









Sunday	13		
Monday	14	9.30am 8.00am 10.30am 3.30pm	<ul style="list-style-type: none"> • Reflexology • Podiatrist in the Clinic until 2.30pm • TJM Designs Jewellery Stall in Bus Bay • Poetry Reading Group
Tuesday	15	9.30am 11.00am 12noon 1.00pm 2.00pm 3.00pm	<ul style="list-style-type: none"> • Acupuncture until 12 Noon • St Ives Shopping Bus • Christmas Luncheon   • St Ives Shopping Bus • Library open until 3pm • Beautician
Wednesday	16	9.15am 12 Noon 1.00pm	<ul style="list-style-type: none"> • Hornsby Bus • Christmas Luncheon   • St Ives Shopping Bus
Thursday	17	10.00am 12 Noon	<ul style="list-style-type: none"> • Physiotherapy Clinic until 12 noon • Christmas Luncheon  
Friday	18	10.00am	• Turramurra Bus
Saturday	19		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	13	Roast Beef with all the trimmings	Ham & Cheese Omelette
Mon	14	Corn & Bacon Fritters	Chicken Biryani
Tues	15	Christmas Luncheon (Bookings essential)	Mixed Toasted Sandwiches with Salad
Wed	16	Christmas Luncheon (Bookings essential)	Vienna Schnitzel
Thurs	17	Christmas Luncheon (Bookings essential)	Sweet & Sour Pork with Special Fried Rice
Fri	18	Summer Vegetable Quiche with Garden Salad	Battered or Grilled Fish & Chips
Sat	19	Smoked Salmon, Avocado & Poached Egg	Pizza Night

COMMUNITY COMMUNICATIONS

EXERCISE CLASS with MICHELE
Back on MONDAY 11th 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. Please enter by the front reception doors wearing a mask, have your temperature taken, sign in the register and sanitize your hands. Please book by calling reception on 9144 7016.

TJM DESIGNS



Fashion Jewellery & Scarves
Monday 14th December from 10.30am
in the Bus Bay near reception.

Tina is back with an exciting new range for Christmas.



POETRY READING CLUB

Monday 14th December at 3.30pm to 4.30pm
In the Billiard Room Level 1

Any resident who wishes to read or recite a poem at this meeting should let Robyn Young Unit 86 know (Tel: 9144 6978) the name of the poem, its author, and the time needed as soon as possible so an Agenda can be distributed before the meeting.

Due to Covid-19 restrictions, we can only accommodate 10 people in the Billiard Room.

Please book at reception, enter the main building through the front reception doors, wear a mask, have your temperature taken, sign the register and sanitize your hands before proceeding to the Billiard Room. Please exit the building through the front reception doors after signing out.

NO WEDNESDAY MOVIE 16th December
Due to Christmas Luncheon in the Club Lounge

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 here on Tuesday 15th December then 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 is available in the Salon near reception on Tuesdays and Fridays. 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 10am to 12 noon and 1pm to 4pm 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.



Christmas Luncheon Menu

15th, 16th & 17th December at 12 Noon

Entrée

Mille Feuille of Smoked Salmon Mousse with Pickled Cucumber & Dill

Main

Roast Turkey Breast stuffed with Chestnut & Sage served with Jus Lie, Roast Vegetable Panache, Fresh Brussel Sprouts & Baby Beans

Dessert

Bourbon & Brown Butter Mangomisu with Fresh Berries & Vanilla Bean Ice Cream

Cost: Unit Resident \$25, Apartment Residents \$20

(Drinks Included)

Booking forms should be returned to reception as soon as possible.

CHRISTMAS DAY LUNCH & DINNER



The dining room is closed on Christmas Day.

Christmas Day menu of sandwich platters and salads are prepared in advance. If any resident living in a **serviced apartment** requires a platter or a salad for either lunch or dinner on Christmas Day, please notify Liz or Carole at Reception by Friday 18th December.