



Balmorat

GARDENS VILLAGE



NEWS & VIEWS
AUGUST 2026

FROM THE MANAGER

Welcome to August News and Views!

Last month held plenty of opportunities for residents to have fun and engage in the community spirit. In addition to our annual Xmas in July party and a random National Alert gathering, Sara's Country and Western themed dinner brought out resident's inner cowboys and cowgirls. After enjoying a delicious meal, tables were cleared to create a dance floor and residents took the opportunity to show off their impressive boot scooting skills.

Balmoral's Commonwealth Games Event upped the ante with residents getting into the spirit of dressing up in team theme. Tartan was the fashion du jour, acknowledging Glasgow Scotland as the hosting city for the actual games. A nod to the traditional red headed Scot was on full display as Deb and her team of officials donned bright red wigs for the occasion. Following the Kings baton relay around the ring road, events such as caber toss, shinty, darts and golf were played over four days. After scores were dutifully tallied, in a nail biting finish, the team Guys and Dolls comprising of Anne, Graham, Noel & Viv were declared the winners and took home the gold. Congratulations to all that organised, participated and spectated this fabulous event.

Earlier this year we engaged Rise Health to provide remedial massage services for residents as a replacement for Karen. Unfortunately Rise Health did not receive any bookings (possibly due to their higher pricing) so they will no longer attend Balmoral in this capacity. In good news though, we've secured another massage therapist with excellent pricing. Heidi will attend every 2nd Wednesday beginning 5 August. Details for pricing and how to book are outlined in this edition of News & Views.

Coming up this month on 18 August, our directors are hosting their annual cocktail party for residents. If you haven't already done so, please let us know if you are attending for catering purposes.

Another big event this August is Census night on 11 August. We have requested paper forms for each one of our occupied units but residents will still have the option to use the paper form or do their census online. Paper forms and details for online completion will be delivered by our local census representative late July / early August. If residents know they will be residing at home on the 11th, they can complete the census early if they wish.

FROM THE MANAGER

Completed forms can be posted back directly or brought up to the office and we'll return on your behalf. If any resident has any questions or queries about the census they can get in contact with Nim for assistance

Lastly, another friendly reminder from me to all resident drivers and their guests is to please slow down when driving in the village. The speed limit is set at 15 km/hr to ensure the safety of pedestrians sharing the ring road alongside vehicles. Additionally a request for pedestrians to consider wearing highly visible or reflective clothing when walking around the ring road, particularly when dark or at times of low light. The more visible you are to drivers the safer you will be.

Until next time, have a most fabulous August.

Jody



Census

2026 CENSUS NIGHT

Tuesday 11th August 2026



Census

Directors Cocktail Party



*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

BALMORAL VILLAGE DAY TOUR **MELBOURNE MUSEUM ROME EXHIBITION**



TIME : COACH LEAVES BALMORAL AT 9.30AM

COST : \$80.00 INCLUDES ENTRY FEE & LUNCH

Step into Ancient Rome and experience the spectacle, grandeur and enduring legacy of one of history's most powerful civilisations. The exhibition showcases the spectacle of the gladiator arena, the bustling marketplaces and the everyday life of Romans.

Explore Ancient Rome's political, social and spiritual worlds through over 180 objects dating from the Imperial period 1st Century CE to the 3rd Century CE, with all the objects on display in Melbourne for the first time.

Followed by Buffet Lunch at **Village Green Hotel, Mulgrave**

PAYABLE NO LATER THAN FRIDAY 4th SEPTEMBER

**** PLEASE WEAR YOUR NAME BADGE ON THE DAY ****

GADGET GIRL

10.00AM IN THE MPR

The Gadget Girl has a range of gadgets and lovely gifts that you are sure to find useful.



You will be given a fun and informative demonstration of some products.

Products include jar and bottle openers, extra strong magnifiers, laundry products and shopper bags.

Stay for a cuppa and chat afterwards



MASSAGE THERAPY WITH HEIDI

We are pleased to welcome Heidi to Balmoral. With over 20 years of experience Heidi's treatments can help you move more freely, reduce pain and feel your best.

Treatment Fees

- **30 - minute treatment:** \$40
- **60 - minute treatment:** \$65

Clients can claim treatments on their private health funds, if they have remedial massage on their extras.

When: Fortnightly on Wednesdays
Beginning **Wednesday 5th August**

Time: 10.00am – 4.00pm

Bookings are essential.

Please contact **Heidi** directly to make an appointment.



REMINDER.....

CHRISTMAS IN JULY

5:30PM - SHERRY

6.00PM - DINNER

INTERGENERATIONAL PARTNERSHIP **WITH KNOX GARDENS PRIMARY SCHOOL**



For those taking part in the intergenerational program at Knox Gardens Primary School, please take note there will be **no** session on Monday 31st August, as this is a Curriculum Day for the school.

Any queries, please see Natasha up at the office.

BALMORAL COMMONWEALTH GAME TEAMS



AWESOME FOURSOME



THE PESTS



JELL BELLS



GUYS & DOLLS



GO GIRLS



GO GUYS



LADS & LASSIES



PRESS GANG

BALMORAL COMMONWEALTH GAMES

1ST PLACE (GOLD MEDAL)

GUYS & DOLLS

ANNE
GRAHAM
VIV
NOEL

2ND PLACE (SILVER MEDAL)

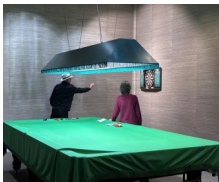
AWESOME FOURSOME

KAREN
FREDA
MARGARET
JOY

3RD PLACE (BRONZE MEDAL)

GO GIRLS

ANNE
MARGARET
BRENDA
LEVENA



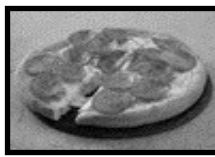
Thank you to everyone who took part in our Balmoral Commonwealth Games. It was a fantastic three days filled with fun, laughter, friendly competition and great community spirit.

A special thank you to our organising committee:

- Deb
- Ron
- Ron & Robyn

Thank you also to our guest judges, Marlene and Les, for giving their time and helping make the event a success.

Congratulations to all our participants and medal winners!



THURSDAY LUNCHES

EAT IN THE DINING ROOM OR TAKEAWAY

NOODLE BOX ** new **

Thursday 6th August - pay by noon Tuesday 4th

SWEET SOY - \$7.95

Chicken Breast, Bok Choy, Carrot, Onion, Garlic,
Hokkien Noodles, Honey Soy Sauce

SPICY - \$7.95

Chicken Breast, Bok Choy, Carrot, Onion, Garlic,
Hokkien Noodles, Spicy Sauce

CLASSIC CHICKEN - \$7.95

Chicken Breast, Bok Choy, Carrot, Onion, Garlic,
Hokkien Noodles, Oyster Sauce

CHICKEN FRIED RICE - \$7.95

Chicken Breast, Egg, Spring Onion, Carrot, Garlic,
Bean Shoots, Soy Sauce

POTATO LUNCH

Thursday 13th August - pay by noon Tuesday 11th

Potato & Coleslaw - **\$6.00**

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

PIZZA LUNCH

Thursday 20th August - pay by noon Tuesday 18th
(Pepperoni/Margherita/Ham & Cheese/Simply Cheese)

\$5.00 each (4 slices)

HUEY'S LUNCH

Thursday 27th August - pay by noon Tuesday 25th

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**

BALMORAL DINING ROOM MENU

AUGUST - capped at 45 guests

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

	Wednesday Dinner @ 6.00pm \$34* (2 courses) \$29* (1 course) * New Prices **	
5TH AUGUST	(A) Lemon garlic butter salmon, mashed potato & vegetables	(B) Curried sausages served with mashed potato & vegetables
	Baked rice & custard <u>OR</u> Fresh Fruit Salad	
12TH AUGUST <u>LABEEC</u>	(A) Roast pork, roast potato, roast pumpkin & steamed vegetables	(B) Shepherd's pie & steamed vegetables
	Berry pavlova <u>OR</u> Fresh Fruit Salad	
19TH AUGUST	(A) Corned beef silverside, braised cabbage & scalloped potatoes	(B) Roast chicken, scalloped potatoes & steamed vegetables
	Passionfruit cheesecake <u>OR</u> Fresh Fruit Salad	
26TH AUGUST <u>LABEEC</u>	(A) Lamb shank, mashed potato & steamed vegetables	(B) Fish & chips with salad <u>OR</u> vegetables
	Chocolate mousse <u>OR</u> Fresh Fruit Salad	



Our Country and Western Theme night dinner was a huge success, with a great turnout and a wonderful atmosphere. Residents embraced the theme, enjoyed a delicious meal, and spent the evening sharing plenty of laughter, music, dancing and good company. We look forward to seeing you at our next theme night dinner in October.

DRUMMING WITH LINDA

Feel the rhythm and have some fun!

Dates: Tuesday 4th August and
Tuesday 1st September

Time: 10.00am – 11.00am

Venue: MPR



- * Please bring your own drink bottle and towel to the class.
- * Maximum 15 participants per class.

Whether you're a beginner or have drummed before, come along for an enjoyable and energetic session.

A very warm welcome to



Lyn & Bryan
who are moving in during August.

We hope you enjoy many happy years
at Balmoral Village.



Raffle Prize is on display p at the office



TICKETS ONLY \$2.00 EACH



RAFFLE DRAWN:
Friday
4th September
 **1:00pm**





MARKET DAY **MONDAY 7TH SEPTEMBER**



JUMBO UGG BOOTS

FIFTH AVENUE JEWELLERY

TOTALLY KIDZ & GIFTS — CATHY RYAN

FLOWERS BY YVETTE

LEVENA - CARDS

PICK & SWAP - FREE TO GOOD HOME

Come along to our Market Day, make
a morning of it and stay around for a cuppa



LABEEC

L
A
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E
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C

“Living Alone But Enjoy Extra Company”

LABEEC Birthday Dinner

Booking lists are at reception

LABEEC Dinner

Booking lists are at reception

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.

DANCE & MUSIC GENRE NIGHT



 **6:30pm until late**
 **MPR**



Join us for a fantastic evening of music, dancing, and great company as we celebrate a variety of music genres throughout the night!

 **Rock • Pop • Country • Disco • Motown •**
60s • 70s • 80s • Ballroom... and more!

 **Cost: \$10.00 per person**

 **BYO drinks and nibbles**

Whether you'd like to hit the dance floor or simply sit back and enjoy the music, everyone is welcome!


Baltimore
Bowls Club

With some fine weather at last, it was good to see 35 members taking part in Saturdays competition.

Some rounds of the Random Pairs competition have already taken place, congratulations to the winners.

Handicaps for the 26-27 season are now on the noticeboard.

The handicaps for the 100 up competition will remain double. The draw is now on the notice board.

The Committee has now clarified the rules for a substitute in Club Competition. A substitute will be allowed for one round only but must be of the same standard with an equal or lower handicap.

We would like to welcome new member to the club, Ted.

Regards, Margaret



*Balmoral
Bowls Club*



SMORGASBORD DINNER

The Balmoral Bowls Club Smorgasbord Dinner

Please add you name to the booking list and
pay at reception by **Friday 4th September**

Cost is \$36.00 per person or
\$34.00 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.

WINTER SMORGASBORD DINNER



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

\$36 per person
(BYO drinks/glasses)

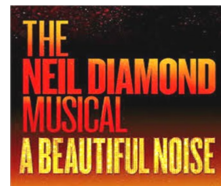
All residents welcome!

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.

Reminder.....

The Neil Diamond Musical, A Beautiful Noise

Princess Theatre, Melbourne



Booking lists are at reception

10.30am Bus leaves Balmoral Village
11.30am Lunch at The Imperial Hotel - (see below)
1.00pm Show

*** Please wear your name badge on the day ***

NEIL DIAMOND MUSICAL – LUNCH SELECTION

Residents attending the **Neil Diamond Musical** will enjoy lunch at **The Imperial Hotel**.

Please select your meal and make payment in full to the office by **Friday 21st August**. Order forms are up at the office.

Small / Share Plates

- Lemon Pepper Calamari – **\$21.00**
- Wagyu Beef Sliders (3) – **\$22.00**
- Large Chips with Aioli (V) – **\$22.00**
- Lamb Skewers with Romesco – **\$21.00**
- Truffle Vegan Arancini – **\$20.00**

Large Plates & Salads

- Chicken Parma – **\$33.00**
- Beef & Mushroom Pie – **\$30.00**
- Fish & Chips (DFO, GFO) – **\$32.00**
- Wagyu Beef Burger – **\$29.00**
- Fried Chicken Burger – **\$29.00**

Pizzas

- Margherita (V) – **\$26.00** BBQ Meat Lovers – **\$28.00** Pepperoni – **\$27.00**

Drinks can be ordered on the day.

Thank you.

We look forward to a wonderful day at the **Neil Diamond Musical!**

INDOOR BOWLS

It's great to see a full house each time we play. It is essential to put your name down early to secure a spot!

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.



DEVONSHIRE *Tea*



**SATURDAY
15TH AUGUST**



10.00 AM
IN THE DINING ROOM



SIGN UP
NO LATER THAN
THURSDAY 13TH AUGUST



\$3.00
PER SCORE

PLACE YOUR NAME
ON THE LIST
IN THE LIBRARY



FOOTBALL TIPPING 2026

Round 20 Update



Congratulations to the following for picking 9 winners;
Well done - Barbara, Diane and Steve , who share the \$40 Jackpot.

The Jackpot for Round 21 will be \$10.00

The majority picked 7 winners with a few movers picking 8 winners.

The leaders on 126 are Joy (7), Linda (7) and Hugo (8) with another 6 tipsters on 125 – Geoff (7), Raymond (8), Kevin (7), Caroline (7), Glenda (7), Karin (7). With another 3 on 124 and 7 on 123 and 4 on 122.

NOTE : The results of the last 2 rounds (rounds 22 and 23) will not be published until the Football Tipping Awards morning tea.

THE IMPORTANT STUFF

The Football Tipping Awards morning tea will be held on either on Monday 15th of September 2026. Keep this date free.

DARTS – NEW ACTIVITY LEADER



A sincere thank you to Marlene for all of her efforts in establishing and getting our Darts group up and running. Your enthusiasm and commitment have helped create a fun and enjoyable activity for our residents, and we are very grateful for everything you have done.

We are pleased to welcome Helen as our new Darts Activity Leader. Thank you, Helen, for volunteering to take on this role. We appreciate your willingness to continue this popular activity and look forward to many enjoyable games ahead.

Thank you both for your wonderful contribution to our Balmoral community.

Regards, Natasha



CARE & WELLNESS COMMUNIQUE

DR RANIL BALMORAL CLINIC DAYS

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

The Friendship Support Group, previously the Carer's Support group, welcomes anyone who would like to connect with others. Perhaps a partner who is unwell or you are feeling unwell yourself, or issues that you feel comfortable to share, this group may be what you need at the moment.

The group began as a connection for carer's, but it has evolved into supporting anyone who needs to talk whilst being supported in doing so. If you feel this is for you, please join us.

This time allows us the opportunity to be present, in a safe and supported space. It's a lovely group with valuable input from Nim. We discuss, laugh and connect with each other about all matters of interest.

We meet monthly, on the fourth Wednesday of the month at 2.00pm.

HAPPY GET TOGETHER

SATURDAY 1ST AUGUST

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



TABLET BLISTERS COLLECTION

Congratulations for recycling your tablet blisters! Every little bit helps our environment.

Reminder - ONLY TABLET BLISTERS can be collected and taken to the chemist for recycling - any other aluminium waste can be put into the recycle bin with the BLUE LID.

ONE REQUEST - Before depositing your tablet blisters in the collection box, please remove elastic bands / empty plastic bags of tablet blisters - *then you can reuse that elastic band / plastic bag for next time.*

Keep up your great work for planet Earth!

NEWS FROM THE KIOSK

The Kiosk tries to offer a good variety of products to cater for that missing item in your cupboard/pantry.

Apart from the regular products such as milk, eggs, breakfast cereals, soups, sweet/dry biscuits, dairy and laundry items. We also have the following stock on our shelves

Pharmacy items such as – Vapo Drops, Soothers, Butter Menthols, Toothpaste, Quick Eze, Panadol, Dettol, Vapo Rub and Tissues.

Paper Plates, Serviettes, toilet paper and paper towels.

For your baking needs – flour, sugar, icing sugar, baking powder and baking paper.

A variety of breakfast juices plus bottles (large and small) of Soda Water, Dry Ginger, Lemonade and Lemon Lime and Bitters.

SPECIALS

The popular Biscoff biscuits are back in stock.

We have a great supply of blocks of chocolate at very good prices.

Our Heinz range of packet soups continue to sell very well during these colder months, priced at \$3.00, offer great value.

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

Cans of Coke and Solo @ only 50 cents per can.

For our newer residences pop in to the Kiosk and have a look at our product range you will be surprised with the variety of items we carry. We are always looking for new volunteers to help in the Kiosk. Volunteer forms are available in the Kiosk.

FRIDAY BAKERY SPECIALS

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 all our volunteers who provide their time each month to bring 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 - Geoff.

KIOSK OPENING HOURS



Mon/Tues/Wed/Thurs
Friday
Saturday and Sunday

10.00am - 12.00pm
2.00pm - 4.00pm
Closed

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 13th August at 2.00pm in the MPR

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

We're so grateful that Fr Jerald makes time in his extremely busy day to come to us.

Maybe he will have a few minutes to join us for a chat and a cuppa afterwards. Even if he can't, we can spend some time enjoying the company of each other.

Tunstall Alarm



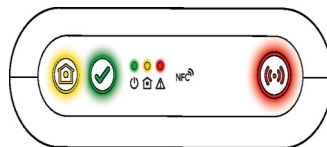
Don't forget to wear your pendant whilst in your unit, and notify Tunstall when you are going away or if your medication, contact details, or circumstances change.

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

IMPORTANT BUTTONS

Activation/Help Button (Red)

Cancel Button (Green tick)



DEADLINE DATE FOR ARTICLES TO BE INCLUDED IN THE

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

FRIDAY 21ST AUGUST

**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 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 11.15am	11.30am 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



Liam
(Gardening & Grounds Supervisor)

GARDENING ZONES FOR AUGUST



Patrick
(Gardener)

<u>ZONE 4</u> PROJECTS & OTHER	WEEK 1&5 3/8/26 - 7/8/26 31/8/26 - 4/9/26
<u>ZONE 1 (1- 67)</u> MON/TUES/WED – job requests THUR/FRI - other	WEEK 2 10/8/26 - 14/8/26
<u>ZONE 2 (68 – 133)</u> MON/TUES/WED – job requests THUR/FRI - other	WEEK 3 17/8/26 - 21/8/26
<u>ZONE 3 (134 - 202)</u> MON/TUES/WED – job requests THUR/FRI - other	WEEK 4 24/8/26 - 28/8/26
<u>MOWING & EDGING</u> <u>(external contractors)</u>	Fortnightly (weather & season dependent)

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

FRIENDSHIP SUPPORT 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
If anyone is interest playing on a
Wednesday, ring Hazel.

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
(max 5 per class)

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
(max 8 per class)

WOODWORK GROUPS

Men's every Wednesday 8.30am

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