



Sunday	24	2.00pm	• Sunday Movie	
Monday	25	9.15am 9.30am 10.00am 4.30pm	• Hornsby Bus • Reflexology • Exercise Class with Michele • Men's Club in the Lounge	
Tuesday	26	9.15am 9.30am 10.00am 11.00am 1.00pm 1.15pm 2.00pm	• St Ives Shopping Bus • Acupuncture until 11.30am • Hydrotherapy in the Pool • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "The Crown Part 3" • Dance Group	
Wednesday	27	1.00pm 1.30pm	• St Ives Shopping Bus • Craft Group	
Thursday	28	9.30am 2.30pm	• Physiotherapy in the Clinic • Residents Q & A Forum	
Friday	29	10.00am 10.00am 2.00pm	• Turramurra Bus • Meg's Art Group • U3A Play Reading Group	
Saturday	30	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	24	Roast Lamb with Mint Jelly Sauce	Toasted Ham Cheese & Tomato Sandwiches
Mon	25	Penne Bolognese	Sweet Lamb Curry
Tues	26	Roast Vegetable Salad	Grilled Pork with Maple Glaze & Apple
Wed	27	Sausages Tomato & Onion with Toast	Chicken Parmigiana with Chips
Thurs	28	Honey Chicken Tenders Served with Special Fried Rice	Geoff's Special Dish of the Day
Fri	29	Zucchini Fritters with Cucumber Salad	Beer Battered Fish & Chips
Sat	30	Lambs Fry & Bacon	Home Made Meat Pies

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 23rd March at 1:15 pm

"KING SOLOMON'S MINES"

From the Rider Haggard novel, romance and adventure in Africa in 1897.

The 1950 film starring Stewart Granger and Deborah Kerr.

But First: More in the lives of Jean and Lionel in another episode of
"AS TIME GOES BY"

SUNDAY MOVIE

"FOYLE'S WAR"

24th March at 2pm in the Lounge

Starring Michael Kitchen, Honeysuckle Weeks
& Anthony Howell

Set against the background of the controversial internment of German nationals in British camps.

Greta, the Austrian wife of local magistrate Henry Beaumont, is resented by locals for her Germanic heritage as well as for her wealth and beauty. When her body is found, a swastika painted on a nearby tree, Foyle soon realises that this seemingly peaceful Sussex town harbours any number of potential suspects.



TUESDAY MOVIE

"THE CROWN" Part 3

26th 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 25th March at 10am in the Lounge

Discover the revitalizing power of exercise.



COTSWOLDS VILLAGE MEN'S CLUB

MONDAY 25th 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. No charge!



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!



CRAFT GROUP IN THE LOUNGE

WEDNESDAY 27th March FROM 1.30PM

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

There is spinning, knitting and jewellery making aplenty!



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.

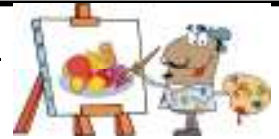
This is an informal meeting and afternoon tea will be served.

COMMUNITY COMMUNICATIONS

CREATIVE ART CLASS WITH MEG

FRIDAY 29th March at 10am

Meet in reception



Weather permitting the group may visit Bobbin Head Park.
Want to calm your mind, boost your mood, lower stress, have a chuckle?
No experience necessary. All material provided. Morning tea provided.
New residents always welcome.

U3A PLAY READING GROUP



FRIDAY 29th March at 2.00pm in the Craft Room.

Group reading of plays in a relaxed manner, no previous experience is necessary. Copies of plays will be provided.

We hope to see more residents join our group.

Coffee & Chat

Thursday 11th April

2.30pm in the Lounge

“Medieval London”

Presented by Isolde Martyn



Isolde Martyn is best known for well-researched historical novels set against turbulent times. Her debut novel *The Maiden and the Unicorn* won the prestigious RITA Award for 'Best First Novel' from Romance Writers of America.

Chairperson of the Plantagenet Society of Australia, which she co-founded with five other enthusiasts twelve years ago, she is also a former Chairperson of the Sydney Branch of the Richard III Society.

Isolde has worked as a university history tutor, research assistant and archivist. Her other career has been editing and she was a Senior Book Editor with a major international publishing house before writing fiction full-time.

Isolde is a lady with an absolute passion for history and writing historical fiction is a wonderful way for her to share her enthusiasm. She will take you on an armchair journey back to “Medieval London”.

Afternoon tea will be served following the talk.

Please place your name in the Social Activities book at reception.

COMMUNITY COMMUNICATIONS

Important Message from Ku-ring-gai Council

Council has commenced monitoring waste collection within the municipality. We have been informed that **penalties** will apply if items are not correctly deposited into the respective bin for collection.

USE OF RUBBISH BINS - PLEASE REMEMBER

RED LID - Garbage

BLUE LID - Paper/Cardboard (No food waste)

YELLOW LID -Mixed Clean Recycling

Please wrap all soiled waste before putting in RED bin.

Keep bin lids closed to prevent flies from breeding in the bins and keep smells to a minimum.



Council will refuse to accept bins where incorrect material has been placed. All residents are requested to take care and ensure the correct use of bins.



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.

BE FIRE SAFE - PREPARE FOR COOLER MONTHS

As we move from summer to winter, residents are reminded to check their heating appliances. Staff carry out twice yearly battery checks of smoke alarms and cleaning of dryer filters. The next program will begin in April.

Residents should also have their bathroom exhaust fans and air conditioner filters checked and electric blankets for damage or frayed cords before placing on the bed.

If you require help please contact Reception.