



The Cotswolds Village

a unique retirement village

Nº: 1857

Newsletter

31st January 2019

Sunday	2	2.00pm	• Sunday Movie	
Monday	3	9.00am 10.00am	• Reflexology with Ann • Exercise class with Michele	
Tuesday	4	9.15am 9.30am 10.30am 11.00am 1.00pm 1.15pm 2.00pm	• St Ives Shopping Bus • Acupuncture until 11.30am • Hydrotherapy • St Ives Shopping Bus • St Ives Shopping Bus • MOVIE "Calendar Girls" • Dance Group	 
Wednesday	5	9.15am 1.00pm 2.00pm	• Hornsby Bus • St Ives Shopping Bus • Meditation in the Lounge	
Thursday	6	9.30am 2.30pm	• Physiotherapy by appointment • BINGO	
Friday	7	10.00am	• Turramurra Bus	
Saturday	8	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	2	Roast Pork with Crackling & Apple Sauce	Scrambled Eggs on Toast
Mon	3	Sausage Sizzle with Potato Salad (Book for Wednesday's dinner by 2pm today)	Silverside with Parsley Sauce
Tues	4	Salmon Patties	Chicken in White Wine Sauce
Wed	5	Bacon, Eggs & Grilled Tomato	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
Thurs	6	Ham & Cheese Quiche	Shepherd's Pie
Fri	7	Chicken with Risotto Milanese	Battered Fish & Chips
Sat	8	Poached Eggs with Smoked Salmon & Hollandaise Sauce	Home Made Pizzas

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 1st February at 1:15 pm

"THE STORY OF VERNON AND IRENE CASTLE"

Fred Astaire & Ginger Rogers

Recreate the popular real life dance duo from the time of
the First World War, filmed in 1939.

But First: Our old friends **"DAD'S ARMY"**

SUNDAY MOVIE

"CRACKERJACK"

2nd February at 2pm in the Lounge

Starring Mick Molloy, Bill Hunter, John Clarke, Samuel
Johnson & Judith Lucy



Young meets old, greed meets good and people rise to the occasion in extraordinary
circumstances. When dwindling membership and increasing overheads makes a local
bowling club the prime candidate for a takeover, it's all hands on deck to save the club, in
what turns into an epic battle.

TUESDAY MOVIE

"CALENDAR GIRLS"

4th February at 1.15pm in the Lounge

Starring Helen Mirren and Julie Walters



When twelve extraordinary members of the Women's Institute, a proper local charity,
decide they need to find a new way to raise money for a very worthy cause, they turn to
their annual calendar. Not wanting to divorce themselves from the traditional
photographs, they give the calendar a very untraditional twist. This heartfelt story will
have you laughing and crying at the same time.

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.



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!



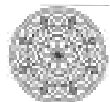
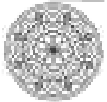
MINDFULNESS MEDITATION

New time of 2pm in the Club Lounge

Wednesday 5th February

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 2.00pm prior to meditation starting.



JACKPOT BINGO

THURSDAY— 6th FEBRUARY

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.

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



COMMUNITY COMMUNICATIONS



ROSE DINNER

WEDNESDAY 12TH FEBRUARY

*Drinks in the Lounge at 5pm
with entertainment by Violinist Vov Dylan
followed by dinner at 6pm*



Menu

Chicken Supreme stuffed with Basil, Cream Cheese & Pistachio served with Hasselback Potatoes, Honey & Sesame Roasted Carrots & Sauteed Baby Beans finished with a Roast Garlic & Madeira Jus.

Dessert

Individual White Chocolate & Raspberry Parfaits topped with Fresh Berries, toasted Almond Flakes & Pariya Pashmak (Persian Fairy Floss)

Cost \$25 (includes a glass of wine and entertainment)

**Please place your name in the Social Activities Book at Reception by
Monday 10th February.**



COFFEE & CHAT

THURSDAY 13TH FEBRUARY AT 2.30PM

“MEDIEVAL WIDOWS”

Presented by Isolde Martyn

Isolde Martyn is best known for well-researched historical novels set against turbulent times. Her debut novel 'The Maiden and the Unicorn' won the prestigious RITA Award for "Best First Novel" from Romance Writers of America.

Chairperson of the Plantagenet Society of Australia, which she co-founded with five other enthusiasts twenty years ago, she is also a former Chairperson of the NSW Branch of the Richard III Society.

Isolde is a lady with an absolute passion for history. We have invited her back to the Cotswolds to present Medieval Widows.

Upon the death of a spouse, Medieval widows could gain power in inheriting their husbands' property as opposed to adult sons. Remarriage would put the widow back under the thumb and control of her new husband. However, some widows never remarried and held the land until their deaths, thereby ensuring their independence.

Afternoon tea will be served following the talk.

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

COMMUNITY COMMUNICATIONS

COMMENCEMENT OF LIFT REPLACEMENT.

Residents are advised that work has been rescheduled and will commence on Monday 10th February, to replace the lift in the apartment block. As has been previously advised there will be no lift for a period of approximately seven weeks.

During this period the following alternate arrangements will be put into place.

1. The chair lift will remain fully operational and we will be able to provide assistance to those residents who wish to attend the dining room for lunch and dinner and to participate in the normal Village calendar events.
2. Residents not wishing to use the chair lift and to remain on the lower level of the apartment block, will have lunch and dinner provided in the Sports Room, where tea and coffee will also be available.
3. A lounge area with comfortable seating will be available in the Billiard Room .

We recognize that this work will create numerous access problems, construction noise and significant disruption. Every effort will be made to minimize the impact on residents and we will do all we can to make this process as easy and comfortable as possible.

Thank you in advance for your patience and understanding.



Congratulations to resident Lady Jean Foley

on the publication of her book “*Healings and Burials at Sydney’s North Head*” . If you are interested in reading this book, the Cotswolds Village Library has a copy you may borrow or purchase your own copy for \$30.

WATER RESTRICTIONS—STAGE 2

All residents should be aware that Stage 2 water restrictions are still in force.

Gardens can only be watered before 10am and after 4pm with a watering can or bucket and use of unattended hoses is no longer permitted. Cars can only be washed with a bucket or at a commercial car wash.

Heavy fines apply for use of water outside of authorized use.

