



Nº: 1809

Newsletter

1st March 2019

Sunday	3	2.00pm	• Sunday Movie
Monday	4	9.30am 10.00am 4.30pm	• Reflexology • Exercise Class with Michele • Men's Club in the Lounge
Tuesday	5	9.15am 9.30am 10.00am 10.00am 10.30am 11.00am 1.00pm 1.15pm 2.00pm	• St Ives Shopping Bus • Acupuncture until 11.30am • SHROVE TUESDAY PANCAKES • Red Cross Stall in the Lounge • Hydrotherapy in the Pool • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "Miss Pettigrew" • Dance Group
Wednesday	6	10.00am 1.00pm 2.30pm	• Red Cross Stall in the Lounge • St Ives Shopping Bus • Chair Yoga & Meditation
Thursday	7	9.30am 9.30am 2.30pm	• Physiotherapy in the Clinic • Abbotsleigh Bus • BINGO
Friday	8	10.00am	• Turrumurra Bus
Saturday	9	1.15pm	• Vintage Film

THIS WEEK'S MENU

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

		LUNCH - 12 pm	DINNER - 6 pm
Sun	3	Roast Chicken with Herb Stuffing	Vegetable Frittata with Mixed Salad
Mon	4	Spinach & Ricotta Cannelloni (Book for Wednesday's dinner by 2pm today)	Steak Diane with Chat Potatoes
Tues	5	Lamb & Lentil Patties with Fattoush Salad	Grilled Barramundi with Creamy Polenta & Ratatouille
Wed	6	Lemon Chicken Skewers with Parsley Salad & Hummus	Crumbed Lamb Cutlets with Mint Sauce & Gravy (Book for this Dinner by 2pm Monday)
Thurs	7	Pancake served with Smoked Salmon, Avocado & Sour Cream	Madras Beef Curry & Rice
Fri	8	Open Ham, Cheese & Tomato Toasty	Crumbed Fish & Chips
Sat	9	Nicoise Salad	Chicken Alfredo

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 2nd March at 1:15 pm

"NIGHT AND DAY"

The 1946 musical based on the life and memorable songs of Cole Porter, starring Cary Grant and Alexis Smith.

With Monty Woolley, Mary Martin & Jane Wyman.

But First: From Walt Disney's brilliant 1940 film "**FANTASIA**", animated interpretations of classical music including "The Nutcracker Suite" & "The Sorcerer's Apprentice."

SUNDAY MOVIE

"FIRST MAN"

3rd March at 2pm in the Lounge

Starring Ryan Gosling, Claire Foy & Jason Clarke

A riveting story behind the first manned mission to the moon, focusing on Neil Armstrong and the decade leading to the historic Apollo 11 flight. A visceral and intimate account told from Armstrong's perspective, the film explores the triumphs and the cost on Armstrong, his family, his colleagues and the nation itself, of one of the most dangerous missions in history.



This film recently won an Academy Award for Best Visual Effects.



TUESDAY MOVIE

"MISS PETTIGREW LIVES FOR A DAY"

5th March at 1.15pm in the Lounge

Starring Frances McDormand & Amy Adams

It is London, 1939 and Miss Guinevere Pettigrew, a frumpy, middle-aged governess, once again finds herself unfairly dismissed from her job. Penniless and hungry, she realizes that she must seize the day so she intercepts an assignment, intended for someone with experience to become social secretary to the glamorous American actress and singer, Delysia Lafosse.

COMMUNITY COMMUNICATIONS

EXERCISE CLASS with Michele

MONDAY 4th March at 10am in the Lounge

Discover the revitalizing power of exercise.



COTSWOLDS VILLAGE MEN'S CLUB

MONDAY 4th March at 4.30pm

Come along for a chat and relax and have a drink and nibbles in the lounge at 4.30pm on the last Monday of each month.

New residents welcome. Cost \$5 per head.



SHROVE TUESDAY 5TH MARCH

PANCAKES IN THE LOUNGE at 10am

Join us for pancakes served in the lounge.

Cost \$5

Please book by placing your name in the Social Activities Book at reception.

RED CROSS STALL

**Tuesday 5th & Wednesday 6th March
from 10am in the Lounge.**



Working towards the vision of human dignity, peace, safety and wellbeing for all. To meet increasing humanitarian needs in the years approaching 2020, Red Cross have set strategic goals reflecting their vision and purpose.

The Red Cross Ladies will be accepting donations and also bringing along some items for sale.

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



CHAIR YOGA & MEDITATION

WEDNESDAY 6th March 2.15pm - 3.00pm in the Lounge

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

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.

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 7th March "The Halvorsen Family"

Speaker: Noel Phelan



JACKPOT BINGO

THURSDAY— 7th MARCH

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Val Morris

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

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

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

Schedule for Gutter Cleaning, High Pressure Cleaning Balconies &

Window Cleaning

Clusters

Date

1 to 6 March 11th and 12th

7 to 12 March 13th and 14th

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.

COMMUNITY COMMUNICATIONS



**COFFEE & CHAT
THURSDAY 14TH MARCH
at 2.30pm in the Lounge**

Joshua Clark, Optometrist

“Eye Health for Older Australians”

A presentation on eye health - glaucoma, macular degeneration, cataracts and floaters.

Some physical changes occur during the normal ageing process which can cause a gradual decline in vision, but many people maintain good eyesight into their 80s and beyond.

Joshua Clark will answer any questions you may have regarding your eye health.

Joshua is an Australian-based health professional. He is trained as an Optometrist and has a practice located in Hornsby.

Afternoon tea will be served after the talk.

Please place your name in the Social Activities Book in reception

STATE ELECTION DAY 23rd MARCH

The next New South Wales state election is scheduled to be held on Saturday 23rd March 2019 to elect the 57th Parliament of New South Wales, including all 93 seats in the New South Wales Legislative Assembly and 21 of the 42 seats in the New South Wales Legislative Council.

Postal vote applications close Monday 18th March.

We will advise residents when Electoral Officers will be attending the Village prior to Election Day for early voting.



ATTENTION ALL CLUSTER LEADERS

ANNUAL FIRE TRAINING PROGRAM

TUESDAY 19TH MARCH commencing 9.30am

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