



Sunday	11		DUE TO THE CURRENT RESTRICTIONS, ALL ACTIVITIES HAVE BEEN CANCELLED.
Monday	12		
Tuesday	13	11.00am 1.00pm	<ul style="list-style-type: none">• St Ives Shopping bus• St Ives Shopping bus
Wednesday	14	1.00pm	<ul style="list-style-type: none">• St Ives Shopping Bus
Thursday	15		
Friday	16		
Saturday	17		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	11	Roast Chicken	Scrambled Eggs on Toast
Mon	12	Club Sandwiches with Chips	Mild Beef Curry
Tues	13	Prawn & Tomato Risotto	Pork Jägerschnitzel with Creamy Mushroom Sauce
Wed	14	Warm Chicken Salad	Baked Barramundi with Lemon & Avocado Salsa
Thurs	15	Penne Boscaiola	Rump Steak Casserole with Parsley Potatoes
Fri	16	Pumpkin & Fetta Tarts	Beer Battered Fish & Chips
Sat	17	Lambs Fry & Bacon	Chinese Chicken Stir Fry with Special Fried Rice

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

ADVICE FROM NSW HEALTH

Lockdown has been extended to Friday 16th July at this stage. Greater Sydney – including the Blue Mountains, Central Coast and Wollongong regions – is in lockdown in response to NSW's growing COVID-19 outbreak. People in those areas are only able to leave their homes for four reasons: shopping for food or essential goods, medical care (including caring for others on compassionate grounds), outdoor exercise (no groups) or essential work. A person should only visit another household to deliver needed care.

The risk of serious illness from COVID-19 increases with age. The rate is higher for those with other serious health conditions or a weakened immune system.

It is mandatory to wear a mask on public transport and indoor settings.

Residents are advised to:

Maintain good hygiene and physical distancing when interacting with other people.

Have the local pharmacy deliver your medicines while staying at home.

Have groceries and essential items delivered to your home.

Get tested for COVID-19 if you have any symptoms. 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.

We will follow NSW Health guidelines. Regrettably all Village indoor activities are cancelled.

The bus service to St Ives will be maintained.

The Doctors Clinic and Podiatrist will also be available. Residents should arrive just prior to their scheduled appointment to reduce waiting time.

Please be reminded that unit residents may order meals for delivery.

Thank you for your assistance. Please stay safe and help us stay COVID-free.

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.



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!