

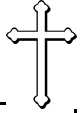


Nº: 1898

Newsletter

13th November

| | | | |
|------------------|-----------|---|--|
| Sunday | 15 | | |
| Monday | 16 | 9.30am | • Reflexology in the Clinic |
| Tuesday | 17 | 9.30am 10.30am 11.00am 1.00pm 2.00pm | • Acupuncture until 12 Noon • Hydrotherapy • St Ives Shopping Bus • St Ives Shopping Bus • Library open until 3pm |
| Wednesday | 18 | 1.00pm 1.00pm | • St Ives Shopping Bus • Movie in Lounge - booked places only |
| Thursday | 19 | 10.00am 11.00am | • Physiotherapy Clinic until 12 noon • Church in Lounge - booked places only |
| Friday | 20 | 10.00am | • Turrumurra Bus |
| Saturday | 21 | | |



THIS WEEK'S MENU

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

| | | LUNCH—12 pm | DINNER—6 pm |
|--------------|-----------|---|---------------------------------------|
| Sun | 15 | Roast Beef with all the Trimmings | Cheese Omelette |
| Mon | 16 | Smoked Ham & Mushroom Crepes | Tandoori Chicken & Rice |
| Tues | 17 | Roast Vegetable Salad | Flathead Fillets with Tarragon Butter |
| Wed | 18 | Bacon & Leek Risotto | Roast Turkey with Cranberry Sauce |
| Thurs | 19 | Lamb Kofta with Hommus & Tabouleh | Szechuan Pork with Special Fried Rice |
| Fri | 20 | Pumpkin, Spinach & Fetta Quiche with Garden Salad | Battered or Grilled Fish & Chips |
| Sat | 21 | Ham & Cheese Toasties | Bangers & Mash with Mushy Peas |

COMMUNITY COMMUNICATIONS



WEDNESDAY MOVIE BOOKINGS ESSENTIAL

“LA LA LAND”

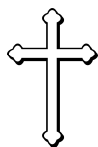
18th NOVEMBER at 1.00pm in the Lounge

Starring Emma Stone & Ryan Gosling

Winner of 6 Academy Awards. Mia and Sebastian, an actress and a jazz musician pursue their Hollywood dreams, finding each other, in a vibrant celebration of hope, dreams and love.

There is a limit of 12 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.



ECUMENICAL SERVICE OF SONGS OF PRAISE

THURSDAY 19th NOVEMBER - Time: 11.00 am



BOOKINGS ESSENTIAL

Reverend Steve North of St Ives Presbyterian Church will conduct this service. This service will be held in the Club Lounge with Miwako Yamamura on piano.

There is a limit of 12 residents due to Covid social distancing restrictions. Please book by calling reception. Please enter by the front reception doors, wear a mask, sign in and out of the register and sanitize your hands before entering the Club Lounge.

Please book by calling reception on 9144 7016.

CHAIR EXERCISE CLASS with MICHELE

MONDAY 23 NOVEMBER

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 12 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.

COMMUNITY COMMUNICATIONS



REFLEXOLOGY SESSION

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 see Liz at Reception to book an appointment and for more information.



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 book with Liz at reception.



HYDROTHERAPY CLASSES - Tuesdays 10.30am

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.

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.

BEAUTY THERAPIST

Belinda from North Shore Mobile Beauty will now conduct treatments from 3.30pm 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 painting.



COMMUNITY COMMUNICATIONS

LIBRARY OPEN TUESDAY AFTERNOONS

The Cotswolds Library will be open from 2pm to 3pm every Tuesday afternoon. Resident, Edith Donald will be available if you need any help.

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. There will be a limit of one resident in the Library with Edith.



WHAT I DID OVER THE PAST SIX MONTHS

BARBARA'S GARDEN MAKEOVER

Barbara has been very busy over the last six months and has transformed a bare patch of earth into a lovely colourful garden.

These are the before and after photos.



Knitting for Community Youth Project

The Rotary Club of Turramurra would like to invite Cotswolds Village residents who are able to knit or crochet, to join their project knitting Christmas decorations. Decorations are to be completed by December 12th so you will have plenty of time to knit a few before Christmas. If you are able to assist, please contact Donna Greenfield on 0437 577 338 for instructions and patterns.