



Nº: 1880

Newsletter

10th July, 2020

Sunday	12		
Monday	13	9.30am	• Reflexology in the Clinic
Tuesday	14	9.30am 10.30am 11.00am 1.00pm	• Acupuncture until 12 Noon • Hydrotherapy Class • St Ives Shopping Bus • St Ives Shopping Bus • Please note limit of 5 people on the bus
Wednesday	15	1.00pm	• St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	16	10.00am	• Physiotherapy Clinic until 12 Noon
Friday	17	9.00am	• Beauty Therapist until 12 noon
Saturday	18		



THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	12	Roast Chicken	Assorted Toasted Sandwiches
Mon	13	Vegetable Fritters with Tomato Salsa	Mild Beef Curry with Rice
Tues	14	Home Made Sausage Rolls	Pan Fried Barramundi
Wed	15	Eggs Benedict on English Muffin	Wiener Schnitzel with Potatoes Romanoff & Wilted Spinach
Thurs	16	Creamy Chicken & Bacon Pasta	Shepherds Pie
Fri	17	Pumpkin & Fetta Tarts	Beer Battered Fish & Chips
Sat	18	Lambs Fry & Bacon	Chinese Beef Stir Fry with Special Fried Rice

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

Due to the Cotswolds bus having limited seating, we can only accommodate 5 residents per trip safely keeping to the social distancing requirements from NSW Health Department .

Keep yourself and your loved ones safe during COVID-19. Remember to:

- Stay 1.5 metres away from other people.
- Don't attend big family gatherings.
- No shaking hands, hugging or kissing.
- Stay safe when out and about, take hand sanitizer with you. Wash hands regularly.
- Stay in if you feel unwell .
- Get tested if you have any symptoms.

Geoffrey Wolf

General Manager

Important Message from Ku-ring-gai Council

Council has commenced monitoring waste collection within the municipality. We have been informed that **penalties** will apply if items are not correctly deposited into the respective bin for collection.

USE OF RUBBISH BINS - PLEASE REMEMBER

RED LID - Garbage

BLUE LID - Paper/Cardboard (No food waste)

YELLOW LID -Mixed Clean Recycling

Please wrap all soiled waste before putting in RED bin.

Keep bin lids closed to prevent flies from breeding in the bins and keep smells to a minimum.

Contaminated items stickers have been placed on some bins already and have been rejected by Council. Cotswolds staff are then required to place items in the correct bins before Council will collect them.

All residents are requested to take care and ensure the correct use of bins.



Visitors who bring their pets into the Village are reminded of the need to clean up after them please. Dogs should be kept on a lead.

COMMUNITY COMMUNICATIONS

OFFICE HOURS

The Cotswolds office will be open from 9.30am until 4.30pm daily until further notice.
Please call reception on 9144 7016.



REFLEXOLOGY SESSION

MONDAYS - 9.30AM TO 3.00PM

In the Cotswolds Clinic

Qualified Reflexologist Anne Moorecroft will conduct half hour sessions.
Cots \$30 (Cheques or Cash only)

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



ACUPUNCTURE with Brendan

TUESDAYS 9.30am - 12 Noon in the Cotswolds Clinic

First appointment 1 hour, then half hour appointments.

Private Health Fund rebates may be available.

Cost \$55 Cash/Cheque

Please make cheques out to Authentic Acupuncture.

Please book with Liz at reception.



HYDROTHERAPY CLASSES RESUME

10.30am Tuesday mornings



Physiotherapist Michele Slater has resumed her Tuesday classes in the Cotswolds pool located near the Sports Club. Class size will be limited to six people only and bookings will need to be made at reception. Classes run for 45 minutes.

Cost \$8.00 per session.

Please see Liz at reception if you are interested in signing up.

PHYSIOTHERAPY SERVICES

Every Thursday 10am - 12 noon in the Clinic

Half hour appointments can be made with Liz at Reception.

You may be entitled to a fee rebate through your private Health Fund, Medicare and DVA referrals welcome. Cost \$80.

BEAUTY THERAPIST



Belinda from North Shore Mobile Beauty will conduct treatments from 9.00am to 12 Noon on a **Friday every fortnight**. Residents can be treated in their units and apartment residents in the area opposite the lift on the top floor. Book at reception for your wax, manicure or just file and nail painting.

COMMUNITY COMMUNICATIONS

A FIELD OF FLOWERS

A COLLABORATIVE, COMMUNITY ART PROJECT

Keep up the good work!

We welcome more Cotswolds residents to join us and start making flowers. There are no rules just a willingness to participate. Use plastic bottles or bags, paper cups, cardboard, fabric and other recycled items.

Flowers can be big, small or in between and made with whatever your imagination can think of. In our isolation it is a way of connecting remotely with extended family and community.

The Primary School hopes to plant a huge field of flowers and invite everyone to walk through the field. After this students will gather flowers into bouquets and send them to hospital front line workers as a gesture of gratitude.

Bring your flowers to reception for collection when finished. Call Liz at reception if you need assistance.

Check the website listed below if you need inspiration.

<https://www.pinterest.com.au/leeplas/field-of-flowers-ideas/>

Here are some more creations!

