



Sunday	7	2.00pm	• Sunday Movie
Monday	8	9.30am 10.00am 2.30pm	• Reflexology • Exercise Class with Michele • Poetry Group  
Tuesday	9	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 Secret Garden" • Dance Group  
Wednesday	10	1.00pm 2.15pm	• Club Lounge is closed for carpet repairs • St Ives Shopping Bus • Chair Yoga & Meditation in Billiard Room 
Thursday	11	9.30am 11.00am 2.30pm	• Physiotherapy in the Clinic • Bible Group • BINGO 
Friday	12	10.00am	• Turramurra Bus
Saturday	13	1.15pm	• Vintage Film

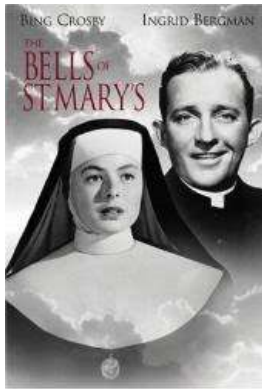
THIS WEEK'S FRENCH MENU



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

		LUNCH - 12 pm	DINNER - 6 pm
Sun	7	Poulet Roti ((Roast Chicken)	Herb & Cheese Omelettes
Mon	8	Bacon et Gruyere (Bacon & Cheese Pasta)	Porc aux Pommes et aux Pruneaux (Pork with Prunes & Apple)
Tues	9	Saucisse Lyonnaise (Brioche Sausage Roll)	Coq au Vin (Chicken in Red Wine)
Wed	10	Tarte aux Champignon et au Brie (Mushroom & Brie)	Lemon, Mustard & Rosemary Lamb Cutlets
Thurs	11	Boulettes de Thon (Tuna Dumplings)	Cassoulet (Sausage & Bacon Casserole)
Fri	12	Quiche Florentine (Spinach)	Battered Fish & Chips
Sat	13	Croque Monsieur (Ham & Cheese Toasties)	Steak Diane

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 6th July at 1:15 pm

"THE BELLS OF ST MARY'S"

The heartwarming sequel to "Going My Way" starring
Bing Crosby as Father O'Malley and Ingrid Bergman as Sister Benedict.

But First: Songs from Irish duo Foster & Allen.

SUNDAY MOVIE

"THE DISH"

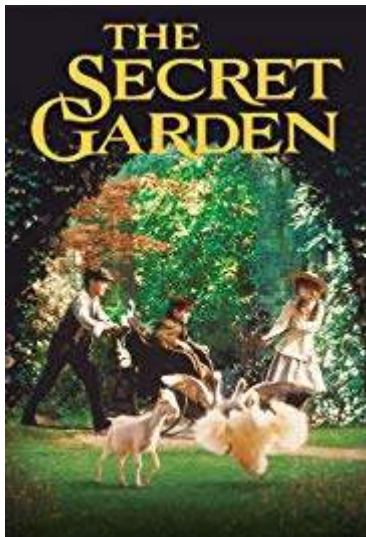
7th July at 2pm in the Lounge

Starring Sam Neill, Kevin Harrington, Tom
Long & Patrick Warburton



July 1969 is the 50th Anniversary of the First Man on the Moon.

That one shining moment was witnessed by a television audience of six hundred million people across the globe. Remarkably, those immortal images came via a "dish" in outback Australia. It may have been one small step for man, but for a handful of Australian scientists, it was a giant leap.



TUESDAY MOVIE

"THE SECRET GARDEN"

9th July at 1.15pm in the Lounge

Starring Maggie Smith, Kate Maberly & Heyden Prowse

When a young girl is sent to live with her uncle after the death of her parents, his manner and sorrow leaves her feeling bitterly alone. Neglected once again, she begins exploring the estate and discovers a garden that has become hidden and, aided by one of the servant's boys, begins restoring it to its former glory.

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.



POETRY READING CLUB

Monday 8th JULY 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 Unit 86 know (Tel: 9144 6978) 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 Ken know so that enough seating is provided. Afternoon tea will be provided at the end of the meeting.

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.

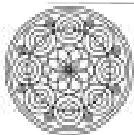
Chris would love to see new residents joining in her classes of folk dances from around the world.

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

MINDFULNESS MEDITATION & CHAIR YOGA

2.15pm in the BILLIARD ROOM downstairs

Wednesday 10th 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.

Today's session is being held downstairs in the Billiard Room as the Club Lounge carpet is being repaired.

COMMUNITY COMMUNICATIONS

**THE CLUB LOUNGE WILL BE CLOSED FOR CARPET REPAIRS
ON WEDNESDAY 10TH JULY**

BIBLICAL STORIES OF FAITH & INSPIRATION

**Thursday 11th July
11 am — Lounge area**

Reading from Psalms of David

Conducted by Rev Steve North of St Ives Presbyterian Church .

He will provide an interesting background of these Psalms.

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



JACKPOT BINGO

THURSDAY— 11th 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.

We are looking for more BINGO callers. Please contact reception if you are able to assist.



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

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

Learn about 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 at reception by 11th July.

COMMUNITY COMMUNICATIONS



FRENCH DINNER

MONDAY 15TH JULY

Join us for drinks at 5.30pm & dinner at 6pm

A delicious menu will be advised soon.

Please place your name in the Social Activities Book in 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.



HAIR SALON UPDATE

Our Hairdresser Karen is available in the Salon near reception from Tuesday to Friday. Bookings may be made by calling Reception and asking for Karen.

As we embark into a new Financial Year, please be advised that a minimal adjustment applies to Salon services in line with CPI figures. In addition, Karen will be on leave on Tuesday 23rd July 2019.

WORK ON CLUSTER SUBMAIN BOARDS

AND UPGRADE OF SAFETY SWITCHES

Residents will be notified when power will be turned off to enable Electricians to carry out work to the Clusters submain boards and upgrading of safety switches from 7am over the next few weeks.

Community Communications

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.

