



OFFICER LIFESTYLE ESTATE  
*by* LINCOLN PLACE

# OFFICER LIFESTYLE ESTATE

## June 2024 Newsletter



### On at Officer

- Community Meeting 4th June
- Tai Chi on Thursdays
- This is Your Life with Trevor Fry 25th June

### LINCOLN PLACE MATES RATES

All Lincoln Place residents will receive a 50% discount at our partner tourist parks in Nambucca River, Albury and Canberra!

### This Edition

- Welcoming our new residents
- Meet Bec
- Slow Cooker Recipe
- Movie Nights
- Event Roundup

Happy June! Can you believe we are already halfway through the year? It has been a busy one so far at Officer Lifestyle Estate, and we look forward to what the rest of the year brings. Read on to see what happened in the community last month and what's coming up, from the Gent's Lunch to some great snaps from around the Estate.

# Mark Your Calendar



**June 5th**  
**World**  
**Environment**  
**day**



**June 8th**  
**Best friend's day**



**June 10th**  
**King's birthday**  
**Public holiday**

**June 23rd**  
**Take your dog to**  
**work day**



**June 21st**  
**World music**  
**Day**



**June 27th**  
**National Bingo**  
**day**



Did you know Winter Solstice is on the  
21st of June?

# Community Updates

## Choir

Rehearsals each Thursday afternoon at 1:30 pm. No experience necessary, everyone welcome.

## This is your life

Trevor Fry is our next guest on Tuesday, 25th June, at 10:30 in the Lodge. Everyone welcome.

## Men's Lunch

Our next men's lunch is Wednesday, 26th June, departing the Lodge at 11:30 am. Please let Leigh, unit 148, know if you are intending to attend.

## Bingo

In the Lodge starting at 7:00 pm, everyone is welcome.

## A Thank You from Joan

Joan 126 would like to say "Thank You" to everyone who was there on the 30th April. Your love and support are overwhelming and appreciated.

## Items collection

Any unwanted items, e.g., bric-a-brac, clothes, furniture items, can be collected for a small fee. Otherwise, items can be left at 148 and they will be taken to the Op shop in Pakenham.

## Meet Our Aqua Aerobics Instructor Bec

Vibrant in both her attire and personality is our Aqua Aerobics instructor, Bec, who takes two sessions a week in the Lincoln Place pool.

Bec is a highly trained instructor who takes the class through a range of fun and enjoyable activities that stretch not only the body but the mind as well. From warm-up and stretching activities to using noodles, dumbbells, frisbees, and kickboards, each session is a great workout but provides participants with a chance to socially interact and feel a sense of achievement in being active.



## COMMUNITY INFO



Homes: 104

Residents: 157

## Please welcome our new residents

Lot 3 – Trish

Lot 44- Terry and Gail

Lot 54 – Julie

Lot 56 – Cheryl

Lot 57- Jude

Lot 58 – Dennis and Sue

Lot 59- Norm and Karen

Lot 60 – Brian

Lot 61 – Rhonda

Lot 63 – Chris

Lot 76 – Robert and

Peggy

Lot 72 – Roy and Louis

## SAVE THE DATE!

4th & 18th June:

Massage Therapy - Book with Vanessa on 0407 532 283

4th June:

Community meeting with Head Office at 4pm

10th June:

King's Birthday

21st June:

Pie Night at Happy Hour

25th June:

This is Your Life

26th June:

Men's Lunch

28th June:

Always Hear - Book in at reception

Thursdays: Bowen Therapy with Carol - Book at reception

Monday fortnights (starting 3rd June): Foot Nurse - Book with Elle at reception



# Event Roundup



Congratulations to Leigh Drew who received the Holt Community Leadership Award for leadership of Casey Radio - 97.7FM. The award was presented to Leigh by Federal member for Holt Cassandra Fernando.



The gents in high spirits getting ready to head to the Cardi Pub for their Men's Lunch on the 15th of May.



# Life at Officer



A beautiful sunrise captured from lot 76.

Take a look at Trevor Fry's blooming garden in lot 113.



Doggos of the community Mako and Belle.

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## Out and About

Teat yourself and try on of our local spots:

- [Brandy Creek Winery, 570 Buln Buln Rd Drouin East](#): A really nice winery offering premium cool climate wines like Tempranillo and Sparkling Pinot Gris. Enjoy tapas dishes in the restaurant or on the outdoor deck with views of the vineyard, olive grove, and Baw Baw ranges.
- [Nancy Eatery, 114 Mulcahy Rd, Pakenham](#): A great little cafe for breakfast and lunch, located in Robert Gordon Pottery warehouse. Enjoy a coffee or light meal with a glass of wine in a casual, relaxing environment.



## **Community Transport Volunteer**

mecwacare's community transport program helps clients in the Cardinia Shire remain independent and active.

We are seeking local volunteers to drive clients to and from their medical appointments.

Program operates Monday -Friday.

Minimum one day per week – Flexibility around demand.

Use your own car with KMs travelled reimbursed.

You will enjoy connecting with others in the community and help make a difference.

**For enquiries, please contact Jodie Berry on 03 5941 5454.**

# Tuesday Night at the Movies



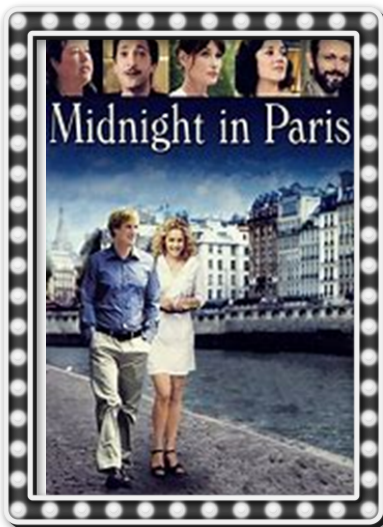
Enjoy a relaxing night every Tuesday with the newest releases and classics.



## CABRINI

This film depicts the life of Catholic missionary Francesca Cabrini, portrayed by Cristiana Dell'Anna, as she encounters resistance to her charity and business efforts in New York City. Based on a true story

WHEN: 4TH JUNE



## MIDNIGHT IN PARIS

While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight.

WHEN: 11TH JUNE



## NORTH BY NORTHWEST (1959)

In this classic Hitchcock Film, a New York City advertising executive goes on the run after being mistaken for a government agent by a group of foreign spies, and falls for a woman whose loyalties he begins to doubt.

WHEN: 18TH JUNE



## THE LAST RIFLEMAN

World War II veteran Artie Crawford lives in a care home in Northern Ireland. After his wife's death, he decides to ignore all advice and sets off alone to France to attend the 75th anniversary of the D-Day landings.

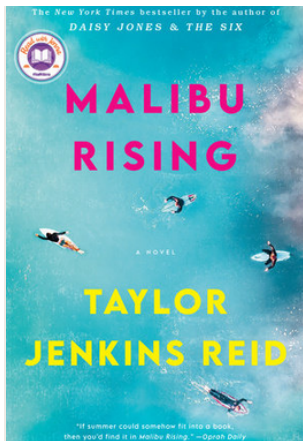
WHEN: 25TH JUNE



# What we're Reading

The Officer Book club meets the second Tuesday of the month at 4pm in the lodge. Please join in, we have a lot of laughs during our discussions.  
Contact: Joan Gaudion, 0421 705 726

Here are some more book suggestions for this month. Whether you enjoy new fiction releases, exciting dramas, or non-fiction, there's something for every book lover.

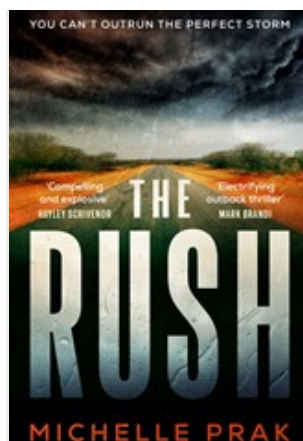
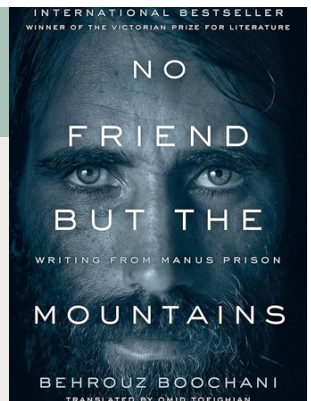


## Malibu Rising Taylor Jenkins Reid

In 'Malibu Rising', four famous siblings throw a memorable summer party. However, within just one day, everything changes for them. Malibu Rising is a story about one unforgettable night in the life of a family: the night they each have to choose what they will keep from the people who made them . . . and what they will leave behind.

## No Friend But the Mountains By Behrouz Boochani

No Friend But the Mountains: Writing from Manus Prison is an autobiographical account of Behrouz Boochani's perilous journey to Christmas Island and his subsequent incarceration in an Australian government immigration detention facility on Manus Island.



## The Rush By Michelle Prak

Out on the wet roads, tensions arise among four backpackers on their way to Darwin. They haven't prepared for this kind of weather and the flooding isn't the only threat on the horizon ... Chilling, tense and twisted, this compulsive thriller will send adrenaline coursing through your veins.

# What we're Watching



We are thrilled to present our TV suggestions for the upcoming month. Whether you enjoy gripping dramas, enlightening documentaries, or light-hearted comedies, our picks are customised to suit your preferences. So, grab a refreshing drink, get comfortable in your favorite spot, and let these shows keep you entertained. Enjoy watching!

## Bodkin Season 1

When real estate mogul Charlie Croker faces bankruptcy, political and business interests collide, as he defends his empire from those attempting to capitalize on his fall from grace. Based on Tom Wolfe's novel of the same name.

Available to watch on Netflix.



## the GREEN VEIL



## The Green Veil

In the 1950s, a government agent is tasked with unravelling a secret mission that threatens to expose deeper secrets.

Premieres Thursday 6 June with double episodes airing weekly on NITV from 8:30PM.

Episodes will be available to stream on SBS On Demand from Thursday 6 June.



# Recipe of the Month

## Slow Cooker Pumpkin Soup

### INGREDIENTS:

1, 1/5 kg jap pumpkin cut into pieces peeled  
2 potatoes medium peeled quartered  
1 brown onion quartered.  
3 tsp vegetable stock powder  
2 tsp curry powder (optional)  
4 cups hot water  
1 tsp pepper \*to taste  
1 cup cream



With winter on its way, stay warm this month with an easy and affordable slow cooker recipe! This easy-to-make dish serves 6.

### METHOD:

1. Add pumpkin, potato and onion to slow cooker.
2. Dissolve stock in 4 cups of hot water and pour over vegetables.
3. Sprinkle in curry powder and pepper.
4. Turn slow cooker on high for 6-8 hours.
5. Once cooked, blend until smooth. Add cream and stir.
6. Serve with crusty bread or dinner rolls.



# Keeping Things Light



## *Refer a friend to receive a \$1k Visa Gift Card*



We know that Lincoln Place Lifestyle Estates are a great place to live. If you help us spread the word about Lincoln Place by referring someone to us who buys one of our new homes, we will reward you both. You will receive a \$1,000 Visa Gift Card, and they will receive \$1,000 off the purchase price of their home.

There is no catch and you can refer as many people as you like. You don't have to be living at Lincoln Place to take advantage of this great offer\*. Simply complete this form and leave the rest to us.



\*Some terms and conditions apply.  
[lincolnplace.com.au/](http://lincolnplace.com.au/)

## HOME MAINTENANCE

For all home maintenance enquiries  
please email:  
[acomaintenance@lincolnplace.com.au](mailto:acomaintenance@lincolnplace.com.au)



## 24 HOUR EMERGENCY TELEPHONE NUMBERS DIAL 000

Mepstead Electrical - Travis - 24/7  
0419 534 942 OR 5943 5541

LUV2PLUMB - Gareth - 24/7  
1300 259 053

## POOL TIMES

During school holidays kids are welcome in the pool area at all times with the supervision of the resident. During the school term, we kindly ask that kids are welcome in the pool area between 3pm – 6pm.

## SAFETY IN NUMBERS!

We highly encourage all residents who use the gym and pool to do so with a buddy for personal safety. In the unlikely event that something goes wrong, it's always comforting to know that someone is close by. If you can't go with a buddy then please inform someone of where you will be.

## OFFICE HOURS

9am – 4pm Monday/Tuesday/Thursday

9am – 2.15pm Wednesdays

9am – 12 noon Fridays

Available on the phone until 5pm on 0407 134 582

## Tai Chi Classes - 6th June At 10.30am

Join Sandra in exploring the art of Tai Chi for inner balance and well-being, unlocking the practice's full potential with her guidance. All are welcome- This is great for the mind, body and soul. Cost is \$5per class.



Residents to please use the most direct routes to and from their homes when driving. Our streets are narrow and the least amount of time in a car on the road will help reduce the chance of accidents. Always keeping to the speed of 10kms (Walking pace).

Please ensure that you either park your vehicle in your own carport or own driveway. If you require a short-term parking arrangement due to unforeseen circumstances, please reach out to the Community Manager, so that we can review your request and provide appropriate guidance to your individual circumstances.

## Hairstylist

Contact the friendly Justine who will come to you - 0403 310 883

## Bowen Therapy With Carol

Book at Reception

## Car Detailing

Call John and mention you are from Officer Lifestyle Estate and get a great discount – 0423 968 434

## Internet Issues

Fixtel customer service number for after hours internet issues - 1300 349 835

## Fuel Discounts

Victorian Seniors Card holders can now save 4c per litre at participating United service stations using a digital or plastic United fuel discount card. Alternatively, get the 7/11 fuel app to access savings rewards.

# Lincoln Place mate's rates

A special invitation to all Lincoln Place Community residents to visit our three Tourist Parks across ACT and NSW.

We provide a variety of caravan, camping and villa accommodation, ideal place for a short break, stop over or holiday. Relaxing and fun, we offer a welcoming environment, where families are catered for in a safe and social community.

## **NAMBUCCA RIVER TOURIST PARK**

Visit the beautiful Nambucca River Tourist Park with a resort style swimming pool where there's plenty of ways to relax. Choose from caravan and camping sites or book a cabin sleeping up to six people - perfect for a couple's getaway or family. Choose to prepare your meals in your cabin or the spacious camp kitchen and relax at the alfresco dining area. We offer a variety of cabin and villa accommodation to suit all budgets - from luxury villas to budget cabin accommodation - so it's safe to say we have something for all holidaymakers.

Features include:

- Pet friendly - off the leash dog run
- Riverside walking trail
- Putt putt golf
- Outdoor chess board
- Driving range
- Nearby - Macksville and Nambucca Heads

[www.riverpark.com.au](http://www.riverpark.com.au)

Phone: (02) 6568 1850

Email: [reception@riverpark.com.au](mailto:reception@riverpark.com.au)

## **SUNDOWN VILLAS TOURIST PARK**

Sundown Villas offers quality accommodation in Canberra, perfect for couples, families, and groups. Located in Symonston, less than 10 minutes from Canberra Airport and 10 minutes to the Canberra CBD, Sundown Villas offers easy access to all the top attractions in the ACT.

Select from one of our spacious accommodation villas including the King spa villa, Queen villas, and Family villas. Top five things to do in Canberra - Australian War Memorial, National Portrait Gallery, Old Parliament House, Mount Ainslie Lookout, National Zoo, and Aquarium.

Features include:

- Pet friendly accommodation
- Tennis court
- Resort style pool
- BBQ Facilities
- Free parking
- Breakfast (cost incurred)

[www.sundownvillas.com.au](http://www.sundownvillas.com.au)

Phone: (02) 6239 0333

Email: [reception@sundownvillas.com.au](mailto:reception@sundownvillas.com.au)

## **ALBURY GARDENS TOURIST PARK**

Conveniently located just off the Hume Highway and moments from the stunning Murray River and Lake Hume, Albury Gardens Tourist Park is the perfect place to relax. It's a fabulous destination for NSW country escapes, as well as restorative travel breaks and nightly stopovers on the busy Sydney-Canberra-Melbourne route. With accommodation to suit all budgets and plenty of things to see and do, you're sure to enjoy every minute of your stay at Albury Gardens Tourist Park. Designed to feel like a home away from home, the park is renowned for its convenient amenities and family-friendly atmosphere. Set among the quiet streets of the town's northern suburbs, it is surrounded by scenic countryside and a great range of local attractions and essential services. Albury Gardens Tourist Park hosts a choice of accommodation, including cabins, powered drive-through and ensuite caravan sites, and beautifully landscaped camping sites. As Albury Gardens Tourist Park is pet-friendly, we welcome guests who want to bring along their four-legged friend. Please contact our friendly team to confirm availability for your pet.

Features:

- Swimming pool
- BBQ facilities on site
- Drive through caravan sites and ensuite camp sites
- Guest laundry

[www.alburylv.com.au](http://www.alburylv.com.au)

Phone: (02) 6040 6275

Email: [info@alburylv.com.au](mailto:info@alburylv.com.au)

Please visit the Lincoln Place website promotions page to view terms and conditions.



# Take a break



## Lincoln Place Trivia

1. **Which Australian desert is the largest?**
  - A. Simpson Desert
  - B. Great Victoria Desert
  - C. Gibson Desert
  - D. Tanami Desert
2. **The line "Here's looking at you, kid"? is in what film?**
  - A. Gone with the Wind
  - B. Casablanca
  - C. The Godfather
  - D. Citizen Kane
3. **Which novel starts with the line "Call me Ishmael"?**
  - A. Moby-Dick
  - B. War and Peace
  - C. The Great Gatsby
  - D. 1984
4. **Which country won the FIFA World Cup in 2018?**
  - A. Brazil
  - B. Germany
  - C. Argentina
  - D. France
5. **What year did the Australian dollar replace the pound?**
  - A. 1960
  - B. 1966
  - C. 1970
  - D. 1975



LINCOLN PLACE  
*Feel at home*

# Monthly calendar

## May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 4.30pm Community BBQ	3 10am Morning Tea 11am Pool Fun 2.30pm Lawn Bowls 7pm Bingo Foot Nurse	4 2pm Community Meeting 6.30pm Snooker 7pm Movies	5 PICKLE BALL MATCH  1pm Craft Group 6.30pm Snooker	6 9am Aqua 10.30am Tai Chi 1.30pm Choir 2.30pm Lawn Bowls 7pm Ladies Billiard and Cards	7 11am Aqua 5pm Happy Hour and Joker Poker Bar Open	8
9 4.30pm Community BBQ	10 10am Morning Tea 11am Pool Fun 2.30pm Lawn Bowls 7pm Bingo	11 Massage Tuesday 4pm Book Club 6.30pm Snooker 7pm Movies	12 PICKLE BALL MATCH  1pm Craft Group 6.30pm Snooker	13 9am Aqua 10.30am Tai Chi 1.30pm Choir 2.30pm Lawn Bowls 7pm Ladies Billiard and Cards	14 11am Aqua 5pm Happy Hour and Joker Poker Bar Open	15
16 4.30pm Community BBQ	17 10am Morning Tea 11am Pool Fun 2.30pm Lawn Bowls 7pm Bingo Foot Nurse	18 6.30pm Snooker 7pm Movies Massage Therapy	19 PICKLE BALL MATCH  1pm Craft Group 6.30pm Snooker	20 9am Aqua 10.30am Tai Chi 1.30pm Choir 2.30pm Lawn Bowls 7pm Ladies Billiard and Cards	21 11am Aqua 5pm Happy Hour and Joker Poker Pie Night Bar Open	22
23 4.30pm Community BBQ	24 10am Morning Tea 11am Pool Fun 2.30pm Lawn Bowls 7pm Bingo	25 10.30am This is Your Life 6.30pm Snooker 7pm Movies Massage Tuesday	26 PICKLE BALL MATCH MEN'S LUNCH 1pm Craft Group 6.30pm Snooker	27 9am Aqua 10.30am Tai Chi 1.30pm Choir 2.30pm Lawn Bowls 7pm Ladies Billiard and Cards	28 ALWAYS HEAR 11am Aqua 5pm Happy Hour and Joker Poker Bar Open	29
30 4.30pm Community BBQ						

### Trivia Answers:

- 1.B
- 2.B
- 3.A
- 4.D
- 5.B