

A newsletter to keep in touch with our valued Rivervue clients

Open for business!

Welcome to our first issue of *Connected*. The purpose of this newsletter is to enable us to keep in touch with you- our valued client. We hope you find our newsletter interesting and informative. Page 3 details lots of ideas and suggestions for social distancing activities but when you have exhausted all options we would love to see you.

Our sales team are still working and are eager to show you our beautiful village. Under the current government-approved guidelines, we are available for exclusive, private inspections and rest assured all hygiene standards are strictly enforced. Scroll down to page 6 where we are showcasing some of our beautiful properties.



Tracey Milne



Marius Tekin



Village Life in Isolation

Life in a retirement village is certainly different under the current isolation protocols. Our village manager's share the impact that isolation has had on the village community.

How have the village residents supported each other during isolation?

Some neighbours have a signal, if their blind is down by midday, their neighbour will give them a call to check in.

A resident support group has been set up where if a resident needs assistance, help is at hand.

It could be for things such as a simple phone call, a wave, something from the shops, assistance with meal deliveries.

The group has given those residents in quarantine the support to stay in quarantine and stay safe but connected.

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Village Life in Isolation

What unique or special village activities have there been during isolation?

We have initiated a 'Fancy Friday' event encouraging residents to dress up and walk around the village, wave at other residents from their balconies and porches.

One street in the village nominate a time of day where they all come out onto their porch and take turns doing a parade down the street.

Residents have been having driveway drinks – set up of a table in each of their driveways and chat from between 5-10 metres away.

The restaurant and caterers at the villages have initiated a take-away service. Roast night was a huge success!

Has isolation changed the culture of the village and how had the village come together?

Isolation has made people consider what is really important – people are missing their family and friends and village activities and excursions but the residents are walking more than ever around the village and appreciating that they have each other and are meeting new faces (from a safe distance of course)

Residents have been thankful to the staff for the proactive communication. They have said this makes it easier especially in the early days of the pandemic where the path forward was not as clear as it is now. People are sad to have lost community facilities but are appreciating the safety measures taken to protect their lives

Residents received regular email and SMS communications and communications via our in-house TV channel. These digital messages get out to residents faster, can be referenced easily later and can be shared with family and friends.

Have the residents taken to using technology to stay connected ?

Residents are embracing Facetime, Instagram, Zoom, Whats App, Facebook and Netflix – there is a big movement to get online quickly and keep connected with friends and family

Have residents been able to maintain some physical activity and not get villa/apartment bound during this period?

Residents have commented how beautiful the village is and that they really appreciate being able to safely walk around. Residents are feeling quite cocooned and secure in the village, and they are happy to have the expansive village grounds to stretch their legs and get out of the villa or apartment.

“Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.”

What a Great Time to Declutter

In light of the current situation where we are all encouraged to stay home, what a great time to think about and start that dreaded decluttering process!

Whether you're getting ready to move or just reorganising your current living space, decluttering can be a daunting task.

The following 3 great tips can help you tackle the task of paring down and sorting through a lifetime of stuff:

1. Sort out what you want to throw away or donate first. A great first step in the decluttering process is sorting possessions into 3 groups: stuff to keep, stuff to donate and stuff to throw away. Once you're free of the possessions you don't need, then you can move on to organising what you want to keep.

2. Remove anything that could cause you to trip and fall. Falling is a serious health hazard and as a result, it is important to identify and remove any tripping hazards as part of the decluttering process.

This can involve not only clearing items off the floor but removing throw rugs, getting rid of furniture you don't use and taping down electrical cords.

3. Consider what you use most often and keep those items within reach. Take some time to pick out things you use a lot (e.g. TV remote, reading glasses, tissues and other types of necessities) Organise your living space so these essentials are within reach of the spot (s) you usually sit.



Fast fact

Rivervue encompasses **2 hectares** of river gardens for passive use or recreation. Enjoying these spaces eliminates social isolation and enables our residents to connect with the environment.

Riddle Time



1. Which word is the odd one out: Seventy, Brawl, Clover, Proper, Carrot, Swing, Change, Travel, Sacred, Stone?
2. My numbers may vary, thin as a sheet, take one away, and we're just not complete. What am I?
3. What tastes better than it smells?
4. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
5. I make two people out of one. What am I?
6. Some try to hide, some try to cheat, but time will show, we always will meet.
7. The more you take, the more you leave behind. What am I?
8. What has many keys, but can't even open a single door?

Let's get Creative!



We all need to think outside the square at for ways to entertain ourselves whilst being housebound.

Here are some fun suggestions:

Read everything. You always say you'll find the time to read more. Now is that time? Download a bunch of e-books and audiobooks instead. Drag your friends into your literary abyss and create a virtual book club and call each other to discuss.

Take a virtual museum tour. Google Arts & Culture has a collection of virtual walk-throughs for dozens of international museums, from Paris to New Delhi.

Learn a language - or just the basics. Don't know Spanish, Japanese yet? Websites like Open Culture provide free lessons in foreign languages. Download apps like DuoLingo on your phone or tablet to learn on the go.

Boost your vocabulary. Remember when reading the dictionary was a form of punishment? No longer. Flip through a thesaurus to test your vocabulary, and gradually intumescence your personal lexicon and chevvy your kin with your verbosity.

Start bird watching. Coronavirus hasn't bothered the birds. Find out what species nest near you, dust off your binoculars if you've got 'em and download a bird watching map. Sit in your backyard or near a window. You'll be surprised by how many you notice when you really look.

Go for coffee. Facetime/video chat with your family and friends over a cup of coffee or tea.

Do a home workout. Brush off that old Jane Fonda tape or find a suitable class online. Now is the perfect time to exercise or practice yoga in the comfort of your own home without anyone watching.

Take up sewing. Remember that quilt you've always wanted to make, but didn't have the time or the patience? With winter approaching, make yourself something to warm up with in the colder weather.

Find new recipes. Read your cookbooks and browse every culinary site on the internet. You've got the time, after all.

Meditate. Life is slowing down for a bit. Emptying your mind and cantering your awareness no longer feels impossible and it may help you relax.

Bring out the board games. Clue. Marbles. Scrabble. The classics are just as fun as you remember.

Tackle a puzzle. It's gotta be challenging enough to keep you occupied, but not so challenging that it threatens to drive you mad.

Make art. Whether it's a page out of a colouring book or paint-by-numbers masterpiece, a knitted scarf or a piece of pottery, creating will ease your mind and keep your fingers nimble.

Get handy. If something needs fixing around the house, whip out your toolkit and get to work. There's something about building that fills you with purpose.

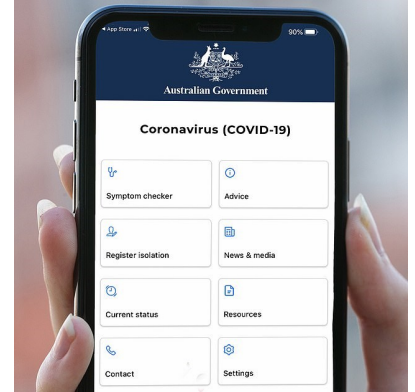
Become a sport expert. Read up on your sport so that when your team starts playing again, you'll have even greater insight into the game.

Record your family history. Many of us have spent countless hours researching our family history. But what about the generations after us? Spend some time writing down your own life history to share with the descendants that follow. Even better- record a video of you telling your story.

Tech Talk!

Australian Coronavirus App

Did you know that Australians now have easy access to all of the latest Covid-19 information via the government's new coronavirus app. The application provides up-to-date information about the outbreak, from basic health advice, including the signs and symptoms to look out for, to the government's guidelines on how to stay safe amid the pandemic. The Coronavirus Australia app can be downloaded from either the Apple App Store or Google Play through your smartphone. Simply go into the relevant app store, use the search bar to locate Coronavirus Australia and click install.



Facebook Messenger can help you stay in touch with loved ones

Missing your family and friends?- there's plenty of other ways to stay connected, such as Facebook Messenger. The app allows you to message, call, video chat and share photos with your loved ones all with the click of a few buttons.

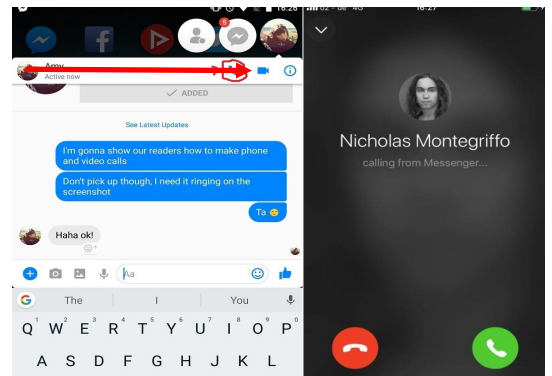
Phone calls

While you can simply call your family and friends via their normal phone number or you can also use Facebook Messenger to get in touch.

First open up the Facebook Messenger app or you download this via the app store – and select the person you wish to call. Then in the top corner you'll see a telephone icon. If you click this it will begin calling the other person.

Their phone will ring, just like it does with a normal phone call, and they can click accept or decline. Once connected you can chat away as you please. This feature is particularly handy if you have Wi-Fi, as it won't eat away at your data on the phone plan.

If you don't have the app, you can also access Facebook Messenger by simply logging onto Facebook via your Internet browser and clicking the messenger icon.



Video chat

To conduct a call simply go into the messenger app, select the person you want to chat with and click the camera icon in the top right corner.

This will call their phone with a request for a video chat. Once they approve the chat you'll be able to see their face and they will be able to see yours.

"I alone cannot change the world, but I can cast a stone across the water to create many ripples." - Mother Teresa

Recipe Corner— Blueberry, Almond and Lemon cake !

Now is a time for enjoying the simple pleasures in life and this cake is one of them! This cake is timeless, easy and also keeps well for 3 days stored in an airtight container at room temperature.

Ingredients:

150g unsalted butter at room temperature plus extra for greasing

190g castor sugar

2 lemons: finely grate the zest to get 2 teaspoons, then juice to get 2 Tablespoons

1 teaspoon of vanilla extract

3 large eggs, beaten

90g self-raising flour, sifted

1/8 teaspoon of salt

110g ground almonds

200g blueberries

70g icing sugar

Method:

1. Preheat the oven to 180°C fan. Grease and line a loaf tin 11 x 21 cm, and set aside
2. Place the butter, sugar, lemon zest and 1 tablespoon of the lemon juice and vanilla in the bowl of a free-standing food mixer with the paddle attachment in place. Beat on a high speed for 3-4 minutes, until light, then lower the speed to medium. Add the eggs, in small additions, scraping down the sides of the bowl. The mix may spilt a little but don't worry: it will come back together! Add the flour, salt and almonds in 3 additions. Finally, fold in 150g of blueberries, by hand and pour into the prepared loaf tin.
3. Bake for 15 minutes, then sprinkle the remaining 50g of blueberries over the top of the cake. Return to the oven for another 15 minutes, until the cake is golden brown but still uncooked. Cover loosely with tin foil and continue to bake for another 25-30 minutes, until risen and cooked. Test by inserting a knife in the middle: it's ready if it comes out clean. Remove from the oven and set aside, in its tin, to cool for 10 minutes, then remove from the tin and place on a wire rack to cool completely.
4. Meanwhile, make the icing. Put the remaining tablespoon of lemon juice in a bowl with the icing sugar and whisk until smooth. Pout over the cake and gently spread out: the blueberries on the top of the cake will bleed into the icing a little, but don't worry: this will add to the look. Enjoy!

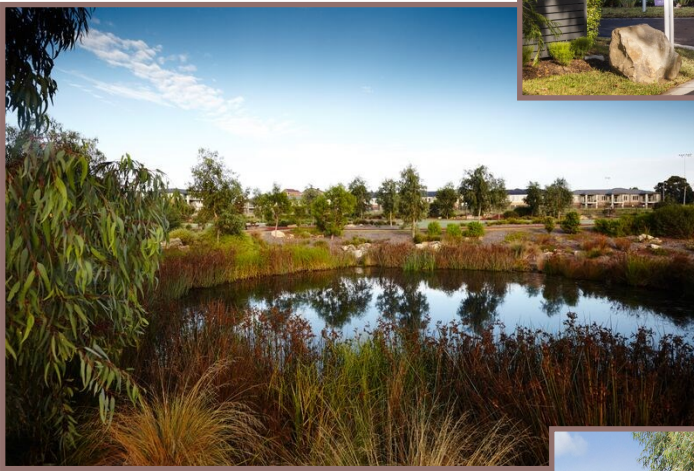


Quiz Answers:

Answers

- | | |
|---|--------------|
| 1. Carrot. When the first and last letters are removed from the other words, they still spell another word. | 5. A mirror |
| 2. A book | 6. Death |
| 3. A tongue | 7. Footsteps |
| 4. Fire | 8. A piano |
| 5. A secret | |

Our Beautiful Village



Property Showcase— 18 Redfern Lane

2  2  1 



18 Redfern Lane

\$635,000 - no stamp duty

- Single level, upper villa offering low maintenance living, with an East facing balcony, perfect for enjoying morning sun!
- Spacious open plan living/dining, modern kitchen with stone bench tops, glass splash backs and Bosch appliances including dishwasher
- The main bedroom is a generous size with large walk-in robe and ensuite bathroom with oversized shower
- The second bedroom has built in robes as well as cabling and data points to be set up as a study
- There is a separate laundry, second full bathroom for guests and direct internal access from the lined garage
- Ducted heating and cooling to ensure a pleasant ambient temperature range
- Double glazed windows and quality insulation provide a quiet, energy efficient and comfortable home

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25 Bellavista Drive, Avondale Heights

RIVERVUE

Life in style by the water

Property Showcase— 26 Evergreen Avenue

2  2  1 



26 Evergreen Ave

\$710,000 - no stamp duty

- Offering spacious open plan living/dining with double glass sliding doors to under roofline outdoor entertainment area and low maintenance courtyard
- Large modern kitchen with stone benches, glass splash backs and Bosch appliances including dishwasher
- Master bedroom with a walk-in robe and its own ensuite bathroom with oversized shower
- Second bedroom with built in robes, cabling and data points
- Second bathroom ideal for visiting family and friends
- Direct internal access from spacious garage, with remote controlled panel lift door
- LED lighting throughout villa, with solar LED “skylights” for additional brightness
- Ducted heating and cooling to maintain consistent comfortable temperatures within the villa

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RIVERVUE
Life in style by the water

Property Showcase— 29 Evergreen Avenue

3  2  2 



29 Evergreen Ave

\$975,000 - no stamp duty

- Spacious villa with stunning river and parkland views!
- Offering open plan living/dining with double glass sliding doors to a generous under roofline outdoor entertainment area, and low maintenance courtyard with river views
- Large modern kitchen with stone benches, glass splash backs and Bosch appliances including dishwasher
- Master bedroom with a walk-in robe and its own ensuite bathroom with oversized shower
- Second and third bedrooms with built in robes, one with cabling and data points suitable for a study
- Second bathroom ideal for visiting family and friends
- Direct internal access from spacious garage, with remote controlled panel lift door
- LED lighting throughout villa, with skylights for additional brightness
- Ducted heating and cooling to maintain consistent comfortable temperatures within the villa
- Double glazed windows and sliding doors, and quality insulation to achieve an energy rating between 8.5 to 9.5

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25 Bellavista Drive, Avondale Heights

RIVERVUE

Life in style by the water

Property Showcase— Apartment 12



Apartment 12

\$750,000 - no stamp duty

- Spacious 2 bedroom plus study apartment offering fabulous North light and river views.
- Open plan living / dining, an expansive outdoor entertainment area and a stylish kitchen with stone benches, glass splash backs, double sink, stainless steel Bosch appliances including dishwasher make this light filled apartment perfect for relaxing and entertaining friends and family.
- The master bedroom suite is a generous size with large walk-in robe and its own ensuite bathroom and balcony overlooking the river. The second bedroom has a large built in robe and there is a guest bathroom. There is a study with extra storage, a functional European laundry with bi-fold doors for washing machine and wall-mounted dryer and a secure basement car space. Ducted heating and cooling keep you comfortable in all seasons and Double glazing and good insulation give an excellent energy rating of between 8.5 - 9.5.

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RIVERVUE

Life in style by the water

Property Showcase— 14 Blueridge Close

3  2  1 



14 Blueridge Close

\$730,000 - no stamp duty

- Single level, Affordable 3 bedroom UNDER villa providing a large, north-facing private courtyard for entertaining and terraced garden.
- Excellent storage for a men's or garden shed and drying area for a clothes line
- Internal access to spacious garage of 23sqm's
- Functional European laundry for stacker washing machine/dryer with bi-fold doors
- Modern kitchen with stone bench top, under-bench double sink and glass splash backs
- All electric European Bosch cooking appliances and dishwasher
- LED recessed lighting throughout villa with sky lights for additional brightness in dining/living area, central bathroom & ensuite
- Double glazed windows and sliding doors with 100% insulation to effect an energy rating between 8.5 to 9.5
- Two heating and cooling split systems to maintain consistent comfortable temperatures
- Master bedroom suite is a most generous size with a large walk-in robe and its own bathroom

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Life in style by the water