








Sunday	24		
Monday	25	9.30am 10.00am 1.00pm	<ul style="list-style-type: none"> • Reflexology • Exercise Class with Michele • North Turrumurra Bus 
Tuesday	26	10.30am 11.00am 1.00pm	<ul style="list-style-type: none"> • Hydrotherapy Class • St Ives (returns 1.15pm) • Movie in the Lounge  
Wednesday	27	1.00pm 2.00pm	<ul style="list-style-type: none"> • St Ives (returns 2.30pm) • Craft Group 
Thursday	28	2.30pm	<ul style="list-style-type: none"> • BINGO 
Friday	29		
Saturday	30		

THIS WEEK'S NEW MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	24	Roast Lamb with Mint Jelly	Scrambled Eggs on Toast
Mon	25	Smoked Salmon & Asparagus Crepes (Book for Wed Dinner by 2pm today)	Sweet & Sour Pork with Jasmine Rice
Tues	26	Sausage Rolls with Tomato Chutney	Scarborough Fair Chicken
Wed	27	Prawn Nasi Goreng with Fried Egg	Crumbed Lamb Cutlets with Mash Potato (Book for this Dinner by 2pm Monday)
Thurs	28	Primevera Carbonara	Silverside with Parsley Sauce
Fri	29	Ratatouille Tart	Battered or Grilled Fish & Chips
Sat	30	Lambs Fry & Bacon	Beef Stroganoff with Spirali Pasta

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

How wonderful it was to have most residents join in morning or afternoon tea, Coffee and Chat and BINGO over the past week.

It was also a great opportunity to meet Lyn Quilty who “flies solo” from Friday 29th October. I know that Lyn is keen to meet everyone and to help whenever possible as we move towards the busy time of our yearly social calendar.

You will be receiving an update shortly “Save the Dates” that will ensure that many of the activities held in previous years social calendars will again be part of the Village landscape.

Geoff Wolf
General Manager

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.



LIONS CLUB CHRISTMAS CAKES & PUDDINGS

ARE NOW AVAILABLE AT RECEPTION FOR \$13 EACH



COMMUNITY COMMUNICATIONS

EXERCISE CLASS with MICHELE **MONDAYS**



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.



REFLEXOLOGY

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.



HYDROTHERAPY CLASSES

Tuesdays at 10.30am

Physiotherapist Michele Slater conducts 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 \$40 per month. 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.

BEAUTY THERAPIST

Appointments resume Tuesday 26th October.



Beautician Simone Green will conduct treatments from 2pm 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.**

COMMUNITY COMMUNICATIONS

TUESDAY MOVIE

26th October at 1pm

“LADIES IN LAVENDER”

Starring Judi Dench and Maggie Smith

Aging spinster sisters Ursula and Janet discover a young man near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America. Although Ursula feels an unfamiliar spark of infatuation for the handsome young musician, propriety suggests the attraction must remain unspoken.



Please book at reception. Masks are mandatory inside.
Covid Vaccination certificates required.



CRAFT GROUP IN THE LOUNGE

WEDNESDAY 27th March from 2pm

Everyone is invited to bring their handiwork and come along for a coffee and a chat.

There is spinning, knitting and jewellery making aplenty!

Please book at reception. Masks are mandatory inside.
Covid Vaccination certificates required.

JACKPOT BINGO RETURNS

THURSDAY— 28th OCTOBER

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Meryl Hanford

Please bring along \$1 and \$2 coins.

Please book at reception as there is a limit of 20 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.



If you would like to be a Bingo Caller or need more information, please phone Meryl Hanford on 0417 691 936.

COMMUNITY COMMUNICATIONS



Australian
Red Cross

RED CROSS STALL

The ladies from the Red Cross will be in the Bus Bay near reception 10-2pm Tuesday 2nd November and Wednesday 3rd November.



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 refreshments

3.00pm - Melbourne Cup viewing on the big screen

Horses will be draw Monday 1st November.

Cost \$12.50 per head.



The Sweep board is on display at reception.

Prizes for best hat and best tie!



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.

Gutter Cleaning, High Pressure Cleaning Balconies & Window Cleaning Schedule

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

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.