

# The Cotswolds Village

a unique retirement village

Nº: 1829

Newsletter

19th July 2019

Sunday	21	2.00pm	• Sunday Movie
Monday	22	9.30am 10.00am	• Reflexology • Exercise Class with Michele 
Tuesday	23	9.15am 9.30am 11.00am 1.00pm 1.15pm 2.00pm	• St Ives Shopping Bus • Acupuncture until 11.30am • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "The Phantom of the Opera" • Dance Group 
Wednesday	24	1.00pm 2.15pm	• St Ives Shopping Bus • Chair Yoga & Meditation 
Thursday	25	9.30am 2.30pm	• Physiotherapy in the Clinic • BINGO 
Friday	26	10.00am	• Turramurra Bus
Saturday	27	1.15pm	• Vintage Film

## THIS WEEK'S FRENCH MENU

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

		LUNCH - 12 pm	DINNER - 6 pm
Sun	21	Roast Beef in Red Wine with Herb Souffles	Scrambled Eggs on Toast
Mon	22	Ham, Cheese & Sundried Tomato Croissants (Book for Wednesday's dinner by 2pm today)	Normande Chicken
Tues	23	Flamiche (French Style Pizza)	Pork with Apple Cream Sauce
Wed	24	Three Cheese Souffles	Grilled Lamb Cutlets with Mint sauce (Book for this Dinner by 2pm Monday)
Thurs	25	Campagnard Terrine	Beef al a Mode
Fri	26	Asparagus Quiche	Battered Fish & Chips
Sat	27	Smoked Salmon Crepes	Chicken Fricasse with Rice Pilaf

# 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 20th July at 1:15 pm**

### **"HIGH NOON"**

The 1952 Award winning Western suspense classic.

Starring Gary Cooper, Grace Kelly, and Lloyd Bridges.

**But First:** BBC Comedy with Hyacinth still "Keeping Up Appearances".

## SUNDAY MOVIE

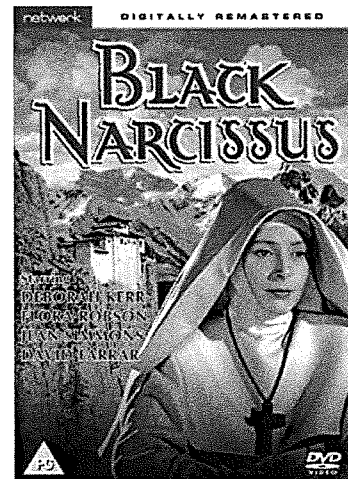
### **"BLACK NARCISSUS"**

**21st July at 2pm in the Lounge**

#### **Double Academy Award Winning Drama**

Starring Deborah Kerr, Jean Simmons & Flora Robson

A group of Anglican nuns, led by Sister Clodagh (Deborah Kerr), are sent to a mountain in the Himalayas. The climate in the region is hostile and the nuns are housed in an odd old palace. They work to establish a school and a hospital, but slowly their focus shifts.



## TUESDAY MOVIE

### **"THE PHANTOM OF THE OPERA"**

**23rd July at 1.15pm in the Lounge**

Starring Gerard Butler, Emmy Rossum, Patrick Wilson & Minnie Driver



*The Phantom of the Opera* tells the story of a disfigured musical genius who haunts the catacombs beneath the Paris Opera, waging a reign of terror over its occupants.

When he falls fatally in love with the lovely Christine, he devotes himself to creating a new star of the Opera, exerting a strange sense of control of the young soprano as he nurtures her extraordinary talents.

# COMMUNITY COMMUNICATIONS

## **EXERCISE CLASS with MICHELE**

**Every Monday**

**Time: 10.00 am-10.45 am in the Club Lounge.**

Come along and join in the fun or just come and watch!

Exercising allows us to maintain muscle strength, co-ordination and balance, which in turn helps to prevent falls and related fractures.



## **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.

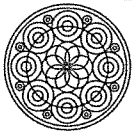
*The power of dance improves physical and mental wellbeing in later years!*



## **MINDFULNESS MEDITATION & CHAIR YOGA**

**2.15pm in the Club Lounge**

**Wednesday 24th July**



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.

## **JACKPOT BINGO**

**THURSDAY— 25th July**

**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.**



## **HAIR SALON**

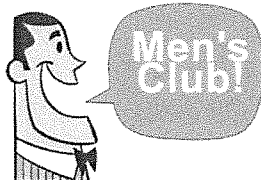
Our Hairdresser Karen will be on leave  
from Monday 22nd July to Wednesday 24th July.



## COMMUNITY COMMUNICATIONS

### COTSWOLDS VILLAGE MEN'S CLUB

**MONDAY 29th July 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.

### COFFEE & CHAT

**THURSDAY 1st AUGUST AT 2.30pm in  
the Club Lounge**

### **“Memory Mastery” with Dale Rees-Bevan**

**Do you wish you could improve your  
memory?**



Dale Rees-Bevan is a speaker, trainer and author who has a special interest in memory and memorising presentations. Dale has set up and run public speaking programs in South Africa, the UK and Australia. She has spoken at conferences in those countries too. She has a BA (Hons) in English and French, a Post-graduate Diploma in Translation Theory and a Diploma of Education. She will entertain you with information about your memory and teach you a few ways to look after it! Join in this fun and entertaining afternoon.

Afternoon tea will be serviced following the presentation.

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



### HIGH TEA FOR BEAR COTTAGE

**FRIDAY 2nd August - 2.30pm in the Lounge**

**It's Superhero Week 27 July to 4 August**

Bear Cottage is the only children's hospice in NSW, one of only two in Australia, and the only one in the world affiliated with a children's hospital. It is a very special place that's dedicated to caring for children with life-limiting conditions and their families.

Bear Cottage is set up to provide excellence in paediatric medical care 24 hours a day. All children need heroes, some need superheroes. We are raising funds for respite and end-of-life care for the kids at Bear Cottage in Manly. Superhero Week runs from July 29 to August 4 and is Bear Cottage's major annual fundraising campaign.

Cost per person \$ 7.50

To book, please place your name in the Social Activities Book at reception.