



Sunday	14	2.00pm	• Sunday Movie	
Monday	15	9.30am 10.00am 1.30pm 5.30pm 6.00pm	• Reflexology • Exercise Class with Michele • Australian Unity Afternoon Tea • Drinks in the lounge • French Dinner	 
Tuesday	16	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 "Carousel" • Dance Group	 
Wednesday	17	9.15am 10.30am 1.00pm 1.30pm	• Hornsby Bus • Information on NBN by TELSTRA • St Ives Shopping Bus • Craft Group	
Thursday	18	9.30am 11.00am 2.30pm	• Physiotherapy in the Clinic • Church Service • Flying Doctor Service Presentation	
Friday	19	10.00am 10.00am	• Turramurra Bus • Meg's Art Group	
Saturday	20	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	14	Agneau roti au vin blanc (Roast Lamb)	Bacon & Eggs Andalou
Mon	15	Eggs Florentine	<b>Special French Dinner</b> <b>(Duck a l'Orange)</b>
Tues	16	Spinach & Leek Crepes	Lamb Navarin (Casserole)
Wed	17	Warm Chicken Nicoise Salad	Barramundi with Pernod Crème Sauce
Thurs	18	Chippolate Sausages with Potato Salad	Blanquette de Veau (Veal Ragout)
Fri	19	Asparagus Tarts	Beer Battered Fish & Chips
Sat	20	Croque Madame (Ham, Egg & Cheese Toasties)	Poulet Basquaise with Pasta (Chicken with Pasta)

# 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 13th July at 1:15 pm**

**"TILL THE CLOUDS ROLL BY"**

From 1946, the life and music of Jerome Kern.

With an all star cast, including Judy Garland and Frank Sinatra, singing Kern's  
memorable songs from "Show Boat" and his other Broadway musicals.

**Please Note:** There will be no short item first and  
**"Till The Clouds Roll By" will begin at 1:15.**

## SUNDAY MOVIE

**"THE RAILWAY CHILDREN"**

**14th July at 2pm in the Lounge**

Starring Jenny Agutter & Richard Attenborough

In 1905, three children find that their lives change completely when their father  
Michael Kitchen is escorted away from London home by two mysterious gentlemen.  
Their possessions are sold and their mother takes them away to live in the country.

With no money and no servants, the children learn to fend for themselves.



## TUESDAY MOVIE

**"CAROUSEL"**

**16th July at 1.15pm in the Lounge**

Starring Gordon MacRae & Shirley Jones

A romantic fantasy that spans heaven and earth in this  
timeless musical masterpiece.

Billy, a smooth talking carny barker, falls in love with a  
millworker in a little town on the coast of Maine.



# 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.



## **Afternoon tea/Information Session on MONDAY 15th July 2019 1.30pm—2.30pm in the Club Lounge**

Australian Unity Home Care Service on accessing community care to keep you living independently.

Home Care Packages and what supports can help keep you at home.

Come and see what Australian Unity can do for you.

**RSVP to Liz at Reception for catering purposes or put your name in the Social Activities Book in reception.**



## ***FRENCH DINNER MONDAY 15TH JULY***

**Join us for drinks at 5.30pm in the Lounge**

**Dinner at 6pm**

Menu

Duck a l'Orange with Lyonnaise Potatoes, Warm Beetroot Salad & Braised Cabbage

Dessert

Baba au Rhum with Chantilly Cream and Fresh Berries

Cost \$ 22 (includes a glass of wine)



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

# COMMUNITY COMMUNICATIONS



## **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!*



## **INFORMATION SESSION**

**ON TELSTRA AND NBN ROLLOUT**

**WEDNESDAY 17TH JULY**

**at 10.30am in the Lounge**



A representative from TELSTRA will explain switching to the NBN and the processes involved and what they can offer you for broadband plans and home phone bundles.

This is an opportunity to ask questions and compare plans. What do you need to do? What about your existing landline? Do you need to have NBN? What about Foxtel?

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

## **CRAFT GROUP IN THE LOUNGE**

**WEDNESDAY 17th JULY 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!



## **ECUMENICAL SERVICE OF SONGS OF PRAISE**

**THURSDAY— 18th JULY**

**Time: 11.00 am**

Mrs Janet Fuller and Mrs Jennifer Blake will conduct this service as Rev North will be attending the annual Presbyterian Assembly. This service will be held in the Club Lounge with Miwako Yamamura on piano.

The service will be followed by the usual refreshments.

## COMMUNITY COMMUNICATIONS



### COFFEE & CHAT

**Presentation by Wendy Swinburn**

**ROYAL FLYING DOCTOR SERVICE**

**THURSDAY 18TH JULY at 2.30pm**

2018 marked the 90<sup>th</sup> Anniversary of the first flight of the Flying Doctor Service which has been providing a Mantle of Safety ever since to rural and remote Australia.

In this presentation Wendy will be talking about the vision and energy of the "Man on the Twenty Dollar Note", Reverend John Flynn. She will tell us about the history, including tales of hardship and heroism, of how it all began when transport and communications in the Inland were in short supply.

What do they do today? How do they fund the service? What lies ahead for the future?

Afternoon tea will be served following the presentation.

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

### **CREATIVE ART CLASS WITH MEG**

**Recommences Friday 19th July**



**Please meet in the Kitchenette downstairs near the lift at 10am.**

Keep practising your drawing until then!

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.

### **PETITION to save the Richard Geeves Centre, North Turrumurra**

This Petition brings to the attention of the House of Legislative Assembly of NSW the possible sale by the NSW Government of the parcel of land 8 Murrua Road, North Turrumurra and Richard Geeves Centre to open market. In an ageing population, increasingly impacted by Alzheimers and Dementia this action would convey a lack of foresight and empathy for some of the community's most vulnerable members.

This Petition asks the Legislative Assembly as our elected representatives to honour the needs and wishes of the community, thereby selling the land directly to Hammond Care for a reasonable price that reflects the public benefit of the offered services and enabling Hammond Care to continue providing these valued services indefinitely. The petition is available for signing in reception.