

**Easter Opening Hours
RENAISSANCE SALES**

- Friday 19th April**
Closed Good Friday
- Saturday 20th April**
Closed Public Holiday
- Sunday 21st April**
Closed Public Holiday
- Monday 22nd April**
Closed Easter Monday
- Tuesday 23rd April**
Open 10am – 4pm
- Wednesday 24th April**
Open 10am – 4pm
- Thursday 25th April**
Closed Anzac Day
- Friday 26th April**
Open 10am – 4pm



Did you know?

- We welcome pets and are a family friendly village.....we even have a children's playground
- Our indoor heated pool and spa is set to a daily temperature of between 32c – 33c – Great for enjoying a swim all year round
- Each villa is planted with approximately 400 individual plants
- Our onsite hair salon is open from Tuesday – Friday every week
- We have a village mailbox for letters to save you a trip to the post office
- Our Admin Office is open 7 days a week for residents' convenience

MONTHLY Information Days

Information sessions are held once a month to assist those considering their retirement living options. The small group format allows for your questions to be answered by residents and staff. Knowledge is the key to making the right decision for you and your family. Contact 07 3820 7700 to register for any of the below dates in 2019.

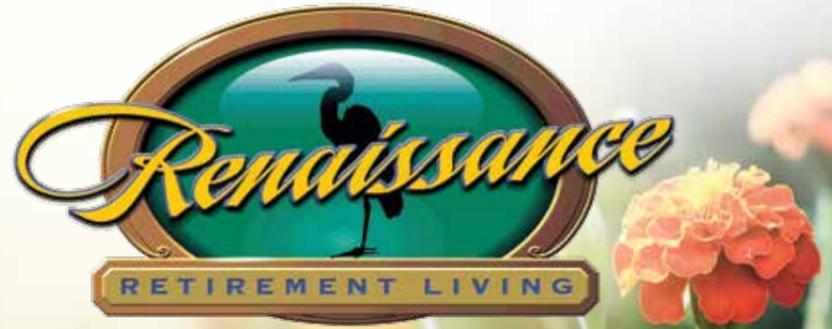
- Tuesday 26th March 2019 - 10.00am**
- Tuesday 30th April 2019 - 10.00am**
- Tuesday 28th May 2019 - 10.00am**



Open 7 Days - 10am to 4pm Closed Public Holidays
Call us on 3820 7700. No appointment is required

 www.facebook.com/RenaissanceRL

36 Bunker Road, Victoria Point | Ph: 3820 7700 | www.rrl.net.au



Autumn is a second spring when every leaf is a flower.
Albert Camus

RENAISSANCE LIVING NEWSLETTER Autumn 2019

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To keep up with all the latest news at Renaissance Retirement Village like us on Facebook.
www.facebook.com/RenaissanceRL



After the heat of this Summer and hopefully the 30°C+ days behind us we head into Autumn and look forward to warm days and cooler nights. This year already looks like it will be another busy one at the village with lots of events and activities already being planned for 2019!

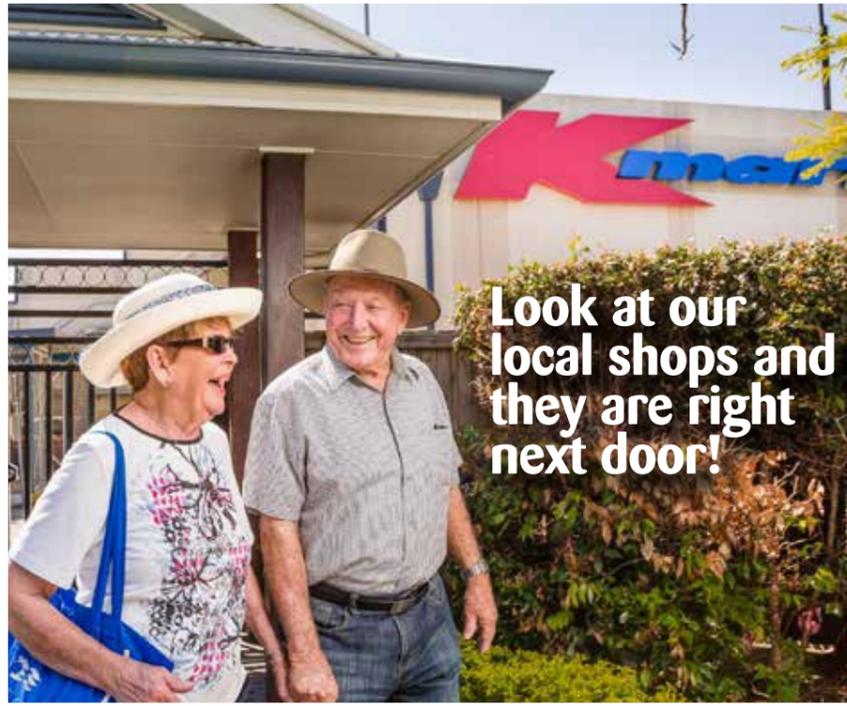
It's hard to believe we welcomed our first residents over 14 years ago, many of whom are still enjoying the vibrant village life. With each year passing the village has evolved and been transformed as new residents have brought their own stories, skills and experiences to our community of 400+ retirees. In the early years before the opening of the Leisure Centre, residents gathered for a monthly BBQ under a hired marquee in the middle of First Avenue. Now there are 50+ resident organised activities each week, monthly catered lunches, entertainment, shows, coffee mornings and many celebrations of milestone birthdays and anniversaries. 'Retirement Villages are all about lifestyle and community' and this is always our key message to anyone who comes in for a personal tour. Positive lifestyle changes are where retirement villages hold their true value. Residents can be actively involved in the life and activities of the village or equally live as privately and quietly as they wish. Join us for one of our upcoming events and experience what it's like to be a Renaissance resident.





Village Event SAVE THE DATE

We are excited to announce the "Renaissance Seniors Lifestyle Expo" to be held at the village on Thursday 9th May 2019 from 10.00am – 3.00pm. We will be bringing together a diverse range of organisation's that provide products and services that support health and care for retirees, all under the one roof!



Look at our local shops and they are right next door!

Victoria Point Shopping Centre has been strategically located in the southern part of the Redland City, to take advantage of one of the highest growth population areas of the Brisbane region. It is the main retail complex in the southern part of the Redlands. It provides easy access and one level shopping across 26,937 square metres, with over 1,300 car parks.

The Centre is anchored by a Kmart Discount Department Store, Woolworths and Coles Supermarkets, Best & Less, The Reject Shop, Terry White Chemmart and over 90 other Specialty Stores. National, statewide and unique stores are represented at the Centre, together with a wide range of banking, health and general services. Customers, apart from the great shopping experience, visit for the warmth and friendliness, sense of community, events and activities. The Centre is also a great community supporter and sponsor of many local events and business awards. Renaissance Residents have the convenience of a secure private access gate into the shopping centre allowing them to go to the shops whenever they like!

Bush walking Tracks

The village is well known and regarded for the colourful and meticulous garden surroundings. Set across 50 acres and host to many different types of plants and wildlife around the natural watercourse area, dam and lake it really is an oasis of peace and tranquillity. The many walking tracks and paths give residents the opportunity to enjoy a daily stroll within the village or a place to walk their dog or somewhere to simply sit back and relax on one of the many seating areas and admire the natural environment.



Learn about Belly Dancing to stay active & have fun!



A new activity has started at the village on Tuesday mornings and is open to residents who want to improve their fitness, coordination and have some fun along the way. The graceful hip drops, rolls, and pivots of this dance form utilise muscle groups in the abdomen, pelvis, trunk, spine, and neck, working with the body instead of against it. It can also help:

- Posture and muscle toning
- Help with weight loss
- Stress Reduction

New resident Christine has enjoyed belly dancing for over 16 years. She says "it's the

perfect low impact activity for retirees' and is excited to start a group for Renaissance Residents. She says "belly dancing is for everyone and it's a fun way to exercise by moving your body to the music and learning movement patterns and can also help brain function."

"I teach an Egyptian style of belly dancing but there are many different styles such as tribal, gothic, Turkish and gypsy." Christine said "Moves are put together to teach a dance and the costume coin belts, veils and skirts just add to the colour and fun of the morning class."

Christine and her daughter Jacqueline

Gardening Focus – The Hibiscus Flower by Chris, Renaissance Grounds Supervisor

The flamboyant flowers of hibiscus (*Hibiscus rosa-sinensis*) light up summer gardens. They are such generous shrubs unfurling new flowers day after day so there's always something bold and colourful to enjoy amid the dense green of our summer gardens.



The vast number of different colour varieties growing successfully at Renaissance is due to the Hibiscus plant being a popular, tough evergreen ornamental perennial. Once established, its roots go quite deep (but are not invasive in any form) and tap into the subsoil moisture and reserves of nutrients.

Most of the varieties used are grafted Hawaiian varieties, chosen for the large and colourful flowers, which can be either single, semi-double

or double. The leaves are dark green and glossy, with a paler reverse. Variegated varieties are also available. The varieties have been grafted onto rootstock that has been selected for its disease resistance and vigour. The experienced horticulturists will remove the shoots of the rootstock to ensure all the vigour is going into the grafted sections of the plant.

Some varieties are not grafted, and these are generally the hedge types, with smaller blooms.

To encourage good healthy plants a regular deep watering is best. As the hibiscus at Renaissance flowers almost continuously throughout the year, it's difficult to prune back significantly after a flowering flush, so we aim for a major pruning to remove dead stems, branches that cross over others, and prune for shape in spring each year. This does not stop us from pruning for these attributes whenever we are doing regular maintenance during other times throughout the year.

A regular application of a balanced slow release fertilizer will ensure more flowers develop fully on each plant.

Hibiscus need full sun so a northerly aspect is ideal. Hibiscus has been used to soothe aching limbs, coughs and inflammations. Hibiscus flowers are very nutritious and are often used in salads and soaked in syrup for cocktail drinks.

