

THE COVE

SUMMER
2020

Feeling more at home at Watermark Castle Cove.

Our residents often tell us how happy they are that they made the move to Watermark Castle Cove. Having reached a point in their life when the house is too big and they are struggling to keep up with the maintenance, this has been the perfect solution. Their maintenance is taken care of now and with secure parking, reception and a 24 hour emergency call system, Watermark really adds that sense of all-round safety.

Being part of a unique community lets residents rediscover life. Rather than the solitude of 'home', they're enjoying a lovely, modern apartment with great facilities and close neighbours to share it all with.

Resident, Bruce Carfrae told us, *"After downsizing my home the next step was to move into a retirement village. I've always lived on the North Shore, so when I heard about Watermark Castle Cove, I just had to see it for myself. Everything is so conveniently located. Public services are available, the bowling club is within walking distance – everyone gets along – it's just like a big family."*

There is a wonderful feeling shared by our community with a sense of being embraced and a valuable neighbour. Having such an array of community facilities and activities, there is always something going on and the option to get social with neighbourhood friends.

Bev Poole told us, *"Since moving to Watermark Castle Cove I've been so much more active, the facilities here are great, I can use the gym all year round. Whatever the weather, we always find something to do."*



As well as the excellent facilities and regular activities, there are also a range of services to make life so much easier. Conveniently, our reception can make a booking, arrange deliveries, organise transport, drop off dry cleaning, print or fax documents and of course book a handyman if needed.

Many of the ladies take advantage of our beauticians and hairdressers available on site and enjoy a luxurious manicure, facial, massage, hair appointment and so much more. Then, off to the café to get a coffee and a have chat - all within minutes of their door.

Those who love to shop take advantage of the free 'the loop' bus service, which stops right out the front of Watermark Castle Cove, and head to local shopping centres like Castle Cove, Chatswood and Roseville.

For information about vacancies and becoming part of our community, please call Nada Vescio on 9882 2773.

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Lifestyle activities

Why not hit the gym!

As we all know, it is so important to stay active and keep our bodies moving, and what better way to do it than in a fun fitness class with your neighbours. Not only does it improve one's physical health by reducing impairments as we age, but the endorphins gained through physical exercise improves our mental health exponentially.

Watermark boasts a state-of-the-art fitness centre, which offers a range of fun fitness classes and activities to accommodate beginner to intermediate fitness levels. The Weights-Strength and Power classes focuses on muscular strength, endurance, flexibility and coordination. The Balance and Agility classes aim to increase mobility, agility, balance, stability and gait. These functional training classes help with everyday activities from walking, squatting, picking up something heavy or simply getting out of a chair.



Get your creative juices flowing!

There are so many extraordinary artists at Watermark, who present their wonderful pieces in the Watermark annual Art & Craft show. Residents love our art and crafts room where they engage in painting, drawing, sculpting and pottery. However, this is not just for our experienced artists. Many residents love to play around with painting and drawing even if they've never picked up a paint brush before! There is something very therapeutic about painting and we encourage all residents to explore their creative side every now and then.

Enjoy the big screen!

When you want to wind down, residents can head over to our 'gold class' private cinema to watch movies and even sporting events! It really doesn't get much better than having a private cinema 1 minute from your home. Plus, residents can use the cinema with their friends and family, we know the grandkids love visiting for a movie day with nan and pa.

To see Watermark's monthly activities calendar, please head to our website castlecoveretirement.com.au/calendar

Benefits of learning an instrument later in life

A study from the Western Sydney University's MARCs Institute for Brain, Behaviour and Development has found numerous benefits of learning an instrument for seniors.

Even a small amount of social singing or playing an instrument can have staggeringly long effects on those aged 65 and over.

"...participants were able to complete tasks faster, and the connection between their brain and hand muscles become stronger."

Music and psychology researcher Dr Jennifer MacRitchie organised the study,

which saw a group of seniors undergo a six-week course of piano lessons. They had never played piano before. Dr MacRitchie then measured any changes in how the participants functioned in everyday life. The results were incredibly positive.

Because playing the piano is a complex task that requires concentration, muscle memory, and fine motor skills, the bodies of the participants registered the music lessons as a type of exercise. And, because the participants had fun during the music lessons, the physical and mental challenge was bearable, if not unnoticeable.

Dr MacRitchie found that participants were able to complete tasks faster, and that the connection between their brain and hand muscles had become stronger.

In addition to physical benefits, there were social benefits of attending group piano lessons.

It's never too late to learn a new skill. If you're 60, 70, even 80 years old and you've always wanted to learn the piano or any other instrument, you most certainly can. In addition, you will improve your hands' agility, your social life, and your mind's sharpness.

Sourced from liverpoolacademyofmusic.com.au



The Castle Cove Social Life

Castle Cove always has a fun activity or celebration taking place, where residents can get as involved as they like. Regular social events include Friday night Happy Hour, BBQ night, wood oven pizza night, Bridge, movies at the in-house cinema and monthly dinners.



Help when you need it



Whether you just need a little help around the house or nursing care, Vitalis Concierge Care is partnered with Watermark to give you as much or as little support as you need. Vitalis can help you with a range of services like housekeeping, laundry, assistance shopping and a range of nursing and medical support.

Apartment living with your pet

What would life be without our pets? Furry friends offer their owners loyalty and companionship, plus lots of love! Watermark welcomes your small, well behaved pets to enjoy apartment living with you. And you'll be pleased to know from our residents that plenty of pets can live happily in apartments.

Smaller breeds of dogs can be very apartment friendly, plus they're great encouragement to keep up your physical activity whilst taking them for walks. Cats are also excellent space friendly pets as they require minimal upkeep and are usually happy sleeping in warm spaces – like your new light filled living room!

Castle Cove is located in the perfect spot for you and your pet, thanks to its close proximity to leafy parks and walking spots like the Castle Cove Park. Plus, after your stroll, why not stop by for a well-earned rest (and coffee!) at Castle Cove's nearby cafes.



If you're bringing your furry (or feathery) friend with you to Watermark, Vetfriends Chatswood Hospital is only a 2-minute drive away. They have a team of highly experienced veterinarians and specialise in a multitude of pet health areas. Plus, they offer cat and dog boarding facilities available to accommodate your pets whilst you are enjoying a holiday.

Are you having tech issues? Learn how to solve them without help!

Are you tired of turning to your children or even grandchildren for IT help? Well the good news is you can learn how to get more tech savvy no matter what age! IT4 Retirees run weekly courses on topics such as iPhones, Windows, traveling with a device, creating photo books and Samsung's. The courses run for 6 weeks and change regularly based on demand. To find out more ask Nada 9882 2773.



Watermark resident Russell Jack and best mate Geordie like nothing better than to take a walk in the bush and both are making the most of what Watermark Castle Cove has to offer since taking up residence. Russell moved to the North Shore in 1935 when his parents made the move from Melbourne to Killara. After leaving school at 18, Russell joined the Air Force but could not shake the dream he had since he was 10

Architecture that pleases an architect

years old of becoming an architect, so he commenced his study by correspondence until he could take it up full time. In the final year of study Russell won a travelling award and set sail for Europe meeting his future wife Pamela, on the trip across. Pamela, also an architect, married Russell on their return to Australia in 1954. Some two years later Russell went into practice in Sydney with partner John Allen and commenced John Allen & Russell Jack Architects (now known as Allen, Jack & Cottier). In 1956 Russell built the family home in Wahroonga, winning the prestigious Sulman Award for Residential Homes from The Royal Australian Institute of Architects. This award winning family home is where Russell and Pamela raised their son and two daughters. Russell feels

he had the best of both worlds in his career as he taught and practiced architecture, working initially as a part time teacher then full time at NSW University before retiring in 1997. Russell became a widower about five years ago and felt at this stage it was time to move on, so commenced his search for a new home and fresh start for him and his best mate Geordie. Russell found Watermark met all their needs, particularly with an architect-designed apartment that welcomed pets, close to shops, public transport and of course most importantly walking trails and off leash areas for Geordie. Watermark's great location is also closer to his children allowing him easier access for visits.



Home handyman

Of course, at Watermark we take care of all your external maintenance, but sometimes you may need a handyman to help you with jobs inside your apartment. Luckily, we have a trusted handyman on-site 5 days a week to help you move a heavy item, attend to a leaky tap, assemble new furniture or help with any other problem you may have. A simple call to the reception desk and they will organise for our trusty handyman to help.

Vegetable gardens

Residents at Watermark have a real knack for planting the most delicious seasonal vegetables in the gardens. With Summer already upon us, we've listed the best vegetables to grow this season:

1. Tomatoes
2. Capsicum
3. Sweet corn
4. Basil
5. Mint
6. Coriander
7. Cucumber
8. Eggplant



Gardening experts agree that the most important thing is to prepare your soil well. Before planting, dig in compost and manure so your vegetables have the nutrients to grow. It is also important to make sure the soil is watered well. Then cover the garden bed in a 10cm layer of mulch to keep in the water. This will allow your vegetables to flourish in a nutritious foundation.

Quality apartment features

Castle Cove provides elegant, spacious and low maintenance apartments with contemporary high quality finishes. Spacious kitchens are appointed with Miele cooking appliances and quality stone benchtops. Energy efficient refrigerators, washing machines and dryers are also included.

Oversized dining and living areas flow onto generous balconies or courtyards, perfect for entertaining. Most apartments have northerly orientations, ensuring an abundance of natural light and good cross flow ventilation.

The large master bedrooms offer lots of storage space with built-in-robos. All apartments have high ceilings, with some above 3 metres. All apartments come with secure basement parking for extra peace of mind.

If you would like to find out how to secure an apartment or to arrange an appointment to visit for inspection, please call Nada Vescio on 9882 2773 or 0411 621 762.

Available now

Apartment 14 Luxury 1 bedroom plus study

This unique apartment is ideal for those who enjoy open space.

- Open plan living with northern aspect
- Light filled master bedroom with built-in-robe
- Generous lounge and dining area
- Open kitchen with ample cupboards, soft close drawers which will delight the most fastidious chef
- Oversized north facing terrace, enclosed for outdoor entertaining
- Security basement parking ideally located near lift with level access and storage area.

Apartment 31 Luxury 2 bedroom plus study nook

This unique apartment is ideal for those who enjoy gardens and serenity.

- Open plan living with north/east aspect
- Light filled master bedroom with built-in-robe
- Generous lounge and dining area
- Open kitchen with ample cupboards, soft close drawers which will delight the most fastidious chef
- Oversized north facing terrace, enclosed for outdoor entertaining
- Security basement parking ideally located near lift with level access and storage area
- The bathroom, flooring and appliances are currently being refurbished.



Images are indicative only.

What better time for Christmas cookies with the silly season upon us?



Now is the perfect time to hone the baking skills and spoil your family and friends with some Christmas cheer, in the form of cookies! Follow the below vanilla Christmas cookie recipe to create the perfect stocking filler. These cookies will be perfect to cut into cute Christmas shapes, as the mixture holds its shape during baking.

Ingredients

- 225g unsalted butter
- 1 cup white sugar
- 1 ½ tsp vanilla extract
- 1 large egg
- 3 cups flour
- ¾ tsp baking powder
- ¾ tsp salt

Preparation

Preheat oven to 180° C. Line 2 baking sheets with parchment paper.

Beat butter and sugar in a large bowl until creamy.

Add vanilla and egg and beat until completely combined.

Add flour, baking powder and salt.

Start mixing slowly, then beat until the flour is incorporated – it will be clumpy.

Dust work surface with flour and scrape dough out of bowl. Pat together then cut in half and shape into two discs.

Rollout to approximately 0.4cm, sprinkling with flour under and over the dough so it doesn't stick.

Use your chosen cookie cutters to press out shapes and use a knife or spatula to transfer to baking sheets.

Bake for 10 minutes, until the surface is pale golden, and the edges are just beginning to turn light golden.

Allow cookies to cool completely on trays (they will finish cooking on the trays).

Decorate as you please!

Recipe: recipetineats.com

Watermark Castle Cove

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