



Sunday	19		
Monday	20		
Tuesday	21	1.00pm	• St Ives (returning 2.30pm)
Wednesday	22		
Thursday	23		
Friday	24		
Saturday	25		

THIS WEEK'S NEW MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	19	Roast Chicken	Cheese & Chive Omelette
Mon	20	Salmon Croquettes with Dill Sauce	Mongolian Lamb with Fried Rice & Asian Greens
Tues	21	Chicken Caesar Salad	Apricot Mustard Glazed Pork with Sour Cream Mash & Wilted Spinach
Wed	22	Sausage & Rissolle BBQ with Russian & Green Salads	Beef Bourguignon with Chat Potatoes
Thurs	23	Ploughman's Lunch	Roast Turkey with Cranberry Sauce
Fri	24	Cheddar & Spring Vegetable Tart	Battered Flathead or Grilled Barramundi & Chips
Sat	25	Croissants with Bacon, Lettuce & Tomato	Chicken & Leek Pies

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

90% of the population in North Turramurra have received their first dose of the COVID vaccination and 60 - 69% are now fully vaccinated.

Remember to wear your mask, practice good hand hygiene and social distance 1.5 metres apart.

Current rules for people in Greater Sydney means they can only travel within their local government area or within 5 kms from their home in any direction.

If you have any Covid symptoms, get tested and please get vaccinated. Given the speed of the spread of the Delta Variant and the concern and action taken by the Government, I urge residents who have not yet received their vaccination, **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. Restrictions will ease when NSW reaches 70% double vaccinations.

NSW Health has announced that freedoms will only be available to people who are fully vaccinated or have a medical exemption.

Social Activities

We are starting to plan for a return of some social activities when restrictions ease. Current guidelines provided by the Government indicate that participation in some activities will depend on people being fully vaccinated. I encourage everyone to ensure they have had their jabs and will, in preparation of predicted requirements, be able to prove their vaccination status.

Some interesting speakers are being sourced, so that our Coffee and Chat series may resume. We would like to hear from you. If you know of any excellent U3A or Probus speakers for 2022, please give Liz the contact details.

There is 'light on the horizon' that we will all be able to get together soon! Stay tuned! Stay positive.

Geoffrey Wolf,
General Manager

COMMUNITY COMMUNICATIONS

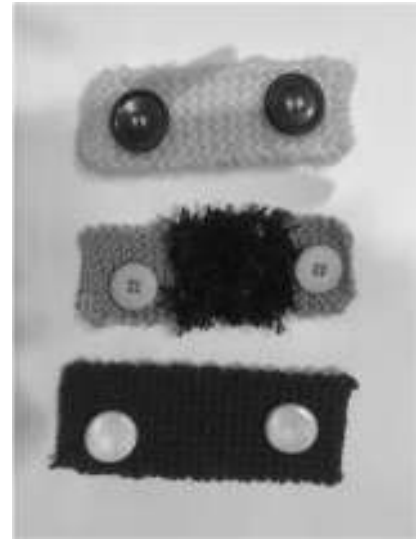
What projects have you been doing during lockdown?

Resident Jackie Barrett has been very productive knitting about 100 mask extensions for nurses. She now needs more buttons to finish them, so if any resident has some spare buttons about 2cm wide she would be very grateful.

We would love to see more craft or art pieces by our talented and creative residents. Keep up the good work. If you don't want your photo in the Newsletter, just send a photo of your craft or art project.

Send your photos to Liz via email:

reception@thecostwolds.com.au



BE TICK AWARE



Sydney's tick season typically extends from September to March each year, with unusually wet or warm weather often proceeding outbreaks. Ticks like moist, humid bushy areas and the eggs are found amongst leaf matter or mulch.

Preventative measures:-

- Wear protective clothing and a wide brimmed hat.
Ticks are more easily detected on light coloured clothing.
- Before going outdoors spray clothes and hats with insect repellent.
- Check yourself and animals after being outdoors.
- Make sure pets are also protected.

EARLY SNAKE SEASON

There have been sightings of snakes around areas of Sydney, especially areas near the bushland. As our Village is close to the bush, occasionally there will be a snake passing through the garden. Please do not try to catch or trap a snake, just leave it alone and stay clear.