





N°: 1903

Newsletter

18th December 2020

<b>Sunday</b>	<b>20</b>		
<b>Monday</b>	<b>21</b>	9.15am 9.30am	<ul style="list-style-type: none"> <li>• Hornsby Bus</li> <li>• Reflexology in the Clinic</li> </ul>
<b>Tuesday</b>	<b>22</b>	9.30am 11.00am 1.00pm	<ul style="list-style-type: none"> <li>• Acupuncture until 12 Noon</li> <li>• St Ives Shopping Bus</li> <li>• St Ives Shopping Bus</li> </ul>
<b>Wednesday</b>	<b>23</b>	1.00pm 1.00pm	<ul style="list-style-type: none"> <li>• St Ives Shopping Bus</li> <li>• "A Country Christmas"</li> <li>• Seniors Concert DVD in the Lounge</li> </ul> 
<b>Thursday</b>	<b>24</b>		
<b>Friday</b>	<b>25</b>		<ul style="list-style-type: none"> <li>• <i>CHRISTMAS DAY</i></li> <li>• Office &amp; Dining Room Closed</li> </ul> 
<b>Saturday</b>	<b>26</b>		<ul style="list-style-type: none"> <li>• <i>BOXING DAY</i></li> </ul>

## THIS WEEK'S MENU

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

		<b>LUNCH—12 pm</b>	<b>DINNER—6 pm</b>
<b>Sun</b>	<b>20</b>	Roast Lamb with Mint Jelly	Macaroni Cheese Bake
<b>Mon</b>	<b>21</b>	Bacon & Mushroom Pasta Bake (Book for Wednesday's dinner by 2pm today)	Baked Paprika & Lemon Barramundi
<b>Tues</b>	<b>22</b>	Sausage Sizzle with Potato Salad	Apricot Chicken
<b>Wed</b>	<b>23</b>	Salmon Patties with Tartare Sauce	Crumbed Lamb Cutlets & Mash Potato (Book for this Dinner by 2pm Monday)
<b>Thurs</b>	<b>24</b>	Chargrilled Chicken with Hummus & Tabouleh	Grilled Pork Chops
<b>Fri</b>	<b>25</b>	<b>Christmas Day</b> (Pre-ordered Meals only)	<b>Christmas Day</b> (Pre-ordered Meals only)
<b>Sat</b>	<b>26</b>	Ham & Avocado Melts	Shepherd's Pie

# COMMUNITY COMMUNICATIONS

## Village Update.

I take this opportunity to thank our chef and kitchen staff for a wonderful Christmas luncheon get together. It was so nice for everyone to gather once again in the lounge.

The advice from the Health Department has not changed. We are all advised of the need to continue excellent hand hygiene, maintain social distance and to get tested if unwell. At the time of writing, a case has been confirmed at a large retirement village on the northern beaches along with other cases in that area. This outbreak should remind us all of the need to follow the appropriate safe practice, to reduce our risk here.

As mentioned at the luncheons, our Cotswolds Social Calendar will be distributed next week and will have leaner content than in previous years. This will allow us greater flexibility to schedule activities as needed.

Geoffrey Wolf,  
General Manager



## WEDNESDAY DVD “A COUNTRY CHRISTMAS” Seniors Concert **23rd December at 1pm**

Recorded live at the Tamworth Capitol Theatre in 2013.

The star-studded Premiers Gala Concerts are one of the highlight events of the NSW Seniors Festival.

A Country Christmas, is proudly presented to you by the NSW Government as a thank you for the contribution seniors make to the community.

Sit back and enjoy performances from some of Australia's leading artists.

**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 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.**



# 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 here on 22nd and 24th December and back on 5th January next year. 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 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.

## **STAFF CONTACT DURING PUBLIC HOLIDAYS**

A Co-ordinator is in attendance 24 hours a day and residents are requested to press the emergency button in their unit or apartment if they have a health, maintenance or security concern. The Co-ordinator on duty will then ring your unit/apartment to assist.

## **SOCIAL CALENDAR 2020**

The Cotswolds Village Calendar will be distributed before Christmas.

Major social and communal events will be publicized in weekly Newsletters which should be consulted to ensure that you are fully informed of all up and coming events and functions as Covid restrictions are eased.