







Nº: 1901

Newsletter

4th December 2020

Sunday	6		
Monday	7	9.15am 9.30am 10.00am	<ul style="list-style-type: none"> • *Hornsby Bus * • Reflexology in the Clinic • Exercise Class with Michele • Bookings Essential 
Tuesday	8	9.30am 10.30am 11.00am 1.00pm 2.00pm	<ul style="list-style-type: none"> • Acupuncture until 12 Noon • Hydrotherapy • St Ives Shopping Bus • St Ives Shopping Bus • Library open until 3pm 
Wednesday	9	1.00pm 1.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Movie in Lounge - booked places only 
Thursday	10	10.00am 11.00am	<ul style="list-style-type: none"> • Physiotherapy Clinic until 12 noon • Christmas Church Service • Bookings Essential 
Friday	11	10.00am	<ul style="list-style-type: none"> • Turramurra Bus
Saturday	12		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	6	Roast Pork with Crackling & Apple	Scrambled Eggs on Toast
Mon	7	Zucchini Frittata with Fattoush Salad (Book for Wednesday's dinner by 2pm today)	Chicken Parmigiana with Chips & Vegetables
Tues	8	Smoked Salmon & Avocado Platter	Veal Scallopini in Creamy Mushroom & White Wine Sauce
Wed	9	BBQ with Assorted Salads	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
Thurs	10	Chicken Caesar Salad	Grilled Pork with Maple Glaze
Fri	11	Asparagus & Fetta Quiche	Battered or Grilled Fish & Chips
Sat	12	Bacon, Egg & Tomato with Toast	Pizza Night

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

While certain restrictions within the general community have been eased, the advice received from the Department of Health is that we continue to be vigilant in terms of maintaining social distancing and adequate hand hygiene. We will continue our policy of maintaining reduced numbers in common areas, and insisting that we maintain our sign in and sign out system with the preferred method of obtaining that information, being via the Service NSW App and using the QR code at reception.

In coming weeks we anticipate further easing of limits within the Village by increasing the hours that the Club Lounge is open, increasing the frequency of our Village bus schedule and numbers on the bus as well as reintroducing afternoon tea. We will be having a pre-Christmas jewellery market and will be arranging short bus trips for residents. As all our residents and their families would expect, we will carefully monitor the health advice we receive and communicate that information to you.

Water Wise Guidelines apply from 1 December

The NSW Government has announced that Water Wise Guidelines have replaced Level 1 water restrictions and apply to everyone in Sydney.

The restrictions have eased, but let's stay water wise.

- Water lawns and gardens **before 10am and after 4pm** using a hand-held hose fitted with a trigger nozzle, sprinklers or standard watering systems.
- Wash vehicles with a hand-held hose fitted with a nozzle or high pressure cleaning
- Clean windows, walls and gutters with a hand held hose fitted with a trigger nozzle.

Do not allow water to run off onto hard surfaces and don't leave taps and hoses running unattended.

Geoffrey Wolf
General Manager

COMMUNITY COMMUNICATIONS

CHAIR EXERCISE CLASS with MICHELE

MONDAY 7th December

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.



WEDNESDAY MOVIE

BOOKINGS ESSENTIAL

“MISS PETTIGREW LIVES FOR A DAY”

9TH DECEMBER at 1.00pm in the Lounge

Starring Frances McDormand and Amy Adams

It is London, 1939 and Miss Guinevere Pettigrew, a frumpy, middle-aged governess, once again finds herself unfairly dismissed from her job.

She intercepts an assignment, intended for someone with experience, to become social secretary to a glamorous American actress and singer.

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.

ECUMENICAL CHRISTMAS SERVICE

THURSDAY 10th December - Time: 11.00 am

BOOKINGS ESSENTIAL



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

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, 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.

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 15th 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.

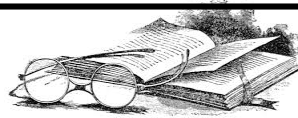


TJM DESIGNS

Fashion Jewellery & Scarves

**Monday 14th December from 10.30am
in the Bus Bay near reception.**

Tina is back with an exciting new range for Christmas.



POETRY READING CLUB

**Monday 14th December at 3.30pm to 4.30pm
In the Billiard Room Level 1**

Any resident who wishes to read or recite a poem at this meeting should let Robyn Young Unit 86 know (Tel: 9144 6978) the name of the poem, its author, and the time needed as soon as possible so an Agenda can be distributed before the meeting.

Due to Covid-19 restrictions, we can only accommodate 10 people in the Billiard Room.

Please book at reception, enter the main building through the front reception doors, wear a mask, have your temperature taken, sign the register and sanitize your hands before proceeding to the Billiard Room. Please exit the building through the front reception doors after signing out.

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** have been circulated. There will be a limit of 30 residents per sitting and tables of 4. Booking forms should be returned to reception as soon as possible.