



Nº: 1831

Newsletter

2nd August 2019

Sunday	4	2.00pm	• Sunday Movie	
Monday	5	9.30am 10.00am	• BANK HOLIDAY - OFFICE CLOSED • Reflexology • Exercise Class with Michele	
Tuesday	6	9.15am 9.30am 10.00am 11.00am 1.00pm 1.15pm	• St Ives Shopping Bus • Acupuncture until 11.30am • Hydrotherapy in the Pool • St Ives Shopping Bus • St Ives Shopping Bus • Tuesday Movie "The Court Jester"	 
Wednesday	7	9.15am 1.00pm 2.30pm	• Hornsby Bus • St Ives Shopping Bus • Mindfulness Meditation	
Thursday	8	9.30am 9.30am 11.00am 2.30pm	• Abbotsleigh Bus • Physiotherapy in the Clinic • Bible Group • BINGO	
Friday	9	10.00am	• Turramurra Bus	
Saturday	10	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	4	Roast Chicken with Herb Stuffing	Macaroni Cheese Bake
Mon	5	Tuna & Corn Patties (Book for Wednesday's dinner by 2pm today)	Hearty Beef Casserole with Rice
Tues	6	Sweet & Sour Pork with Special Fried Rice	Herb Crusted Barramundi with Lemon Butter Sauce
Wed	7	Chicken Caesar Salad	Grilled Lamb Cutlets (Book for this Dinner by 2pm Monday)
Thurs	8	Carbonara Pasta Bake	Weiner Schnitzel with Lemon Butter
Fri	9	Smoked Salmon with Scrambled Eggs on Toast	Battered Fish & Chips
Sat	10	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 3rd August at 1:15 pm

"THE IMPORTANCE OF BEING ERNEST"

The 1952 film of Oscar Wilde's classic comedy of Victorian manners.
Starring Michael Redgrave, Edith Evans, Joan Greenwood & Margaret Rutherford.

But First: Classical music from "THE LAST NIGHT OF THE PROMS".

SUNDAY MOVIE

"NANCY WAKE"

4th August at 2pm in the Lounge

Starring Noni Hazlehurst & John Walters

The remarkable true story of Australia's wartime legend, the
"White Mouse".

Set in 1939, Nancy Wake meets wealthy businessman, Henri
Fiocca while she is working on assignment as a journalist in
Marseilles. With Europe on the brink of war, they fall desper-
ately in love and are married as Hitler begins his relentless
march on Holland and Belgium.



Don't forget to watch "Australia's Got Talent" this Sunday night 7pm Channel 7
as the Hummingsong Choir is appearing. A Cotswolds Village resident is a
member of this amazing group of females.

TUESDAY MOVIE

"THE COURT JESTER "

6th August at 1.15pm in the Lounge

Starring Danny Kaye, Glynis Johns and Angela Lansbury.

In this swashbuckling comic farce, kind-hearted entertainer
Hawkins disguises himself as the legendary King of Jesters
Giacomo. He infiltrates the court of the evil villain Basil
Rathbone, but when a sorceress hypnotises him, royal chaos
ensues. Giacomo now believes he is also an infamous
assassin and alternates between his identities at the snap of
a finger. Danny Kaye displays his fancy footwork and his
comic genius.



COMMUNITY COMMUNICATIONS

OFFICE CLOSED BANK HOLIDAY MONDAY 5TH AUGUST

The Office will be closed Monday 5th August Bank Holiday.

The best way to contact staff on duty is to press the 'emergency call button' located in each apartment or unit. This will notify the Co-ordinator who will then make contact with you.

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.



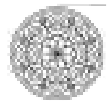
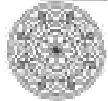
MINDFULNESS MEDITATION

2.30pm in the Club Lounge

Wednesday 7th August

This technique lowers stress levels, helps us to cope, lowers blood pressure and has a beneficial effect on general health.

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 8th August "Silk Farming in Wyee" Speaker Christine Yeats

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

BIBLICAL STORIES OF FAITH & INSPIRATION

Thursday 8th August

11 am — Lounge area

Rev Steve North will begin studies of David's Psalms commencing with Psalm One.

Remember your study books.

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



COMMUNITY COMMUNICATIONS



JACKPOT BINGO

THURSDAY— 8th AUGUST

Time: 2.30 pm

8 games for \$2

Come along and join in the fun

Caller: Meryl Hanford

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

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

POETRY READING CLUB

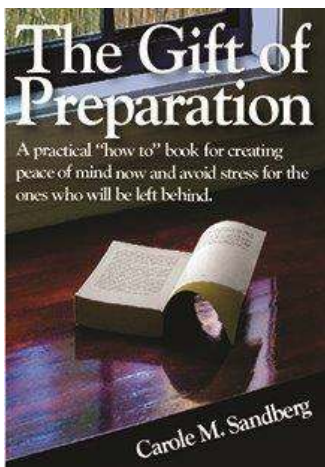
Monday 12th August at 2.30pm—3.30pm

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 Robyn know so that enough seating is provided. Afternoon tea will be provided at the end of the meeting.



THE GIFT OF PREPARATION"

PRESENTED BY CAROLE SANDBERG

WEDNESDAY 14TH AUGUST

AT 10.30AM IN THE LOUNGE

"A practical "how to" book on creating peace of mind now and avoid stress for ones left behind".

Ita Buttrose, who interviewed Carole on the Studio 10 program some time ago, was so impressed with this book's value and its importance to our community, that she wrote a foreword in the second edition and said, "every adult needs to have a copy of Carole's book, The Gift of Preparation."

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

FOR YOUR DIARY

The Annual Management Meeting of the Residents of Cotswolds Village and Annual General Meeting of the Beneficiaries of the Cotswolds Trust will be held on Thursday 29th August commencing at 2.30pm