BELLARINE SPRINGS



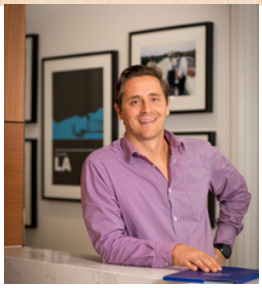
Bellarine Springs Newsletter October 2026



Ferry to Sorento

A message from our Village Manager

KENT HODGSON



Village updates

The recent celebrations in The Village captured the essence of our community spirit, at Bellarine Springs. With not so lovely weather, the Alf Grand Final Eve and Day events weren't just about the Brisbane Lions' exciting win; they were about bringing everyone together. The Jumbuck BBQ prize giveaway and hotdogs added to the fun, while the Sausage Sizzle became a spot where residents gathered to enjoy the victory.

These events show how important community involvement is and the connections made through shared experiences. Such gatherings not only strengthen community ties but also create memories that everyone will remember at Bellarine Springs.

The new gate lock at the back is now in use, please ensure that when closing it behind you that it is pulled so you hear it lock.

Please note: Closing date for survey has been extended till the 4th of October 2026! Last chance to have your say!

Grounds & Maintenance Update:

With Spring in full swing, it's an exciting time to enjoy warmer days and new growth.

It's the G&M team's busiest time of year, and we're looking forward to seeing the fruits of our toil.

We have multiple projects to complete this season, beginning with lawn aeration across the entire village. This will begin on October 12th and will take approximately a week to complete.

Lawn aeration reduces soil compression, allows more nutrients/water/oxygen into the root system, creating a healthier, greener lawn.



Meet Em- Our new Wednesday Hairdresser

I've been hairdressing 28 years. I'm a fiancé to my soul mate, a mum to 3 beautiful children 19, 16 & 4. Life is busy but I love fast pace.

If I'm not spending time with my family then I'm working out at the gym or spending time outdoors.

I'm a talker, a listener and believer of all good things come to those who wait.

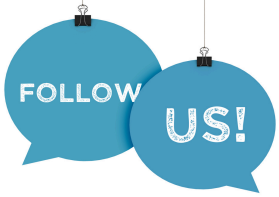
Be kind, smile & love those around you 💓

Em will starting on Wednesday 21st of October.Please phone: 0401 226 587

New Residents

Welcome to Bellarine Springs! We're excited to have you here. Our team is ready to help with any questions. The Residents Committee is eager to connect you with others. Explore the activities, events, and social opportunities. Visit the Activity Station, Events Noticeboard, and Library for updates. We're eager to know you better and are confident you'll find our community welcoming and lively. Enjoy your adventure with us!

Welcome to Bellarine Springs!



Follow Pinnacle Living on Instagram

Follow Bellarine Springs on Instagram: @pinnacle_living_retirement to explore vibrant community life.

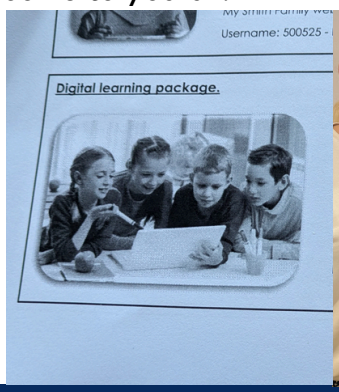
A message from our Sales Manager- Fiona Olin



On 10 September, RU OK? Day, we came together to promote the importance of checking in with one another and starting meaningful conversations about mental health and wellbeing. We were delighted to welcome Nat, an RU OK? Ambassador, and Jess from the City of Greater Geelong, who shared their knowledge and insights with our residents. There were also raffle prizes galore, adding to the fun and generosity of the day. A special thank you to Hayley and all the residents who generously donated and helped gather the wonderful raffle prizes for the day. Your generosity and support helped make the event such a success.

Our support for young people and education has also continued. In August, Drysdale VIEW Club hosted a special High Tea in collaboration with Bellarine Springs Retirement Village to raise funds to sponsor three Learning for Life students. The afternoon was a wonderful success, raising enough money not only to sponsor the three students but also to provide additional funds.
The surplus, together with a contribution from Drysdale VIEW, is being used to purchase a digital learning package, helping to provide valuable educational resources and opportunities for students. We are very proud of the generosity and community spirit shown by our residents. Thank you to everyone who has contributed and supported these wonderful initiatives.

A Warm Welcome to Our New Residents
I would also like to take this opportunity to extend a very warm welcome to all our new residents joining our beautiful community.
Recently, a resident shared with me how happy she was that she had made the decision to move here. Her words really stayed with me.
I know that when you see the faces of sheer exhaustion during the moving process, you realise just how much is involved in making the decision to downsize and move into a retirement village. It is a big change, and it can be both physically and emotionally tiring.
I truly admire the patience, courage and determination it takes to make that move. Then, to see those same faces a little later — smiling, settling in and beginning to enjoy village life — it is incredibly rewarding.
One of the most fulfilling parts of my role is getting to meet you along the way, sharing a chat, seeing your smiles and watching you begin to feel at home.
Thank you all for the smiles, the conversations and the wonderful spirit you bring to our community. We are so pleased to have you here, and I hope you quickly come to feel that this is not just where you live, but a place you are proud to call home.
A very warm welcome to you all!







Fiona Olin
Sales Manager
0455 112 360

Presidents Report
September 2026

President's Report October 2026 As we watch the season changes around our beautiful village we have many important updates to share. Our Residents Association Annual General Meeting (AGM) will be held on Thursday 22nd October starting at 1pm in the community centre. This is a vital meeting for our village, and we encourage all residents to attend and help shape the future of our community. Please give some thought to nominating yourself or a neighbour to stand for election. Nomination forms can be found in the library. After five rewarding years on the committee, including the last two as your President I am required to stand aside. It has been an absolute privilege to serve alongside the other committee members. Four committee members are also standing down this year. Legally, all office-bearer positions formally become vacant at the AGM to allow for a democratic vote. While some of our continuing committee members have kindly expressed willingness to remain, the floor remains entirely open. Our village continues to evolve, and this month we experience a mix of warm welcomes and bittersweet farewells. We have several new residents moving into the village over the coming weeks. Some have relocated from quite far away to join us. I'm sure you will give them a warm welcome when you see new faces out and about. Sadly, we have also recently said goodbye to some familiar faces. Our thoughts are with their families and we hold fond memories of the time they spent sharing our community. Remember to check out the notice board in the foyer of the community centre for activities and events taking place during the next few months. Thank you all for making our village such a special place to live. We look forward to seeing a great turnout at the AGM on the 22nd.

Kind regards. Sue Kuter











Gardening Group Update



Sunny days are finally here and now hopefully warmer weather.

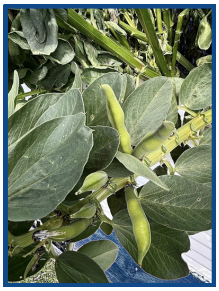
We harvested potatoes - a good crop (for our first try). All cabbages and beets are finished. But .....we have Broad beans, leeks, chard, silverbeet and some peas.

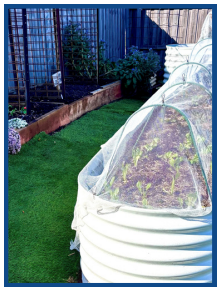
New beds are prepared with salad greens, beans, shallots and the first of yellow baby squash and zucchini now planted.

Big thank you to Graeme Goonan for donation of star pickets- will come in handy when we start planting tomatoes.

Management have now installed 2 car parking spaces near the garden

(so for residents who struggle to walk to the veggie garden to put contribute into compost bins - a bonus now)







Please feel free to visit The gardening team are there every Monday and Friday morning 8.30 am.

Sent from Maria R

Singles Group Outing to Mona's.

Our latest event with some singles group members was at Mona's Italian Restaurant and what a great evening we all had with good company and everyone really enjoying their evening out. If there are any solo people in the village who would like to join our singles group just come down on a Tuesday evening at Happy Hour 5pm when Rita and Lyn have a singles table and get to know us and what events we put on. We also encourage our members to give us ideas of what they would like to do, so don't sit at home alone come and join us, we will always make you feel welcome.



MOVIES



Well, here we are already into our October movies and as usual I've found two different subjects with one from the 80's and one from the 90's.

Outrageous Fortune is a sheer laugh along comedy starring Bette Midler and Shelley Long. Two very different women discover that they have the same boyfriend played by Peter Coyote. When he disappears they reluctantly join to try to track him down. As time goes on and the pursuit becomes more complicated they gradually become friends. A nice little piece has George Carlin as an outright hippie. Good fun.

Thurs. October 8th @ 2.30pm



Murder at 1600 is when a murder is discovered in the White House. A detective, Wesley Snipes, is faced with continual obstruction by the Secret Service. The further things progress the more it becomes obvious that the death of the young woman is only part of a bigger conspiracy.

Thurs. October 22nd @ 7.00pm

See you at the movies.
David

Bellarine Springs Residents Association

VIP SERIES

The title of the VIP2026 Series session held Tuesday 8th September 2026 was Improving Your Health and Well-being through Physiotherapy. Around 20 people attended the session which was presented by Keagan FitzGerald, Lead Physiotherapist at Ocean Physiotherapy. Keagan does regular consultations at Bellarine Springs Village providing personalised care and treatment. The presentation provided a valuable overview of the major areas of physical health and well-being people in older age groups need to maintain their cardio-muscular fitness, balance and strength. Keagan's explanation of the therapeutic guidelines for care, treatment and exercises for management of physical functioning, chronic pain in joints and muscles was very well received by Residents. The presentation was clear and interesting, and a comprehensive Movement and Ability Check-In Form was a valuable resource for Residents to do a self-check of their physical well-being. Keagan responded to questions and comments in a good-humoured and friendly manner. Residents warmly applauded the presentation and their feedback has been very positive.



Rod Wellard
VIP2026 Convener

Next visit: 14TH Of October

We believe in the power of friendship

In the world's healthiest communities, people move through life with five good friends.

We bring that philosophy to your village, helping you stay connected and independent at home **so you can live the life you love.**



GET IN TOUCH

Make an appointment with your Nurse Concierge.

- Fill out the booking sheet at reception
- Call 1300 787 581
- fivegoodfriends.com.au



five. good. friends.

Bellarine Springs Residents Association

Spring Gardens in our Village

We would like to invite all residents to open their gardens on

Sunday November 8th from 1 - 4pm.

There are so many beautiful gardens hiding away in our backyards.

Come join

"CHICKS WITH CUE STICKS"

1PM Every Monday in The Community Centre!!





all Welcome







Dineamic.
HeyDay

The Trouble with Dinner

Whyproteinmattersmorethanyou'dthink,and what happens when dinner gets easier to skip.

Some nights you feel like cooking. Plenty of nights you don't — it's the shopping, the chopping, cleaning the pan, the plate and then the pan again. It can put you off long before the eating does. So the standards slip a little. Toast. Cheese and biscuits. Something on a cracker in front of the news. Nobody decides to stop eating properly, it just quietly happens.

Karen Inge has spent four decades thinking about this. A Fellow of Dietitians Australia and an Advanced Accredited Practising Dietitian, she was the dietitian the Australian Olympic Committee trusted to prepare Cathy Freeman for the 2000 Games, and hosted her own nutrition segment on 3AW for fifteen years. Now she's the Founding Dietitian behind the HeyDay menu. Her view is straightforward: *"Great food and great nutrition should never be in conflict."*

Three things she wants you to know.

Protein isthe first casualty. It's the part of the meal that takes effort, the thing you cook rather than assemble. Skip it often enough and muscle goes quietly, and muscle is what keeps you steady on your feet. Falls are the thing that change everything, and strong muscles are the best insurance against them. After fifty the body needs more protein to hold the same muscle, not less.

Vegetables matter too. Not just how many, but how many different ones. Variety across the week does more for you than the same two every night. Different vegetables feed different bacteria in the gut, and a well-fed gut does quiet work for digestion, immunity and mood.

And a meal only counts if you eat it. The most nutritious meal in the world does nothing on a plate you push away. Which is why any sensible conversation about eating well starts with whether the food actually tastes great.





About Dineamic HeyDay

Chef-made meals,dietitian-guided, delivered frozen to your door and ready in minutes. An average of 30g of protein and 1.8 serves of vegetables in every meal. Grass-fed beef and lamb, free-range chicken and pork, sauces simmered from scratch.

Order online or by phone — one-off, or on a regular schedule you can pause, skip or cancel whenever you like. $49 minimum order, $15 flat delivery.

New customer welcome offer

$25 off each of your first two orders with code PINNACLE25 at checkout. Minimum spend $89 per order.

dineamic.com.au/pages/why-heyday · 03 8669 0587

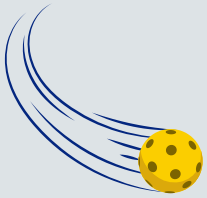
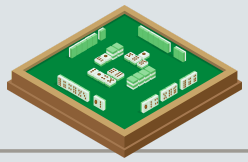
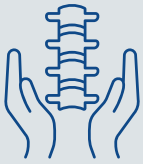
Ifyou receiveSupportatHomefunding,mealsmaybecovered under your plan.

Nutrition Presentation and Tasting Session coming soon.

Keep an eye out for an invitation to a Nutrition Presentation and Tasting Session.

Dates and Times to be confirmed.

Monday	Tuesday	Wednesday	Thursday
			1 9.30am Exercise - Penny 11:00am: Aqua 1:30 pm: Social Bridge 2pm: Golf Croquet 2pm: Indoor bowls at CC 2pm: Rummicub & cards 1:30pm Blokes, Billards, Beers at CC
5 8:45 am: Cycling Group 9am Gardening group 10am:chair yoga 11am: Aqua 1pm: Aqua 1pm: Chicks Cue Sticks 1 pm: Mahjong at CC 2:pm: Rumikub at CC 1:30pm: Scrabble at CC 3pm: Book Club	6 9am: Walking group Nathans Maintenance Run 1pm: Craft at pavilion 1:30pm: Pickleball 2pm: Indoor bowls at CC 5pm: Sundowners	7 9am Social Tennis 9.30am Tai Chi at Pavilion 1pm: Mahjong at CC 2 pm: Rummikub 5pm: Zumba 6:30pm: Bingo CC	8 9.30am Exercise - Penny 10.30am Geelong Travel 11:00am: Aqua 1:30 pm: Social Bridge 2pm: Golf Croquet 2pm: Indoor bowls at CC 2pm: Cuppa and games 1:30 Blokes, Billards, Beers at CC 2:30pm: Movie- Outrageous Fortune“
12 8:45 am: Cycling Group 9am Gardening group 10am Chair Yoga at Pav 11am Aqua 1pm: Aqua 1pm: Chicks Cue Sticks 1 pm: Mahjong at CC 2:pm: Rumikub at CC 2 pm: Scrabble at CC 7pm: Trivia Night CC	13 9am: Walking group 10.30am: Birthday Morning tea 11:30am: NO VIP-this month 1pm: Craft at pavilion 1:30pm: Pickleball 2pm: Indoor bowls at CC 5pm: Sundowners	14 9am Social Tennis 9.30am Tai Chi at Pavilion 10am Five good friends 1pm: Mahjong at CC 10am Social Tennis 2 pm: Rummikub 5pm Zumba at CC	15 9.30am Exercise - Penny 11am Aqua 1:30pm: Bridge at Pav 2pm: Golf Croquet 2pm: Indoor Bowls CC 2pm:Rummicub & cards 1:30pm: Blokes, Billard & Beers CC
19 8:45 am: Cycling Group 9am Gardening group 10am Chair Yoga at Pav 11am Aqua 1pm Aqua 1pm: Chicks Cue Sticks 1 pm: Mahjong at CC 2:pm: Rumikub at CC 1:30pm: Scrabble at CC 7:00pm: Trivia	20 9am: Walking group 1pm: Craft at pavilion 1:30pm: Pickleball 2pm: Indoor bowls at CC 5pm: Sundowners	21 9.30 am: Tai Chi Pavilion 9am Social Tennis 9.30am Tai Chi at Pavilion 1pm: Mahjong- CC 2pm: Rummikub 5pm Zumba at CC 7pm: Whisky Club Pav	22 9.30am Exercise - Penny 11am Aqua 1Pm: BSRA AGM 1:30pm: Bridge at Pav 2pm: Golf Croquet 2pm: Indoor Bowls CC 2pm: Rummicub & cards 1:30pm: Blokes, Billard & Beers CC 7pm: Movie- “ Murder at 1600”
26 8:45 am: Cycling Group 9am Gardening group 10am Chair Yoga at Pav 11am Aqua 1pm: Chick Cue Sticks 1pm Aqua 1 pm: Mahjong at CC 2:pm: Rumikub at CC 1:30pm: Scrabble at CC	27 9am: Walking group 1pm: Craft at pavilio 1:30pm: Pickleball 2pm: Indoor bowls at CC 5pm: Sundowners JILLS COMFORT SHOES	28 9am Social Tennis 9.30am Tai Chi at Pavilion 10am Five good friends 1pm: Mahjong at CC 10am Social Tennis 2 pm: Rummikub 5pm Zumba at CC 7pm: Whisky Club Pav	29 9.30am Exercise - Penny 11am Aqua 1:30pm: Bridge at Pav 2pm: Golf Croquet 2pm: Indoor Bowls CC 2pm:Rummicub & cards 1:30pm: Blokes, Billard & Beers CC

Friday	Saturday	Sunday	
2 9am Gardening group 10am: Musical Mornings 1pm: Mahjong at CC 2pm: Rummikub at CC 5pm: Happy Hour- HOT DOGS at CC	3 10am: Pickleball 	4 2pm Left, right and centre at Community centre 2pm: Board Games in cc	 **Village Handyman Nathan:** Tuesday the 6th from 9am. Book in at reception $15 per 15 minutes
9 9am: Gardening group 10am: Musical Mornings 1pm: Mahjong at CC 2pm: Rummikub at CC 5pm: Happy Hour CC	10 10am: Pickleball	11 2pm Left, right and centre at Community centre 2pm: Board Games in cc 	**Hairdresser**  Sally is located in the community centre hairdressing salon. Please contact her direct on 0428 150 094 to arrange your appointment. 
16 9am Gardening group 10am: Fish Van 10am: Westfield Bus 10am: Musical Mornings 1pm: Mahjong at CC 2pm: Rummikub at CC 5pm: Happy Hour CC 	17 10am: Pickleball	18 2pm Left, right and centre at Community centre 2pm: Board Games in cc paella Dinner CC	**New Hairdresser** Em will be starting with us on Wednesday the 21st of October you can phone her on number to make an appointment. Please pop by to say hello. Please call 0401226587 to make an appointment.
23 9am Gardening group 10am: Musical Mornings 1pm: Mahjong at CC 2pm: Rummikub at CC 5pm: Happy Hour at CC	24 10am: Pickleball	25 2pm Left, right and centre at Community centre 2pm: Board Games in cc	**Physiotherapist** Keegan FitzGerald is located in the practioners room in community centre 0411 096 099 to schedule appointments. 
30 9am Gardening group 10am: Musical Mornings 1pm: Mahjong at CC 2pm: Rummikub at CC 5pm: Happy Hour CC	31 10am: Pickleball		