



Nº: 1907

Newsletter

15th January 2021

Sunday	17		
Monday	18	9.30am	• Reflexology in the Clinic
Tuesday	19	9.30am 10.30am 11.00am 1.00pm	• Acupuncture until 12 Noon • Hydrotherapy in the pool • St Ives Shopping Bus • St Ives Shopping Bus
Wednesday	20	1.00pm 1.00pm	• St Ives Shopping Bus • Movie in the Lounge
Thursday	21	10.00am 11.00am	• Physiotherapy until 12 noon • Church Service
Friday	22	10.00am	• Turramurra Shopping Bus
Saturday	23		



THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	17	Roast Lamb with Mint Jelly	Macaroni Cheese Bake
Mon	18	Mushroom Crepes (Book for Wednesday's dinner by 2pm today)	Shepherds Pie
Tues	19	Mini Burgers with Chips	Chicken Agrodolce with Polenta
Wed	20	Steamed Honey Soy Fish with Jasmine Rice	Crumbed Lamb Cutlets with Mash Potato (Book for this Dinner by 2pm Monday)
Thurs	21	Chicken Filo Parcels with Waldorf Salad	Silverside with Parsley Sauce
Fri	22	Salmon & Gruyere Cheese Quiche	Battered Fish & Chips
Sat	23	Ham & Avocado Melts	Pork Casserole

COMMUNITY COMMUNICATIONS

Village Update

Many thanks to all residents and their visitors for complying with current COVID related regulations and following the guidelines we have in place with respect to 'checking in' via the front entrance and using the Service NSW app where possible, as well as using face masks to increase protection to yourself and others. Just a few property related matters for your information.

1. Property Matters

a. Quarterly 'call point' system check and smoke alarm changeover.

Residents are advised that commencing next week, Terry and Graham will require access to each unit to replace smoke alarm batteries and test nurse call points and pendants in each unit.

b. Electrical switchboard modifications.

Maintenance work to the main switch board in the apartment complex as well as several cluster switchboards, will be carried out over the next few weeks. This work will require that all power will be turned off for approximately three hours in each area. We will provide adequate notice once the work schedule has been finalized.

Please continue to take care and stay safe.

Geoffrey Wolf
General Manager



WEDNESDAY MOVIE

"HIDDEN FIGURES"

20th January at 1.00pm

Starring Taraji P. Henson, Octavia Spencer & Janelle Monáe

Hidden Figures tells the incredible untold story of Katherine Johnson, Dorothy Vaughan and Mary Jackson, brilliant African-American women working at NASA who served as the brains behind the launch into orbit of astronaut John Glenn, a stunning achievement that turned around the Space Race.

Bookings essential Ph: 9144 7016.

Numbers are limited due to COVID social distancing restrictions.

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.



EXERCISE CLASS with MICHELE

Back on MONDAY 25th 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.



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 19th 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.

BEAUTY THERAPIST

Beautician Simone Green will 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 on 9144 7016.



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.

COMMUNITY COMMUNICATIONS

HAIR SALON



Our Hairdresser Karen is available in the Salon near reception on Tuesday & Friday. Bookings may be made by calling Reception and asking for Karen.

LIBRARY OPEN



The Cotswolds Library will be open from 10.00am to 12 noon and 1.00pm to 4.00pm 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.

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.



Quote for the Week

"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."