



Sunday	28	2.00pm	• Sunday Movie	
Monday	29	9.15am 9.30am 10.00am 1.00pm 4.30pm	• Hornsby Bus • Reflexology • Exercise Class with Michele • Fashion Parade in the Lounge • Men's Club	 
Tuesday	30	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 "A Little Chaos" • Dance Group	 
Wednesday	1	9.15am 1.00pm 2.15pm	• Hornsby Bus • St Ives Shopping Bus • Chair Yoga & Meditation	
Thursday	2	9.30am 2.30pm	• Physiotherapy in the Clinic • BINGO	
Friday	3	9.45am 10.00am	• Art Class with Meg to Bobbin Head • Turramurra Bus	
Saturday	4	1.15pm 4.30pm	• Vintage Film • HAPPY HOUR	

THIS WEEK'S MENU

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

		LUNCH - 12 pm	DINNER - 6 pm
Sun	28	Traditional Roast Beef with Yorkshire Pudding & all the Trimmings	Scrambled Eggs on Toast
Mon	29	Tuna Mornay (Book for Wednesday's dinner by 2pm today)	Silverside with Parsley Sauce
Tues	30	Bacon, Eggs & Grilled Tomato	Roast Chicken Seasoned with Fresh Herb Stuffing
Wed	1	Pasta Primavera	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
Thurs	2	Ham & Cheese Quiche	Shepherds Pie
Fri	3	Chicken & Mushroom Risotto	Battered Fish & Chips
Sat	4	Poached Eggs with Smoked Salmon & Hollandaise Sauce	Home Made Pizzas

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 27th April at 1:15 pm

"REBECCA"

Alfred Hitchcock's 1940 romantic drama from the novel by Daphne du Maurier.
Starring Laurence Olivier, Joan Fontaine, George Sanders, & Judith Anderson.
But First: Championship skating with **"THE RUSSIAN ICE SPECTACULAR"**

SUNDAY MOVIE

"HOPE & GLORY"

28th April at 2pm in the Lounge

Starring Sarah Miles, David Hayman, Sammi Davis
& Ian Bannen



Set in bomb-ravaged London during the early days of WWII, this funny, moving and richly detailed film shows the world at war through the eyes of a seven year old boy, the wonder, the horror and the experiences that will alter his life forever.

TUESDAY MOVIE

"A LITTLE CHAOS"

30th April at 1.15pm in the Lounge

Starring Kate Winslet, Matthias Schoenaerts & Alan Rickman

The year is 1682, Sabine De Barra is a strong-willed and talented landscape designer in the countryside of France. One day, an unexpected invitation comes, Sabine is in the running for an assignment at the court of King Louis XIV. Upon meeting with her, the King's renowned landscape artist Andre Le Notre begins to work with Sabine on the building of The Sun King's gardens at the Palace of Versailles.



COMMUNITY COMMUNICATIONS

EXERCISE CLASS with Michele

MONDAY 29th APRIL at 10am in the Lounge

Discover the revitalizing power of exercise.



AUTUMN/WINTER FASHION PARADE AT THE COTSWOLDS VILLAGE MONDAY 29th APRIL in the Lounge



SHOWING A RANGE FROM BLACK PEPPER, SLADE,
RICKIE RENEE & YARRA TRAIL

Sizes 8 - 22

12.30pm drinks on arrival

1.00pm Fashion Parade commences

(featuring four of our Cotswolds models)

Many residents have previously enjoyed these fashion parades.

We welcome our new residents to this fun event.

The parade will be in the Club Lounge

Fashion, fun and friendship - all in one place!

Please place your name in the Social Activities book at reception

(Visa, Mastercard, American Express & EFTPOS accepted)

DON'T MISS OUT ON A FUN AFTERNOON!



COTSWOLDS VILLAGE MEN'S CLUB

MONDAY 29th APRIL 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.

COMMUNITY COMMUNICATIONS



MINDFULNESS MEDITATION & CHAIR YOGA

In the Club Lounge at 2.15pm

WEDNESDAY 1st May

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— 2nd MAY

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Judy Stanley

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 3rd May at 9.45am

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.

New residents always welcome.



HAPPY HOUR

Saturday 4th May 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

COMMUNITY COMMUNICATIONS

COFFEE & CHAT

THURSDAY 9TH MAY

2.30pm in the Lounge

“The Legacy of Governor Macquarie &

73rd Regiment of Foot”



Ron Ray has been a volunteer guide and member of the Australian National Maritime Museum for 12 years. He spent 10 years in the Army working in signals and artillery.

Ron has a particular interest in 18th century military and navy history. He is also a member of the 18th century Napoleonic re-enactment group recreating the 73rd Regiment of Foot which came to the colony of NSW with Governor Macquarie in 1810. He will be dressed in his uniform.

Ron's talk will review the legacy left by Governor Macquarie and some of his important projects he implemented during his term in office in NSW.

Afternoon tea will be served.

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



AUSTRALIAN FEDERAL ELECTION

PRE-VOTING BOOTH

The 2019 Australian Federal Election will be held on Saturday 18 May.

Electoral officers will attend for pre-voting from 9.30am to 3.30pm on Friday 10th May in the Club Lounge for the convenience of all Cotswolds Village residents.