



Nº: 1830

Newsletter

26th July 2019

Sunday	28	2.00pm	• Sunday Movie	
Monday	29	9.15am 9.30am 10.00am 4.30pm	• Hornsby Bus • Reflexology • Exercise Class with Michele • Men's Club in the Lounge	
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 "Billy Elliot" • Dance Group	
Wednesday	31	1.00pm 1.30pm	• St Ives Shopping Bus • Craft Group	
Thursday	1	9.30am 2.30pm	• Physiotherapy in the Clinic • Memory Mastery with Dale Rees-Bevan	
Friday	2	10.00am 10.00am 2.30pm	• Turrumurra Bus • Art Group with Meg in the Lounge • Afternoon Tea for Bear Cottage	
Saturday	3	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	Roast Pork with Crackle & Apple Sauce	Cheese Omelettes
Mon	29	Sausage Sizzle with Potato Salad	Butter Chicken & Rice
Tues	30	Salmon Patties	Beef Stroganoff with Spiral Pasta
Wed	31	Bacon, Eggs & Grilled Tomato	Roast Turkey
Thurs	1	Apricot Chicken with Rice	Traditional Irish Lamb Stew
Fri	2	Zucchini & Fetta Cheese Quiche	Beer Battered Fish & Chips
Sat	3	Roast Pumpkin Salad	Cottage Pie

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 July at 1:15 pm

"THE ITALIAN JOB"

Michael Caine and Noel Coward star in this 1969 British comedy adventure.

What can go wrong during a bullion robbery?

Filmed on location in Turin and the Italian Alps.

But First: Performances from "THE 2006 EDINBURGH TATTOO".

SUNDAY MOVIE

"OPERATION AMSTERDAM"

28th July at 2pm in the Lounge

Starring Peter Finch, Eva Bartok & Tony Britton



It is 1940 and German troops are preparing to invade Amsterdam.

Meanwhile in London, an English Major and two Dutch diamond experts are about to undertake an extremely dangerous mission to prevent valuable industrial diamonds falling into the hands of the invading Germans.

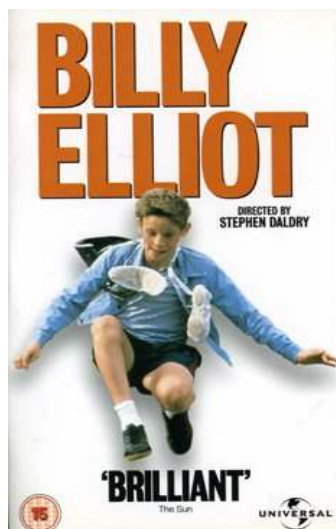
Based on a true story this movie was filmed in 1959.

TUESDAY MOVIE

"BILLY ELLIOT"

30th July at 1.15pm in the Lounge

Starring Julie Walters, Gary Lewis & Jamie Bell



With 13 BAFTA and 3 Oscar nominations, Billy Elliot is a heart warming tale of an 11 year old coal miner's son in the north of England who's life is forever changed when he stumbles upon Mrs Wilkinson's ballet class during his weekly boxing lesson.

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!



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.



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!



CRAFT GROUP IN THE LOUNGE

WEDNESDAY 31st 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!



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 presentation. Afternoon tea will be served.



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

COMMUNITY COMMUNICATIONS

CREATIVE ART CLASS WITH MEG



FRIDAY 2nd August at 10am in the Lounge.

Meg would like a volunteer to be a model for life drawing.

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.



**For residents interested in Australian Ceramics there are
OPEN STUDIOS at 7 Hartley Close ,North Turramurra
on 17th & 18th August**

Three local potters will be having an exhibition of their work.

Meg will be displaying her pottery work at Ettalong Arts and Crafts Centre on the same weekend.

proudly
supporting



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 a very special place that's dedicated to caring for children with life-limiting conditions and their families. It 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.

HAPPY HOUR



Saturday 3rd August at 4.30 pm



Lea, Jackie & John hope to share the pleasure of your company.

New residents & friends are welcome in the Club Lounge.

\$3 per person

LIBRARY NEWS

New large print books have arrived from Ku-ring-gai Library.

