



Sunday	12	2.00pm	<ul style="list-style-type: none"> • Sunday Movie • <i>Happy Mother's Day</i>
Monday	13	9.30am 10.00am 2.30pm	<ul style="list-style-type: none"> • Reflexology • Exercise Class with Michele • Poetry Group  
Tuesday	14	9.15am 9.30am 10.00am 11.00am 1.00pm 1.15pm 2.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Acupuncture until 11.30am • Hydrotherapy in the Pool • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "The Falklands" • Dance Group  
Wednesday	15	9.15am 1.00pm 2.15pm	<ul style="list-style-type: none"> • Hornsby Bus • St Ives Shopping Bus • Chair Yoga & Meditation 
Thursday	16	9.30am 11.00am 2.30pm	<ul style="list-style-type: none"> • Physiotherapy in the Clinic • Church Service • BINGO 
Friday	17	9.45am 10.00am	<ul style="list-style-type: none"> • Art Group with Meg • Turramurra Bus 
Saturday	18	1.15pm	<ul style="list-style-type: none"> • Vintage Film

THIS WEEK'S MENU

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

		LUNCH - 12 pm	DINNER - 6 pm
Sun	12	Roast Pork with Crackle & Apple Sauce	Cheese Omelette
Mon	13	Sausage Sizzle with Potato Salad	Butter Chicken & Rice
Tues	14	Salmon Patties	Beef Stroganoff with Spiral Pasta
Wed	15	Bacon, Eggs & Grilled Tomato	Roast Turkey
Thurs	16	Apricot Chicken with Rice	Traditional Irish Lamb Stew
Fri	17	Zucchini & Fetta Cheese Quiche	Beer Battered Fish & Chips
Sat	18	Roast Pumpkin Salad	Cottage Pie

ENTERTAINMENT



PETER'S VINTAGE FILMS

Come and enjoy an afternoon of nostalgia.
Re-visit your favourite stars from the 1930s to the '80s as Judith presents the best from that golden age of film-making.

Saturday 11th May at 1:15 pm

"THE PIRATES OF PENZANCE"

The 1982 film of the Gilbert and Sullivan comic opera, with Kevin Kline, Linda Ronstadt and Angela Lansbury.

But First: More in the lives of Jean and Lionel as Judi Dench and Geoffrey Palmer star in **"AS TIME GOES BY"**

SUNDAY MOVIE

"THE CROWN" 2nd Series

12th May at 2pm in the Lounge

Starring Claire Foy & Matt Smith

The Crown, created by Peter Morgan, follows Queen Elizabeth through the late 1950s and early 60s as she struggles to navigate a world that's changing around her. She must face the challenges of a new era, from the Suez Canal crisis to the assassination of John F. Kennedy, while preserving both the monarchy and her marriage.



TUESDAY MOVIE

"THE FALKLANDS"

14th May at 1.15pm in the Lounge

Starring Patricia Hodge & James Fox



A thrilling piece of drama which challenged prejudices and preconceptions.

In 1982, Margaret Thatcher's government sent British forces to war to regain the Falkland Islands from occupying Argentinian troops.

Magnificent performances from a stellar cast, news clips highlighting the major events and dramatic behind-the-scenes story of a government at war.

COMMUNITY COMMUNICATIONS

EXERCISE CLASS with Michele

MONDAY 13th May at 10am in the Lounge

Discover the revitalizing power of exercise.



POETRY READING CLUB

Monday 13th 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 Liz at Reception know 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. Phone reception on 9144 7016 or email Liz at reception@thecotswolds.com.au.

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

2.15pm in the Club Lounge

Wednesday 15th May



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

The 15 minute Yoga session will begin at 2.15pm and will be followed by the usual meditation session at 2.30pm.



ECUMENICAL SERVICE OF SONGS OF PRAISE

THURSDAY— 16th May

Time: 11.00 am

Reverend Steve North of St Ives Presbyterian Church will conduct this service. This service will be held in the Club Lounge with Miwako Yamamura on piano.

The service will be followed by the usual refreshments.

All Welcome.

COMMUNITY COMMUNICATIONS



JACKPOT BINGO

THURSDAY— 16th May

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Val Morris

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

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



CREATIVE ART CLASS WITH MEG

FRIDAY 17th May at 9.45am

The group will visit Bobbin Head weather permitting

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.

FLU VACCINATION DAY

TUESDAY 21ST MAY

Dr Barry Mayes will be in the Clinic

Dr John Birrell will be in the Library

Covered under Medicare and DVA.

Consent forms will be placed into letterboxes. As a request from Medicare, please place your date of birth on the form.

Please return your completed consent form to Reception no later than 4pm on Monday 13th May.

Times will be advised at a later date.

GENERAL COUNCIL CLEAN UP

TUESDAY 28TH MAY

Please place items in front carpark on Monday 27th May

Items NOT collected are:

Whitegoods, building waste, vegetation, food waste, recyclables, hazardous waste, gas bottles, glass, mirrors, heavy items, baths, toilets and items over 2m in length.

Small items need to be contained.

Please call Liz at Reception if you need help to transport your items to the front carpark.

COMMUNITY COMMUNICATIONS

NBN UPDATE

Many residents have received letters from Telstra stating that the NBN has arrived in North Turrumurra, but because of increased demand, the installation of service will be delayed.

At present the Village, while continuing to review all options presented with respect to providing NBN services, is of the opinion that each resident should consider their own requirements and make contact with their preferred provider. Residents should be aware that there is no urgency to transfer to the NBN at present.

NBN SCAM

The latest scam call is a person pretending to be the NBN Co. They inform you that maintenance will be performed and your internet will be disconnected. They then try to get your personal and financial details.

Do not trust anyone calling to inform you that your internet will be disconnected. Instead, hang up!