



Sunday	9	2.00pm	• Sunday Movie
Monday	10		• Public Holiday -Office Closed
Tuesday	11	9.15am 9.30am 11.00am 1.00pm 1.15pm 2.00pm 5.30pm 6.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Acupuncture until 11.30am • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "A United Kingdom" • Dance Group • Drinks in the Lounge • Queen's Birthday Dinner  
Wednesday	12	1.00pm 2.15pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Chair Yoga & Meditation  
Thursday	13	9.30am 9.30am 11.00am 2.30pm	<ul style="list-style-type: none"> • Physiotherapy in the Clinic • Abbotsleigh Bus • Bible Group in the Lounge • BINGO 
Friday	14	10.00am	<ul style="list-style-type: none"> • Club Lounge Closed for Carpet Cleaning • Turramurra Bus
Saturday	15	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	9	Roast Chicken with Herb Stuffing	Macaroni Cheese Bake
Mon	10	Tuna & Corn Patties (Book for Wednesday's dinner by 2pm today)	Hearty Beef Casserole with Rice
Tues	11	Sweet & Sour Pork with Special Fried Rice	Queen's Birthday Dinner
Wed	12	Chicken Caesar Salad	Grilled Lamb Cutlets (Book for this Dinner by 2pm Monday)
Thurs	13	Carbonara Pasta Bake	Weiner Schnitzel with Lemon Butter
Fri	14	Smoked Salmon with Scrambled Eggs on Toast	Battered Fish & Chips
Sat	15	Ham & Avocado Melts with Waldorf Salad	Lasagne with Side Salad

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 8th June at 1:15 pm

"THE PRIZE"

1963 Hitchcock style suspense, from the novel by Irving Wallace
set in Stockholm during the Nobel Prize awards.

Starring Paul Newman, Elke Sommer and Edward G. Robinson.

But First: Songs from "THE THREE TENORS "

Luciano Pavarotti, José Carreras, and Placido Domingo

SUNDAY MOVIE

"THE QUEEN"

9th June at 2pm in the Lounge

Starring Helen Mirren

Winner of Academy Award for Best Actress 2007

The British Prime Minister and The Royal Family find
themselves quietly at odds in the wake of a national tragedy in
this drama from director Stephen Frears.



TUESDAY MOVIE

"A United Kingdom"

11th June at 1.15pm in the Lounge

Starring David Oyelowo & Rosamund Pike



In 1947 the King of Botswana met Ruth Williams a London office worker. They were
a perfect match, yet their proposed marriage was challenged by their families and the
British Empire amidst the background of apartheid in Botswana's neighbour,
South Africa.

COMMUNITY COMMUNICATIONS

THE OFFICE WILL BE CLOSED ON

QUEEN'S BIRTHDAY PUBLIC HOLIDAY MONDAY 10TH JUNE

A Co-ordinator is in attendance 24 hours a day and residents are requested to press the emergency button in their unit or apartment if they have a health, maintenance or security concern. The Co-ordinator on duty will then ring your unit/apartment to assist.

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!



QUEEN'S BIRTHDAY DINNER

TUESDAY 11TH JUNE AT 6PM

Drinks in the Lounge at 5.30pm



Menu

Slow cooked Beef Cheeks in Red Wine Sauce on Creamy Mash Potatoes and Greens

Dessert

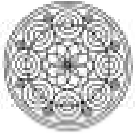
Raspberry & Rosewater Meringue Eton Mess

Cost \$ 22.00 (includes a glass of wine).

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

Bookings close Friday 7th June

COMMUNITY COMMUNICATIONS



MINDFULNESS MEDITATION & CHAIR YOGA

2.15pm in the Club Lounge

Wednesday 12 June



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.

All residents are welcome to attend. To ensure a quiet environment, residents not attending this session are requested to please vacate the Club Lounge by 2.15 prior to meditation starting.

ABBOTSLEIGH COMMUNITY TALKS

Each term Abbotsleigh School offers a series of six talks by excellent speakers on a wide variety of topics. A one hour talk is followed by coffee and a chat, then an opportunity to ask the speaker questions. The only charge is **\$3.50** to cover tea/coffee and biscuits.

What better way to expand your interests and meet new friends!

Our Cotswolds bus provides transport to Abbotsleigh, leaving reception at 9:30 am and returning by 12:15. Please place your name in the Bus Book.

**Topic for Thursday 13 June “ Travelling around Ethiopia, Kenya & Tanzania”
Speaker: Margaret Ball**

BIBLICAL STORIES OF FAITH & INSPIRATION

Thursday 13th June

11 am — Lounge area

Reading from Book of Matthew, Chapter 28

Remember your study books.

We are hoping to see as many of our old friends as possible, and hopefully some new ones.



JACKPOT BINGO

THURSDAY— 13th JUNE

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

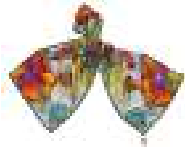
Caller: Kevin James

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

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

COMMUNITY COMMUNICATIONS

**The Club Lounge will be closed for carpet cleaning
during the day on FRIDAY 14TH JUNE**



TJM DESIGNS JEWELLERY & SCARVES
MONDAY 17th June 10.30am to 12 noon
IN THE LOUNGE



Here is a chance to shop for the family or yourself. Jazz up your wardrobe for winter. Come along and view Tina Hyman's beautiful jewellery and scarves.

POETRY READING CLUB

Monday 17th June 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 Robyn Young know (*Unit 86 Tel: 9144 6978 email bobrobyn39@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 Robyn know so that enough seating is provided. Afternoon tea will be provided at the end of the meeting.

Water Restrictions Apply from Saturday 1st June

Lawns and gardens can only be watered **before 10am and after 4pm.**

Only wash vehicles with a bucket or a hose fitted with a trigger nozzle .

Do not hose hard surfaces like paths and driveways.

Sprinklers and watering systems will also not be permitted, except for drip-irrigation systems with controllers that automatically limit usage based on soil moisture.