



Nº: 1904

Newsletter

25th December 2020

Sunday	27		
Monday	28		• <i>Public Holiday</i>
Tuesday	29	11.00am	• St Ives Shopping Bus
Wednesday	30	1.00pm 1.00pm	• St Ives Shopping Bus • Movie in the Lounge
Thursday	31		• <i>New Year's Eve</i>
Friday	1		• <i>Happy New Year</i>
Saturday	2		



THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	27	Roast Chicken	Assorted Toasted Sandwiches
Mon	28	Prawn & Tomato Risotto	Baked Barramundi with Lemon & Avocado Salsa
Tues	29	Salmon Quiche	Mild Beef Curry
Wed	30	Penne Boscaiola (pasta with bacon, mushrooms and cream)	Pork Sausages
Thurs	31	Warm Chicken Salad	Rump Steak Casserole with Parsley Potatoes
Fri	1	Roast Lamb	Beer Battered Fish & Chips
Sat	2	Lambs Fry & Bacon	Chinese Beef Stir Fry with Special Fried Rice

COMMUNITY COMMUNICATIONS

Village Update



Barely one week ago, we were together enjoying a pre-Christmas luncheon and as a result of a cluster developing on the Northern Beaches it has become necessary for us to review our processes to ensure the continued safety of our residents.

Several residents have advised that they recently visited areas of the Northern Beaches and they were advised to undertake a Covid 19 test. Fortunately their results were negative, however all residents are encouraged to continue to be vigilant and follow previously advised practices of diligent hand washing, maintaining social distance and ensuring that the Coordinator on duty is advised if residents become unwell.

As can be seen from the press this cluster has spread across greater Sydney and we must continue to be on alert and cautious. We will continue to monitor the advice given to us from the Department of Health and will communicate that information to all residents.

I would like to take this opportunity, on behalf of all staff to thank residents, for their generosity at this time of year and to Mr Barry Kemple for coordinating a collection for distribution to staff members.

This has been an extraordinary year, full of challenges, full of difficulties but a determination to be more compassionate and more understanding. Thank you to all residents for assisting us as we worked to maintain a safe home for everyone.

I wish all residents season's greetings with one wish, that next year will be a good year for all of us.

Geoffrey Wolf
General Manager

WEDNESDAY MOVIE

"DRIVING MISS DAISY"

30th December at 1pm

Starring Jessica Tandy, Morgan Freeman & Dan Aykroyd
Winner of 4 Academy Awards

This joyful, heartfelt comedy is the story of genteel but strong-willed Southern matron Daisy Werthan and her patient but equally determined chauffeur Hoke. The bumpy road they travel ultimately leads to the friendship of a lifetime.



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 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** 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.

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 2021

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.

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

North Turramurra Pharmacy will be closed Christmas Day, Boxing Day, reopening Tuesday 29th December and New Years Day.

North Turramurra Doctors Surgery Christmas Hours

Thursday 24th Dec 8.30am to 3.00pm

Friday 25th Dec CLOSED

Saturday 26th Dec 8.30am to 12 Noon

Sunday 27th Dec 10am to 11am

Monday 28th Dec 10am to 11am



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.

