay by noon Tuesday 7th
(Pepperoni/Margherita/Ham & Cheese/Simply Cheese)

\$5.00 each (4 slices)

POTATO LUNCH

Thursday 16th April - pay by noon Tuesday 14th

Potato & Coleslaw - **\$6.00**

Potato, Coleslaw, Cheese & Sour Cream - **\$7.50**

HUEY'S LUNCH

Thursday 23rd April - pay by noon Tuesday 21st

Plain Meat Pie - **\$4.50**

Steak and Mushroom Pie - **\$5.00**

Meat & Vegetable Pastie or Vegetable Pastie - **\$4.50**

Large Sausage Roll - **\$4.00**

Quiche - Lorraine - **\$5.00**

(all served hot)

CHICKEN LUNCH

Thursday 30th April - pay by noon Tuesday 28th

1/4 Chicken & Chips - **\$11.50**

1/4 Chicken, Peas, Potato, Carrot & Gravy - **\$13.50**

1/4 Chicken, Chips, & 2 Salads - **\$13.50**



SMORGASBORD DINNER

The Balmoral Bowls Club Smorgasbord Dinner
will be held at 6.00pm on

SUNDAY 12TH APRIL

Please add you name to the booking list and
pay at reception by Thursday 2nd April.

**Cost is \$35.00 per person/\$33.00 for current outdoor
bowls members**

BYO drinks and glasses.

ALL RESIDENTS WELCOME!

Please note this event is based
on a minimum number of **50** people to go ahead.

BALMORAL VILLAGE OPEN

Our next Open Day is
TUESDAY 21ST APRIL

2.00PM - 4.00PM



As we would like to allocate parking to Open Day visitors please
avoid parking outside the Community Centre during these
times - thank you.

WINTER SMORGASBORD DINNER



SUNDAY 17TH MAY
6pm in the MPR

Please sign up at reception and pay by

Friday 8th May

\$35 per person (BYO drinks/glasses)

All residents welcome!

We require a M.C. for our Winter Smorgasbords, if this is something you think you may be interested in, please speak to Natasha up at the office.

Please note these events are based on a minimum number of **50** people to go ahead.

DEVONSHIRE TEA

SATURDAY 18TH APRIL
10.00AM IN DINING ROOM

Come and enjoy a or scone

Please make sure your name is on the list to ensure there is a scone for you!

Please order no later than

Thursday 16th April

\$3.00 per scone - pay on the day



DAY LIGHT SAVINGS ENDS

Victoria's period of daylight savings end on

Sunday 5th April (Easter Sunday)

Don't forget to move your clock **back**

one hour at 3.00am to 2.00am



RESIDENT & STAFF FRIENDLY BOWLS DAY



Spider Winner – Noel

2026 Winners – Lady Rose & Her Two Thorns

Wooden Spoon – Balmoral Bias

We had a wonderful morning at the Residents and Staff Friendly Bowls Day. It was a great opportunity for everyone to come together, enjoy some friendly competition, and share plenty of laughs. The atmosphere was warm and welcoming, and it was lovely to see residents and staff connecting and supporting one another. A big thank you to everyone who helped make this annual event so enjoyable!

2026 Teams





THE AUSTRALIAN BARBRA STREISAND SHOW

WHEN : Tuesday 5th May

WHERE : Knox Community Arts Centre, Bayswater

TIME : Bus leaves Balmoral at 10.00am

COST : \$60.00 p/p
(Includes ticket, morning tea, bus and lunch at The Bayswater Hotel)

Payment due by Friday 10th April 2026

Rachael Grace describes this production as her “Love letter to Barbra, for unknowingly shaping the singer and performer I am today”. Performing songs from the sensational catalogue of Streisand’s classic films, musicals and hit records, “The Australian Barbra Streisand Show” honours the endless talent and legacy of this iconic diva.

Musical arrangements, direction and piano accompaniment by the incredible John Thorn, backing vocals by the beautiful songbird Kara Ciezki, as well as a stellar line up band. Audiences are transported through Streisand’s decades of platinum selling records and many musical genres. From the big hits to the B-sides, while of course incorporating classics from hit films ‘The Way We Were’, ‘Funny Girl’, ‘A Star is Born’ and ‘Yentl’, “The Australian Barbra Streisand Show” keeps audiences captivated with haunting ballads, serenaded by beautiful duets and dancing to her daggy disco era.

MINIMUM 20 FOR EVENT TO GO AHEAD

**** ONLY 25 TICKETS AVAILABLE ****



Onsite Health Services for Balmoral Village Residents

Rise Health Group is pleased to offer onsite massage and treatment services, supporting your health, wellbeing, and recovery-right here at Balmoral Village.

Service Availability:

Every Wednesday morning | 10:00am - 12:00pm

(Additional hours may be introduced based on resident demand)

How We Can Support You:

- Management of pain and injury concerns
- Hands-on manual therapy and massage
- Personalised home exercise programs to support ongoing health

Exclusive Offer for Balmoral Residents:

- 30-minute massage - \$99
- Private Health Insurance rebates available

Book Your Appointment

Call **Rise Health Group** on **9763 9233**

Take advantage of this convenient onsite service and prioritise your health and wellbeing.

Convenient care. Personalised support. Right where you live.

TRUE BLUE AUSSIE SHINDIG

WHEN : SATURDAY 23RD MAY

TIME : 6.30PM TILL LATE

WHERE : MPR

COST : \$10.00 PER PERSON



Welcome to a night of frivolity and dance a true blue aussie shindig presented by Steve & Lynn and Geoff & Linda. BYO nibbles and drinks, door prizes to be won.

Money to be collected on Wednesday 8th April between 9.00am to midday in the dining room area.

If you missed putting your name on the initial expression of interest list and wish to attend, please contact the below:

STEVE

GEOFF

LYNN

LINDA

A very warm welcome to ...



Peter and Evelyn
Pat and Graeme

who are moving in during April.

We hope you all enjoy many happy years
at Balmoral Village.

FOOTBALL TIPPING 2026



The tipping competition is underway; we have 51 tipsters this year.

Based on the early results it seems difficult to judge a teams form due to the number of BYES in the first 3 weeks !!!!!!!
There are no Jackpots with byes in the round.

Unfortunately, we have had only one jackpot round and no one picked 9 winners, 8 was the best, therefore the next jackpot round will be the Gather round 5, the jackpot will be \$20 if you can pick 9 winners – good luck with that.

Early leaders are Joy on 17, Andrea and Diane on 15. Note Joy picked her winners before she headed overseas for 3 weeks – well done Joy.

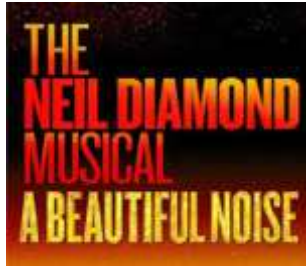
THE IMPORTANT STUFF

Please make sure you write your name on **ALL** your tipping forms before you lodge them in the Blue Box.

Going forward each weeks tipping form must be placed in the Blue Box by 4.30pm EVERY Thursday.

The **BLUE BOX is on the desk** at Reception.

HAPPY TIPPING EVERYONE – GOOD LUCK



THE NEIL DIAMOND MUSICAL **A BEAUTIFUL NOISE**

WHEN : WEDNESDAY 26TH AUGUST
TIME : BUS LEAVES BALMORAL AT 10.30AM
WHERE : THE PRINCESS THEATRE, MELBOURNE
COST : \$160 per person (Ticket & Bus) Premium Seating

Lunch at The Imperial Hotel (Own Expense)

** Order forms for lunch will be provided closer to the date
or BYO lunch to enjoy at nearby Parliament Gardens **

Created in collaboration with Neil Diamond himself, A BEAUTIFUL NOISE is the uplifting true story of how a kid from Brooklyn became a chart busting, show-stopping American rock icon. With more than 130 million albums sold, a catalogue of classics like “*America*,” “*Forever in Blue Jeans*,” and “*Sweet Caroline*,” an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond’s story was made to shine on Broadway, where the biggest stars tell their story.

From the Australian Producers of *Jersey Boys* and *TINA – The Tina Turner Musical*, A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL is an inspiring, exhilarating, energy-filled musical memoir, that tells the untold true story of how America’s greatest hitmaker became a star, set to the songs that defined his career.

Deposit of \$60.00 upon booking

Balance \$100.00 due by Friday 12th June



MOTHER'S DAY RAFFLE

Tickets are \$2.00 each
(3 lovely prizes to be won)

Raffle will be drawn at 1pm on Friday 8th May.

All money raised will be proudly donated to
Ronald McDonald House Charities
to help support families in need.

“Thank you to all residents who kindly
donated items for our Mother’s Day Raffle,
your generosity is greatly appreciated”



INDOOR BOWLS

We welcome our new players whether you are new to the village, or have decided to join us once or twice a week, we hope you are enjoying yourselves. It’s a fun way to spend a few hours.

DATES FOR YOUR DIARY:

Chicken and chips night is coming up! Keep watching indoor bowls notice board for information.

Don't forget to ensure your names are on the players list by 4.00pm on Mondays and 11.20am on Fridays so that the right number of mats are put out and no one is disappointed.

Flat soled shoes without treads must be worn at all times when playing. Our regular playing times are Monday evenings at 7.15pm and Friday afternoons at 1.30pm. Please arrive a few minutes before this so teams can be selected.

New players are most welcome to join us, and previous experience is not necessary (we had to learn, and you will be helped). The aim of the Indoor Bowls Group is to have lots of fun and laughter, and is not intended to be taken too seriously.





CARER'S COMMUNIQUE

DR RANIL BALMORAL CLINIC DAYS

- * Tuesday 12.00noon - 4.00pm
- * Friday 11.30am - 3.00pm

BEYOND BLUE SPEAKER

When : Thursday 16th April

Time : 1.30pm

Where : MPR



We're pleased to welcome a volunteer speaker from Beyond Blue to share an important and timely conversation about mental health. This session will focus on raising awareness around anxiety and depression, helping to break down stigma, and encouraging open, supportive discussions within our community. By increasing understanding and promoting compassion, we hope to empower individuals to seek help when they need it and to support others in doing the same.

BALMORAL GUEST SUITE

Our Guest Suite at Balmoral is available to accommodate your guests as an alternative to a hotel whilst they are here to visit. The cost is \$100 per night and your visitors may use all the facilities within the Village with you during their stay.

Alternatively, if you have been thinking about a move from your unit to an apartment we can offer a 3 night free stay as a 'try before you buy' so that you can discover the benefits of apartment living.

Check-in is from 1.00pm on day of arrival and check-out is 10.00am on day of departure.

All bookings for the Guest Suite are available through the office.



Balmoral Bowls Club

We are fast approaching the end of our summer season with our AGM on the 14th May. Once again it has been a very busy time, which has included our Charity event, the Staff versus the residents and the Inter Village competition.

Thank you to all our members who have taken part in this competition representing Balmoral. At the time of writing Balmoral is top of the ladder with 3 games still to be played.

Many of our members reached semi or finals for their pennant teams so congratulations to them.

Our final Smorgasbord for the season on 12th April will see the winners of the club competitions presented with their certificates.

Thank you to all members who took part and those who volunteered to help by marking for the matches.

Just a reminder the minutes of your Committee members meetings are posted on the notice board for your information.

Regards, Margaret

HAPPY GET TOGETHER **SATURDAY 4TH APRIL**

On the first Saturday of each month, we have a gathering in the lounge from 4:30pm for any interested residents. Ordering of food is between 3.30pm to 4.45pm.

Bring your own drinks and maybe some nibbles to share. We order in take-away to eat together in the dining room.

No booking is required and everyone is welcome.

Contact : Pam & Les



NEWS FROM THE KIOSK

It's business as usual in the kiosk. The Kiosk provides a very important service to the residents of Balmoral Gardens.

In early April we celebrate Easter, it's a time of joy and hope.

To help celebrate this time of the year we will have a small selection of Easter chocolate products and traditional Hot Cross buns in stock. You will need to get in early before we sell out.

A review of our frozen meal offering means we will no longer offer the following Katrina meals – Meatloaf, Silverside or Ham Steak and Pineapple.

However, in addition to our very popular PUB FAVES (only \$6) meals we have added a range from McCain's as follows – Roast Lamb/Roast Chicken/ Lamb Cutlet with Gravy/Veal Cordon Bleu (only \$7). We have limited stock of these meals.

Finally, as we head into the colder months look out for our popular Heinz packet soups.

In the freezer – Fish Fillets/ Potato Gratins/Frozen vegetables/chips.
Apple and Blackberry Pies/Ice Cream/Chicken Kiev.

In the fridge - Milk – Fresh/Long Life/Soy/Almond and Lactose Free.
Pkts of Silverside and Ham/Bacon (Aust).
Tubs of Yogurt (Probiotic). Small Quiches. Eggs.
Dairy - Butter, Olive spread, Margarine, Cheese
Huey's – Meat, Curry, Pasties and Apple Pies.
Variety of drinks and fruit juices.

Until next month, keep healthy and safe. Thank you for your ongoing support of the Kiosk.

KATRINA'S KITCHEN MEALS - \$11.00

Roast Pork or Lamb or Beef
Crumbed Whiting or Salmon Patties
Beef Steak Pie

PUB FAVES MEALS – \$6.00

Chicken Kiev or Parma with Veg
Roast Beef or Chicken with Veg
Slow Cooked Lamb with Veg
Beef Rissoles or Mixed Grill with Veg

FROM HUEY'S BAKERY

Meat & Curry Pies and Pasties
Small Apple Pies

KIOSK OPENING HOURS

Mon/Tues/Wed/Thurs	10.00am - 12.00pm
Friday	2.00pm - 4.00pm
Sat/Sun & Public Holidays	Closed



CHURCH SERVICES - ST JUDE'S CATHOLIC

ALL MOST WELCOME

We gather in the MPR at 2.00pm on the second Thursday of each month to celebrate the Eucharist together. Our next celebration is scheduled for

Thursday 9th April at 2.00pm in the MPR

A gold coin donation for Fr Jerald is always appreciated.

If you're free afterwards, please stay for a cuppa and a chat.

Please note that there cannot be a gathering in May, as the MPR is unavailable due to a prior booking.

If you have any queries or need any assistance to attend, please contact Lyn

CHRISTIAN FELLOWSHIP

**Every Monday 1.30pm to 2.30pm
in the Meeting Room**

We warmly welcome all residents.

Any enquiries to :

Diane

DEADLINE DATE FOR ARTICLES TO BE INCLUDED IN THE

MAY ISSUE OF "NEWS & VIEWS" IS.....

FRIDAY 24TH APRIL

PLEASE ENSURE YOUR ARTICLE IS AT THE OFFICE BY
THE ABOVE DATE

Please drop a copy to the office or email
admin@balmoralvillage.com.au

BALMORAL SOCIAL MEDIA



Balmoral Village



[balmoral_lifestyle_village](https://www.instagram.com/balmoral_lifestyle_village)



BALMORAL BUS TIMETABLE



(Please book a seat on the bus up at reception)

	<u>DEPARTURE</u>	<u>PICK UP</u>
<u>MONDAY</u>		
Stud Park S/Centre	9.30am	11.30am
<u>TUESDAY</u>		
Stud Park S/Centre	9.30am	11.30am
<u>WEDNESDAY (First Wednesday of the Month)</u>		
Bunnings/Spotlight	9.30am	11.30am
<u>THURSDAY</u>		
Knox City S/Centre	9.30am	11.30am
	11.15am	1.30pm
<u>FRIDAY</u>		
Knox City S/Centre	9.30am	11.30am

**** Maximum of (ten) 10 residents per trip
and only (four) 4 walkers ****



TRACIE'S STYLES & SMILES **(HAIRDRESSER)**

Salon open
Tuesdays & Thursdays
For appointments contact
Tracie on 0414 600 702

GARDENING ZONES FOR

APRIL



<p><u>ZONE 2 (68 – 133)</u> MON/TUES/WED – job requests THUR/FRI - other</p>	<p>WEEK 1 & 5 30/3/26 - 3/4/26 27/4/26 - 1/5/26</p>
<p><u>ZONE 3 (134 - 202)</u> MON/TUES/WED – job requests THUR/FRI - other</p>	<p>WEEK 2 6/4/26 - 10/4/26</p>
<p><u>ZONE 4</u> PROJECTS & OTHER</p>	<p>WEEK 3 13/4/26 - 17/4/26</p>
<p><u>ZONE 1 (1- 67)</u> MON/TUES/WED – job requests THUR/FRI - other</p>	<p>WEEK 4 20/4/26 - 24/4/26</p>
<p><u>MOWING & EDGING</u> <u>(external contractors)</u></p>	<p>Fortnightly (weather & season dependent)</p>

BINGO - (DINING ROOM)

4th Thursday of the month
2.00pm Contacts :
Kevin & Deb

BOOK CLUB - (TV ROOM)

1st Wednesday of the month
7.30pm Contact : Avril

CARDS

Crazy Whist Mondays 1.30pm in the TV Room
Contact : Judy

Cribbage Tuesdays 1.30pm in the Dining Room
Contact : Jan

500 Thursdays 1.30pm in the TV Room
Contact : Margy

CARERS GROUP

4th Wednesday of the month
2.00pm Contact :
Maureen

COLOURING GROUP - (TV ROOM)

Every Tuesday 1.30pm
Contact :
Pam

COMMUNITY BBQ

Every Tuesday at 5.30pm
Noel

CRAFT GROUP - (DINING ROOM)

Every Tuesday 10am -11am
Contact : Anne

CROQUET

Mon/Tues/Fri — 10.00am Sat - 9.00am
If anyone is interest playing on a
Wednesday, ring Hazel.

CROSSWORD GROUP

Saturdays 10.00am - TV Room
Rod

DARTS - (SNOOKER ROOM)

Every Monday at 10.00am
Marlene

FITNESS GROUP - (FITNESS CENTRE)

Wednesday mornings at 9.00am & 10.00am
Contact : Linda (max 5 per class)

GENTLE EXERCISE - (MPR)

Every Friday 10.30am (\$6.50 per class or \$55 for 10)
Eveline or Lesley

INDOOR BOWLS - (MPR)

Mondays - 7.15pm Fridays - 1.30pm

Contact : Bruce

LINE DANCING - (MPR)

Monday

1.15pm - 2.15pm (*Beginner A*)

2.30pm - 3.30pm (*Improvers*)

Contact : Ann

Wednesday

2.30pm - 3.30pm (*Beginner B*)

Contact : Doris .

QUIZ - (TV ROOM)

Every Tuesday 10.30am

RUMMIKUB - (TV ROOM)

Wednesdays & Saturdays 2.00pm

Contact : Pam

SINGING GROUP - (MPR)

1st & 3rd Tuesday (Also 5th Tuesday of any month) at 3.00pm

Contact : Jan

**STRENGTH, BALANCE & CO-ORDINATION
EXERCISE CLASS - (MPR)**

Every Wednesday at 10.30am \$6.50 per class or \$55 for 10

TABLE TENNIS - (MPR)

Thursdays and Saturdays at 10.00am

Contact : Ann

WATER EXERCISE - (POOL)

Every Monday 9.00am - 10.00am

Contact : Deb (max 8 per class)

WOODWORK GROUPS

Men's every Wednesday 8.30am

Women's every Thursday 9.00am (limited to 5 women per week)

Contact : Ray