



Edition 3, Spring 2016



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Making the right move



Ros Waldon loves living a full life at Amarco Apartments in Kingsville.

From the social and volunteering activities she's involved with and ready access to her home town of Horsham and Melbourne Airport for her travels, Ros says the four years she's lived at Amarco have been wonderful.

Describing her first floor apartment as 'one of the best', with a large balcony and windows overlooking fig trees and gardens, Ros says Amarco offers a very comfortable and convenient lifestyle.

"Moving back to Victoria after 18 years in Perth wasn't easy at first," she said. "However, the community feel and friendly atmosphere of Amarco, together with the opportunity to easily interact with long-time friends close by, definitely made the return easier."

"Every week we do Tai Chi together, catch up socially and once a month go out to the Yarraville Bowling Club for dinner. Most of the residents have become great friends."

Ros, who worked for the Uniting Church in Perth, said Amarco was the first retirement complex she looked at when she decided to return to Victoria.

"The convenience of living so close to the city and good infrastructure was a major drawcard. It offered everything I wanted and I didn't need to look further," she said.

"Being connected to Uniting AgeWell's Kingsville Community means I can also volunteer in the residential site and know if the time comes it would be an easier transition into its residential aged care."

With her immediate family and school friends near Victoria and her love for travel, Ros is glad she made the move back home.

"I love the independent and convenient lifestyle Amarco offers, I can travel regularly to catch up with family and friends," she said.

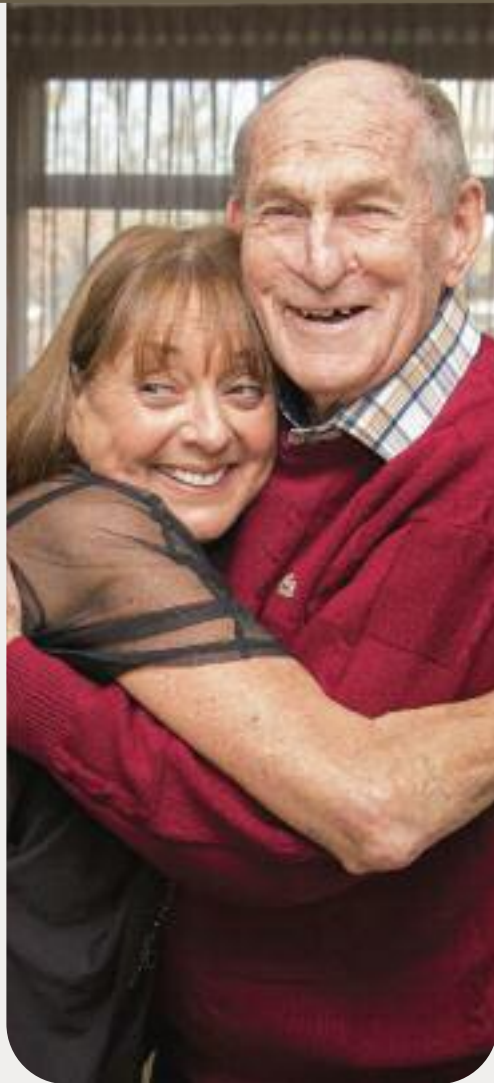
"I'm soon meeting up with a girlfriend and we're heading off on a three week tour of Vietnam and Cambodia."

At Amarco, there's a place for everyone:

- On-site café
- Residents' Lounge
- Sports Bar
- Games Room
- Business Centre
- Community bus
- Wellness Centre

One and two bedroom apartments available from \$350,000.

Stars bring joy and laughter



Jane Edmanson, Denise Drysdale and Denis Walter featured in a star-studded line up at Amarco Apartments this year.

The stars entertained and informed residents and community guests with songs, comedy routines and gardening tips during Open Days and special Morning Teas.

Gardening Australia's Jane Edmanson hosted an information session earlier in the year, providing handy tips on creating the perfect garden in limited spaces, such as balconies and courtyards.

With assistance from West Footscray Bunnings and generous prize donations, Jane demonstrated how to create vertical gardens, plant terrariums and gave away prizes.

In the lead up to Mother's Day, renowned singer and media personality Denis Walter OAM had guests and residents gushing and singing along at a special morning tea event.

The singer performed a medley of hits and shared personal stories. The performance was followed by a delicious high tea.

As winter settled in, funny girl Denise Drysdale brought warmth and laughter when she spent the morning entertaining guest and residents.

The dual Gold Logie winner had the crowd in stitches as she regaled them with tales of her time on TV, sang a few songs and even lounged in an alcove to illustrate a yarn.

Denise raved about Amarco, and encouraged people to move into retirement living to really get the most out of their later stages of life.

"Anyone who's been a bit hesitant about coming in because they value their independence and their life at home, when they come into this place they start a new life – and it's the best thing," she said.

"I think you gain a lot moving into retirement living."

Emirates Melbourne Cup stops by K



2002 Fashions on the Field winner Arabella Forge, three-time Melbourne Cup winning jockey Jim Johnson, Uniting AgeWell CEO Andrew Kinnersly and Victoria Racing Club Manager Racing Engagement and Cup Tour Joe McGrath

There were feathers and flowers, horses and heroes, delectable delicacies and engaging entertainers.

After weeks of preparation and anticipation, Uniting AgeWell welcomed the Emirates Melbourne Cup Tour to its Kingsville Community for a morning of reminiscence and celebration on October 21.

The site was fortunate to be selected as one of only 34 destinations for the Cup's Australasian Tour, as it made its way to Flemington for the "race that stops the nation" on November 1.

Uniting AgeWell clients had spent weeks preparing for the event in the Amarco Apartment lounge.

The aged care residents created hundreds of paper flowers to decorate a rose arbour, with assistance from volunteers from Victoria University as part of their V4U volunteer day.

Community clients created miniature wooden racing horses that decorated the lounge, and the ladies of Amarco finalised their outfits by making hats and

fascinators in a special workshop with milliner, Diane Kilduff of Hatiness.

Uniting AgeWell CEO, Andrew Kinnersly, said the event illustrated the organisation's commitment to community connection and encouraging older people to live and age well.

"Many of our clients have lived most of their lives in the Kingsville and Footscray areas and have memories about local sporting events including the Melbourne Cup and Spring Racing Carnival in nearby Flemington," he said.

"Capturing that tradition in hosting the Emirates Melbourne Cup is a powerful way of evoking some of those memories and emotions in older people."

Three-time Melbourne Cup winning jockey and Australian Racing Hall of Fame inductee, Jim Johnson, was the guest of honour.

He told stories about his historic wins, and how hailing from a racing family he was destined to be a jockey. "It's a great feeling that you don't realise at the time but stands by you later in life," he said of his wins.



Amarco resident John Stainsby with the Cup

Jim was joined by 2002 Fashions on the Field Winner, Arabella Forge, who shared her experience of winning the event as a young university student who loved the races and fashion.

"The beauty of the competition is anyone can win," she said.

"You don't have to spend a fortune to look fabulous, it's about adapting to the elements of the day and being yourself."

For Amarco resident John Stainsby, who won the door prize of a lunch for two at The Langham hotel, the event brought back fond memories of seeing horse training near his family home in Maribyrnong.

"Being so close to the tracks, I used to see them train all the time," he said.

The event also included a delectable morning tea, photographic displays of Flemington and the local area by the Footscray Historical Society, photo opportunities with the Cup and entertainment from jazz quartet, the Jazzbos.

Friendship celebrated over lunch

A beautiful friendship was formed when Betty Lewis and Pat Forrest met at the Amarco Open Day with Denis Walter.

The pair hit it off so well, that when Betty won a three course lunch prepared by Uniting AgeWell's Hotel Services Coordinator, Tim Pickersgill, she opted to share it with Pat and two other girlfriends.

Amarco Coordinator Clare Timbs said she was not surprised Betty shared her prize with someone she had just met.

"Betty's very social and makes friends very easily," she said.

"She's attended a number of our events and is always happily chatting and making friends with residents and other guests. We love having her visit."

Betty won the lunch while attending a Winter Warmer Masterclass with Uniting AgeWell's Hotel Services Manager Victoria, Carlo Napoli, at Amarco.

The lunch was prepared and served in the Amarco bar and dining area with the smooth ambience of jazz playing gently in the background.

The ladies enjoyed prawn cocktails and chicken breast in creamy mushroom sauce for lunch and topped it off with apple cake served with ice cream for dessert.

"It was absolutely delicious, we thoroughly enjoyed it," Betty said.

"My friends and I enjoyed the opportunity to catch up in a relaxing atmosphere over a lovely lunch and wine."



Betty (front right), shares her win with new friend Pat (back right) and two other friends

Go the doggies!



Tony Liberatore with Amarco resident Norma McKenzie

AFL legend Tony Liberatore brought finals fever to Amarco at a fun Father's Day event – and just weeks before the Western Bulldogs' fairytale Grand Final win.

The Brownlow Medallist visited Amarco's Open Day on September 3, cooking snags, chatting to guests and sharing stories about the highlights of his distinguished playing career.

He was joined by Western Bulldogs mascot Barkly and the duo posed for photos with excited Bulldogs fans ready to cheer their team to their first Grand Final victory in 62 years.

Amarco Open Days

Join us for a tour of Amarco and find out more about being part of this great community.

Saturday 19 November 10am – 12pm

Friday 25 November 10am – 2pm

Amarco News:

We welcome your feedback and contributions to Amarco News. Contact John Le on 9276 5718 or email jle@unitingagewell.org

Front cover: Amarco resident Peg Dickson with the Emirates Melbourne Cup