



<b>Sunday</b>	<b>31</b>	<b>2.00pm</b>	• <b>Sunday Movie</b>	
<b>Monday</b>	<b>1</b>	<b>9.30am 10.00am</b>	• <b>Reflexology</b> • <b>Exercise Class with Michele</b>	
<b>Tuesday</b>	<b>2</b>	<b>9.15am 9.30am 10.00am 11.00am 1.00pm 1.15pm 2.00pm</b>	• <b>St Ives Shopping Bus</b> • <b>Acupuncture until 11.30am</b> • <b>Hydrotherapy in the Pool</b> • <b>St Ives Shopping Bus</b> • <b>St Ives Shopping Bus</b> • <b>Tuesday Movie "The Crown Part 4"</b> • <b>Dance Group</b>	 
<b>Wednesday</b>	<b>3</b>	<b>9.15am 1.00pm 2.15pm</b>	• <b>Hornsby Bus</b> • <b>St Ives Shopping Bus</b> • <b>Chair Yoga &amp; Meditation</b>	
<b>Thursday</b>	<b>4</b>	<b>9.30am 2.30pm</b>	• <b>Physiotherapy in the Clinic</b> • <b>BINGO</b>	
<b>Friday</b>	<b>5</b>	<b>10.00am</b>	• <b>Turramurra Bus</b>	
<b>Saturday</b>	<b>6</b>	<b>1.15pm 4.30pm</b>	• <b>Vintage Film</b> • <b>HAPPY HOUR</b>	

### THIS WEEK'S 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>31</b>	Traditional Roast Beef with Yorkshire Pudding & all the Trimmings	Scrambled Eggs on Toast
<b>Mon</b>	<b>1</b>	Tuna Mornay	Silverside with Parsley Sauce
<b>Tues</b>	<b>2</b>	Bacon, Lettuce Tomato Toastie with Chips	Roast Chicken Seasoned with Fresh Herb Stuffing
<b>Wed</b>	<b>3</b>	Pasta Primavera	Grilled Lamb Cutlets with Mint Sauce
<b>Thurs</b>	<b>4</b>	Ham & Cheese Quiche	Shepherds Pie
<b>Fri</b>	<b>5</b>	Chicken & Mushroom Risotto	Battered Fish & Chips
<b>Sat</b>	<b>6</b>	Smoked Salmon Crepes with Avocado & Sour Cream	Home Made Pizza

# 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 30th March at 1:15 pm**

### **"SABRINA"**

From 1964, the romantic comedy by Billy Wilder, starring Audrey Hepburn as the chauffeur's daughter wooed by rich brothers played by Humphrey Bogart & William Holden.

**But First: "A MUSICAL JOURNEY " — Oxfordshire, Blenheim Palace and Leeds Castle, Kent, with Handel's "Water Music".**

## SUNDAY MOVIE

### **"FOYLE'S WAR"**

**31st March at 2pm in the Lounge**

Starring Michael Kitchen, Honeysuckle Weeks & Anthony Howell

Episode 2 The White Feather



The arrest of a young girl on a sabotage charge brings Foyle into contact with a group of English Nazi Sympathisers "The Friday Club ", who have gathered to await the expected German invasion. When shots are fired at their charismatic leader Charles Spencer, who seems the most likely target, it's in fact hotel-owner Peggy Ellis who dies. Foyle investigates the murder and uncovers a plot to smuggle a vitally important letter to the enemy.

## TUESDAY MOVIE

### **"THE CROWN" Part 4**

**2nd April 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 1st April at 10am in the Lounge**

Discover the revitalizing power of exercise.



## **FOLK DANCING GROUP**

**Every Tuesday**

**From 2pm—3pm in the Sports Club.**

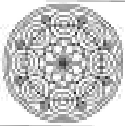
**No partners necessary.**



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!***



## **MINDFULNESS MEDITATION & CHAIR YOGA**

***In the Club Lounge at 2.15pm***

***WEDNESDAY 3rd April***



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.



## **JACKPOT BINGO**

**THURSDAY— 4th APRIL**

**Time: 2.30 pm**

**8 games for \$2**

**Come along and join in the fun**

**Caller: Kevin James**

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

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

# COMMUNITY COMMUNICATIONS



## HAPPY HOUR

**Saturday 6th April at 4.30 pm**

**Jackie & Lea hope to share the pleasure of your company.**

**New residents & friends are welcome in the Club Lounge.**

**\$3 per person**

## **POETRY READING CLUB**

**Monday 8th April at 2.30pm—3.30pm**

**In the Billiard Room Level 1**



Any resident who wishes to read or recite a poem at this meeting should let Ken Knight know (*Unit 45 Tel: 9144 7550 or [kennethknight@bigpond.com](mailto:kennethknight@bigpond.com)*) the name of the poem, its author, and the approximate time needed as soon as possible so an Agenda can be distributed before the meeting.

Any resident who would like to come to the meeting and just listen to the readings of a variety of interesting poems, should let Ken know so that enough seating is provided. Afternoon tea will be provided at the end of the meeting.

## **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.**



## **HAIR SALON**

Our Hair Salon will be CLOSED Tuesday 2nd and Wednesday 3rd April.

Karen will be back on Thursday 4th April. Bookings may be made by calling Reception and asking for Karen.

## **Co-ordinator on Leave**

*Carole our Co-ordinator will be on leave from 1st April.*

*During this time we welcome Sophia who will take over Carole's duties and provide assistance to all residents.*