



From the Manager,

There is no doubt that times are changing and while we can all get bogged down in the news, it's important to look after our mental health by taking a step away and taking some time to reflect and realise how fortunate we are.

That being said, your peace of mind is extremely important to us. If you are worried about anything, call us and we will try and help find a solution for you. You will be amazed what problems we can fix.

We are constantly assessing and updating our procedures. We are ensuring all contractors sanitise before and after arriving at Watermark. We are also having them sign a document confirming they are healthy to work.

We have just arranged a Woolworths Priority service. This allows us to receive delivery from Woolworths. We will be in touch shortly with further information on the service we will be providing.

Remember to limit the people with whom you come in contact. Wash your hands for 20 seconds (or sing Happy Birthday twice) with soap and water. Practice social distancing. Stay at home as much as possible.

We will continue to send you information on fun websites, YouTube channels and things to keep you entertained, so check your emails. Try and step back from the news. Do some exercise, get some fresh air (even if it's from your balcony). You are not alone, even if you are in isolation.

**The Good Weekend Quiz:**

**Sydney Morning Herald October 19**

**Answers on page 8**

1. Mount Stromlo Observatory is located in which Australian city?
2. The Turing Award is presented to high achievers in what field?
3. What was the name of Michael Jackson's pet chimpanzee?
4. The 1921 Treaty of Ankara was between Turkey and which other country?
5. The Ural Mountains form the general border between which two continents?
6. In the word "Paralympics", what does "para" stand for?
7. What type of feet do palmipeds have?
8. A limerick is a form of verse with how many lines?
9. The Broken Heel Festival is celebrated in which Australian city?
10. For what characteristic are coniferous trees named?
11. *Greetings from Asbury Park, N.J.* is the 1973 debut album of which musician?
12. Manama is the capital city of which country in the Persian Gulf?
13. Are cornichons a type of mushroom, onion or pickle?
14. *The Testaments* is the sequel to which 1985 novel by Margaret Atwood?
15. Who plays the titular role in the 2019 TV series *Catherine the Great*?
16. Triskaidekaphobia is the irrational fear of what?
17. "Godspeed your love to me" is the final line of which song?
18. Edith Cowan University is based in which Australian state or territory?
19. In what sport would you play a hairpin net shot?

20. What are the given names of the Duke and Duchess of Sussex's baby?
21. In which country is the world's highest uninterrupted waterfall?
22. Who is the ruler of the fictional kingdom of Arendelle?
23. Where on the body would you find the hallux?
24. How many characters are in Leonardo da Vinci's painting *The Last Supper*?
25. What do phlebotomists do?

**Super Quiz and Target SMH October 19**

How many words of four letters or more can you make from those shown here? Each letter may be used once per word. Each word must contain the centre letter and there must be at least one nine-letter word.

No plurals ending in "s"; no foreign words; no proper names. Source: Chambers 21st Century Dictionary

**Today's Target:**

11 words, good

16 words, very good

22 words, excellent

T	M	E
O	F	C
D	R	O

## Dad Jokes:

“Dad, can you tell me what a solar eclipse is?”

No Sun



Son: Why is my sister's name Paris?

Dad: because we conceived her in Paris

Son: Thanks Dad

Dad: No problem Quarantine

Self isolation is getting so bad I'm starting to crush on my roommate.

And we've been married for more than 20 years

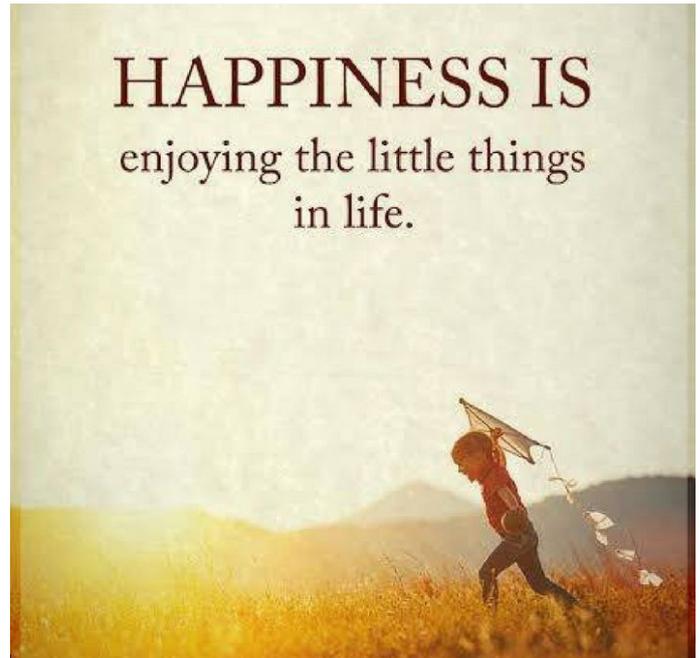
If I had a penny for everyone who asked me to look after their dogs, I'd have a pound...

Did you know you can get paid for sleeping? It's a dream job

I called the doctor 'my wife is going into labour! What should I do?'

Is this her first child?

“No this is her husband.”



## HAPPY BIRTHDAY!!

Very best wishes to residents celebrating birthdays in April.

Beverly Meggitt  
Rosemary Hume  
Nella Zubani  
Beverley Poole  
Gerald Krug  
Beverley Morrison  
Polly Hodgson



**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**

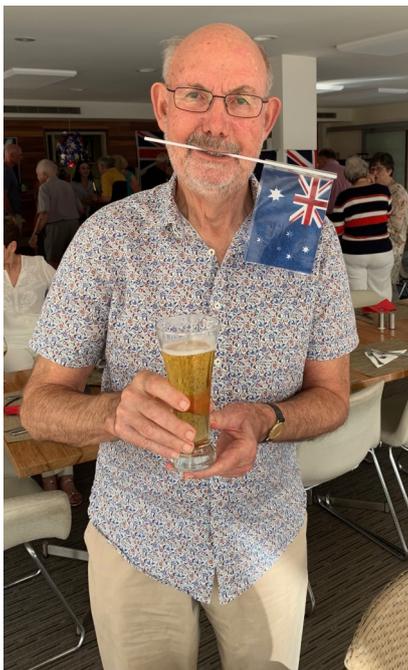
Thursday - 11.30am

Please refrain from using the gym when

Yoga, Tai Chi, Qi Gong and Zumba classes are in progress.

**PLEASE NOTE, ALL CLASSES HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE!**

# FUN TIMES



# LOTS OF LAUGHS





## Introducing the Vitalis Helpline

In light of the Coronavirus outbreak, we want to be able to provide you with the latest Department of Health guidelines to support you while the government has introduced a number of strict measures to slow the infection rate.

We understand you may have questions, need assistance or access to services.

Vitalis Health & Homecare is providing free access to a registered nurse advisor to provide guidance.

If you have any questions or would just like to have a chat, we are available Monday to Friday 9am to 5pm.

The number is 91 65 0839



All appointments for the nurse and doctor should be made through the Watermark office.

We are currently working on arranging flu injections for all residents of Watermark and will facilitate this in the doctors room, located in Kendall Building.

More information on this will be provided in the coming weeks.

### 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

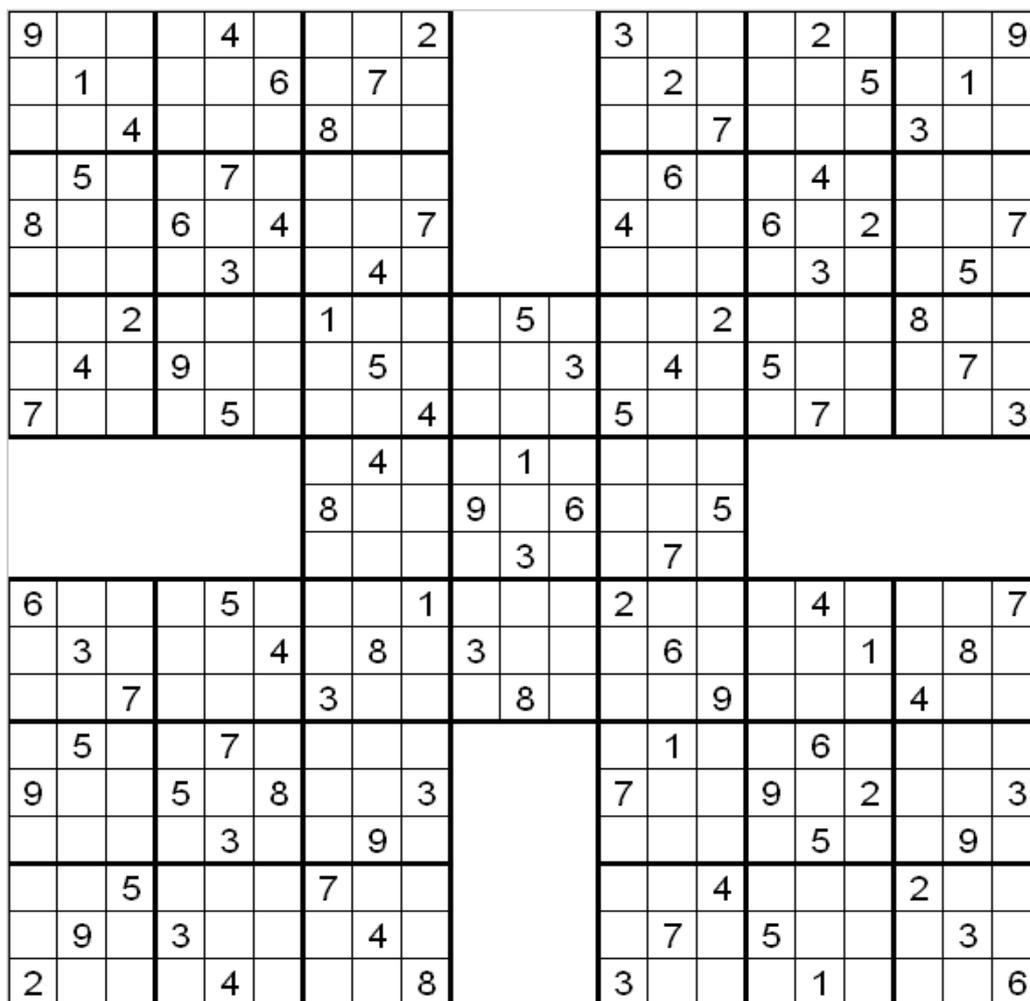
45 min: \$155

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



**QUIZ ANSWERS:** 1 Canberra. 2 Computer science. 3 Bubbles. 4 France. 5 Europe and Asia. 6 Parallel, meaning "equal to". 7 Webbed feet. 8 Five. 9 Broken Hill, NSW. 10 Cones (from the Latin "conifer", meaning cone-bearing). 11 Bruce Springsteen. 12 Bahrain. 13 Pickle. 14 *The Handmaid's Tale*. 15 Helen Mirren. 16 The number 13. 17 *Unchained Melody* (1955, written as the theme for the American prison film of that year, *Unchained*). 18 Western Australia. 19 Badminton. 20 Archie Harrison. 21 Venezuela (Angel Falls). 22 Queen Elsa (from the *Frozen* film series). 23 Foot (big toe). 24 Thirteen (Jesus and his 12 disc-

## 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

### **CHATSWOOD PODIATRY**

Home visits for all your podiatry needs

Luke 9411 5517

**Vitalis concierge** - Wednesdays 11- 1pm

**Doctor** alternate Wednesdays 9 - 12

Book at reception

### **GARY'S CAR WASH**

Thursday \$50

Book at reception

