



Sunday	18		<b>DUE TO THE CURRENT COVID RESTRICTIONS, ALL ACTIVITIES HAVE BEEN CANCELLED.</b>
Monday	19		
Tuesday	20	11.00am 1.00pm	<ul style="list-style-type: none"> <li>• St Ives Shopping bus</li> <li>• St Ives Shopping bus</li> </ul>
Wednesday	21	1.00pm	<ul style="list-style-type: none"> <li>• St Ives Shopping Bus</li> </ul>
Thursday	22		
Friday	23		
Saturday	24		

## THIS WEEK'S MENU

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

		<b>LUNCH—12 pm</b>	<b>DINNER—6 pm</b>
<b>Sun</b>	<b>18</b>	Roast Beef with all the Trimmings	Ham, Cheese & Tomato Toasted Sandwiches
<b>Mon</b>	<b>19</b>	Eggs Florentine (Book for Wednesday's dinner by 2pm today)	Chicken with Walnut Pesto Stuffing & Ratatouille
<b>Tues</b>	<b>20</b>	Chicken Caesar Salad	Herb Crusted Barramundi with Roast Tomato Relish
<b>Wed</b>	<b>21</b>	Leek & Mushroom Quiche	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
<b>Thurs</b>	<b>22</b>	Carbonara Pasta Bake	Pork Goulash with Cream Potatoes & Sautéed Cabbage
<b>Fri</b>	<b>23</b>	Corn Fritters with Avocado Salsa	Battered or Grilled Fish & Chips
<b>Sat</b>	<b>24</b>	Chipolata Sausages with Tomato & Onion on Toast	Beef Lasagne

# COMMUNITY COMMUNICATIONS

## VILLAGE UPDATE

I appreciate and share the disappointment that everyone must be feeling, knowing that the lockdown has been extended for a further two weeks, until at least the end of July.

I know that this is particularly difficult for many residents, but I thank you in advance for following the regulations of both the Government and the NSW Department of Health. There are some important pieces of information listed below that we must pay careful attention to.

Please remember our office is only too happy to assist if we can, stay well, stay safe.

### COVID-19 DEVELOPMENTS.

As everyone is aware, the situation with respect to COVID-19 has changed dramatically. I am appealing to all residents for their assistance to minimize the risk to our Village community. It is essential that the following guidelines as provided by NSW Health are adhered to.

- a. Mask wearing in common areas of buildings is now mandatory.
- b. Registration to enter shops or businesses is mandatory.
- c. Entry to the apartment complex will be highly restricted unless seeing the doctor. Mask wearing is mandatory.
- d. The pool / spa and social activities within the Village have been suspended.
- e. Visitors to your unit are not permitted unless for care or compassionate reasons.

The bus service to St.Ives will be maintained, but please note that there **was a COVID POSITIVE** case reported by the St. Ives Shopping Village. Potential exposure occurred on Friday 9th July at approximately 6—7 pm and Monday 12th July between 5.20pm and 6pm. We all need to be focused on keeping the village COVID free. It has been suggested by the Health Department that each resident maintain their own list of anyone who has attended your premises, so that in the event of the need to urgently carry out contact tracing, this may be more simply and accurately accomplished.

### VACCINATIONS

a. Everyone should now be fully aware of the important and urgent need to be vaccinated. The advice of the Health Department is that a shorter period than twelve weeks between the first and second vaccination is considered to be advisable. Residents who wish to shorten the period between jabs should make arrangements to do that. The closest clinics are at North Turrumurra General Practice, 267 Bobbin Head Road, North Turrumurra Ph 9449 5000 and Hornsby Medical Centre, Westfield Shopping Centre Ph 9476 6767. Those residents who had their first vaccination at Huon Park in June, will be due for their second vaccination on 6th September.

b. Given the speed of spread of the Delta Variant and the concern and action taken by the Government, I ask that residents who have not yet received their vaccination, reconsider that decision remembering that **NO ONE IS SAFE UNTIL WE ARE ALL SAFE. PLEASE GET VACCINATED!**

# COMMUNITY COMMUNICATIONS

## **LOCAL SECURITY ISSUE.**

I have been advised of a 'break & enter' which occurred at a neighbouring Village. A resident's handbag was taken from the unit and the resident was contacted and asked to confirm details of her account, believing it to be a legitimate call from the bank. It was in fact a ploy to gain her account details. Please ensure that you maintain good security and keep your door locked at all times. If you see or notice any one suspicious, do not hesitate to press your call button which will alert the coordinator on duty. The advice from the police, is that if someone calls from the bank asking you to confirm account details, or supply your PIN – do not give that information and simply hang up.

## **ABC – Catalyst Program Dancing Opportunity.**

ABC TV is seeking participants aged 65-78 years of age, who would like to participate in a twelve week program called 'dance for health'. Participants will be required to attend rehearsals in the city weekly from mid-September for twelve weeks. If anyone is interested you may write to [catalyst@abc.net.au](mailto:catalyst@abc.net.au) with the subject line 'Dance Stars' for further information.

**If you have any Covid-19 symptoms (fever, aches and pains, cough, sore throat, diarrhoea, tiredness) please get tested.**

### **Nearest test sites are:**

**St Ives Douglas Hanly Moir drive through pathology at St Ives Showground  
450 Mona Vale Road, St Ives—usually open 8am to 8pm Mon to Sun.  
Hornsby Hospital 8am—6pm phone 9477 9123 to check building location.**

Geoffrey Wolf,  
General Manager

## **STAY COVID SAFE**



Level 3 surgical disposable face masks are available for sale at reception for \$10 for a box of 50.

**SPEED  
LIMIT**



## **NOTICE TO ALL RESIDENTS AND VISITORS**

**THE SPEED LIMIT IN THE VILLAGE IS 8 KM/H.**

**OUR VILLAGE ROAD IS ONE WAY ONLY.**

**PLEASE BE CAREFUL OF PEDESTRIANS. SLOW DOWN!**