




Balmorat
GARDENS VILLAGE



NEWS & VIEWS
JULY 2026

FROM THE MANAGER

Welcome to July's News and Views!

As we settle into the heart of winter and officially pass the mid point of 2026, I hope you are keeping warm and well.

We had a record number of residents attend our information session in late June to learn about the recent reform changes to the Retirement Villages (Vic) Act. There was a lot of information to present to you but I hope that you all came away safe in the knowledge that whilst staff will be busy in the background implementing the required regulations, for residents, the key message is that it's business as usual at Balmoral! If any residents have any further questions about the reforms and what they mean for you, please don't hesitate to come and chat with me. If you would like a copy of the presentation, feel free to request it be emailed to you (or printed out if you don't have email).

At the information session we also presented residents with the proposed budget for the 2027 financial year and outlined the anticipated increases in costs to operate the village. As part of these rising costs, we will be adjusting our dining room menu prices for services beginning 05 August 2026. The price for a two-course meal will increase from \$32 to \$34, and the price for a one-course meal will increase from \$27 to \$29. Our dining room remains a valued service and an important part of village life, providing not only delicious meals but also an opportunity for residents to socialise and connect. We appreciate your understanding and continued support, and we look forward to welcoming you to the dining room throughout the coming year.

After over 9 years of service at Balmoral Village, Hilton retired from his position of Grounds and Garden Supervisor in June, though it will be lovely to see him back for a couple of weeks in July to help out in the gardens whilst Liam is on leave. Patrick joined us in late June, completing our new look gardening team of Liam as Grounds and Garden Supervisor and Patrick as Gardener. Be sure to say hi and introduce yourselves to Patrick when you see him out and about in the village grounds.

FROM THE MANAGER

July's social calendar is packed with plenty of fun, with one of the highlights being our Commonwealth Games event, hosted by Deb and her wonderful team of helpers. Deb is completing the trifecta of major international sporting celebrations, having previously organised our much-enjoyed Mini Olympics and Winter Olympics events.

This year, eight teams are ready to compete in a variety of friendly games, with the festivities beginning at 10.00 am on 20 July with a baton relay around the ring road. Even if you're not competing, we encourage everyone to come along, cheer on the participants, and enjoy the excitement. It's sure to be another memorable day filled with fun, laughter, and great community spirit.

Don't forget the council's rollout of recycling bin lid changes from blue to yellow is expected to commence in July 2026, though we are unsure when Balmoral bins will get done. Residents are not required to do anything other than note the new bin lid colour when they are changed and to refrain from moving bins away from the ring road while they are being left out for lid changes.

Until next time, have a great July

Jody

STAFF CPR/FIRST AID TRAINING



As part of Occupational, Health and safety requirements all staff will be attending CPR/ First Aid training on site, **Wednesday 29th July 2026 between 9.30am - 11.30am** in the TV room in the Community Centre.

Directors Cocktail Party

Tuesday 18th August

5.00pm - 7.00pm



The Directors would love to see all residents on the night.

RSVP at reception no later than
Tuesday 11th August
(for catering purposes)

Dress : Cocktail

(Invitations have been put in your letterboxes)



THURSDAY 16TH JULY @ 6PM

**COUNTRY & WESTERN
THEME NIGHT**



\$32 (2 courses) \$27(1 course)

**(A) Beef burger served
with chips**



**(B) Fried chicken served
with potato salad**



Apple Pie OR Fresh Fruit Salad



CHRISTMAS IN JULY

**Friday
31st July**

**\$48.50 per
person**

BYO DRINKS



Entertainer
Sandie Dodd



Please join other residents for an evening of fun at our annual CHRISTMAS IN JULY celebrations

**5:30pm Sherry
6.00pm Dinner**

MENU

- Turkey, Chicken & Leg Ham
- Roast potatoes, medley of roast pumpkin, carrot & sweet potato, green beans
- Cranberry sauce & gravy
- Plum pudding with custard & cream
or
- Pavlova with whipped cream, strawberries, kiwi-fruit & chocolate

**Table lists are at reception
and payment
is required
by Friday 24th July**



INTERGENERATIONAL SCHOOL PROGRAM

KNOX GARDENS PRIMARY SCHOOL

Our partnership with Knox Gardens Primary School continues to go very well. Residents and students alike are enjoying the regular visits and the opportunity to build friendships and learn from one another. The program has been a positive experience for everyone involved, bringing plenty of enjoyment, conversation and connection across generations.

Natasha – Activities Coordinator

The following comments from residents highlight the impact the program is having:

Hazel

I am enjoying being part of this program. Last week I had two very confident Grade 2 children. This week I had the same 2 children plus a group of three Grade 1 girls, all with different abilities. They were a very interesting group!

It was fun, I enjoy working with this age group.

Ann

The Grade 1 and 2 children at Knox Gardens Primary School have welcomed our volunteers enthusiastically to this program at their school.

They are keen to chat about the pictures and stories in the books we are reading together plus practising their reading skills.

It's proving to be a worthwhile learning experience for both age groups.



BALMORAL COMMONWEALTH GAMES



The Balmoral Commonwealth Games Organising Committee (BCGOC) held a very productive meeting recently to discuss the organisation and scoring of the various events of the Games to be held from Monday 20th July – Wednesday 22nd July.

Four of the events will be held inside (Bean Bag Toss, Golf, Darts and Shinty), whilst two are to be held outside (Lawn Bowls and Caber Toss). In the event of rain, we can swap events or even hold the Caber Toss inside the MPR.

Ron and the men in the Woodwork group have helped enormously by making various items to be used over the six events.

The games will kick off with the King's Baton Relay around the ring road at 10am on the Monday morning, before moving into the MPR for the traditional first event – Bean Bag Toss, and will end with Shinty on the Wednesday afternoon at 2pm. There will be a morning tea and presentation ceremony held for participants on the Thursday morning in the Dining Room at 10am.

Monday 20 th July 10am – Kings Baton Relay	Ring Road
Monday 20 th July 10.30ish – Bean Bag Toss	Multi Purpose Room (MPR)
Monday 20 th July 2pm – Lawn Bowls	Bowling Green
Tuesday 21 st July 10am - Golf	MPR
Tuesday 21 st July 2pm - Darts	Billiard Room
Wednesday 22 nd July 10am – Caber Toss	Bowling Green
Wednesday 22 nd July 2pm - Shinty	MPR

It looks like we have the eight teams required to host the event, but spectators are most welcome and for the most part will get as much enjoyment as the participants. Teams are encouraged to dress up appropriately (something sporty or something Scottish) – just make sure your costume doesn't interfere with your ability to throw or walk!!!

There will be a team meeting on Monday 13th July in the MPR at 11am. We need to have at least one representative from each team at that meeting, preferably all team members.

Regards your BCGOC.





THURSDAY LUNCHES

EAT IN THE DINING ROOM OR TAKEAWAY

CHICKEN LUNCH

Thursday 2nd July - pay by noon Tuesday 30th June

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

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

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

POTATO LUNCH

Thursday 9th July - pay by noon Tuesday 7th

Potato & Coleslaw - **\$6.00**

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

PIZZA LUNCH

Thursday 16th July - pay by noon Tuesday 14th
(Pepperoni/Margherita/Ham & Cheese/Simply Cheese)

\$5.00 each (4 slices)

HUEY'S LUNCH

Thursday 23rd July - 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)

PIZZA LUNCH

Thursday 30th July - pay by noon Tuesday 28th July
(Pepperoni/Margherita/Ham & Cheese/Simply Cheese)

\$5.00 each (4 slices)

BALMORAL DINING ROOM MENU

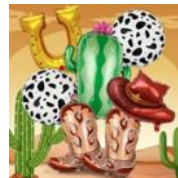
JULY - capped at 45 guests

(Booking/Payment needs to be made by 4.00pm 2 days prior, subject to availability)

	Wednesday Dinner @ 6.00pm	
	\$32 (2 courses)	\$27(1 course)
1ST JULY	(A) Roast chicken, roast potato, roast pumpkin & steamed vegetables	(B) Winter vegetable soup with bacon served with garlic bread
	Creamed Rice with Poached Pears <u>OR</u> Fresh Fruit Salad	
8TH JULY <u>LABEEC</u>	(A) Lamb shank, mashed potato & steamed vegetables	(B) Spaghetti Bolognese served with garlic bread
	Apple & Cinnamon Crumble <u>OR</u> Fresh Fruit Salad	
15TH JULY	(A) Beef casserole with parmesan dumplings	(B) Mediterranean baked fish served with potato & spinach
	Berry Pavlova <u>OR</u> Fresh Fruit Salad	
22ND JULY <u>LABEEC</u>	(A) Roast lamb, roast potato, roast pumpkin & vegetables	(B) Italian meatball soup served with garlic bread
	Chocolate Mousse <u>OR</u> Fresh Fruit Salad	
29TH JULY	(A) Baked barramundi with mashed potato & vegetables	(B) Chicken pot pie casserole
	Chocolate Bread & Butter Pudding <u>OR</u> Fresh Fruit Salad	



THURSDAY 16TH JULY **COUNTRY & WESTERN** **THEME NIGHT**



16TH JULY	(A) Beef burger served with chips	(B) Fried chicken served with potato salad
	Apple Pie <u>OR</u> Fresh Fruit Salad	

WINTER SMORGASBORD DINNER

SUNDAY 12TH JULY

6pm in the MPR

Please sign up at reception and pay by
Friday 3rd July

***** \$36 per person ***** (new price)
(BYO drinks/glasses)



SUNDAY 9TH AUGUST

6pm in the MPR

Please sign up at reception and pay by
Friday 31st July

\$36 per person
(BYO drinks/glasses)

All residents welcome!

Please note these events are based on a minimum number of **50** people to go ahead. Any queries, please speak to Natasha up at the office.

DOCUMENT SHREDDING



For any resident wishing to shred any confidential papers we will have a secure bin up in the office area from Wednesday 15th July for a few weeks.

For a gold coin donation, you are more than welcome to come up to the office during business hours and pop your papers in the bin to be taken away and shredded.

GARDENING NEWS

It's time to start thinking about rose pruning. The bulk of the village roses will be pruned in July.

If you **do not** require your roses to be pruned, please notify us in the Gardeners book. Otherwise, the roses will be systematically pruned from now on as the gardeners are doing resident requests.



Thank you Liam & Patrick.

SPEAKERS GROUP

THURSDAY 16TH JULY AT 2.00PM IN THE MPR

Residents are invited to attend the next speakers group meeting on Thursday 16th July at 2.00pm in the MPR.

Guest Speaker is an 'Australian Red Cross' representative - Fyowna Norton.

Fyowna will give a very interesting talk about;

- Original 'Red Cross' Story
- The many areas covered by Red Cross
- Respond, Prepare, Rebuild, Prepare
- Assistance to the many families separated by wars, natural disasters plus more

A gold coin donation is invited.

Enjoy a chat with each other after the talk with a tea/coffee together.



The logo for Balmoral Bowls Club features the name in a blue, cursive script. Above the word "Balmoral" is a decorative blue banner with a small yellow crown-like emblem in the center. The words "Bowls Club" are written below "Balmoral" in the same cursive style.

Our winter season is now well underway with a good number of our hardy members braving the very chilly weather each week

For the 26-27 season we now have 56 members including 9 also affiliated with Bowls Victoria. For any resident who may be considering giving bowling a try you are welcome to contact our coach for some lessons.

As notified our competitions are starting earlier this year. The draw for the Random Pairs is already on the notice board.

The entry form for the 100 up competition is also available so make sure to get your name down early. Good luck to everyone who will be competing.

The 4th Balmoral Cup concluded on the 17th June. Congratulations to the winners of a very hard fought final, Lorraine , Marlene and Skip Graeme from the Vermont Club.

Well done to all of our Balmoral members who took part in the competition and those who filled in as emergencies when needed.

Regards, Margaret

BALMORAL GARDENS RESIDENTS COMMITTEE

On Wednesday the 17th June Karen and myself met with Hilton and presented him with the card with retirement best wishes and a very generous donation on behalf of all the Balmoral residents.

At a recent committee meeting the subject of speeding in the village precincts was once again tabled and we ask all residents to please keep your vehicle speeds down to a walking pace and not cut corners on the roads. I also ask that you remind your visitors of the speed limit in the village.

I also ask that we all treat our great office staff with the respect they deserve especially with all the hard work they all put in for the well-being and smooth operation of this village.

By now most of you will have attended the special meeting held by management on the 25th and are not too overwhelmed with the changes enacted by the government and realise not much is changing for the residents but a lot of work has been created for management and staff. I will wait and see if all the name changes take.

Ron - (President)

LABEEC

“Living Alone But Enjoy Extra Company”

L
A
B
E
E
C

LABEEC Birthday Dinner

Date : **Wednesday 8th July**

Time : 6.00pm Dinner in dining room

LABEEC Dinner

Date : **Wednesday 22nd July**

Time : 6.00pm Dinner in dining room

We would love anyone living by themselves to join our special LABEEC dinners (Living Alone But Enjoy Extra Company).

These dinners are especially put on for those who live by themselves to get out with friends more often. The birthday dinner celebrates a birthday of anyone in the group.

Booking lists are up at reception.

Sneak Peek



Winter Explore ❄️



Residents are invited to bring a friend and enjoy a special *Sneak Peek* of unit 198 as a special winter explore.

When : Thursday 30th July at Unit 198.

Time : 2:00pm – 3:00pm

* The event may be cancelled in the event of wet weather *

RSVP to Ann-Maree up at the office

BALMORAL BINGO

Our afternoon Bingo sessions have now been running for four months. Held in the dining room on the afternoon of the fourth Thursday in the month, there has been a consistent gathering of around 35 residents at each session.

It costs only \$2 a book to play 10 games. Most players buy more than one book - usually three or four – and all the money is returned to players in the form of prizemoney. Prizemoney each day is in the vicinity of \$230 – with two bonus jackpot games of \$30 and \$70 respectively. This makes sure everyone stays alert to the very end!!!!

Eyes down is at 2.00pm, with book sales starting from 1.30pm. We play 5 games, then have a 10 minute toilet/coffee break then play the remaining 5 games. All games are usually completed by around 3.30pm.

Come along on **Thursday 23rd July** for an entertaining, warm and maybe even profitable afternoon in the middle of Winter.



DEVONSHIRE TEA

SATURDAY 18TH JULY
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 July

\$3.00 per scone - pay on the day

INDOOR BOWLS

We have regularly had a full house both Mondays and Fridays so if you want to play, make sure your name is down early.

Even when it's cold it is warm in the MPR, and with up to 24 players there, it is noisy and we have fun.

DATES FOR YOUR DIARY; Watch this space.

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.



A very warm welcome to



Helen

who is moving in during July.

We hope you enjoy many happy years
at Balmoral Village.

FOOTBALL TIPPING 2026 Round 16 Update



After 16 rounds, and end of the BYE rounds, the battle at the top of the table has tightened up, with the majority only picking 5 winners with a few picking 6 winners.

On top of the table on 100 is Joy (6), closely followed on 99 by Geoff (6), Linda (5) and Andrea (5) with Kevin (5) and Glenda (5) on 98. Another 10 tipsters are all within 5 of the leader – the pressure is on.

Congratulations to Deb, Diane, Steve and Mick for picking 7 winners this week, unfortunately there are no \$\$ in Bye rounds.

Jackpot (pick 9 winners)

All the rounds for the rest of the season are full rounds and are Jackpot rounds. Round 17 is a Jackpot round worth \$30 for picking 9 winners.

THE IMPORTANT STUFF

The Football Tipping Awards morning tea will be held on either on Monday 7th or Tuesday 8th of September 2026. Further details will be provided over the coming weeks. Keep these dates free.

Each week's tipping form must be placed in the BLUE BOX on the desk at Reception by 4.30pm EVERY Thursday.

Tunstall Alarm



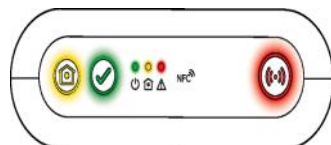
Don't forget to wear your pendant whilst in your unit, and notify Tunstall when you are going away or if your medication, contact details, or circumstances change.

Most importantly test monthly by pressing your pendant and speak with the operator.

IMPORTANT BUTTONS

Activation/Help Button (Red)

Cancel Button (Green tick)





CARE & WELLNESS COMMUNIQUE

DR RANIL BALMORAL CLINIC DAYS

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

Please ensure that you book a Doctors appointment in advance and not on the day of the clinic, unless it is an emergency.

DOREVITCH PATHOLOGY

Dorevitch mobile collectors now attend Balmoral Village each Thursday (except Public Holidays) at 9.00am for an hour. All routine pathology lab requests are accepted by Dorevitch.

REPEAT SCRIPTS

Remember to book in advance to renew your medical scripts with Dr Ranil. Please try not to leave it until the last minute to ensure you do not run out of your medication.

EMERGENCY HOSPITAL VISITS

In the event of a sudden hospital admission, please ensure you have a small bag packed with necessary clothing and toiletries, which is to be placed in the front coat cupboard of your unit or apartment.

HAPPY GET TOGETHER SATURDAY 4TH JULY

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.



NEWS FROM THE KIOSK

We are all well aware of the cost-of-living price increases this year, some of our suppliers have increased their prices and we have been able to absorb some of these price increases by continually scanning the supermarket catalogues for half-price and weekly specials.

Unfortunately, our Katrina frozen meals increase cannot be adsorbed and will be increasing from \$11 to \$12.20 from the 1 August 2026. Over the coming months we will be looking at alternative suppliers who may be able to offer better value.

SPECIALS

Belmont Cream Wafers \$1.00

Belmont Butter Shortbreads \$2.80

Aunt Betty's Steamed Puddings \$2.70

Heinz range of packet soups \$3.00

The range is – Old Fashion Chicken, Green Pea with Ham, Butternut Pumpkin & Veg, 7 Veg with Garden Herbs and Cream Mushroom.

We have expanded our frozen fish range; they are quick and easy to cook using an Air-Fryer.

FRIDAY SPECIAL

Look out for packets of Fruit Buns, Raisin Bread, Crumpets or Muffins for that weekend treat. They have proven to be very popular selling out quickly. Limited supplies so get in early.

Thank you to our merry band of volunteers providing their time each month to provide this vital service to the Balmoral community. It is a great team effort.

Until next month, keep healthy and safe.

Thank you for your ongoing support of the Kiosk.



CHURCH SERVICES ST JUDE'S CATHOLIC



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 July at 2.00pm in the MPR.

A gold coin donation for Fr Jerald is always appreciated. Thank you.

If you're free afterwards, please stay for a cuppa and a chat. Unfortunately, last month, Fr Jerald had to leave for another commitment as soon as Mass was over. However it was great that most people could stay and enjoy each other's company.

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



CHRISTIAN FELLOWSHIP

Over recent years many of our members have left the Village and we have not had any new residents join us. As we are few in numbers, it has been decided to close this group.

If anyone is interested in joining a Christian Group for praise, prayer and fellowship please contact Diane. I am also available if you require prayer.

DEADLINE DATE FOR ARTICLES TO BE INCLUDED IN THE

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

FRIDAY 24TH JULY

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



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 JULY



Liam
(Grounds &
Garden Supervisor)

Patrick
(Gardener)

<p><u>ZONE 3 (134 - 202)</u> MON/TUES/WED – job requests THUR/FRI - other</p>	<p>WEEK 1 & 5 29/6/26 & 3/7/26 27/7/26 - 31/7/26</p>
<p><u>ZONE 4</u> PROJECTS & OTHER</p>	<p>WEEK 2 6/7/26 - 10/7/26</p>
<p><u>ZONE 1 (1- 67)</u> MON/TUES/WED – job requests THUR/FRI - other</p>	<p>WEEK 3 13/7/26 - 17/7/26</p>
<p><u>ZONE 2 (68 – 133)</u> MON/TUES/WED – job requests THUR/FRI - other</p>	<p>WEEK 4 20/7/26 - 24/7/26</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

BOOK CLUB - (TV ROOM)

1st Wednesday of the month
7.30pm

CARDS

Crazy Whist Mondays 1.30pm in the TV Room

Cribbage Tuesdays 1.30pm in the Dining Room

500 Thursdays 1.30pm in the TV Room

CARERS GROUP

4th Wednesday of the month
2.00pm

COLOURING GROUP - (TV ROOM)

Every Tuesday 1.30pm

COMMUNITY BBQ

Every Tuesday at 5.30pm

CRAFT GROUP - (DINING ROOM)

Every Tuesday 10am -11am

CROQUET

Mon/Tues/Fri — 10.00am Sat - 9.00am

CROSSWORD GROUP

Saturdays 10.00am - TV Room

DARTS - (SNOOKER ROOM)

Every Monday at 10.00am

FITNESS GROUP - (FITNESS CENTRE)

Wednesday mornings at 9.00am & 10.00am

GENTLE EXERCISE - (MPR)

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

INDOOR BOWLS - (MPR)

Mondays - 7.15pm Fridays - 1.30pm

LINE DANCING - (MPR)

Monday

1.15pm - 2.15pm (*Beginner A*)

2.30pm - 3.30pm (*Improvers*)

Wednesday

2.30pm - 3.30pm (*Beginner B*)

QUIZ - (TV ROOM)

Every Tuesday 10.30am

RUMMIKUB - (TV ROOM)

Wednesdays & Saturdays 2.00pm

SINGING GROUP - (MPR)

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

**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

WATER EXERCISE - (POOL)

Every Monday 9.00am - 10.00am

WOODWORK GROUPS

Men's every Wednesday 8.30am

Women's every Thursday 9.00am