

Balmoral
GARDENS VILLAGE

October



NEWS & VIEWS
OCTOBER 2026

FROM THE MANAGER

Happy October and welcome to this month's edition of News & Views.

This year is certainly powering along and we are quickly approaching the end of 2026. Until then, there is so much happening at Balmoral Village to keep our residents engaged and entertained.

In October the much loved Treble Tones are returning to entertain residents. We also have an MCG tour excursion booked (note the new date) along with Kays Fashions and a Mexican themed dinner night. Later in the month our wonderful helpers have been invited to attend afternoon tea, a fabulous occasion where management and staff have the opportunity to thank the many residents who put their hands up to help out staff and residents in so many different ways. Our resident helpers are the absolute cornerstone of our wonderful village community. Whether it be facilitating resident activity groups, helping to organise events, managing the kiosk or helping to maintain our bowling green, all our resident helpers are very much appreciated and we look forward to hosting them for afternoon tea to show our gratitude.

On October 13, the village will once again open its doors to prospective residents. Open Days are always an excellent opportunity for visitors to view and get to know our village. Prospective residents can tour the village with our resident guides and see many of our activity groups in action. If you know someone who is considering retirement living, be sure to encourage them to come along on the 13th and see for themselves what Balmoral has to offer.

During October, some of this financial year's more significant capital maintenance programs will get underway. These include upgrading TV antennas for another 40 plus units, externally painting a zone of 27 units and in early November, replacing an electrical pillar that services the club centre and 5 units. Affected residents will be notified prior to the works commencing so plans can be made around any potential disruptions.

You may recall we've been trying to arrange for a mobile voting booth at Balmoral for the upcoming state election in November. Unfortunately the Australian Electoral Commission is unable to provide this service for us however they will ensure that the village receives postal voting ballots in early November for residents that are unable to make it to a voting location. We'll let you know when the postal ballots are available.

Last month I put the call out for residents to volunteer their services as fire wardens in the event of an emergency. Thank you to those who have already put their hands up but I am still looking for a few more volunteers. Fire wardens will meet with me twice a year to ensure everyone is up to date and comfortable with the responsibilities and will also assist with our annual evacuation drills. Please let me know if you are able to volunteer for this very important role.

Until next time, have a wonderful October.

Jody

BALMORAL VILLAGE OPEN DAY

Our next Open Day is

TUESDAY 13TH OCTOBER

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 Ann-Maree.

DAY LIGHT SAVING

Victoria's period of daylight saving
will commence on

SUNDAY 4TH OCTOBER 2026

Move your clock forward one hour at 2:00am
standard time to 3:00am Summer time.





KNOX WASTE COLLECTION
HARD RUBBISH COLLECTION IS
SCHEDULED FOR WEEK BEGINNING
MONDAY 19TH OCTOBER

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 17th and Sunday 18th** so they are ready by Monday 19th October morning.

Please **DO NOT** put items out earlier than the
weekend of the 17th and 18th October.

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

***** NEW DATE *****

MCG &
SPORTS MUSEUM DAY TOUR



WHEN : ***FRIDAY 30TH OCTOBER***

TIME : COACH LEAVES AT 10.00AM

COST : \$60.00
(Includes Coach & Entry Fees)

Immerse yourself in the history and world-class facilities of the MCG, as you go behind-the-scenes on a guided tour including the famous MCC Long Room, Player change rooms, Shrine to Test Cricket and much more.

Followed by Lunch (**at own expense**) at the Trumble Café.

After lunch a visit to the **Sports Museum (near Gate 3).**

PAYABLE NO LATER THAN **FRIDAY 16TH OCTOBER**

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

MY FAIR LADY –
70TH ANNIVERSARY PRODUCTION



Celebrate the 70th Anniversary of one of the world's most beloved musicals, *My Fair Lady*, in this spectacular new production at
The Ian Potter Theatre - Arts Centre, Melbourne.

Featuring unforgettable songs including *Wouldn't It Be Lovely*, *The Rain in Spain* and *I Could Have Danced All Night*, this timeless classic tells the story of Eliza Doolittle and Professor Henry Higgins in a charming tale of transformation, humour and romance.

WHEN : WEDNESDAY 25TH NOVEMBER

TIME : BUS DEPARTS BALMORAL AT 11.15AM

COST : \$135.00 INCLUDES TICKET, BUS & LUNCH
Deposit \$50.00 with balance of \$85.00 due by
Friday 9th October

LUNCH : LA CAMERA RESTAURANT (SET MENU)

**** Only 7 tickets left ****

Book early to avoid disappointment.

Sign up sheet at the office.

Please wear your name badge on the day.

TREBLE TONES LADIES CHOIR

THURSDAY 1ST OCTOBER
2.00PM - 3.00PM IN THE MPR



The Treble Tones are a community based ladies choir, they will sing a selection of popular music including ballads, light classical, sacred and theatre music.

Please come along and enjoy the music and stay for a cuppa afterwards.

\$2.00 donation for the Treble Tones at the door would be appreciated.

BALMORAL GARDENS **RESIDENTS COMMITTEE**

The Annual General Meeting of the Balmoral Gardens Residents Committee Inc. will be held in the Multi Purpose Room on Thursday the 15th of October 2026 at 2pm. President and Treasurer reports will be presented and the new committee for 26/27 will be announced by the Returning Officer. I encourage all residents to attend so we will have a quorum for the meeting.

During the AGM representatives of the various activity groups will be given a chance to speak about their particular activity.

By now you should have had a ballot paper and proxy form delivered as an election will be held to elect committee members as too many nominations were received.

Ron
President

KAY'S CLASSIC FASHIONS



WHEN : MONDAY 12TH OCTOBER

TIME : 10.30AM IN THE MPR

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

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!

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.



FATHER'S DAY RAFFLE

Congratulations to our lucky winner
Thea

Thank you for your support! With all the money received we were able to forward an amount of \$305 - (\$245 from the raffle and \$60 from knitted soft toy purchases) to MND Australia.

A big thank you to Freda who has kindly been knitting soft toys to purchase, with all funds being donated to various charities.

DRUMMING WITH LINDA

Feel the rhythm and have some fun!

Dates Thursday 29th October

Time: 11.30am - 12.30pm

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.



THURSDAY LUNCHES

EAT IN THE DINING ROOM OR TAKEAWAY

NOODLE BOX

Thursday 1st October - pay by noon Tuesday 29th Sept

Sweet Soy - \$7.95

Spicy - \$7.95

Classic Chicken - \$7.95

Chicken Fried Rice - \$7.95

POTATO LUNCH

Thursday 8th October - pay by noon Tuesday 6th

Potato & Coleslaw - **\$6.00**

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

CHICKEN LUNCH

Thursday 15th October - pay by noon Tuesday 16th

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

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

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

HUEY'S LUNCH

Thursday 22nd October - pay by noon Tuesday 20th

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

OCTOBER - (capped at 45 guests dine in & 10 takeaway)

*(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)		
7TH OCTOBER	(A) Roast lamb, roast potatoes & steamed vegetables	(B) Beef ravioli & steamed vegetables served with garlic bread
	Tiramisu <u>OR</u> Fresh Fruit Salad	
14TH OCTOBER <u>LABEEC</u>	(A) Lamb shank, mashed potato & steamed vegetables	(B) Butter chicken served with rice
	Berry Pavlova <u>OR</u> Fresh Fruit Salad	
21ST OCTOBER	(A) Roast beef, roast potatoes & steamed vegetables	(B) Sweet & sour chicken served with rice
	Rhubarb & Apple Crumble <u>OR</u> Fresh Fruit Salad	
28TH OCTOBER <u>LABEEC</u>	(A) Baked salmon, mashed potato & steamed vegetables	(B) Roast chicken, roast potato, pumpkin & steamed vegetables
	Chocolate Mousse <u>OR</u> Fresh Fruit Salad	
THURSDAY 29TH OCTOBER MEXICAN THEME NIGHT	(A) Ground beef soft tacos served with vegetables 	(B) Pollo en crema (Chicken in cream) served with Mexican rice & vegetables 
	 Tres leches cake <u>OR</u> Fresh Fruit Salad	

BALMORAL VILLAGE

5 DAYS MOUNT GAMBIER TOUR

MONDAY 15TH MARCH - FRIDAY 19TH MARCH 2027



Cost \$1,100.00 per person twin share

plus \$380.00 per person single supplement

Full Details can be found on the Notice Board in the Library

Our tour has all days planned and includes all expenses except drinks, and you get to travel with friends.

Any queries, please speak to Doreen

(Cost has increased from our last trip but similar tours by Bus companies and Travel Agents are all around \$2000 with lunch included in 1 – 2 days only and 2 afternoons “at leisure” which means you are left to entertain yourselves)

SPEAKERS GROUP – ACTIVITY LEADER WANTED

We are looking for a volunteer to take on the role of **Activity Leader** for the **Speakers Group**. If you are interested in helping keep this enjoyable group going, please see Natasha up at the office.

A big thank you to Ann for her wonderful dedication and for running the group over the past few years. We truly appreciate all the time and effort you have given to this group.



SUNDAY AFTERNOON AT THE MOVIES



THE MAN FROM SNOWY RIVER II

Sunday 18 October
2.00pm
TV Room

Come along and enjoy a classic afternoon movie with
your fellow residents.

Tea & coffee will be served after the movie.

ALL WELCOME!



INDOOR BOWLS

Not long until daylight saving is upon us. This will mean we can walk up to indoor bowls in daylight! There is always room for more, just have your name down by 4.00pm Monday and 11.30am Friday.

DATES FOR YOUR DIARY - Keep your eye on the indoor bowls noticeboard for information about chicken and chips night.

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.

Bruce



A very warm welcome to



Moira

Who moved in during September.



We hope you enjoy many happy years at Balmoral Village!



MEXICAN
THEMED DINNER
THURSDAY
29 OCTOBER
6:00 PM

Join us for a fun-filled Mexican evening with delicious food, great company and a festive atmosphere!

TWO COURSES	ONE COURSE
\$34	\$29

ENJOY A DELICIOUS MEXICAN-INSPIRED MENU!

DRESS IN YOUR FAVOURITE COLOURFUL MEXICAN-INSPIRED OUTFIT (OPTIONAL)

BRING YOUR APPETITE AND YOUR SENSE OF FUN!

BOOKINGS ESSENTIAL AT RECEPTION ¡Olé!



FOOTY TIPPING COMPETITION



It's all over for another year, well done to everyone who participated in this year's footy tipping competition.

So - WHO WON!!!!

1. We had a 3 way tie for equal 1st
 - **Linda**
 - **Hugo**
 - **Joy**Shared 1st prize = \$340 each
2. We also had a 3 way tie for equal 2nd
 - **Graeme**
 - **Kevin**
 - **Caroline**Shared 2nd prize = \$60 each
3. Prize for picking the lowest number of winners
 - **Barbara** - \$35
4. We had a special prize for picking the most number of winners during the 11 bye rounds. This was won by **Mick** - \$25. Mick picked 57 from a possible 63.

As you know, Ron passed away a few months ago. Ron was a great supporter of the competition for many years and helped set it up. In recognition of his contribution, it was unanimously agreed and supported that the winner's trophy be changed to - Ron Perpetual Football Tipping Competition.

From the footy team, congratulations to all our winners and we look forward to seeing you back in 2027.

From, Geoff , Margaret and Steve .





SMORGASBORD DINNER

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

SUNDAY 11TH OCTOBER

Please add you name to the booking list and
pay at reception by **Friday 2nd October**

SUNDAY 8TH NOVEMBER

Please add you name to the booking list and
pay at reception by **Friday 30th October**

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.

Any queries, please speak to
Lindsay

LABEEC
“Living Alone But Enjoy Extra Company”

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LABEEC Birthday Dinner

Date : **Wednesday 14th October**

Time : 6.00pm Dinner in dining room

LABEEC Dinner

Date : **Wednesday 28th October**

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 at reception.



HAPPY GET TOGETHER SATURDAY 3RD OCTOBER

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

Balmoral *Bowls Club*

Our summer season is well underway and competitions nearing finals, many of our members will begin their pennant season shortly, we hope they all have a successful season.

The first smorgasbord and competition for the season was a great success.

Prizes for the winning teams were presented by our guest Robin Forster.

Winning Team: Ian
 Robyn
 Jock

Runners up. Marlene
 Evelyn
 Nick

Our guest for the next smorgasbord on the 15th October will be Kim Wells MLA. Kim has sponsored the Don Rosa Tournament at Parliament House for many years. Our club will once again be sending 2 teams to represent Balmoral on the 15th October.

If any members need hats or uniforms for the summer season our new contact for orders is Anne.

Regards
Margaret



CARE & WELLNESS **COMMUNIQUE**

DR RANIL BALMORAL CLINIC DAYS

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

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

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.

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.



BLOOD TESTS



Dorevitch Pathology provide a service for blood tests in the Doctors room at the Community Centre every Thursday at 9.00am. All routine pathology lab requests are accepted.

📞 IMPORTANT CONTACTS 📞

👨‍⚕️ **Doctor** (Commercial Road Medical Centre) - 9752 2407

💇‍♀️ **Hairdresser** (Tracie) - 0414 600 702

🌸 **Massage** (Heidi) - 0419 390 069

💊 **Pharmacy** (Knoxgate Pharmacy) - 9801 3852

🦶 **Podiatrist** (Croydon Podiatry) - 9723 2508

NEWS FROM THE KIOSK

Did you know that we carry over 200 grocery items in the kiosk. The items we carry change to cater for the changing seasons, i.e. lots of soup options during the colder months to cold packets of meat and salad items in the warmer months. We also purchase in bulk when items are either half price or offer great value.

Our frozen meals are still very popular. Unfortunately, we have had to increase our price on PubFav meals from \$6.00 to \$6.50. Katrina meals increased to \$12.20 last month. We have a small supply of the McCain Roast Lamb/Chicken meals for \$7.00.

On the 2nd October it is only 12 weeks to Christmas!!!! Look out for the very early Xmas goodies at the Kiosk – Fruit Mince Pies \$4.20 and Butter Shortbread Fingers \$4.20. We will be offering other Xmas goodies over the coming months.

FRIDAY BAKERY SPECIALS

Raisin Bread, Crumpets or Muffins or bread rolls for that weekend treat. They have proven to be very popular, selling out quickly. Limited supplies so get in early.

We are always looking for new volunteers to help in the Kiosk. Volunteer forms are available in the Kiosk.

Thank you to all our volunteers who provide their time each month to bring this vital service to the Balmoral community.

Until next month, keep healthy and safe.

KIOSK OPENING HOURS



Mon/Tues/Wed/Thurs	10.00am - 12.00pm
Friday	2.00pm - 4.00pm
Saturday and Sunday	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.

After checking with Fr Jerald, he plans to be here on

Thursday 8th October at 2.00pm in the MPR

A gold coin donation for Fr Jerald is appreciated.

If you can, please stay for a cuppa and a chat afterwards.

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

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

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

FRIDAY 23RD OCTOBER

**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 TIMETA- BLE



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

DEPARTURE

PICK UP

MONDAY

Stud Park S/Centre	9.30am	11.30am
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TUESDAY

Stud Park S/Centre	9.30am	11.30am
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WEDNESDAY (First Wednesday of the Month)

Bunnings/Spotlight	9.30am	11.30am
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THURSDAY

Knox City S/Centre	9.30am	11.30am
	11.15am	1.30pm

FRIDAY

Knox City S/Centre	9.30am	11.30am
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**** Maximum of (ten) 10 residents per trip
and only (four) 4 walkers ****



GARDENING ZONES FOR OCTOBER



<u>ZONE 4</u> PROJECTS & OTHER	WEEK 1&5 28/9/26 - 2/10/26 26/10/26 - 30/10/26
<u>ZONE 1 (1- 67)</u> MON/TUES/WED – job requests THUR/FRI - other	WEEK 2 5/10/26 - 9/10/26
<u>ZONE 2 (68 – 133)</u> MON/TUES/WED – job requests THUR/FRI - other	WEEK 3 12/10/26 - 16/10/26
<u>ZONE 3 (134 - 202)</u> MON/TUES/WED – job requests THUR/FRI - other	WEEK 4 19/10/26 - 23/10/26
<u>MOWING & EDGING</u> <u>(external contractors)</u>	Fortnightly (weather & season dependent)

COMMUNITY ACTIVITIES

GET INVOLVED • MEET FRIENDS • HAVE FUN!



500

Thursdays, 1.30pm
TV Room



BINGO

4th Thursday of the month, 2.00pm
Dining Room



BOOK CLUB

1st Wednesday of the month, 7.30pm
TV Room



CARDS

• Crazy Whist - Mondays, 1.30pm • TV Room
• Cribbage - Tuesdays, 1.30pm • Dining Room



COLOURING GROUP

Every Tuesday, 1.30pm
TV Room



COMMUNITY BBQ

Every Tuesday, 5.30pm



CRAFT GROUP

Every Tuesday, 10.00am - 11.00am
Dining Room



CROQUET

• Mon / Tues / Fri, 10.00am
• Saturday, 9.00am
**If anyone is interested playing on a Wednesday, rino Hotel.*



CROSSWORD GROUP

Saturdays, 10.00am
TV Room



DARTS

Every Monday, 10.00am
Snooker Room



FITNESS GROUP

Wednesdays, 9.00am & 10.00am
Fitness Centre



FRIENDSHIP SUPPORT GROUP

4th Wednesday of the month, 2.00pm



GENTLE EXERCISE

Every Friday, 10.30am • MPR



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 classes



TABLE TENNIS (MPR)

Thursdays and Saturdays

🕒 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 (limited to 5 women per week)