



Nº: 1881

Newsletter

17th July, 2020

Sunday	19		
Monday	20	9.30am	• Reflexology in the Clinic
Tuesday	21	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	22	1.00pm	• St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	23	10.00am	• Physiotherapy Clinic until 12 Noon
Friday	24		
Saturday	25		



THIS WEEK'S MENU

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

LUNCH—12 pm

DINNER—6 pm

		LUNCH—12 pm	DINNER—6 pm
Sun	19	Roast Pork with Crackling & Apple Sauce	Scrambled Eggs on Toast
Mon	20	Ham, Egg & Asparagus Salad (Book for Wednesday's dinner by 2pm today)	Pasta Bolognese with Garlic Bread
Tues	21	Grilled Chicken Tenders with Waldorf Salad	Pork with Leeks & White Wine
Wed	22	Club Sandwiches with Sweet Potato Wedges	Grilled Lamb Cutlets with Mint Sauce (Book for this Dinner by 2pm Monday)
Thurs	23	Milanese Risotto with Rocket & Roast Beetroot Salad	Apricot Chicken & Rice
Fri	24	Cheese & Caramelized Onion Tarts	Battered Fish & Chips
Sat	25	Salmon & Chive Crepes with Avocado Salsa	Beef Rissoles with Mash & Gravy

COMMUNITY COMMUNICATIONS

VILLAGE UPDATE

The NSW Health department has just released new advice from the NSW Chief Health Officer, Dr Kerry Chant PSM as follows:

The information from the Department is summarized below :-

Important precautions

- Anyone with fever or respiratory symptoms, even mild, should be excluded from the Village facility. They should be advised to isolate at home and seek COVID-19 testing.
- Any visitors or family members who have been in Victoria in the last two weeks should be excluded from the Village.
- Until the end of July, any visitors who have been in the following local government areas in the previous two weeks should be excluded from the facility: Liverpool, Campbelltown, Camden, Wingecarribee and Wollondilly.
- Staff and visitors who have visited any of the locations linked to the COVID-19 outbreak in South Western Sydney, and areas around Bowral should be excluded for a period of 14 days since their visit to the listed location.

Current position within the Village

- The information from the Department of Health is very clear that we must continue to be proactive and vigilant!
- The four crucial things are to WASH HANDS – MAINTAIN SOCIAL DISTANCE – ISOLATE AT HOME IF UNWELL - WEAR A MASK OUT IF OVER 70 YEARS OF AGE.
- As everyone is aware the current situation is of concern and we will continue to alert residents of any change to the advice we receive.
- At this point we will be maintaining all current practices with respect to use of the dining room and other areas within the Village.
- We do not anticipate any further changes to the scheduled bus transport schedule.

Geoffrey Wolf

General Manager

REMINDER TO ALL RESIDENTS

PLEASE DO NOT FEED THE COCKATOOS AND BRUSH TURKEYS!



Residents have reported damage to plants, pots and railings caused by birds feeding on food scraps.

Cockatoos aggressively attack wood on trees, decks, outdoor furniture and window sills. Brush turkeys make a mess in our garden and pathways.

KU-RING-GAI LIBRARY OVERDUE BOOKS:

“Six Little Miracles”

Ku-ring-gai Library charge fines for overdue books.

Please return this book to Reception.



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

STAY POSITIVE

An unexpected side effect of the coronavirus is the positive impact on the environment. The canals of Venice, normally filled with pollution from people and boat traffic, recovered. They're now sparkling with sea life, including dolphins. Mount Everest is now visible from Kathmandu. The sky is clearer over much of the world, thanks to fewer cars on the road and aircraft in the sky.



Do you have a favourite poem? We invite residents to submit poems that are good for the soul to be included in our Newsletter.

Here is a poem to boost your spirits.

“You’ll find me there, in the land of clean water and air,

Where I feel the mud beneath my toes.

Where I feel the warmth of the bright sun rays,

This is where I wish to spend my days.

Where pollution doesn’t fill up the sky.

Where I can watch the birds flying by.

This is the place to relax and unwind,

This is the place that gives me peace of mind. “

Author Unknown

COMMUNITY COMMUNICATIONS

A FIELD OF FLOWERS

A COLLABORATIVE, COMMUNITY ART PROJECT

Keep up the good work!

Cotswolds residents and staff members have been busy making creative flowers for this Community Art Project.

Lee-Anne Plasto, Art Teacher at North Turramurra Primary School will collect any finished flowers next week. She encourages everyone to keep making more flowers as there is still time before the display later in the year.

Bring your flowers to Liz at reception for collection.

Here are some more of our latest creations?

