

The Village Newsletter

APR 2019

MESSAGE FROM THE GENERAL MANAGER



The last few first months of the year have been filled with a number of activities for our residents both at Simblija and Hilltop Gardens. We have tried as always to bring to the Village all the main calendar events, including Valentine's Day

and Carnival. As a team we continually meet to plan how we can organize such events and bring joy and happiness to you who reside here.

The first few months have also seen the introduction of a new addition to Revive and its great team with the Pilates studio run by Laura Schembri. We are very proud to be offering such a service here and we hope that you can make good use of its benefits too.

As we enter spring my team and I are organizing a great line up of events for the spring and summer months in order to continue to give you, as promised, the lifestyle you all deserve.

May I take the opportunity to wish you and your families a Happy Easter and may the spirit of Easter which is all about love, hope and joyful living fill our hearts.

A dedicated Pilates centre at Hilltop Gardens

Last December, The Pilates Studio by Laura opened its doors officially to host all types of Pilates classes. The studio, an extension of Revive Physiotherapy and Aquatic centre, has welcomed a number of attendees so far.

In recent years, Pilates has grown to be one of the most well-known exercise regimes internationally. It is known to improve strength, flexibility, posture, body awareness and helps to learn how to control one's breathing.

As per the motto of Joseph Pilates himself "Change happens through movement and movement heals" – we have designed a number of classes that would suit different age groups and abilities. The beauty of Pilates is that it can be taken up by the majority. Children, expectant mothers and older adults can all benefit from specifically tailored Pilates classes.

The studio has the latest equipment and is built to the highest specifications. "With this dedicated Pilates studio, an extension of Revive Physiotherapy & Aquatic Centre at Hilltop Gardens, we continue to bring excellence in Physiotherapy. We encourage anyone suffering from any ailment or willing to take up a tailor-made Pilates based exercise program to get in touch with our team" – said Marco Vella, Head of Physiotherapy at Hilltop Gardens.

AX CARE



RECIPE OF THE
MONTH

See more inside



Carol singing by Staff

The cheer and the smiles by the crowd who gathered at the Crescent lobby were enough to show the residents' appreciation to the staff's collective effort last December. After the lighting of the village, members of staff sang two Christmas songs together as one team to the delight of those present. With more than 95% of the staff out of the performing scene since the early years of primary school, a lot of effort was put in during the week to get in tune. The Joy Gospel Singers Choir saved the day soon after as they gave a splendid concert at the Courtyard Hall.



Members of staff who sang Christmas Carols

Valentine's Day

This Valentine's we wanted to give out something meaningful to all residents. What's more beautiful than a red carnation flower symbolising love and affection? The carnation is adored for many reasons, three of which include their ruffled outlook, their clove-like fragrance and their impressively lengthy blooming period. On top of this, carnations are highly associated with various meanings, including distinction, fascination, and love.

Following last year's success we wanted to appoint a member of staff to deliver the flowers and act as our cupid. Jean Pierre from Food & Beverage was the first to volunteer and some residents were really surprised to find him knocking on their door with his pointed angel-like feathers. His calming smile was appreciated by many and some wanted to capture the moment by taking a photo. Who knows who will be knocking on your door next February 14th?



Our Cupid Jean Pierre all dressed up for the occasion!



OUR CUPID WITH LOVE



Carnival at AX Care

Celebrating carnival is a yearly tradition on the island. In fact, it is one of the oldest traditions in Malta, with its history being documented for no less than five centuries dating back to the Knights of St John. Celebrations boasting extravagantly coloured floats perched on lorries, marching bands, magnificent masks and vibrant costumes take over Valletta - the hub of all the fun.

We tried to bring over the joy to the village and give the opportunity to the residents to live the festive spirit which ignites during this time. Magnificent and vibrant masks were also brought over to add to the fantasy as residents enjoyed posing for photos.

A Carnival themed lunch was organised at The Orchard where guests could enjoy some traditional dishes and seasonal sweets. Guests enjoyed taking photos with the masks and uploading them on social media. We managed to capture some enjoying the moment too!

A Candy Cart filled with all types of sweets raced the Simblija Corridors as we handed out a portion of assorted sweets to the care home residents.

All in all it was a feast of costumes, delicious food and fun - carnival time brings everyone together.



RECIPE OF THE MONTH

SEA BREEM INVOLTINI

ANNOUNCEMENTS

Ingredients

- 6 Cups Water
- 4 fillets of Seabream
- 4 pieces crabsticks , finely chopped
- Small handful of shrimps , finely chopped
- Olive oil
- 1 onion finely chopped
- 2 cloves of garlic finely chopped
- Zest of 1 lemon and 1 lime
- Handful of parsley and basil, chopped
- 1 tea spoon of Mayonaise
- Salt and Pepper



Method

1. In a mixing bowl , add the Crabsticks, Shrimps, onions, garlic, zest, parsley, mayonnaise , pinch of salt and pepper and drizzle of olive oil. Mix well.
2. On a flat surface, flatten the sea bream fillets, place a spoonful of the mixture on the top part of the fillet (close the head), and start rolling tightening it well.
3. Pre heat an oven to 170 degrees, and prepare a tray with baking paper. Place the rolled up sea breams, flattening them slightly, drizzle some olive oil and salt on top, and bake in the oven for 15 minutes.
4. Serve with lemon wedge and you favourite choice of salad and potatoes.

Happy with the Result?

Send us some photos of your sea bream involtini dish on marketing@axcare.mt .One lucky winner will be drawn at random and win a lunch for two at The Orchard Restaurant!

Competition closes on 30th April 2019. T&Cs Apply.

Happy Birthday!

We would like to congratulate those who celebrated their Birthdays in the last three months! Wishing you a year full of joy, strength, love, peace and prosperity.

January

Valentin Drury, Joseph Theuma, John Seddon, Linda Brincat, Dorothea Richer, Lydia Zammit, Jessie Zammit, Valentin Drury, Peter Barrett, Louise Pace, Agnes Bartolo, Margaret Weaver, Anthony Busuttil, Grace Borg , Vince Formosa , Irma Morgan, Mary Attard, Margaret Gillie, Vivie Borg.

February

Michael Seychell, Edwin Caruana, Linda Pace Bonello, Derek Lennon, Raymond Catania, Augustus Tortell, Anita Ward, George Zammit, Lilian Mayo, Monica Caruana, Paul Pollacco, Frances Busuttil, M'Therese Demajo, Ethel Muscat, Joseph Rizzo, Mrs. Dorothy Borg, Dr. Joseph Xuereb, Petra Van de Stople, Nazzarena Formosa, John Abela.

March

Yvonne Garfield, Anne Bird, Josephine Demartino Carachi, Frances Montanaro, Cristina Papa, Alfred Falzon, Walter Sullivan, Margaret Koch, Mary Mifsud.

With deepest sympathy

We send deepest condolences to those families who lost someone special during the past three months:

Family Testa - Connie Testa
Family Galea - Vivienne Galea
Family Evans - Gordon Evans
Family Ellul - Rita Ellul
Family Wheeler - Clive Wheeler
Family Bonnici - Olga Bonnici
Family Bidmaide - Ronald Bidmade
Family Stellini - Lilian Stellini
Family Pace - Theresa Pace
Family Fernando - Moritz Fernando