



Nº: 1906

Newsletter

8th January 2021

Sunday	10		
Monday	11	9.30am	• Reflexology in the Clinic
Tuesday	12	9.30am 10.30am 11.00am 1.00pm	• Acupuncture until 12 Noon • Beautician • St Ives Shopping Bus • St Ives Shopping Bus
Wednesday	13	1.00pm 1.00pm	• St Ives Shopping Bus • Movie in the Lounge
Thursday	14	10.00am	• Physiotherapy until 12 noon
Friday	15	10.00am	• Turramurra Shopping Bus
Saturday	16		



THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	10	Roast Beef with all the Trimmings	Ham & Cheese Omelette
Mon	11	Corn & Bacon Fritters	Chicken Curry with Rice
Tues	12	Hot Dogs with Mustard & Coleslaw	Weiner Schnitzel
Wed	13	Cheese & Spinach Triangles with Greek Salad	Roast Turkey
Thurs	14	Chicken Tenders with Roast Pumpkin Salad	Sweet & Sour Pork with Special Fried Rice
Fri	15	Summer Vegetable Quiche with Garden Salad	Battered or Grilled Fish & Chips
Sat	16	Smoked Salmon, Avocado & Poached Egg	Beef Rissoles with Brown Onion Gravy

COMMUNITY COMMUNICATIONS

Village Update

We hope that our wish for a happy new year will eventuate. I would like to provide a quick update for you.

1. Gardens and Grounds

Our Gardener Sue, is on extended leave and we are fortunate that both Andrew and Travis will be able to provide some additional hours to the Village. As you would have noticed the rain and warm weather has certainly provided the lawns and gardens with a growth spurt. We are finalizing a plan that will see all areas of the Village grounds attended to on a rotational basis, thus making sure that no area is neglected.

Requests made by residents will be logged and reviewed and where possible attended to on each rotation.

Please, only give such requests to reception so that a log may be maintained for allocation of work when next in the relevant area. Naturally, any work that is considered requiring urgent or immediate attention will be given priority.

2. COVID-19

The advice from NSW Health has not changed over the past week, other than to make the wearing of masks mandatory in certain indoor settings such as shopping centres. We are aware that many residents have family and friends living in or around the Northern Beaches areas and we encourage everyone to be mindful of the alerts regarding the virus in those areas. We will continue our policy of having 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.

3. Have your friends considered joining you at the Cotswolds?

In previous years, we have seen an increase in enquiries regarding available units and apartments at the Village. This often occurs when friends visit residents and see first hand what is available. We would welcome the opportunity to show your friends around the Village if you think they are looking to move to the area or are thinking of joining you. Your word of mouth referral is always of benefit.

Geoffrey Wolf, General Manager.



WEDNESDAY MOVIE - "CAROUSEL"

13th January at 1.00pm

Based on the Rodgers & Hammerstein stage musical, this film follows the romance of Bill a charming carousel barker and Julie a pretty worker from a nearby mill.

Bookings essential Ph: 9144 7016.

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.



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 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.

HAIR SALON



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

COMMUNITY COMMUNICATIONS

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.



A lovely story that was published here and overseas.

At the Australian war memorial in Canberra ACT, a pigeon set its nest up high in the Hall of Memory. It has been stealing poppies from the Tomb of the Unknown Soldier for its nest on the ledge below a stained-glass window.

Last photo, her baby pigeon.

