



From the Manager,

We are now full steam ahead towards Christmas and New Year. The art show was all about the kids and was a huge success, with over 200 people through the doors to see the selected pieces of artwork by the students of Castle Cove Primary School and the residents of Watermark. As always, we were astounded by the talent and the support of the families, businesses and local community. Along with the \$1000 donation from Charter Hall, we also raised \$760 from door takings.

We thank artist Peter Finlay for his help with judging the winners. His insights were informative and appreciated.

Congratulations to our very own Ailsa Allen on turning 90. It was lovely to see so many residents joining in her celebration.

I look forward to seeing everyone at our Christmas cocktail party on Friday 6 December. Be sure to book in for our Christmas dinner on Friday 20 December.

Why not bring in the new year with fellow residents at our BYO BBQ on 31 December and celebrate.

A reminder that the office will be closed on Christmas Day, Boxing and New Year's day.

Thank you for another year of support and care contributing to our Watermark community.

BRIDGE

Tuesdays at 1.45 pm prompt. Please arrive early. The booking sheet is in the residents' lounge. If cancelling within 24 hours, please advise Mary Harrington. Weekly results are published on <https://site.pianola.net/watermark-freshwater/home>. Convenor: Cassandra Mitchell

IT4 RETIREES

Meet your IT trainer in the lounge from 1.30 - 2.30 pm each Monday for drop-in help with any IT problems.

U3A

FRIDAY FILMS AT CASTLE COVE

Classic movies from the silent to the contemporary era will be presented, with some analysis and background pertaining to cast, direction and production issues. Leader: Hugh Watson
Alt Fridays from 10:30 - 12:30

Friday 6 December **Desk Set**

Walter Lang comedy starring Kathryn Hepburn and Spencer Tracy. They clash, argue and fall in love, all with great style.

WEEKLY MOVIES

Movies for Thursday are listed below. Sunday movies will be displayed in the lounge every Saturday. Movies are free and shown in the cinema, ground floor Alleyne.

Thursday 5 December **Michael Clayton**

A 2007 American legal starring George Clooney, Tom Wilkinson, Tilda Swinton and Sydney Pollack. Thriller about attorney Michael Clayton who 'fixes' the mess his powerful New York law firm wants swept under the rug. But now he's handed a crisis even he may not be able to fix.

Thursday 12 December **Moulin Rouge**

Starring Ewan McGregor and Nicole Kidman. Directed, co-produced, and co-written by Baz Luhrmann. Christian, an English writer, travels to Paris to join the Bohemian revolution. He visits the Moulin Rouge and falls in love with its star performer and courtesan, Satine.

Thursday 26 December **As Good as It Gets**

A 1997 American romantic comedy starring Jack Nicholson as a misanthropic and obsessive-compulsive novelist and Helen Hunt as a single mother with a chronically ill son.

life-changing SKINCARE

RODAN+FIELDS

Join us for some Spring Glow!

Come and hear about the no.1 fastest growing skincare brand in Australia!

Lucky door prize and free samples to be given.

Thursday 9 December 12.30pm

Hosted by Natalie Wong - Executive Consultant, Rodan + Fields

HAPPY BIRTHDAY!!

Very best wishes to residents celebrating birthdays in December

Kareen Johnson

Jacqueline Hellings

Emily Liu

Heather Stokes

Petsy Meyer



Happy 90th Birthday Ailsa



Let's meet and talk travel



Are you interested in travelling or have any questions about your next trip?

Come and have a chat to us, we are happy to answer any questions you may have.

PLACE: Watermark Card Room

DATE: Wednesday 04th Dec 2019

&

Wednesday 18th Dec 2019

TIME: 01:00pm until 04:00pm

To find out more contact Kirsty & Teresa your personal travel managers



**Kirsty McKenzie
&
Teresa Reyes**
Personal Travel Managers

To find out more call
Kirsty McKenzie
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Part of the House of Travel Group. ACN: 113 085 626 Member: IATA, AFTA, CLIA



Fun Functional Fitness Dominic Vaughan
Monday 3pm, Tuesday 9am,
Wednesday 9/10am, Friday 10.30am

Tai Chi Judy Wong
Monday - 10am

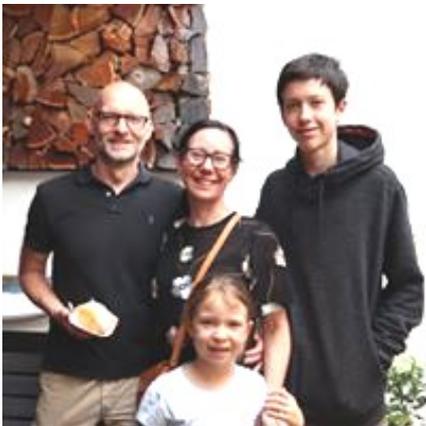
Yoga Angela Wyatt

Thursday - 9am

Zumba

Thursday - 11.30am

**** Please refrain from using the gym when
Yoga, Tai Chi, Qi Gong and Zumba classes are in
progress.**



11.11.19
Dear Watermark Residents,
I am very honoured that I won the art show and very grateful for the generous prize I was awarded.
I love art and craft and I think its great that your separating kids in art because its a great way to use your imagination.
I can't wait to enter next year!
Yours Sincerely,
Phoebe Hill CCPS
2M





Panettone Bread & Butter Pudding



INGREDIENTS

700g panettone, cut into slices 1cm thick

40g unsalted butter, softened

50ml dark rum

50ml dry marsala

600ml milk

600ml thickened cream

1 cinnamon stick

1 lemon, rind grated

4 eggs

125g caster sugar

Icing sugar, to dust

METHOD

Step 1 Preheat the oven to 170°C. Lightly grease a 1.5-litre ovenproof dish.

Step 2 Lightly butter each slice of panettone, lay slices, slightly overlapping, to fill the dish.

Step 3 Combine the rum and marsala and pour over the panettone.

Step 4

Merry Christmas

Mango Mascarpone Layer Cake



INGREDIENTS

220g (1 cup) caster sugar

1 lime, zested, juiced

500g (2 cups) mascarpone

1 teaspoon vanilla extract

5 passionfruit, pulp removed

175g sweetened condensed milk

900g (18cm) panettone

3 mangoes, peeled, cheeks thinly sliced

METHOD

Step 1 Place sugar and 250ml (1 cup) water in a small saucepan. Cook, stirring, over medium heat for 3 minutes or until sugar dissolves, then simmer, without stirring, for a further 5 minutes or until a caramel forms. Remove from heat. Stir in lime juice and 1 tablespoon water, taking care, as the mixture will spit. Cool caramel for 10 minutes. Set aside.

Step 2 Meanwhile, using an electric mixer, whisk mascarpone, vanilla, the pulp of 3 passionfruit, lime zest and condensed milk in a bowl to stiff peaks. Cover and refrigerate until needed.

Step 3 Trim top from panettone, then cut horizontally into 5 x 1.5cm layers. (Depending on the height of the panettone, you may have leftovers.)

Step 4 To assemble cake, line an 18cm round cake pan with plastic wrap, allowing edges to over-



Did you know?

Vitalis works with a range of providers as part of our 'Vitalis Alliance'. This includes a wonderful team of professionals who help us with enquiries about different types of equipment you can use at home. Taylor and Sue at Nth Degree Care are based in Turrumurra and here is some information about their wonderful services. Come and see us at the Vitalis office to find out more!

Nth Degree Care is small family - owned business that has been operating on the North Shore since 2005. Passionate about helping people live as safely and independently as possible, Nth Degree Care helps people find the best assistive devices and equipment for their individual needs.

In line with continuing this promise, Nth Degree Care has recently grown to include a team of occupational therapists, as well as training for other allied health professionals, to ensure the most appropriate equipment is recommended. Nth Degree Care partners with home care providers, the NDIS & the Department of Veteran's Affairs to ensure that equipment is accessible to all Veterans.

Their showroom has a wide range of products on display, such as walking aids, bathroom equipment, kitchen aids, chairs and beds. They work with companies who supply high -

quality products, including Australian-made options wherever possible and offer advice on sales, equipment rental and services that support people to stay at home.

Location: 1323 Pacific Highway
Turrumurra

Watermark Care Concierge

Every Wednesday

11am to 1pm – free consultation

General Practitioner (GP) visit

Every second Wednesday from 9 to 12

Bulk-billed with Medicare.

Please bring Medicare Card with you.

Registered Nurse (RN) visit

Wednesday 9 to 11 and 1:30 to 3:30

Short consultation (up to 30mins) \$45*

Long consultation \$90*

If you have private health insurance, you may be able to claim this back. Please contact your health fund directly.

Physiotherapist – Brendan Willis

By appointment – Ph 0434 389 389

Initial home visit (1hr) \$175

Follow-up home visit 60 min: \$175

45 min: \$155 30 min: \$135

Please contact Brendan on his mobile for more information, or to make an appointment.

Podiatrist – Sahin Kuroz

By appointment – Ph 0413 033 776

Bulk-billed with Medicare if used with Chronic



*BBQ Happy
New Year
All welcome*

BYO meat and side dish to share.
Nibbles, salad, bread or dessert.

*Add your name to the
list in the lounge*

Cooking starts at 6.30pm



*Watermark
Christmas Dinner*

Friday 20 December
6pm

Menu

Traditional Roast Turkey
Glazed Ham

SERVICES...

CLOTHING ALTERATIONS & REPAIRS

Fast and reliable

Adrin 0421 362 002

BELLE-AMARI BEAUTY

Thursday and Saturday in our salon

Annie 0434 263 969

WENDY TORY HAIRDRESSING

CHATSWOOD PODIATRY

Home visits for all your podiatry needs

Luke 9411 5517

VITALIS concierge - Wednesday 11- 1pm

Doctor Wednesday 9.- 12

13 & 27 November. Book at reception

GARY'S CAR WASH,