



Nº: 1890

Newsletter

18th September 2020

Sunday	20		
Monday	21	9.30am	• Reflexology in the Clinic
Tuesday	22	9.30am 11.00am 1.00pm	• Acupuncture until 12 Noon • St Ives Shopping Bus • St Ives Shopping Bus • Please note limit of 5 people on the bus
Wednesday	23		
Thursday	24	10.00am	• Physiotherapy Clinic until 12 noon
Friday	25	9.00am	• Beauty Therapy with Belinda
Saturday	26		

THIS WEEK'S MENU

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

		LUNCH—12 pm	DINNER—6 pm
Sun	20	Roast Beef with all the Trimmings	Cheese Omelette
Mon	21	Tuna Pasta Bake	Tandoori Chicken & Rice
Tues	22	Roast Vegetable Salad	Flathead Fillets with Tarragon Butter
Wed	23	Bacon & Leek Risotto	Roast Turkey with Cranberry Sauce
Thurs	24	Lamb Kofta with Hommus & Tabouleh	Szechuan Pork with Special Fried Rice
Fri	25	Pumpkin, Spinach & Fetta Quiche with Garden Salad	Battered or Grilled Fish & Chips
Sat	26	Ham & Cheese Toasties	Bangers & Mash with Mushy Peas

COMMUNITY COMMUNICATIONS

HAZARD REDUCTION BURN- BOBBIN HEAD NATIONAL PARK

National Parks and Wildlife Service are planning a hazard reduction burn from the boundary of The Landings to the bridge in the national park at the end of next week.

You will be informed by letter from National Parks and Wildlife of the actual dates of the burn, weather permitting.

Bobbin Head Road will be closed through the park for approximately two days while the burn is conducted.

NBN CONNECTION THROUGHOUT THE VILLAGE.

NBN Co, the organization handling the roll out of NBN have advised that residents, who may not have yet started the change to the NBN, should commence making enquiries to move their services to their preferred provider. As each resident is able to make their own arrangement, it is important to consider which option or plan is suited to your needs.

NBN's records indicate that approximately 70% of the Village have already made arrangements to connect to the NBN and they recommend that those who have not done so, should start assessing their options as the indicative date for termination of the copper line infrastructure is 10 November this year.

BE TICK AWARE!

Ticks like moist, humid bushy areas and the eggs are found amongst leaf matter or mulch.

Preventative measures:-

- Wear protective clothing and a wide brimmed hat.
Ticks are more easily detected on light coloured clothing.
- Before going outdoors spray clothes and hats with insect repellent.
- Check yourself and animals after being outdoors.



EARLY SNAKE SEASON

Increasingly warmer weather means snakes are becoming active as early as this week.

As our Village is close to the bush, occasionally there will be a snake passing through the garden. Please do not try to catch or trap a snake, just leave it alone and stay clear.

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 resume in October.

Classes will resume on Tuesday 6th October. 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.



