



December 2018



From the Manager,

After a very busy November, with Melbourne Cup and the Art Show, we look forward to a festive December.

Please join me in welcoming Bob and Jennifer in apartment 64, Kathleen in 78 and Virginia in 22 to our Watermark family.

I look forward to seeing you all at our Christmas Cocktail Party on the 7<sup>th</sup>, as well as the Christmas Dinner on the 21<sup>st</sup>.

This year we will again join Rotary by participating in the 'Tree of Joy'. The Tree of Joy was adopted by Rotary many years ago, with the aim of providing a Christmas gift for those who might not otherwise receive one. Cards will be placed on our Christmas tree with a note about the intended recipient (age, group, gender, etc.) I invite all residents to take a card and place it with their gift under the Christmas tree by Thursday 20 December.

The office will be closed on Christmas Day, Boxing Day and New Year's Day.

I will be on leave from Monday 31 December, returning Tuesday 22 January. The office will operate normal business hours. For all after-hours emergencies during my absence, please contact Nick on 0418 273 428.

I would like to take this opportunity to welcome all our new residents to our wonderful community and thank you all for another wonderful year filled with love.

Wishing you and your families a very Merry Christmas and a safe and happy new year. If you are travelling over the festive season, please stay safe.

*Merry Christmas and Happy New Year*

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

*Nada Vescio*

## SARAH'S CORNER

A warm and friendly hour of activities.  
11am – 12 noon. Meet in the Lounge  
Thur 6 **Christmas Trivia, Music and Mind Games**

## BRIDGE

Tuesdays at 1.45pm prompt. Directed by John McIlrath. The booking sheet is located in the Residents' Lounge. Please book as early as possible. If cancelling within 24 hours, please advise Mary Harrington.

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

## IT4 RETIREES

Meet in the games room  
3 Dec – Current Apple course continues  
10 Dec – Current Apple course ends  
17 Dec – Drop-in session from 11.30 – 12.30.  
Bring any IT queries you may have.

Classes will resume on 7 January, with a drop-in session at 1.30pm.

We are hoping to provide a beginners' course for Android smart phone users. Please notify reception by 20 December if you would like to attend.

The next course will be intermediate Apple iPad and/or iPhone 8, week commencing 21 January at 1.30. This course will be suitable for any resident who has attended an Apple course or has basic skills and wants to learn more.  
Please note that times will change for 2019, from 11.30 to 1.30.

## HAPPY HOURS

Our Happy Hours operate every Friday at 5pm.

7th Residents' Cocktail Party  
14th Happy Hour  
21st Christmas Dinner  
28th Happy Hour

## U3A

U3A will not meet in December or January and will return in February.

## WEEKLY MOVIES

Watermark movies are shown in our cinema, located on the ground floor of Alleyne Building. Movies for Thursday are listed below and Sunday movies are chosen by the attendees on the day. All movies are free.

6 December **"The Sense of an Ending"**  
A business owner (Jim Broadbent) re-unites with his first love (Charlotte Rampling) after a letter and a diary force him to confront the past.

13 December **"Fargo"**  
A 1996 black comedy crime film, starring Frances McDormand as a pregnant police chief, investigating a homicide after a kidnap and extortion attempt.

20 December **"Blue Sky"**  
Staring Tommy Lee Jones and Jessica Lange. Drama set in the early 1960s, an army major stumbles onto a military cover-up of a nuclear indiscretion.

**Fun Functional Fitness** *Dominic Vaughan*  
Mon 3pm, Tue 9.30am,  
Wed 9.00 and 10am, Fri 10.30am

**Tai Chi** *Judy Wong*  
Monday 10am

**Stanley's Exercises** *Stanley and Leila Sithole*  
Wednesday 2 pm

**Yoga** *Angela Wyatt*  
Thursday 9am

**Qi Gong/Meditation** *Judy Wong*  
Friday 2.30pm

**Sarah's Corner**  
Thursday 11am

\* Be sure to check your social calendar for class information \*

ART SHOW 2018



First



Second



Equal Third



Equal Third



Prize Winners

Thank you to all our artists, volunteers and students for making this day such a huge success.

We were blown away by the amazing talent shown by the Castle Cove Public School students, from Kindergarten to Year 6. Thank you to all our residents and artists for submitting such a stunning array of work.

With Folkestone's generous donation of \$1000 and funds received on the day, we raised just over \$1,600 for the school.

We are delighted with this result and look forward to many more successful Art Shows.



**HAPPY BIRTHDAY - HAPPY BIRTHDAY - HAPPY BIRTHDAY**

Very best birthday wishes to residents celebrating birthdays in December

Emily Liu  
Heather Stokes  
Petsy Meyer

Jacqueline Hellings  
Kareen Johnson

## YOUR HEALTH & WELLBEING

### How much physical activity do people aged 65 and over need to do to keep healthy?

To stay healthy or to improve health, it is recommended to do two types of physical activity each week: aerobic and strength exercises. People aged 65 or older who are generally fit and have no health conditions that limit their mobility, should try to do some moderate aerobic activity, such as walking every day and strength exercises that work all the major muscles on two or more days a week.

Older people at risk of falls, such as those with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination at least two days a week.

You should also try to break up long periods of sitting with light activity. Sedentary behaviour is now considered an independent risk factor for ill health, no matter how much exercise you do. Long periods of TV watching should be avoided and you should try to do activities that involve light movement and being 'on your feet' as much as possible.

Do some tasks standing. Try having coffee and chats, or even while writing a letter – Ernest Hemingway wrote his novels while standing.

## WATERMARK CHRISTMAS DINNER

Friday 21 December  
6pm

### *Menu*

Traditional Roast Turkey  
Glazed Ham  
Roast Vegetables and Greens

Mini Christmas Puddings  
Chocolates

\$40 per person

Book & pay by Mon 17 December



## NEW YEAR'S EVE BBQ

All welcome

BYO meat and side dish to share  
(nibbles or salad or bread or dessert)

Pre-dinner drinks 6pm  
Cooking starts at 6.30pm

## SERVICES...

### CLOTHING ALTERATIONS & REPAIRS

Fast and reliable

Adrin 0421 362 002

### BELLA AMARI BEAUTY

Thursday and Saturday in our salon

Annie 0434 263 969

### WENDY TORY HAIRDRESSING

Tuesday Wednesday Friday in our salon

Wendy 0402 566 793

### WILLOUGHBY ROAD PHARMACY

Free deliveries. [ambadam@yahoo.com.au](mailto:ambadam@yahoo.com.au)

Ara 9958 4032

### CHATSWOOD PODIATRY

Home visits for all your podiatry needs

Luke 9411 5517

### VITALIS NURSE

Wednesday 10.30 – 12.30

Free health & wellness check with nurse

Book through reception

### GARY'S CAR WASH

Thursday 6 December

Wash and clean inside & out \$50

Book through reception