








<b>Sunday</b>	<b>17</b>		
<b>Monday</b>	<b>18</b>	<b>10.00am 1.00pm</b>	<ul style="list-style-type: none"> <li>• <b>Exercise Class with Michele</b></li> <li>• <b>North Turrumurra Bus</b></li> </ul> 
<b>Tuesday</b>	<b>19</b>	<b>10.30am 11.00am 1.00pm</b>	<ul style="list-style-type: none"> <li>• <b>Hydrotherapy Class</b></li> <li>• <b>St Ives (returns 1.15pm)</b></li> <li>• <b>Movie in the Lounge</b></li> </ul>  
<b>Wednesday</b>	<b>20</b>	<b>1.00pm 2.30pm</b>	<ul style="list-style-type: none"> <li>• <b>St Ives (returns 2.30pm)</b></li> <li>• <b>Afternoon Tea to welcome our new GM</b></li> </ul> 
<b>Thursday</b>	<b>21</b>	<b>2.30pm</b>	<ul style="list-style-type: none"> <li>• <b>Coffee &amp; Chat in the Lounge</b></li> <li>• <b>“Killer Whales of Eden” BOOKED OUT!</b></li> </ul> 
<b>Friday</b>	<b>22</b>		
<b>Saturday</b>	<b>23</b>		

## THIS WEEK'S NEW 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>17</b>	Roast Chicken	Cheese & Chive Omelette
<b>Mon</b>	<b>18</b>	Salmon Croquettes with Dill Sauce	Mongolian Lamb with Fried Rice & Asian Greens
<b>Tues</b>	<b>19</b>	Chicken Caesar Salad	Apricot Mustard Glazed Pork with Sour Cream Mash & Wilted Spinach
<b>Wed</b>	<b>20</b>	Sausage & Rissolle BBQ with Russian & Green Salads	Beef Bourguignon with Chat Potatoes
<b>Thurs</b>	<b>21</b>	Ploughman's Lunch	Roast Turkey with Cranberry Sauce
<b>Fri</b>	<b>22</b>	Cheddar & Spring Vegetable Tart	Battered Flathead or Grilled Barramundi & Chips
<b>Sat</b>	<b>23</b>	Croissants with Bacon, Lettuce & Tomato	Chicken & Leek Pies

# COMMUNITY COMMUNICATIONS

## VILLAGE UPDATE

**COVID-Safe check-ins and proof of vaccination will be required for staff, visitors, carers, tradespeople and residents by showing the digital vaccination certificate on their phones or a printed version.** To get a copy of the COVID vaccination certificate from the Australian Immunisation Register phone 1800 653 809.

Masks are required in all indoor settings including on public transport.

If any resident is unvaccinated, a "Covid-19 Vaccine Medical Contraindication" form must be completed by their medical practitioner. These forms are available at reception.

Please ask your carers, tradespeople and visitors to show proof of vaccination before entering your unit.

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

The Village will continue to comply fully with the recommendations of the NSW Department of Health.

## Appointment of General Manager

I am pleased to advise that after an extensive recruitment process, the Trustee and the Board have approved the appointment of Ms. Lyn Quilty as General Manager. Lyn joins us on Monday 18 October after completing her tenure at the well regarded James Milson Village at North Sydney. Lyn held a senior role at James Milson and brings with her considerable marketing and client focus experience. A formal welcome get together has been arranged so that residents will have the opportunity to 'meet and greet Lyn' on Wednesday 20th October at 2.30pm.

Subject to Board and Trustee approval, I will continue on a part time basis and assist Lyn in furthering the important Cotswolds Village Real Estate function of our Village operation.

I know that Lyn is keen to meet everyone and I am sure she will be made welcome.

Geoffrey Wolf  
General Manager

## **AFTERNOON TEA TO WELCOME OUR NEW GENERAL MANAGER**

**WEDNESDAY 20TH OCTOBER 2.30pm in the Lounge**

You are invited to an afternoon tea to welcome Lyn Quilty our new GM.

Please phone reception to book on 9144 7016. Numbers limited.

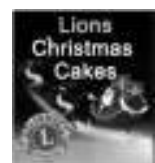


Check in at reception with proof of COVID vaccination.



**LIONS CLUB CHRISTMAS CAKES**

**ARE NOW AVAILABLE AT RECEPTION FOR \$13 EACH**



# COMMUNITY COMMUNICATIONS

## **EXERCISE CLASS with MICHELE** **Monday 18th October**



**Time: 10.00 am-10.30 am in the Club Lounge.**

Come along and join in the fun or just come and watch!

Exercising allows us to maintain muscle strength, co-ordination and balance, which in turn helps to prevent falls and related fractures.

**Please book at reception as there is a limit of 12 people.**

**Please check in at reception with proof of double vaccination showing your digital vaccination certificate on your phone or a printed version.**

**Masks are mandatory inside.**



## **HYDROTHERAPY CLASSES**

### **Resume 10.30am Tuesday 19th October!**

Physiotherapist Michele Slater will return to take Tuesday classes in the Cotswolds pool located near the Sports Club. Those residents who attended previously are encouraged to attend classes and new residents are most welcome. Classes run for 45 minutes.

**Cost \$8.00 per session. There is a limit of 8 people.**

**Fee rebates through Health Funds and DVA referrals welcome.**

**Please book at reception as there is a limit of 8 people.**

**Please check in at reception with proof of double vaccination showing your digital vaccination certificate on your phone or a printed version.**

## **TUESDAY MOVIE**

**19th October at 1pm**

### **“THE SECRET GARDEN”**

It's a special garden where friendships blossom, illnesses fade away and sorrows flee. A troubled orphan Mary, her spoiled, sickly cousin Colin and kindly country boy Dickon discover that a world of caring can make a world of difference.



**Please book at reception. Masks are mandatory inside.**

**Covid Vaccination certificates required.**



## **COFFEE & CHAT**

**THURSDAY 21st OCTOBER at 2.30pm**

**Presentation by Graham Sims**

### **“THE KILLER WHALES OF EDEN”**

**Now fully booked!**

## COMMUNITY COMMUNICATIONS



### REFLEXOLOGY

**Back MONDAY 25th October at 9.30am - 3.00pm  
in the Cotswolds Clinic**



Qualified Reflexologist Charlotte will conduct half hour sessions.

Cots \$30 (Cheques or Cash only) **Covid Vaccination Certificates required.**  
**Please see Liz at Reception to book an appointment and for more information.**

### BEAUTY THERAPIST

**Appointments resume Tuesday 26th October.**



Beautician Simone Green will conduct treatments from 1pm on Tuesday every fortnight. Residents can be treated in their units and apartment residents in the area opposite the lift on the 10th floor. Phone reception to book for your wax, manicure or just file and nail paint on 9144 7016. **Covid vaccinations certificates are required.**

### MELBOURNE CUP AFTERNOON



**2nd November at 2.30pm in the Lounge**

**Don't miss out! Enter the sweep now. See Liz at reception.**

2.30pm - Champagne and canapés

3.00pm - Melbourne Cup viewing on the big screen

Horses will be drawn Monday November.

Cost \$12.50 per head.

**The Sweep board is on display at reception.**

You will be able to enter into a \$5 or \$2 Sweep so don't miss out.

**Bookings essential at reception as numbers are limited.**

**Please check in with proof of double vaccination showing your digital vaccination certificate on your phone or a printed version.**

# COMMUNITY COMMUNICATIONS

## Gutter Cleaning, High Pressure Cleaning Balconies & Window Cleaning Schedule

<u>Cluster Numbers</u>	<u>Date</u>
1 to 6 (Units 1 to 27 )	October 21 <sup>st</sup> , 22 <sup>nd</sup> and 25 <sup>th</sup>
7 to 12 (Units 28 to 59)	October 26 <sup>th</sup> , 27 <sup>th</sup> and 28 <sup>th</sup>
13 to 17 (Units 78 to 89)	October 29 <sup>th</sup> and November 1 <sup>st</sup> and 2 <sup>nd</sup>
Main Care Building	November 3 <sup>rd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup>

Please note the day before window cleaning starts, the leaves will need to be removed from the gutters and may leave a mess around the building. They will be removed, at the latest, the following morning. You may wish to cover items on your balcony to protect them from falling leaves and water from above.