

The
Cotswolds Village
 a unique retirement village

Nº: 1905

Newsletter

1st January 2021

Sunday	3		
Monday	4		
Tuesday	5	11.00am • 1.00pm •	St Ives Shopping Bus St Ives Shopping Bus
Wednesday	6	1.00pm • 1.00pm •	St Ives Shopping Bus Movie in the Lounge
Thursday	7		
Friday	8	10.00am •	Turrumurra Shopping Bus
Saturday	9		



THIS WEEK'S MENU

Please book at Reception for lunch before 11am & dinner before 4pm

		LUNCH—12 pm	DINNER—6 pm
Sun	3	Roast Pork with Crackling and Apple Sauce	Scrambled Eggs on toast
Mon	4	Tuna & Chives Patties Book for Wednesday's dinner by 2pm today)	Chicken Schnitzel & chips
Tues	5	Smoked Salmon & Avocado Platter	Veal Saltimbocca
Wed	6	BBQ with assorted salads	Grilled Lamb Cutlets (Book for this Dinner by 2pm Monday)
Thurs	7	Chicken Caesar Salad	Grilled Pork & Caramelised Apples
Fri	8	Zucchini & Spring Onion Quiche	Battered or Grilled Fish, and chips
Sat	9	Bacon, Egg and Tomato with Toast	Pizza Night

COMMUNITY COMMUNICATIONS

Village Update

All residents should be aware of local 'hot spots', which include areas around the Northern Beaches and Belrose. You may have visited family or friends over the past week and they may have had other family members over who might have been unaware of the hot spot areas. We ask that if any resident is feeling unwell or displaying even mild flu like symptoms, they are encouraged to get tested.

Testing areas located nearby include:

- Hornsby Hospital - Burdett Street, Building 93 - between Palmerston Road and Jubilee Street.
- Hillview Community Health Centre - 1334 Pacific Highway, Turramurra. Stay in the outside lane as you travel north - it's on your left just after you pass over the Turramurra railway bridge.
- St Ives Douglas Hanly Moir Drive-through Pathology, 450 Mona Vale Road, St Ives Showground.
- Or see your GP.

What a year this has been! Thank you for your patience and co-operation and on behalf of all staff, please accept our sincere wishes for a healthy, happy and safe new year.

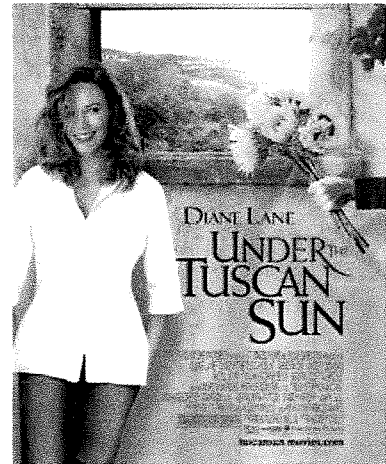
Geoffrey Wolf
General Manager

WEDNESDAY MOVIE - "UNDER THE TUSCAN SUN"

6th January at 1.00pm

***Under the Tuscan Sun* is a romantic comedy-drama film about a recently divorced writer who buys a villa in Tuscany on a whim, hoping it will lead to a change in her life.**

**There is a limit of 20 residents due to COVID social distancing restrictions.
Bookings essential Ph 9144 7016**



EXERCISE CLASS with MICHELE

Back on MONDAY 25th January 2021

BOOKINGS ESSENTIAL

Time: 10.00 am-10.45 am in the Club Lounge

Exercising allows us to maintain muscle strength, co-ordination and balance, which in turn helps to prevent falls and related fractures.

There is a limit of 16 residents due to Covid social distancing restrictions. Please book by calling reception on 9144 7016.



COMMUNITY COMMUNICATIONS



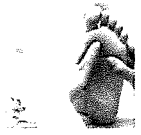
REFLEXOLOGY

MONDAYS - 9.30AM TO 3.00PM

In the Cotswolds Clinic

Qualified Reflexologist Anne Moorecroft will conduct half hour sessions.
Cost \$30 (Cheques or Cash only)

Please call reception to book an appointment.



ACUPUNCTURE with Brendan

TUESDAYS 9.30am - 12 Noon in the Cotswolds Clinic

First appointment 1 hour, then half hour appointments.

Private Health Fund rebates may be available.

Cost \$55 Cash/Cheque

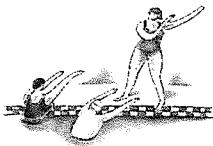
Please make cheques out to Authentic Acupuncture.

Please call reception to book an appointment.



HYDROTHERAPY CLASSES - Tuesdays 10.30am

Back on 12th January



Physiotherapist Michele Slater conducts Tuesday classes in the Cotswolds pool located near the Sports Club at **10.30am Tuesdays**.

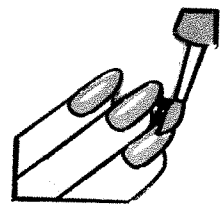
Class size will be limited to six people only and bookings will need to be made at reception. Classes run for 45 minutes. **Cost \$40 per month.**

Please see Liz at reception if you are interested in signing up.

Fee rebates through Health Funds, and DVA referrals welcome.

NEW BEAUTY THERAPIST!

We welcome Beautician Simone Green to the Cotswolds. She has offered to conduct treatments from 2.30pm on a **Tuesday every fortnight**. Residents can be treated in their units, and apartment residents in the area opposite the lift on the top floor. Phone reception to book for your wax, manicure or just file and nail paint.
Simone will be back on 12th January 2021.



PHYSIOTHERAPY SERVICES

Every Thursday 10am - 12 noon

Half hour appointments can be made with Liz at Reception. You may be entitled to a fee rebate through your private Health Fund, Medicare & DVA referrals welcome. Cost \$80.

HAIR SALON



Our Hairdresser Karen will be back on **5th January**. Bookings may be made by calling Reception on those days and asking for Karen.

COMMUNITY COMMUNICATIONS

LIBRARY OPEN



The Cotswolds Library will be open from 10.00am to 12 noon and 1.00pm to 4.00pm daily. Please enter by the front reception doors, wear a mask, have your temperature taken, sign the register and sanitize your hands before entering the Club Lounge.

Next collection by Ku-ring-gai Dry Cleaners
will be on Monday 4th January.



Did you know The Cotswolds Village has a Facebook page? Why not join and check it out. We would love to hear from residents and their families.

