



<b>Sunday</b>	<b>15</b>		
<b>Monday</b>	<b>16</b>		
<b>Tuesday</b>	<b>17</b>	<b>1.00pm</b>	<b>• Bus to North Turramurra</b>
<b>Wednesday</b>	<b>18</b>		
<b>Thursday</b>	<b>19</b>		
<b>Friday</b>	<b>20</b>		
<b>Saturday</b>	<b>21</b>		

## 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>15</b>	Roast Beef with all the Trimmings	Ham, Cheese & Tomato Toasted Sandwiches
<b>Mon</b>	<b>16</b>	Corn Fritters with Avocado Salsa (Book for Wednesday's dinner by 2pm today)	Chicken with Walnut Pesto Stuffing & Ratatouille
<b>Tues</b>	<b>17</b>	Eggs Florentine	Herb Crusted Barramundi with Roast Tomato Relish
<b>Wed</b>	<b>18</b>	Chicken Caesar Salad	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
<b>Thurs</b>	<b>19</b>	Carbonara Pasta Bake	Pork Goulash with Cream Potatoes & Sautéed Cabbage
<b>Fri</b>	<b>20</b>	Leek & Mushroom Quiche	Battered or Grilled Fish & Chips
<b>Sat</b>	<b>21</b>	Chipolata Sausages with Tomato & Onion on Toast	Beef Lasagne

# COMMUNITY COMMUNICATIONS

## **VILLAGE UPDATE**

If you have any Covid symptoms, get tested and please get vaccinated. Given the speed of spread of the Delta Variant and the concern and action taken by the Government, I ask residents who have not yet received their vaccination, I URGE YOU TO RECONSIDER THAT DECISION GIVEN THE VULNERABILITY TO OTHERS. NO ONE IS SAFE UNTIL WE ARE ALL SAFE.

Please help to keep our Village safe.

### **1. VACCINATIONS**

Everyone should now be fully aware of the important and urgent need to be vaccinated.

The Health Department amended their advice, suggesting that it is of benefit to receive your second jab, prior to the twelve week gap first recommended. Please feel free to discuss the best option for yourself with your GP. Nearest local clinic is at North Turrumurra Medical Practice Ph 9449 5000.

### **2. LUCKY DOOR PRIZE**

Congratulations to prize winners Yvonne and Trudi. Please stay tuned while we prepare the next Lucky Door raffle opportunity.

### **3. ANNUAL MEETINGS**

All residents will have received their Annual Meeting papers either by email or in their letterboxes. Please ensure that the relevant ballot papers both yellow and pink are returned to the office prior to Tuesday 24th August.

Geoffrey Wolf,  
General Manager

# COMMUNITY COMMUNICATIONS

## What projects have you been doing during lockdown?

Cotswolds resident Barbara, has been busy making a lovely alpaca shawl. We would love to see more craft or art pieces by our creative residents. Great work Barbara!



If you would like to share your lockdown project with us, please see Liz at Reception.



## **LOCKDOWN LUCKY RAFFLE TICKETS DRAW**

**The winners are:**

**First Prize: Yvonne Toohey - Yellow ticket 002**

( \$30 massage by Michele )

**2nd prize: Trudi Graetz - Red ticket 021**

( Dinner or lunch for 2 )

# COMMUNITY COMMUNICATIONS

## **LOCKDOWN COPING TIPS AND STRATEGIES**

- Take breaks from the news.
- Create a routine.
- Use an app like FaceTime, Skype, WhatsApp, Zoom to connect to people.
- Exercise daily.
- Take a virtual tour using Google.
- Create something.
- Meditate
- Give the office a call and say hi.

Lockdown poem by 92-year-old Bill living in Surrey, UK

*“COVID-19”*

*I waken to a sun-blessed morn  
A little bird salutes the dawn,  
Another golden day and yet  
A sadness darkens the prospect.*

*For lockdown is still in force  
And I'll be isolated – it could be worse,  
No contact - well - within two metres  
A formal nod to friends and greeters.*

*No hugs or kisses – all are banned  
Two metres gap - no shake of hands,  
All love and affection put on hold  
Till lockdown easing we are told.*

*The human spirit – ever strong  
Will overcome this, however long,  
And as the sun shines on our lives  
The day will come when joy survives.*