



The Cotswolds Village

a unique retirement village

Nº: 1854

Newsletter

10th January 2019

Sunday	12	2.00pm	• Sunday Movie	
Monday	13	10.00am 2.30pm	• Exercise Class with Michele • Poetry Group in the Billiard Room	
Tuesday	14	9.15am 9.30am 11.00am 1.00pm 1.15pm	• St Ives Shopping Bus • Acupuncture until 11.30am • St Ives Shopping Bus • St Ives Shopping Bus • Movie "The Pursuit of Happyness"	
Wednesday	15	9.15am 1.00pm 1.30pm	• Hornsby Bus • St Ives Shopping Bus • Craft Group	
Thursday	16	9.30am 11.00am 2.30pm	• Physiotherapy by appointment • Church Service • Coffee & Chat with John Martyn Great Geological Events	
Friday	17	10.00am	• Turramurra Bus	
Saturday	18	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	12	Roast Leg of Lamb with Mint Sauce	Macaroni Cheese Bake
Mon	13	Vegetable Patties with Chive Mayo	Pork Curry
Tues	14	Chicken Caesar Salad	Herb Crusted Barramundi with Lemon Butter Sauce
Wed	15	BBQ with Assorted Salads	Roast Chicken with Herb Stuffing
Thurs	16	Carbonara Pasta Bake	Slow cooked Lamb with Ratatouille
Fri	17	Zucchini & Fetta Cheese Quiche	Beer Battered Fish & Chips
Sat	18	Ham & Avocado Melts with Waldorf 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 11th January at 1:15 pm

"THE THIRD MAN"

From 1949, the acclaimed romantic thriller set in war-torn Vienna.

Starring Joseph Cotten, Trevor Howard, Alida Valli and Orson Welles.

But First: Music from the 2007 **"NEW YEAR CONCERT FROM VIENNA"**.

"SUNDAY MOVIE"

12th January at 2pm in the Lounge

"NORTH WEST FRONTIER"

Starring Kenneth More & Lauren Bacall

In British-controlled India just after the turn of the 20th century, an English captain is asked to escort a maharajah's son out of town after an uprising by Muslim factions threatens the boy's life. As the captain sneaks the boy away with his governess, danger seems to be all around. After another attack by rebels, the trio and a group of others -- including a journalist and an arms dealer -- secretly board an old train to try to escape to safety.



TUESDAY MOVIE

"THE PURSUIT OF HAPPYNESS"

14th January at 1.15pm in the Lounge

Starring Will Smith, Thandie Newton and Jaden Smith.

Inspired by a true story about Chris Gardner, a San Francisco salesman who went from living on the streets to working on Wall Street.

Chris is forced to raise his 5 year old son on his own. But without a real income, life brings on a whole new series of challenges for him.



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 13th JANUARY 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.

Anyone who would like to come to the meeting and listen to the reading 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.

CRAFT GROUP IN THE LOUNGE

WEDNESDAY 15th JANUARY FROM 1.30PM

Attention all knitters!



The Craft Group are knitting blankets for the Dementia Centre. They will have instructions ready for any knitters who wish to help. If you would like to get involved come along to this first Craft Group for 2020 and learn more.

You are invited to have a chat and a cuppa also. All welcome.



ECUMENICAL SERVICE OF SONGS OF PRAISE

THURSDAY— 16th JANUARY

Time: 11.00 am



Mrs Janet Fuller & Mrs Jennifer Blake of St Ives Presbyterian Church will conduct this service. This service will be held in the Club Lounge with Miwako Yamamura on piano.

The service will be followed by the usual refreshments.

All Welcome.

REFLEXOLOGY SESSIONS recommence 20th Jan

MONDAYS 9.30AM TO 3.00PM

In the Cotswolds Clinic

Qualified Reflexologist Anne will conduct half hour sessions.

Cots \$30 (Cheques or Cash only)

Please see Liz at Reception to book an appointment and for more information.

COMMUNITY COMMUNICATIONS



COFFEE & CHAT
THURSDAY 16th JANUARY
2.30pm in the Lounge

“Great Geological Events in the Sydney Region”



Presenter: John Martyn

There have been mind-blowing geological events affecting the Sydney region over the past 400 million or so years.

Learn about these and many other episodes that contributed to our local landscapes and economy, through the vast spread of geological time.

John, now retired, has been a minerals exploration geologist in Australia and overseas for several decades. In recent years he has been studying the links between our bedrock and flora and produced the book "Rocks and Trees" which you can browse and maybe purchase on the day.

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



Postage Rate and business letter price increases

Effective 2 January 2020

Ordinary Small and Large Letters prices will increase from 2 January 2020, including the Basic Postage Rate which increases from \$1 to \$1.10.

Are you a concession card holder? You may be eligible for a reduced rate on domestic stamps.

HEARING AID BATTERIES

We collect hearing aid batteries for recycling as well as other batteries for disposal. Please leave your old batteries at reception.
Do not dispose of old batteries in the rubbish.

COMMUNITY COMMUNICATIONS



SPECIAL EXEMPTIONS FOR RESIDENTIAL CUSTOMERS

Exemptions for water use are usually only for businesses that rely on outdoor water use for their business activities. However, Sydney Water will approve exemptions for residential customers in very specific circumstances. Contact the Sydney Water Board on 13 20 92 or go on line if you have a carer who can only help at certain times.

Please check the current **water restrictions** on the Sydney Water website carefully before you apply for an exemption. In your application, you'll need to state why you need an exemption. Family members and carers may apply for you.



ATTENTION DOG OWNERS

There have been reports of some incidents where staff, residents and visitors have had a problem walking in dog excrement. Residents and families who bring pets into the Village are reminded of the importance of cleaning up after them please. Dogs should also be kept on a lead.

Due to Level 2 water restrictions for filling swimming pools, we have had to lower the temperature of our pool to reduce evaporation of water and hence reduce the amount of water needed to refill the pool.