



From the Manager,

What a Summer that was.... We are certainly living in a Dorothea Mackellar poem...." I love a sunburnt country, a land of sweeping plains, of ragged mountain ranges, of droughts and flooding rains.... Perhaps we can also include cyclones. Castle Cove holds the record for receiving the highest amount of rain in the city.

This month we welcome Shirley Dunesky, who is moving into apartment 70. Please make her feel welcome as always. This is the last apartment in Kendall to be occupied.

As you know, we have implemented sign-up sheets for the gym classes. We need to ensure that these classes remain safe and enjoyable for everyone, and have capped them at 12 people per class. Please sign up with reception. You can email, phone or visit the office. It is important that you sign up and do

not just turn up to class without being registered.

Nick will be holding classes in the golf simulator each Friday in March. Here is a great opportunity to learn from the Golf Master himself. Book with reception.

He also recommends you take a look at the crepe myrtle blooming outside Alleyne. Our gardens are looking so much better after the recent rains.

I would like to sincerely thank everybody for the beautiful messages, cards and flowers. Your understanding and compassion with the passing of my father was really appreciated and helped me through this sad time. I'm very fortunate and blessed to be around such loving and caring people.

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

Nada Vescio

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

Monday 3 Feb- 23 March Android class with Michelle Ardon. Please book with Reception

U3A - TUESDAY SESSIONS 10.30 - 12.30

3 March Australian Agriculture
An exploration of the development of our national agriculture from 1788 to the latest explanation of high tech science of food and fibre production. (2 sessions)
Leader: Peter Sloane

From 10 March Our Dynamic Earth
From the Big Bang to the Present – how did we get here and where are we going?
The Bountiful Planet – What are everyday things made of?
On a Solid Foundation – landscape, climate, and our geological history.
Volcanoes, earthquakes and tsunamis – the whys and wherefores (4 sessions)
Leader: Garry Lowder

U3A - FRIDAY FILMS AT CASTLE COVE

Classic movies presented, with some analysis and background. Leader: Hugh Watson
Alt Fridays from 10:30 - 12:30
Full program at first session (11 sessions)

6 March Duck Soup (1933)
Starring the Four Marx brothers, Groucho, Harpo, Chico and Zeppo. *Duck Soup* is now widely considered among critics to be a masterpiece of comedy and the Marx Brothers' finest film.

20 March Gilda (1949)
Ballian Mudson, owner of a casino, learns that his new wife, Gilda, shares a past with his right-hand, Johnny. Things get complicated, when Mudson mysteriously disappears and is considered to be dead. Starring Rita Hayworth in her signature role.

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.

5 March A Beautiful Mind

A Beautiful Mind is a 2001 American biographical drama film based on the life of the American mathematician John Nash, a Nobel Laureate in Economics and Abel Prize winner. The film was directed by Ron Howard.

12 March The Children Act

In the midst of a marital crisis, a High Court judge must decide if she should order a life-saving blood transfusion for a teen with cancer, despite his family's refusal to accept medical treatment for religious reasons.

19 March Rocketman

Rocketman is a 2019 biographical musical film based on the life of musician Sir Elton John. Starring Taron Egerton as Elton John, with Jamie Bell as Bernie Taupin, Richard Madden as John Reid, and Bryce Dallas Howard as Sheila Eileen.



*'Stop being so young —
it's annoying everyone.'*



March Dinner

Wednesday 25, 6pm

Menu - \$27 per person

(inc tip and corkage)

Money Bags

Curry Puff

Oyster Beef and Vegetable

Green Chicken Curry

Pad See Ew

Steamed Rice

Ice cream and lychees

BYO – wine only

Please book and pay by

Wednesday 18 March



HAPPY HOUR!!

Come together and catch-up with your neighbours. From 5pm in the residents' lounge. Drinks available to purchase from the bar. Bring some nibbles to share.

For BBQ or Pizza Happy Hour, please identify your meat or pizza for the chefs and bring your own cutlery and plates.

- Fri 6 Happy Hour
- Fri 13 BBQ Happy Hour
- Fri 20 Pizza Happy Hour
- Fri 27 Happy Hour

HAPPY BIRTHDAY!!

Very best wishes to residents celebrating birthdays in March.

- | | |
|-----------------|-----------------|
| David Synnott | Fran Keable |
| Carol Jones | Jennifer Wright |
| Don Mullineux | Nan Shugg |
| Kathy Kuo | Anthony Meggitt |
| Gunter Meyer | Judy Greive |
| Shirley Dunesky | |



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.



***Enjoy a wonderful
day out. Join us.***



SATURDAY, 28 MARCH

***Tom and Lynda Glynn's house,
59 Crystal Avenue, Pearl Beach***

Lunch \$15: BYO drinks

**BBQ lamb cutlets, sausages,
salads, bread rolls,
ice cream, cheese platter**

CHECK YOUR LETTER BOX FOR ALL THE BOOKING INFORMATION

Oral Health Issues

Taking special care of your oral health is necessary as you age. Always ensure you maintain regular dental visits, even if you're a denture wearer, as getting your remaining teeth and gums checked is very important. No matter what your age, you can help keep your teeth and gums healthy by brushing twice daily with fluoride toothpaste, flossing, and using an antibacterial mouthwash once daily. There are, however, particular health issues to be aware of.

Gum (Periodontal) Disease

Gum disease has the potential to become a serious condition, which can be a concern for older adults who have not taken care to develop proper oral health care habits earlier in life. The first stage of gum disease is gingivitis, which is recognisable by red, bleeding or swollen gums. It is vital to treat gingivitis in early stages as it can advance to periodontitis. With daily brushing and flossing, and regular cleaning by a dentist or dental hygienist, gingivitis can be reversed.

Tooth or Root Decay

You can develop tooth or root decay at any age if you still have natural teeth. Effective cleaning of gums, teeth and exposed root surfaces is vital in helping to remove dental plaque and food debris. Be sure to also visit your dentist regularly for check-ups and professional cleaning.

Sensitive Teeth

Sensitive teeth are a concern at any age, and most of us have felt that sharp, tingling sensation, particularly after having a hot or

cold drink.

Make sure you do not brush too aggressively and be aware that worn tooth enamel or a cracked/fractured tooth can cause this feeling. Using a desensitising toothpaste and brushing properly can help minimise feelings of

Dry Mouth

Dry mouth occurs when there is a lack of saliva in the mouth. Saliva also contains minerals that can help reverse early decay. Therefore a lack of it increases the risk for tooth and root decay. This condition can be caused by medications you may be taking for other health conditions. You should see your dentist or physician to determine what is causing your dry mouth and what treatments might be helpful.



Learn how to operate the golf simulator with Nick. Four people per group.

Friday 6, 13, 20 March.

11am - 12.30pm

BYO cubs (if you have them, otherwise some will be provided).

Book at reception.



Seniors Week was held (12th to 23rd February) and you may have seen or participated in local Council events held to inform, educate, and celebrate this annual event.

At this time of year we are all especially **respectful of the process, as we all age on life's** continuum. There is so much to think about as birthdays tick by and growing older may mean different things, stirring up a wealth of emotions that may not always be positive. Taking time to **think about 'gratitude'** can really help change how you feel.

As we reflect on Seniors Week, we wanted to share three themes that you may be grateful for here at Watermark:

Increased sense of community support and being part of the Watermark village, whether you live by yourself or with a partner. Just having that sense of **'belonging'** can help ground you each day. Knowing who to ask, **where to go and what to do 'if...'** can provide great comfort.

Keeping the mind and body active and having so many **'options'** for how you choose to spend your days. Whether it's having some quiet time doing a jigsaw by yourself in the lounge room, or it's with a group in the gym, or maybe even having a chat with someone as you attend to your garden barrel, whatever takes your fancy there are lots of ways you can keep busy.

Security and that feeling of being safe in your own home. Perhaps it's not just the physical safety of keys, security passes and knowing help is available if required. Sometimes, it may also be that sense of relief on those days

when you may be feeling a little vulnerable or emotional, with other things happening in your life and when you come home you are grateful for where you live.

We hope you took some time to 'honour' yourself this month.

With gratitude....from the team at Vitalis. J

Looking forward to seeing you around

From all the team at Vitalis..

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

Let's meet and talk travel



Join us for wine & nibbles and an information session with Ena founder of MoeTours New Zealand

MoeTours specialise in small group escapes for mature travellers all between 4 to 7 days in length. They run various New Zealand tours including Garden Tours, WOW World of Wearable Art, Zealand Classic Fighters Show and more.

PLACE: Watermark (Card Room)
DATE: Friday 06 March 2020
TIME: 3:30pm start

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

[Teresa Reyes & Kirsty McKenzie](#)

Personal Travel Managers
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Part of the House of Travel Group AOE: 113 005 028 Member: IATA, APTA, CTA

Keep your plastic bottle tops.

Envision Hands turn bottle caps into prosthetic limbs for kids in need.

Envision Hands is a not-for-profit community initiative that uses 3D printing to turn plastic waste into mechanical hands and arms for kids, with the products being sent around the world. Milk bottle tops, soft drink tops and flat water-based tops are the best to utilise and recycle.



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

Tuesday, Wednesday, Friday in our salon
 Wendy 0402 566 793

KILLARA IT SUPPORT

Sam 0450 713 915
Sam.mirashrafi@gmail.com

CHATSWOOD PODIATRY

Home visits for all your podiatry needs
 Luke 9411 5517

VITALIS CONCIERGES Wednesdays 11- 1pm

Doctor alternate Wednesday 9 - 12
 Book at reception

GARY'S CAR WASH

Thursday \$50 - 6 & 20 March
 Book at reception

WILLOUGHBY ROAD PHARMACY

Ara 9958 4032
ambadam@yahoo.com.au