








Nº: 1900

Newsletter

27th November 2020

Sunday	29		
Monday	30	9.30am 10.00am	<ul style="list-style-type: none"> • Reflexology in the Clinic • Exercise Class with Michele • BOOKINGS ESSENTIAL 
Tuesday	1	9.30am 10.30am 11.00am 1.00pm 2.00pm 2.30pm	<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	2	1.00pm 1.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Movie in Lounge - booked places only 
Thursday	3	10.00am 2.30pm	<ul style="list-style-type: none"> • Physiotherapy Clinic until 12 noon • BINGO (Bookings essential) 
Friday	4	10.00am	• Turrumurra Bus
Saturday	5		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	29	Roast Chicken	Assorted Toasted Sandwiches
Mon	30	Turkey Melts	Mild Rendang Beef Curry
Tues	1	Baked Vegetable Terrine	Herb & Parmesan Crusted Barramundi with Lemon Salsa
Wed	2	Tempura Calamari with Asian Slaw	Pork Sausages with Dijon & Onion Sauce
Thurs	3	Warm Chicken Salad	Rump Steak Casserole with Parsley Potatoes
Fri	4	Pumpkin & Fetta Tarts	Beer Battered Fish & Chips
Sat	5	Lambs Fry & Bacon	Chinese Beef Stir Fry with Special Fried Rice

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE from the General Manager

In line with the easing of COVID -19 restrictions, I am pleased to advise that from next week we will be slowly expanding the number and range of activities on offer within the Village.

While the majority of the Health Department's guidelines apply to cafes and restaurants, we wish to continue to maintain a degree of caution, so that we do not 'open up too early' or 'not continue to be vigilant' in terms of resident temperatures and hygiene.

We have all worked hard to avoid infection within the Village and to date approximately 12% of our residents have been tested – wonderfully with all negative results. I also encourage all residents to continue to maintain social distance and practice good hand hygiene. We wish to maintain access through the front door of reception and will continue with signing in and temperature checking.

A summary of changes is listed below.

1. **MOVIES**

Weekly movies will be screened on Wednesdays with a maximum of 20 people.

2. **DINING ROOM**

As from Tuesday 1st December, the Dining Room will be available to all unit residents who make a booking for lunch or dinner. Meals will continue to be delivered if requested. The maximum numbers for the combined space of the Dining Room and Gardenia Room will be 32 people.

3. **COFFEE and CHAT**

We anticipate that speakers will return from February next year.

4. **BINGO**

Bingo will be returning on a monthly basis with a maximum of 20 people as from Thursday 3rd December at 2.30pm .

5. **ACCESS TO AND USE OF THE CLUB LOUNGE.**

There is a requirement to regularly clean the lounge, I can advise that the lounge will be available for residents to have a chat, between 10am and noon and again from 1pm until 4pm, everyday. As we are unable to guarantee compliance in the lounge kitchen for the service of coffee or tea, this will not be available for residents at present. This will be reviewed in the coming weeks.

6. **COTSWOLDS CHRISTMAS FUNCTION.**

We appreciate the joy that this event brings, and I am pleased to say that there will be an opportunity for people to get together over the next few weeks. We are finalizing plans for smaller luncheon gatherings of approximately 30 people each day. This will allow the Village to monitor correct capacity of numbers in the lounge. Recommendations of 'best practice' suggest that luncheon guests remain seated during service rather than moving from table to table. Details will be in next weeks newsletter.

I ask for your patience while we put in place the correct procedures to ensure the safety of everyone. Coincidentally, my calendar's quote of the day comes from Abraham Lincoln which truly puts this in perspective "*The best thing about the future is that it only comes one day at a time*".

COMMUNITY COMMUNICATIONS

BOARD OF MANAGEMENT CASUAL VACANCY

A casual vacancy on the Board was created by the resignation of Angie Moore who is relocating to northern NSW. The Trustee, has approved the appointment of Ms Florence Smart (former Board member) to fill this vacancy for the period January to August 2021.

CHAIR EXERCISE CLASS with MICHELE **MONDAY 30th 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** **“GREEN BOOK”**

Winner of 3 Academy Awards

2nd DECEMBER at 1.00pm in the Lounge
Starring Viggo Mortensen & Mahershala Ali

This film was inspired by a true friendship that transcended race, class and the 1962 Mason-Dixon line. When Italian-American bouncer Tony Lip is hired to drive Dr. Don Shirley, a world-class black pianist on a concert tour of Manhattan to the deep south, they must rely on “The Green Book” to guide them to the few establishments that were then safe for African-Americans.

There is a limit of 20 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.

JACKPOT BINGO IS BACK !

THURSDAY— 3rd December

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Meryl Hanford

Please bring along \$1 and \$2 coins.

Please book at reception as there is a limit of 20 people.

Please sign in at reception and wear a mask.



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



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 1st December



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 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**



CHRISTMAS DAY LUNCH AND 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.

Details of our menu for Christmas Luncheons in the Club Lounge on **Tuesday 15th, Wednesday 16th and Thursday 17th December** will be advised soon. There will be a limit of 30 residents per sitting and tables of 4. Booking forms will be distributed into your letterboxes next week.

