



Sunday	19	2.00pm	• Sunday Movie
Monday	20	9.30am 10.00am	• Reflexology • Exercise Class with Michele 
Tuesday	21	9.15am 9.30am 10.00am 11.00am 1.00pm 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 • Flu Vaccinations in the Clinic • Tuesday Movie "Pillow Talk"  • Dance Group 
Wednesday	22	1.00pm 1.30pm	• St Ives Shopping Bus • Craft Group 
Thursday	23	9.30am 2.30pm	• Physiotherapy in the Clinic • Coffee & Chat - "The Eternity Man" 
Friday	24	10.00am 2.00pm	• Turramurra Bus • U3A Play Group Reading
Saturday	25	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	19	Roast Lamb with Mint Jelly Sauce	Toasted Ham Cheese & Tomato Sandwiches
Mon	20	Penne Bolognese	Sweet Lamb Curry
Tues	21	Roast Vegetable Salad	Chicken Parmigiana with Chips
Wed	22	Sausages Tomato & Onion with Toast	Grilled Pork with Maple Glaze & Apple
Thurs	23	Honey Chicken Tenders Served with Special Fried Rice	Lamb Shank with Creamy Mash
Fri	24	Zucchini Fritters with Cucumber Salad	Beer Battered Fish & Chips
Sat	25	Lambs Fry & Bacon	Home Made Meat Pies

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 18th May at 1:15 pm

"I SEE A DARK STRANGER"

Deborah Kerr and Trevor Howard star in this 1945 secret agent thriller/romance with a
light touch of British humour.

But First: Classical ballet with Act 2 of **"SWAN LAKE"**
by the Bolshoi Ballet in Moscow.

SUNDAY MOVIE

"THE CROWN" 2nd Series

19th 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

"PILLOW TALK"

21st May at 1.15pm in the Lounge

Starring Doris Day and Rock Hudson

The uninhibited story of a carefree bachelor and a carefree career girl and the hilarious things that happen when they tangle.

A tribute to Doris Day who recently passed away aged 97.



COMMUNITY COMMUNICATIONS

EXERCISE CLASS with Michele

MONDAY 20th May 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!

FLU VACCINATION DAY

TUESDAY 21ST MAY

Dr Barry Mayes will be in the Clinic from 1pm

Covered under Medicare and DVA.

Consent forms have been 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.



CRAFT GROUP IN THE LOUNGE

WEDNESDAY 22nd May 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!



REMINDER TO ALL RESIDENTS

PLEASE DO NOT FEED THE COCKATOOS AND BRUSH TURKEYS!

Cockatoos aggressively attack wood on trees, decks, outdoor furniture and window sills. Brush turkeys make a mess in our garden.

COMMUNITY COMMUNICATIONS

COFFEE & CHAT

Thursday 23rd May

2.30pm in the Lounge

Graham Sims presents

Arthur Stace "The Eternity Man"



For over 37 years, a mysterious, one word message "Eternity" appeared on steps and footpaths around the streets of Sydney. For many years, its meaning and its author remained unknown, until a small, essentially private little man, named Arthur Stace, gradually revealed himself. He had a dreadful childhood and early life, had been a petty criminal, a hopeless alcoholic and metho addict, until his life was turned around in remarkable circumstances and he spent the rest of his life spreading his heartfelt message.

Graham met Arthur Stace and recounts his story.

Afternoon tea will be served following the presentation.

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



U3A PLAY READING GROUP

FRIDAY 24th May 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.

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



Neighbourhood Brunch

Wednesday 29th May

12 Noon in the Club Lounge



Come along and join your neighbours for a friendly brunch in our Club Lounge.

Enjoy a chat over a glass of wine or champers and a light lunch.

Cost \$ 15.00 includes a glass of wine or champagne.

Please place your name in the Social Activities Book at reception by 24th May.