

The Brookside Times

Spring is here!

Our gardens are our pride and joy, full of beautiful blooms and lush greenery, creating places to really immerse yourself in the abundant nature we are so lucky to have here in Adelaide's leafy eastern suburbs. The best part is, you don't even have to think about garden maintenance, because it's our maintenance man Stephen's favourite time of the year to get the gardens looking their best for our residents to enjoy.

Springtime also brings the birds, butterflies and bees, adding to the colourful sights and peaceful sounds of Leabrook Place and The Glenbrook. A great excuse to get out in the gardens with the grandchildren, find a quiet place to read a book or paper, or take the dog out for a stroll.

It's also the best time of the year to take advantage of our cleaning services. With all the extra pollen and dust about, allow us to do those pesky jobs like dusting, vacuuming, sanitising, and washing the linen, so your home can be gleaming clean. Don't worry about spending the stunning weather indoors, let us take care of your Spring cleaning. Breathe a breath of fresh air outside and in your home, too.



Our residents had some positive words to share following our recent COVID-19 lockdown.

"I would like to thank and compliment EVERY ONE who cares for me at Leabrook Place, the office staff, cleaners, rubbish collectors, paper deliverers, gardeners, handy men, those who monitor the security phone etc etc. I didn't ever believe I would feel so content and relaxed. My family is also very grateful for the care I receive. Regards and love. Stay safe."

Jenny, Leabrook Place.

"What a good excuse to sit and watch the Olympic Games on TV. While I do this our wonderful staff are out there cleaning all that we may touch. We are well looked after. I give thanks."

Lucille, Leabrook Place.

"As we were in lockdown, The Glenbrook was eerily quiet without the usual comings and goings of residents, nevertheless people watched out for each other and checked to see that all was well. I was constantly in awe of how Michelle and her staff kept up with constant changes, sometimes with very little time to make adjustments. Well done to you all!"

The Glenbrook resident.

"In uncertain times created by COVID-19 and its strains, we could not feel more safe or secure than we do at Leabrook Place."

Bev, Leabrook Place.

"I always feel so safe, comfortable and cared for as a woman on my own here. Staff here are so professional, discreet and thoughtful at all times. Arriving here so close to Covid could have been isolating, but to know that people are here if and when needed has been great - compared to being alone in a suburban home over the last 15 months."
The Glenbrook resident.

"Management has given appropriate health advice for professional visitors and residents throughout the changing situation. They have also varied numbers for social activities appropriately and the friendly spirit of the residents has continued despite any changes".
The Glenbrook resident.

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During the latest lockdown I was grateful to live in an independent living apartment at The Glenbrook where there was assistance and meals if needed BUT I was very busy swimming every lap, running every race and playing in every team event with the Australian Olympic Team, a great week actually as I didn't feel guilty watching TV all day.

The Glenbrook resident.

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Staff Profile

Every member of our dedicated staff plays an integral role within our communities, all sharing a common vision to ensure our residents are well looked after, with an elegant place to call home. Whether it's assisting with housekeeping, sorting the mail or simply having a chat, rest assured you're in good hands with us.

One familiar face we'd like to introduce is Senior Living Consultant, Pauline Flynn, who has been working with Omega Communities for more than 11 years. With such history of showing off our homes to prospective residents, there isn't much Pauline doesn't know about both Leabrook Place and The Glenbrook. She loves showing people around and never tires of hearing the comments of surprise at the size, welcoming atmosphere, elegant décor

and beauty of the gardens. "It's not until people step inside they understand how lovely our villages are," Pauline told us. "I love playing my part to help people move into their new home and then being able to see how they settle in. Before long, there is usually a lovely comment about how happy they are to have made the move. That's a really satisfying feeling".



Local History - The Regal Theatre

Opening on 24 November 1925, the Princess Theatre (as it was originally known back then) was designed by South Australian theatre architect Chris A Smith, for the National Picture Theatre chain. Silent films and pantomimes accompanied by the Princess Theatre Orchestra were a regular feature.

The theatre has changed ownership and been through many renovations and name changes over the years, including in 1941 as the Ozone, after an Art Deco style renovation by the Waterman family. Hoyts installed a wider proscenium in front of the previous version when Cinema Scope was introduced in the '50s.

In 1964 the Burnside Council purchased the cinema for the community, saving the Ozone from being demolished for a service station.

Wallis Theatres took on the lease in 1971, and the cinema was renamed The Chelsea. During the '80s it became well known for its colourful crowd attending the Rocky Horror Picture Show screenings.

The cinema is now included on the South Australian Heritage Register and the City of Burnside have implemented a Conservation Management Plan which will assure the theatre's future.

Following recent restoration works, the 95-year-old Regal Theatre continues to provide entertainment with a program of movies and now includes live shows. The theatre is especially loved by our Leabrook Place residents being only a short walk away. For details of what's coming up, see their website: theregaltheatre.com.au



Wine & Cheese Afternoons

Earlier this year we hosted two lovely Wine & Cheese afternoons to welcome visitors to Omega Communities, presented by Sharryn and Lockie of Ulster Park Wines in the Clare Valley. We heard about life on the farm and Lockie told us the story of how their new Rosé got its name while guests were treated to tastings of a variety of wines to pair with a delicious selection of locally produced LaVera cheeses. Each guest received their own personal platter to ensure everybody's health and safety. We all had a very enjoyable afternoon.



What's on the menu tonight?

Residents can choose to cook in their own kitchens or enjoy a chef-prepared meal of either tender corned silverside or lamb cutlets tonight. Our menu changes each week and what could be better than having the choice of our freshly prepared meals when you don't feel like preparing a meal yourself? Delicious meals are available each day with a range of choices available from our menu to enjoy with friends in the dining room, or as room service.



Leabrook Place 25th Birthday

Leabrook Place celebrated a milestone 25th Birthday in June. Delicious cupcakes were enjoyed by everyone to celebrate the occasion.



Pluto made friends with all of us and we were glad to see that he didn't indicate any of us as a suspicious character!

Guest speaker events...

are very popular at Leabrook Place and we have enjoyed a number of interesting presentations during the last few months. We were enlightened by Colin Harris with his presentation on the local area while the Friends of Old Government House gave us an interesting talk about the history of Old Government House. SA Police Historical Society told us about the history of Women in the Force and we were all thrilled to have a visit from drug-seeking dog Pluto and his trainer Brevet Sergeant Joshua Reynolds from the SA Police Dogs.



Lyn's Chocolate Olive Oil Cake Recipe

"This recipe has always been a favourite with my family and friends. Perfect for all seasons as it can also be served hot as a pudding. Enjoy."

Lyn



Ingredients:

Makes: 8-12 slices

- 50 grams or 3 heaped tablespoons cocoa powder (sifted)
- 125 mls or ½ cup of boiling water
- 2 teaspoons vanilla extract
- 150 grams or 1 ½ cups ground almonds
- ½ teaspoon bicarbonate of soda
- 1 pinch of salt
- 200 grams or 1 cup of caster sugar
- 150 mls or ⅔ cup of olive oil
- 3 large eggs
- Icing sugar for dusting

Method:

Step 1. Preheat your oven to 170°C fan forced. Grease a 22 or 23cm/9-inch springform tin with a little oil and line the base with baking paper.

Step 2. Measure and sift the cocoa powder into a bowl or jug and whisk in the boiling water until you have a smooth, chocolatey, still runny (but only just) paste. Whisk in the vanilla extract, then set aside to cool a little.

Step 3. In another smallish bowl, combine the ground almonds with the bicarbonate of soda and pinch of salt.

Step 4. Put the sugar, olive oil and eggs into the bowl of a freestanding mixer with the paddle attachment (or other bowl and whisk arrangement of your choice) and beat together vigorously for about 3 minutes until you have a pale-primrose, aerated and thickened 'cream'.

Step 5. Turn the speed down a little and pour in the cocoa mixture, beating as you go, and when all is scraped in you can slowly tip in the ground almond mixture.

Step 6. Scrape down, and stir a little with a spatula, then pour this dark, liquid batter into the prepared tin. Bake for 40-45 minutes or until the sides are set and the very centre, on top, still looks slightly damp. A cake tester should come up mainly clean but with a few sticky chocolate crumbs clinging to it.

Step 7. Let it cool for 10 minutes on a wire rack, still in its tin, and then ease the sides of the cake with a small metal spatula and spring it out of the tin. Leave to cool completely or eat while still warm with some ice cream as a pudding.



A message from Pauline and Lyn

Location, Location, Location - both of our villages enjoy premier locations.

Often, it's a hard decision whether to enjoy the absolute proximity of Leabrook Place to a wide range of shops and services in the Marryatville area versus the beautiful garden surrounds at The Glenbrook, closer to Burnside Village. We do our best to keep in touch with you about the options currently available or coming up. Please keep in touch with us to let us know what you would like to hear about.

Spring is undoubtedly the best time to come and view Leabrook Place or The Glenbrook. With the gardens blooming, people out and about to meet and greet you, the atmosphere is just lovely and inviting.

Don't keep putting it off - we would love to have a chat with you to find out how we can assist. Rest assured that you will not be pressured to make a decision, we are here to assist you and make life easier, not more stressful. Please give us a call to have a confidential discussion or perhaps to come in and view what we offer. Phone Lyn or Pauline on 08 8334 4088.

Leabrook Place

Open every Wednesday 10am - 3pm.

The Glenbrook

Open every Tuesday 10am - 3pm.

For additional open times, including Saturdays, please visit our websites:

leabrookplace.com.au

theglenbrook.com.au

Proudly SA Owned and Operated and member of the Retirement Living Council

Leabrook Place and The Glenbrook operator, Omega Communities, is proudly South Australian owned and operated, built on strong family values, decades of experience and service excellence.

As a member of the Retirement Living Council, Omega Communities is a signatory to the **Retirement Living Code of Conduct**. This is an innovative, quality program driven by the national Retirement Living Council that encourages village operators and owners to commit to high standards that exceed the expectations of residents.

Leabrook Place and The Glenbrook are committed to setting new standards that ensure the experience of every resident is a good one.

This includes:

1. Promoting and protecting the interests of residents, current and future
2. Ensuring consistently high standards from moving into, living in, and leaving
3. Providing clarity and transparency, particularly with sales contracts and obligations
4. Generating leadership that improves industry standards, and
5. Assuring diversity and choice in retirement villages... with complete trust.

Villages that have signed on to the Retirement Living Code of Conduct are fully accountable to residents, which enhances community spirits.

More information about the Retirement Living Code of Conduct is available at:

www.awisemove.com.au/code-of-conduct or chat to Pauline or Lyn when you next visit about what this commitment means for you.



Happy Hour

Look no further than your very own Club Lounge at both Leabrook Place and The Glenbrook on Fridays at 4:30pm for happy hour drinks with neighbours and new friends. What better way to cap off the week that was and welcome the weekend with either some bubbles or beers.

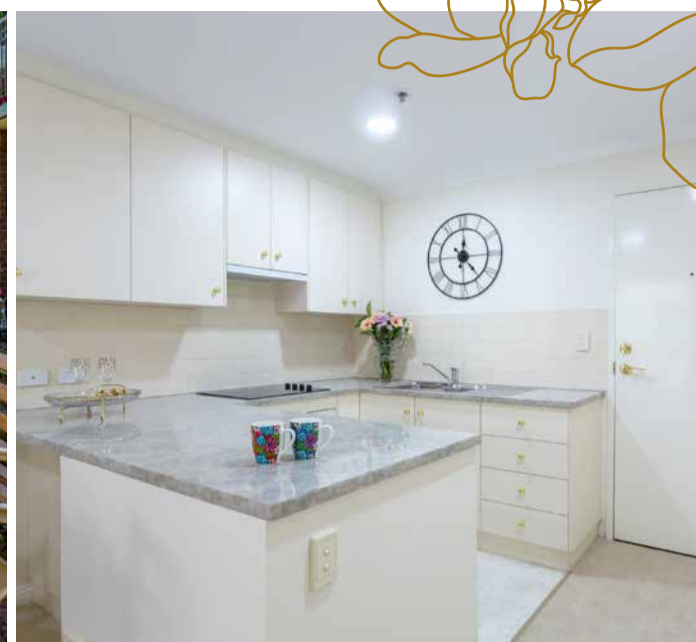
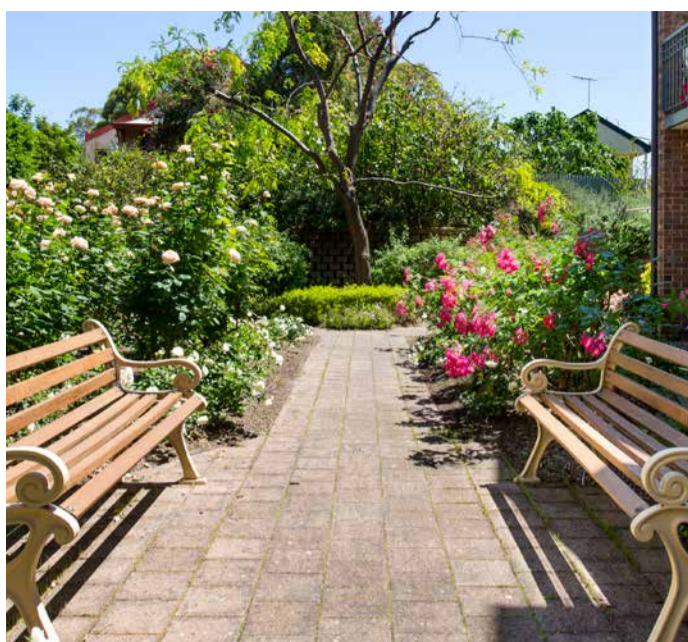
Feature Residences

Leabrook Place Residence 23

Bright and inviting

Residence 23 offers delightful one-bedroom living, in a private spot on the ground level, with lovely views and direct access to our cherished rose garden. Beautifully redecorated throughout in neutral tones, all it takes is for you to move in and add your personal touches. You will enjoy the modern kitchen, keeping in mind the option to choose meals from our chef's daily menu to enjoy with family and friends in our dining room, or as room service.

Leabrook Place is open to view each Wednesday 10am-3pm, with no appointment necessary, or see leabrookplace.com.au for additional open times.

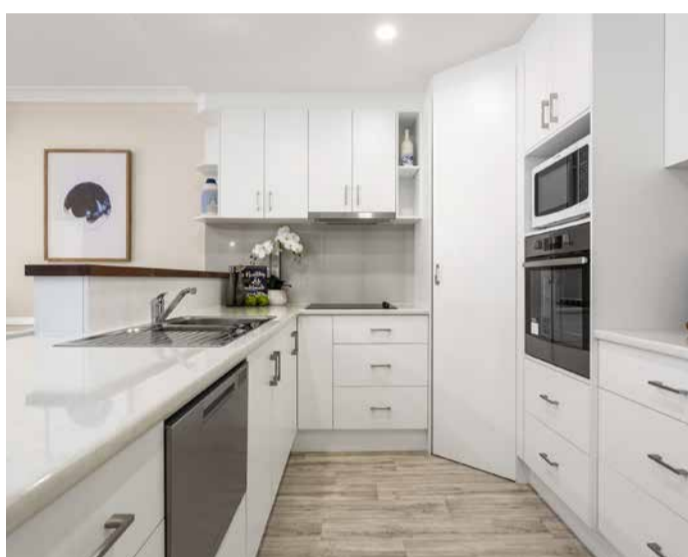


The Glenbrook Residence 46

Priced to sell at just \$525,000*

Overlooking courtyard gardens, this lovely home on the first level has been updated and tastefully redecorated. Featuring a modern kitchen with generous storage and new appliances, as well as two spacious bedrooms, a second toilet and separate laundry, this fully self-contained residence has it all. You will enjoy the bright living areas and balcony outlook it offers.

The Glenbrook is open to view each Tuesday 10am-3pm, with no appointment necessary, or see theglenbrook.com.au for additional open times.



Come and view these or other residences we have available. See open times on our websites or arrange a personal appointment by calling Pauline or Lyn on 08 8334 4088.

*Correct as at September 2021.

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Y	G	D	I	L	L	L	I	D	O	F	F	A	D
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Flowers and Herbs Word Search

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|------------|----------|
| Rose | Pansy |
| Lily | Begonia |
| Tulip | Daffodil |
| Orchid | Dill |
| Carnation | Poppy |
| Hyacinth | Iris |
| Camellia | Rosemary |
| Basil | Mint |
| Freesia | Sage |
| Agapanthus | Oregano |
| Daisy | Chives |
| Nasturtium | |

LEABROOK PLACE

17 Tusmore Avenue, Leabrook SA 5068
08 8334 4088

leabrookplace.com.au

THE GLENBROOK

25 L'Estrange Street, Glenside SA 5065
08 8334 4088

theglenbrook.com.au

Elegance is individual.

ΩMEGA
COMMUNITIES