

# Watermark Castle Cove



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## FROM THE MANAGER

Welcome to our August issue for 2018.

This month we celebrate our Watermark 9-year anniversary. Come along and join us for morning tea on Monday 27<sup>th</sup> at 10am in the lounge.

A huge Happy Birthday to Harold Poole who is celebrating 90 years this month. Join us in celebrating this wonderful occasion on Monday 21<sup>st</sup> in the lounge at 10am.

This month we welcome another new initiative, 'Sarah's Corner'. Sarah will provide weekly activities each Thursday at 11am including a walking group, Trivia and word games, discussion groups and movement to music. Her monthly calendar is provided with this Newsletter.

A reminder to all residents, whilst we welcome and encourage family and friends to enjoy our community areas, please remember to accompany them at all times.

I look forward to seeing you all at our Bollywood dinner this month, all dressed to impress.

Until next month, take care of yourselves and each other.

*Nada Vescio*

**August dinner  
"Bollywood"  
Friday 24<sup>th</sup> August  
6pm \$35**



**Your menu**

*Vegetable Curry  
Butter Chicken  
Lamb Korma  
Rice  
Naan bread*

*Lychee & ice cream  
Book and pay by  
Monday 19<sup>th</sup> August*

**Weekly Movies**

**Thursday 2<sup>nd</sup> – The Bourne Identity**

Starring Matt Damon

2002 American-German action thriller film based on a novel about a man suffering from extreme memory loss and attempting to discover his true identity amidst a clandestine conspiracy with the CIA

**Thursday 9<sup>th</sup> – The Bourne Supremacy**

Starring Matt Damon

2004 American-German action spy thriller film which focuses on Jason Bourne's attempt to learn more of his past while enveloped in a conspiracy involving the CIA

**Thursday 16<sup>th</sup> – The Bourne Ultimatum**

Starring Matt Damon

2007 action thriller film where Bourne continues his search for past information and becomes a target of an assassination program

**Thursday 23<sup>rd</sup> – The Imitation Game**

Starring Benedict Cumberbatch

2014 American historical drama film about a cryptanalyst who decrypted German intelligence codes for the British Government during WWII

**\*Sunday movies at 2pm**

**Games Games Games**

Monday 20<sup>th</sup> August - 1pm to 4pm in the card room

Come along and enjoy an afternoon of fun, with your choice of games.

Scrabble  
Bridge  
Canasta  
Mahjong



**BRIDGE in AUGUST**

**7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup>**

Tuesdays at 1.45pm in the card room. In a brief talk before play, John shares with us some of his vast knowledge of bridge. Please arrive in good time.

The booking sheet is on the lounge notice board. On the final Tuesday of each month, partners will be drawn from single entries.

Weekly results are published on  
<https://site.pianola.net/watermark-freshwater>

Your bridge co-ordinator is  
John McIlrath 0437 274 343

**U3A**

**LOST WORLDS OF SOUTH AMERICA**

The dramatic terrain of South America is one of the great frontiers of archaeology. Buried by the centuries on soaring mountain slopes and beneath arid deserts and lush jungles, the remains of extraordinary civilizations are now coming to light.

3 sessions (7<sup>th</sup> – 21<sup>st</sup> August) presented by Barbara Boston

**THE AUSTRALIAN MUSEUM**

Sydney's major natural history museum dates from 1827. This course describes the museum's objectives, collection (almost 20 million items), buildings & important events during its 90 year history.

1 session (28<sup>th</sup> August) presented by Stewart Reed

**U3A**

Cinema continues alternate weeks from  
Friday 10<sup>th</sup> at 10.30am and Talks every Tuesday  
from 7<sup>th</sup> June at 10.30am.



## AUGUST HAPPY HOURS

Friday 3<sup>rd</sup> – Happy Hour 5:00pm  
 Friday 10<sup>th</sup> – BBQ Happy Hour 5:00pm  
 Friday 17<sup>th</sup> – Happy Hour 5pm  
 Friday 24<sup>th</sup> – Bollywood Dinner 6pm  
 Friday 31<sup>st</sup> – Pizza Happy Hour 5pm



## HAPPY BIRTHDAY

Very best Birthday wishes to residents celebrating birthdays in August

Carole Stapleton  
 Tom Glynn  
 Barbara Boston  
 Marie Pinter

Harold Poole  
 Rod Keable



## FOR THE PHOTO ALBUMS



### IT 4 Retirees

Mondays

11.30am – 12.30pm

For the next 7 weeks a trainer will be available in the Card Room ready to answer any IT related questions as well as show you how to do things on your device.

The time is allocated on a “first-come, first-served” basis. No appointment is needed.

From 8<sup>th</sup> October to 10<sup>th</sup> December we will be rerunning the Apple iPhone and iPad beginners course for those who missed out. Please register your interest at the office as early as possible.

## SERVICES / ANNOUNCEMENTS

### GARY'S CAR WASH

Thursday 9<sup>th</sup> August  
 Please book at reception by Tuesday 7<sup>th</sup> August



### ALTERATIONS & REPAIRS

All types in Castle Cove  
 Please call Adrin on 0421 362 002

### RESIDENTS MEETING

Thursday 30<sup>th</sup> at 2pm, followed by afternoon tea in the lounge

### BELLA AMARI BEAUTY

Open Thursdays and Saturdays  
 For appointments, please call Annie on 0434 263 969



### WENDY TORY HAIRDRESSING

Open Tuesday, Wednesday and Fridays  
 For appointments, please call Wendy on 0402 566 793



## YOUR HEALTH &amp; WELLBEING

TIPS TO HELP YOU HAVE A  
GOOD NIGHT'S KIP

## A special cup of tea

Orange-peel tea! Pour hot water over some cleaned orange peel sitting in a small mug. Drink 20 minutes before bedtime (of course, just a little – so it doesn't make you wake up and go to the toilet). Sleep like a baby guaranteed! Good for daytime anxiety, heartache as well!

## Fool yourself

If you want to nod off, try to keep your eyes open and stay awake. Oddly, attempting to stay awake is surprisingly tiring and helps you fall asleep. But remember that you have to use the power of your mind – you must try to keep your eyes open (you are allowed to blink), but are not allowed to read, watch television, or move about.

## Relax, don't worry

Lying awake makes many people feel anxious, and this anxiety disrupts their sleep even more, creating a vicious cycle. If you are struggling to sleep, remember that you are probably getting more sleep than you think (research shows that we all underestimate how much of the night we spend sleeping) and that just relaxing in bed is good for you.

## Warm feet

You won't fall asleep with cold feet. Make sure they're rugged up and cosy.

## Try the magic yawn

Your behavior influences how you feel. For instance, smiling makes you feel happy, and forcing your face into a frown makes you feel sad. The same is true of sleep. Fool your body into thinking that you are tired by letting your eyes droop, your arms and legs feel heavy, and even faking a yawn or two.

Willoughby Road Pharmacy

Ara Badam is the proprietor of Willoughby Road Pharmacy, located at 588 Willoughby Road, Willoughby.

Apart from general duties, the following services are also available:

- Dispensing prescriptions
- Free webster packs
- Free deliveries

Deliveries are done mostly by Ara himself so you have the opportunity to ask him anything you need clarifying or advice on.

The pharmacy is open Monday to Friday 9am to 5pm and Saturday 9am to 1pm. To contact Ara, phone 9958 4032 or email [ambadam@yahoo.com.au](mailto:ambadam@yahoo.com.au)

## Gentle Exercises

With Dominic Vaughan

Wednesday - 9.30am

Friday - 10.30am

(see calendar for scheduled dates)

## Tai Chi

With Judy Wong

Monday - 10am

(see calendar for scheduled dates)

## Qi Gong / Meditation

With Judy Wong

Friday - 2.30pm

(see calendar for scheduled dates)

## Stanley's exercises

With Stanley and Leila Sithole

Wednesday - 2 pm

(see calendar for scheduled dates)

## Vitalis Nurse

Free health & wellness checks with Marg Sacre

See reception for appointments  
Wednesday 10.30am – 12.30pm

## Chatswood Podiatry

With Luke Bortolussi

Our local Podiatrist  
will come to you

Call 9411 5517 for appointments