



Sunday	17	2.00pm	• Sunday Movie
Monday	18	9.30am 10.00am 5.30pm 6.00pm	• Reflexology • Exercise Class with Michele • Drinks in the Lounge • St Patrick's Dinner
Tuesday	19	9.15am 9.30am 9.30am 10.00am 11.00am 1.00pm 1.15pm 2.00pm	• St Ives Shopping Bus • Acupuncture until 11.30am • ADAIR EVACUATION TRAINING • Hydrotherapy in the Pool • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "The Crown" • Dance Group
Wednesday	20	9.15am 1.00pm 2.30pm	• Hornsby Bus • St Ives Shopping Bus • Chair Yoga & Meditation
Thursday	21	9.30am 9.30am 11.00am 2.30pm	• Physiotherapy in the Clinic • Abbotsleigh Bus • Church Service • BINGO
Friday	22	10.00am	• Turramurra Bus
Saturday	23	1.15pm	• Vintage Film • State Election Day

THIS WEEK'S MENU

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

		LUNCH - 12 pm	DINNER - 6 pm
Sun	17	Roast Chicken with Herb Stuffing	Macaroni Cheese Bake
Mon	18	Tuna & Corn Patties (Book for Wednesday's dinner by 2pm today)	Hearty Beef Casserole with Rice
Tues	19	Sweet & Sour Pork with Special Fried Rice	Herb Crusted Barramundi with Lemon Butter Sauce
Wed	20	Chicken Caesar Salad	Crumbed Lamb Cutlets
Thurs	21	Carbonara Pasta Bake	Weiner Schnitzel with Lemon Butter
Fri	22	Smoked Salmon with Scrambled Eggs on Toast	Battered Fish & Chips
Sat	23	Ham & Avocado Melts with Waldorf Salad	Lasagne with Side Salad

ENTERTAINMENT

PETER'S VINTAGE FILMS



Come and enjoy an afternoon of nostalgia.
Re-visit your favourite stars of the 1930s, '40s, '50s & '60s as
Judith presents the best from that golden age of film-making.

Saturday 16th March at 1:15 pm

"THE YELLOW ROLLS ROYCE"

Three love stories by Terence Rattigan, starring
Rex Harrison, Shirley MacLaine, Ingrid Bergman, & Omar Sharif.

But First: International Championship Skating

SUNDAY MOVIE

"THE EAGLE HAS LANDED"

17th March at 2pm in the Lounge

Starring Michael Caine, Robert Duvall & Donald Sutherland

A Nazi Strike Force plots to assassinate Winston Churchill
while he is resting in a desolate Norfolk Village. Colonel Radl
masterminds the plot which, if successful, would change the
outcome of the war.

He enlists the help of Colonel Steiner and Liam Devlin.
Disguised as Polish airmen, German paratroopers land in
England.

The action and suspense are unrelenting in this WWII thriller.



TUESDAY MOVIE

"THE CROWN" Part 2

19th March at 1.15pm in the Lounge

Starring Claire Foy & Matt Smith

This drama series chronicles the life of Queen Elizabeth II from
the 1940s to modern times. The series begins with an inside
look at the early reign of the queen, who ascended the throne
at age 25 after the death of her father, King George VI. As
the decades pass, personal intrigues, romances, and political
rivalries are revealed that played a big role in events that
shaped the later years of the 20th century.



COMMUNITY COMMUNICATIONS

EXERCISE CLASS with Michele

MONDAY 18th March at 10am in the Lounge

Discover the revitalizing power of exercise.



St Patrick's Dinner

Monday 18th March 2019

5.30pm Pre-Dinner Drinks in the Lounge

6pm in the Dining Room



Menu

Fresh Atlantic Salmon served with a Knappogue Beurre Blanc Sauce with Blarney Butter Mash and Tralee Braised Cabbage.

Dessert

Irish Coffee Panna Cotta with Poached Pear and a Bailey's Anglaise

Cost \$22 per head

To book, please place your name in the Social Activities Book at Reception.



ATTENTION ALL CLUSTER LEADERS

ANNUAL FIRE TRAINING SESSION

TUESDAY 19TH MARCH commencing 9.30am

Adair will conduct our annual fire training program in the lounge
from 9.30am to 11.30am.

All residents may attend this training session.

FOLK DANCING GROUP

Every Tuesday

From 2pm—3pm in the Sports Club.

No partners necessary.

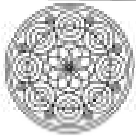


Come along and give it a go & join the group for coffee afterwards.

Chris would love to see new residents joining in her classes of folk dances
from around the world.

The power of dance improves physical and mental wellbeing in later years!

COMMUNITY COMMUNICATIONS



MINDFULNESS MEDITATION & CHAIR YOGA

In the Club Lounge at 2.15pm

WEDNESDAY 20th March



Our fortnightly Mindfulness Meditation session now offers gentle Chair Yoga to increase wellbeing and aid flexibility and lung capacity.

The 15 minute Yoga session will begin at 2.15 pm and will be followed, after a short break, by the usual Meditation session at 2.30 pm.

This technique lowers stress levels, helps us to cope, lowers blood pressure and has a beneficial effect on general health.

Residents are welcome to attend both sessions, or simply attend the activity they prefer. To ensure a quiet environment, residents not attending this session are requested to please vacate the Club Lounge by 2.00 prior to meditation starting.

ABBOTSLEIGH COMMUNITY TALKS - 9.30am BUS

Each term Abbotsleigh School offers a series of six talks by excellent speakers on a wide variety of topics. A one hour talk is followed by coffee and a chat, then an opportunity to ask the speaker questions. The only charge is **\$3.50** to cover tea/coffee and biscuits.

What better way to expand your interests and meet new friends!

Our Cotswolds bus provides transport to Abbotsleigh, leaving reception at 9:30 am and returning by 12:15. Please place your name in the Bus Book.

Topic for Thursday 21st "Climate Change"

Speaker: Dr Desley Rogers

JACKPOT BINGO

THURSDAY— 21st March

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Meryl Hanford

Residents are reminded to be seated ready for a prompt start at 2.30pm.

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

We are looking for more BINGO callers. Please contact reception if you are able to assist.



COMMUNITY COMMUNICATIONS

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

Clusters

Date

13 to 17

March 19th and 20th

Main Care Building March 21st and 22nd

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.

VOTING FOR STATE ELECTION DAY 23rd MARCH

We have been advised by the Electoral Office that a mobile polling booth will not be provided to the Cotswold's Village.

The Electoral Office has provided **postal vote application forms** which are available from reception. Postal vote applications close Monday 18th March.

Residents are advised that voting is compulsory and the voting options available are:-

1. In person with the closest polling booth being Turramurra North Public School.
2. Postal vote application available from reception.

RESIDENTS Q & A FORUM

Thursday 28th March - 2.30pm in the Lounge

The next residents Q & A Forum will be held on Thursday 28th March.

This initiative commenced a few years ago and provides all residents with an opportunity to have their questions answered regarding the Village and to have any concerns addressed.

This is an informal meeting and afternoon tea will be served.



SHHH "QUIET PLEASE AT THE MOVIES"



Regular movie goers attending both the Saturday and Tuesday sessions, ask that conversations are not carried on during the movie as loud voices disrupt the movie.

Thanks for your consideration.

COMMUNITY COMMUNICATIONS