



Nº: 1887

Newsletter

28th August, 2020

Sunday	30		
Monday	31	9.30am	<ul style="list-style-type: none"> • Reflexology in the Clinic * Window & Gutter Cleaning starts on Cluster 1 to 6
Tuesday	1	9.30am 11.00am 1.00pm	<ul style="list-style-type: none"> • Acupuncture until 12 Noon • St Ives Shopping Bus • St Ives Shopping Bus • Please note limit of 5 people on the bus
Wednesday	2	1.00pm	<ul style="list-style-type: none"> • St Ives Shopping Bus • Please note limit of 5 people on the bus
Thursday	3	10.00am	<ul style="list-style-type: none"> • Physiotherapy Clinic until 12 noon
Friday	4		
Saturday	5		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	30	Roast Lamb with Mint Jelly	Macaroni Cheese Bake
Mon	31	Salmon Patties with Cauliflower Puree (Book for Wednesday's dinner by 2pm today)	Beef Stroganoff & Pasta
Tues	1	Ham & Avocado Melts	Chicken Casserole with Rice
Wed	2	Cheese & Spinach Triangles with Greek Salad	Crumbed Lamb Cutlets with Mash Potato (Book for this Dinner by 2pm Monday)
Thurs	3	Chicken & Leek Crepes	Silverside with Parsley Sauce
Fri	4	Corn & Spanish Sausage Quiche	Battered Fish & Chips
Sat	5	Smoked Salmon with Scrambled Eggs on Toast	Lasagne with Side Salad

COMMUNITY COMMUNICATIONS

Annual Management Meeting & Annual General Meeting

In accordance with Schedule 6 of the Retirement Villages Regulations, the votes recorded by postal ballot are confirmed as:

Annual Management Meeting - approve by postal vote—27/8/20

1. Approve the Minutes of the 2019 AMM.

Approve 60. Not approved Nil. Abstain 6.

2. To receive & adopt the Reports & Financial Statements for year ended 30/6/20.

Approve 63. Not approved 1. Abstain 2.

Annual General Meeting - approve by postal vote—27/8/20.

1. Approve the Minutes of the 2019 AGM.

Approve 60. Not approved Nil. Abstain 7.

2. To receive & adopt the Reports & Financial Statements for year ended 30/6/20.

Approve 63. Not approved 1. Abstain 3.

3. To confirm appointment of two persons residing in the Village to the Board of Management.

Approve 65. Not approved Nil. Abstain 2.

4. To confirm the election of two external representatives to the Board of Management.

Approve 65. Not approved Nil. Abstain 2.

5. That the Financial Statements of Accounts be audited for the ensuing period and that an appropriately qualified person be appointed.

Approve 65. Not approved Nil. Abstain 2.

Counted and approved by Mrs Meryl Hanford—Returning Officer 26 August 2020.

COMMUNITY COMMUNICATIONS

OFFICE HOURS

The Cotswolds office will be open from 8.30am until 5pm daily.

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.
Cost \$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

Classes will resume in September. Physiotherapist Michele Slater will resume her Tuesday classes in the Cotswolds pool located near the Sports Club later in the year. 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. Fee rebates through Health Funds and DVA referrals welcome.

PHYSIOTHERAPY SERVICES

Every Thursday 10am - 12 noon

Half hour appointments can be made with Liz at Reception. You may be entitled to a fee rebate through your private Health Fund, Medicare & DVA referrals welcome. Cost \$80.

HAIR SALON



Our Hairdresser Karen is available in the Salon near reception on Tuesdays and Fridays. Bookings may be made by calling Reception on those days and asking for Karen.

COMMUNITY COMMUNICATIONS



HELP US STAY COVID SAFE OVER 70? Do the 7

1. Wash and sanitise hands and disinfect surfaces regularly.
2. Avoid unnecessary travel.
3. Keep gathering virtually where you can.
4. Consider having your essentials delivered.
5. If you do go out stay 1.5m away from others at all times.
6. If you are sick stay home and get tested.
7. Ensure you don't come into contact with anyone who is unwell.

Taking extra steps will make a difference.

SCHEDULE FOR GUTTER CLEANING, HIGH PRESSURE CLEANING BALCONIES & WINDOW CLEANING

<u>Building</u>	<u>Date</u>
Cluster 1 to 6	August 31 and September 1st
Cluster 7 to 12	September 3rd and 4th
Cluster 13 to 17	September 7th and 8th
Main Building	September 9th and 10th

Please note the day before window cleaning starts, the leaves will need to be removed from the gutters and may leave a mess around the building. They will be removed, at the latest the following morning. Please protect any furniture on balconies.