






Sunday	22		
Monday	23	9.30am	• Reflexology in the Clinic
Tuesday	24	9.30am 10.30am 11.00am 1.00pm 2.00pm 3.30pm	<ul style="list-style-type: none"> • Acupuncture until 12 Noon • Hydrotherapy • St Ives Shopping Bus • St Ives Shopping Bus • Library open until 3pm • Beauty Therapist  
Wednesday	25	1.00pm 1.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Movie in Lounge - booked places only 
Thursday	26	10.00am	• Physiotherapy Clinic until 12 noon
Friday	27	10.00am	• Turramurra Bus
Saturday	28		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	22	Roast Lamb with Mint Jelly	Macaroni Cheese Bake
Mon	23	Salmon Patties with Cucumber Yoghurt (Book for Wednesday's dinner by 2pm today)	Chicken Casserole
Tues	24	Mini Burgers with Chips	Shepherd's Pie
Wed	25	Steamed Honey Soy Fish with Jasmine Rice	Crumbed Lamb Cutlets with Mash Potato (Book for this Dinner by 2pm Monday)
Thurs	26	Chicken Filo Parcels with Waldorf Salad	Silverside with Parsley Sauce
Fri	27	Ham & Mushroom Quiche	Battered Fish & Chips
Sat	28	Eggs Florentine	Beef Rissoles Wrapped in Bacon

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

All residents should be aware that work is being done next week (Monday to Wednesday) in the Village by Forest Tree Services who will be undertaking tree work, either pruning or removal. In addition work will be done to reduce potential trip hazards around the Village.

Geoffrey Wolf
General Manager

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.



WEDNESDAY MOVIE BOOKINGS ESSENTIAL

“QUARTET”

25th NOVEMBER at 1.00pm in the Lounge

Starring Maggie Smith, Tom Courtenay, Billy Connolly & Pauline Collins

Once-popular opera diva Jean Horton creates a stir with her arrival at Beecham House, a home for retired performers. No one feels the uproar more than Reginald, Jean's ex-husband, who still stings from her long-ago infidelity. Most of the other Beecham residents are delighted, and try to convince Jean to join them in a performance of "Rigoletto." Jean, however, knows that she is long past her prime and is reluctant to sully the memory of her once-lovely voice.

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.



LIONS CLUB CHRISTMAS CAKES & PUDDINGS

ARE NOW AVAILABLE AT RECEPTION FOR \$13 EACH



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.

