



THE VILLAGES

C O N N E C T I O N

OCTOBER 2020 EDITION

“In this issue,”

OUR NEWEST VILLAGES

*Cherry South
& Ackee West*

YOU'RE FINALLY HOME

VISITING THE DOCTOR
HAS NEVER BEEN
MORE CONVENIENT!



LIVING THE
Pawfect Life
IN THE VILLAGES

SAVE THE DATE
SATURDAY OCTOBER 31

TRUNK OR TREAT

**OCEAN ACRES
SANCTUARY**

COVERLEY PET FOOD
DRIVE INITIATIVE 2020

In the Recipes

JACK O' LANTERN PEPPERS
AND PUMPKIN FRITTERS

green
corner

MAKE YOUR OWN
Bleach Alternative



Lotus

3 Bedroom, 2 Bathroom Home



Anthurium

3 Bedroom, 2 Bathroom Home

CHERRY SOUTH

Starting at BDS \$475,000



Begonia

4 Bedroom, 2 Bathroom Home



Palm

3 Bedroom, 2 Bathroom Home

YOU'RE FINALLY HOME IN THE VILLAGES

HOME FEATURES

- New 3 & 4 Bedroom Home Designs with Larger Layouts
- Larger Lots with Enclosed Backyard
- Master Bedroom with En-Suite Bathroom & Walk-In Closet
- Enhanced Finishes and Appliances
- Double Parking Aprons
- Solar Water Heating Systems And More....

AMENITIES

- Coverley Square - Shopping, Dining, Gym & Entertainment
- Playing Field, Pavilion and Hard Ball Courts
- Play Parks, Landscaped Common Areas
- Pet Friendly Community - Dog Park, Pet Waste Stations
- 24-Hour Security
- And More....

ARE YOU READY TO START YOUR JOURNEY TO HOME OWNERSHIP?

Sales Office: (246) 627-4229 • www.villagesatcoverley.net • sales@villagesatcoverley.net •   @thevillagesatcoverley



Tiger Lily

2 Bedroom, 2 Bathroom Home



Orchid

2 Bedroom, 2 Bathroom Home

ACKEE WEST

Starting at BDS \$360,000



Bougainvillea

3 Bedroom, 2 Bathroom Home



Casuarina

3 Bedroom, 2 Bathroom Home

YOU'RE FINALLY HOME IN THE VILLAGES

HOME FEATURES

- Your Favourite 2 & 3 Bedroom Home Designs with Larger Layouts
- Larger Lots with Enclosed Backyards
- Enhanced Finishes and Appliances
- Solar Water Heaters
- Built In Closets
- And More....

AMENITIES

- Coverley Square - Shopping, Dining, Gym & Entertainment
- Playing Field, Pavilion and Hard Ball Courts
- Play Parks, Landscaped Common Areas
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- 24-Hour Security
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Tenants

IN COVERLEY SQUARE



Coverley Medical Centre is a premier family care medical facility and your one-stop shop for medical care. Conveniently located in Coverley Square, the medical centre is fully-equipped to provide preventative care appointments, annual check-ups, laboratory testing and emergency care.



Open Daily 7:00 AM - 4:30 PM

Telephone: (246) 627-1000
 Website: www.sandycrest.net
 Email: medicalcentre@sandycrest.net
 Facebook: [@sandycrestandcoverleymedical](https://www.facebook.com/sandycrestandcoverleymedical)
 Instagram: [@coverleymedical](https://www.instagram.com/coverleymedical)



Coverley Diagnostic Radiology Services offers a variety of diagnostic imaging and interventional procedures including, X-Ray, ultrasound, and mammography services. Their skilled and experienced imaging and radiology team will put you at ease as they guide you through your medical procedures.



Open Mon - Fri 8 AM - 4:30 PM

Telephone: (246) 432-7099
 Website: www.diagnosticradiologyservices.org
 Email: office@diagnosticradiologyservices.org

EARLY DETECTION SAVES LIVES

Awareness surrounding breast cancer is incredibly important. Early detection, often through screening, can catch the disease when it is most treatable. Every woman should know how her breasts normally look and feel, so she can recognize any changes that may occur.

While knowing what to look for is important, breast self-exams in combination with other screening methods such as, regular mammograms and clinical breast exams are key, as these tests can help with early detection.



CHECK YOUR BREASTS IN THREE STEPS

IN THE SHOWER

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

IN FRONT OF THE MIRROR

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples.

Rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

LYING DOWN

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple, check for discharge and lumps. Repeat these steps for your left breast.

MAKE IT ROUTINE. The more you examine your breasts, the more you will learn about them and the easier it will become for you to tell if something has changed.

Try to get in the habit of doing a breast self-examination once a month to familiarize yourself with how your breasts normally look and feel. Examine yourself several days after your period ends, when your breasts are least likely to be swollen and tender. If you are no longer having periods, choose a day that is easy to remember, such as the first or last day of the month.

Living the PAWFECT LIFE in The Villages!

Early morning walks and late afternoon playdates are the highlights of our furry resident's days.



Introducing The Villages At Coverley's Dog Park.

The newly added Dog Park is the pawfect green space for your dogs to run off-leash, play and socialize with their friends.

The Dog Park is located near the Hard Ball Courts (at the entrance to Pomegranate Villas).



No Digging!

There is no digging permitted. Please ensure any holes are filled in before you leave.



Keep it Smoke-Free!

This enclosed space and the area within 15 metres are designated a smoke-free zone.



Keep it Clean!

Please clean up dog waste and dispose in the Pet Bins accordingly.



Bring a Water Bottle and Bowl.

Monitor your dog for signs of heat exhaustion – excessive drooling, and panting.

Bring Your Dog's Collar & Leash

Monitor Closely for Aggressive Behaviour

Keep an Eye on Your Children



THE VILLAGES'

TRUNK OR TREAT

SATURDAY 31ST OCTOBER
6:00PM - 8:00PM

FREE ADMISSION

WEAR YOUR MASK
COVID-19 Protocols in Place

**TRICK OR
TREATING**

STARTS AT 6:00PM

SIGN UP NOW

DECORATED CARS WITH
TREATS ARE TO BE PARKED IN
COVERLEY SQUARE FROM 5:00PM

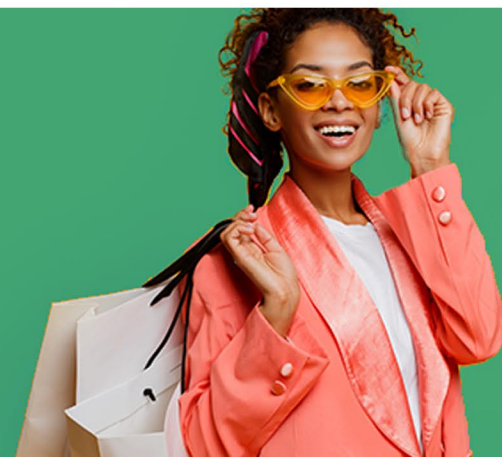
WIN PRIZES

ENTER OUR **BEST
DECORATED TRUNK &
COSTUME** COMPETITION!



COVERLEY
MARKET

Saturday October 31
3:00pm - 8:00pm



Paws FOR A Cause

COVERLEY PET FOOD DRIVE 2020

Starting November 1st until December 16th

Help us to help the cats and dogs sheltering at
Ocean Acres Animal Sanctuary by filling our
Christmas Boxes with Pet Food and Supplies!

OUR CHRISTMAS WISH LIST INCLUDES:

Dry Dog or Puppy Food • Dry Cat or Kitten Food
Canned Dog or Cat Food • Kitty Litter
Treats • New collars and leads
Monetary Donations towards spay, neuter & medical costs

DROP OFF LOCATIONS

 Club Fitness Coverley  Property Management Office

DONATE • VOLUNTEER • ADOPT • FOSTER

Ocean Acres Animal Sanctuary is a non-profit, no-kill rescue shelter focusing on sheltering, rehabilitating and rehoming sick, injured, abandoned and homeless cats and dogs.

These animals have the power to change lives and your support and generosity will make a difference.

100% of your contribution goes towards Ocean Acres Animal Sanctuary & animals in need.

Newcastle, St. John, Barbados •  262-4505

oceanacresanimalsanctuary.org

 @oceanacresanimalsanctuary •  @oceanacresanimals



Overlooking majestic views of the East Coast



There is a special place that provides shelter for cats and dogs while they search for their forever homes.



MAKE YOUR OWN

Bleach Alternative

This DIY alternative has the same cleaning power as bleach, but none of the dangers associated. It can be used for the same purposes as bleach and is perfect for softening clothes and stain removal.

INGREDIENTS

1 ½ cups of 3% hydrogen peroxide
½ cup of lemon juice
1 Tbsp. of citric acid (optional*)
Slightly less than 1 gallon of distilled water
10-30 drops of lemon essential oil or another essential oil

DIRECTIONS

1. Pour all ingredients except water into a one-gallon jug.
2. Swirl until citric acid is dissolved.
3. Add distilled water to fill the jug.

Use in place of bleach around the home and in the laundry room

*Citric Acid whitens clothes and helps to soften water

green
corner





STUFFED JACK-O-PEPPERS

INGREDIENTS:

1 tbsp. canola oil
1 large clove garlic, minced
1 tsp salt
1 ½ cups cooked brown rice
1 (8 ounce) can no-salt-added tomato sauce, divided
2 tablespoons chopped fresh parsley
4 large orange bell peppers
1 medium onion, chopped
1-pound ground beef
¼ tsp. ground pepper

INSTRUCTIONS

Preheat oven to 350°F. Heat oil in a large skillet over medium heat.

Add onion, garlic and cook, stirring occasionally, until softened & lightly browned, (approx. 3 mins). Add beef, salt, and pepper; cook, crumbling with a wooden spoon, until brown, (approx. 5 mins). Remove from heat and stir in rice, ¾ cup tomato sauce & parsley.

Meanwhile, cut out stem ends of peppers and set aside; scoop out seeds. With a sharp paring knife, cut out a jack-o'-lantern face on one side of each pepper. Place the peppers and tops, cut-side down, in a microwave-safe pie pan. Add ¼ cup water.

Microwave on High until tender but firm, 4 to 6 minutes. Empty the water from the dish and turn the peppers cut side up.

Stuff the peppers with the beef mixture. Spoon the remaining ¼ cup tomato sauce over the peppers. Bake until the mixture is heated through, 20-25 mins. Place the steamed tops back on top of the peppers and enjoy!

IN THE KITCHEN



PUMPKIN FRITTERS

INGREDIENTS

1 ½ lb. pumpkin cooked
1 large egg
2 tbsp. butter softened
3 tbsp. sugar
1/8 tsp salt
1/4 tsp vanilla extract
1/4 tsp powdered cinnamon
1/2 cup flour
1/4 tsp baking powder
cinnamon- sugar mixture

INSTRUCTIONS:

Place the first 7 ingredients in the blender and process on a low speed to blend. Sift flour and baking powder, add to blender, and process a few seconds to make batter of consistency for frying.

Drop teaspoonfuls of batter into shallow oil and fry to crisp golden brown, turning once. Drain on paper towel, transfer to serving dish and dust with cinnamon sugar mixture. Serve hot.

Note: A pinch of cinnamon and nutmeg can be added to blender mixture for added flavour.



Housing Concepts SRL
The Villages at Coverley,
Coverley, Christ Church, Barbados

Tel: (246) 627-4229

Fax: (246) 627-4225

TheVillagesAtCoverley TheVillagesAtCoverley
 VillagesAtCoverley

Website: www.villagesatcoverley.net



Daily: 7:00 am - 7:00 pm

Tel: 627-1000

SandyCrestandCoverleyMedical
 CoverleyMedical

Website: www.coverleymedical.com

Registered residents will have priority access
and a 10% discount on consultation.



Monday - Saturday: 10:30 am - 10:30 pm
Sunday & Bank Holidays: 12:00 pm - 9:00 pm
Sunday & Bank Holidays: 8:00 am - 1:00pm

Tel: 623-2276

ChickenBarnRestaurants ChickenBarnBarbados
Website: www.chickenbarnrestaurants.com

Residents of The Villages at Coverley, who present their official
Villages Access Card, will be entitled to a 15% discount on
each purchase of \$40.00 or more.



Monday - Friday: 4:30 am - 10:00 pm
Saturday: 6:00 am - 8:00 pm
Sunday & Bank Holidays: 8:00 am - 1:00pm

Tel: 627-4223

ClubFitness Coverley ClubFitnessCoverley
Website: www.villagesatcoverley.net



Mon - Sat: 10:00 am - 9:00 pm

Sundays: 11:00 am - 8:00 pm

glowupbeautysupply



Daily: 7:00 am - 9:00 pm

Tel: 571-5619

FB: [Illovetallabarbados](https://www.facebook.com/Illovetallabarbados)

Illovetallabarbados



Mon-Sat: 8:00 am - 9:00 pm

Sun: 9:00 am - 3:00 pm

Tel: 623-7374

MassyStoresBarbados



Mon-Thurs & Sun - 11:00 am -
9:00 pm

Fri & Sat: 11:00 am - 10:00 pm

Tel: 537-1352



Tuesday - Friday: 10:00 am - 6:00 pm

Saturday: 10:00 pm - 4:00 pm

24-Hour ATM Service

Tel: 431-4570 or 431-4576



Monday - Saturday: 9:00 am - 9:00 pm

Sunday: 10:00 pm - 5:00 pm

Tel: 243-3412 / 850-3412 / 228-3412

DianaLoletaTheSpa

DianaLoleta



Monday - Saturday: 9:00 am - 9:00 pm

Sunday: Appointments ONLY

Tel: 241-9050

Executive_Club_BB

Email: executiveclub246@gmail.com



Daily: 7:00 am - 7:30 pm

Tel: 571-5893

rawjuicebarbados



Tel: 622-1921

FB: ChillzDelightTreats

@chillzdelight



Mon-Thurs - 11:00 am - 9:00 pm

Fri - Sun: 11:00 am - 10:00 pm

Tel: 537-1352

@chutneysbim



Mon-Sun: 11:00 am - 9:30 pm

Tel: 622-1996



Tel: 262-9696

@pulse_barbados



Mon - Sat: 11:00 am - 10:00 pm

miso.barbados



Mon-Fri: 10:00 am - 3:00 pm

Tel: 622-2004

PenStationBB

@penultimate.stationery



Daily: 11:00 am - 9:00 pm

Tel: 228-9608

Pita The Pizzeria

@pitathepizzeria



Mon-Fri: 8:30 am - 4:30 pm

Tel: 432-7099



Mon-Thurs & Sun: 11:00 am - 9:00 pm

Fri & Sat: 11:00 am - 10:00 pm

Tel: 537-1352



Mon-Fri: 6:30 am - 10:30 pm

Sat & Sun: 7:00 am - 10:30 pm

Tel: 622-0130/31



Daily: 8:00am - 5:00pm

Tel: (246) 228-4646

@gorentacar_bb



CONTACT US

(246) 627-4229
sales@villagesatcoverley.net
www.villagesatcoverley.net



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