

If you go down to The Cove today you're in for a big surprise!



In March young families of Abbotsford Cove gathered under the fig tree and enjoyed a *Teddy Bears' Picnic*. It was a wonderful opportunity for the mums, dads and grandmothers to get to know each other, and more importantly many friendships between the children were formed. The event was followed up by an evening where families enjoyed their dinner under the moonlight, enjoying the last of daylight saving.

A regular get-together has now been organised for mums, dads and grandparents with young children. Any families interested in coming along to the *Abbotsford Cove Parents' Group*, please email rachaelcolreavy@hotmail.com.

Looking forward to seeing you there!



Abbotsford Cove Parents' Group meets the **FIRST TUESDAY** of the month.

Dates for the rest of the year: June 8, July 6, August 3, September 7, October 5, November 2, December 7

New
Choir Members
Welcome!

Canada Bay Community Choir first sang together as a choir in January 2010. It aims to be a developmental choir catering for new and experienced singers who want an opportunity to sing with others in a relaxed, friendly environment.

No audition and everyone is welcome - no matter what your singing ability.

Meet: Thursdays 7 to 9 pm at
Drummoyne Community Centre
10 Cometrowe Street Drummoyne
and
Henry Lawson Hall
Abbotsford Public School
350 Great North Road Abbotsford.



Motorists!
Pedestrians!



New crossings at the roundabout on Abbotsford Cove Drive and Harbourview Crescent have been installed. Be Alert to the changes, adhere to the speed limit and keep a good lookout when travelling through the intersection.

Be Aware!
Take Care!



SIS, an Australian owned security manpower company based in Auburn, is currently providing security patrol and response services to Abbotsford Cove. Available 24 hours a day to assist in the event of any security related emergency on community property. **SIS** provide a regular patrol service that varies its times and regularity depending on the time of the year and directions from ACCA.

In the event of an emergency phone: **1300 368 284**, quote your surname, and unit address. Provide as much detail as possible so that the appropriate personnel respond.

For other emergencies of a more serious nature including anti-social behavior on/in your strata property it is recommended that you call the police:

Five Dock 8753 3599 or Burwood 9745 1333

Abbotsford Cove Bridge Group

commenced around 10 years ago when a group of residents enjoyed a game or two in one of the units. Starting with one table they quickly grew to two. After two years and more players they relocated to the Clubhouse where they play every second Tuesday evening. With the introduction of duplicate the tables now number between three and five.



Interested?
Phone Kay Brunner on **9712 0551** or
Bev Young on **9712 8028**.
Everyone welcome.
Next meeting **Tuesday June 8**.

to try to work out what cards the other players have in their hands. This concentration helps boost brain activity and fight of the onset of dementia.

Increase in brain activity isn't the only benefit of playing bridge. According to one study, playing bridge also stimulates the immune system. This has obvious benefits for helping your body to fight off infections and help you to stay healthy.

If you are new to bridge, join a class.

Everyone knows that eating right and exercising keeps your body in shape, but what about your brain? A new study shows that playing cards could leave you with a "full deck" later in life.

Learning to play bridge can bring big health benefits. Studies have been undertaken that prove playing bridge is good for you.

A game of bridge usually involves four players, playing in pairs. To play effectively you have to add up the points in your hand, work out the strategy for your play and concentrate on the bidding

Bridge Facts

- Over 50 million players worldwide
- Over one million online bridge players worldwide
- Well over 100 books written about bridge
- Hundreds of informational Web sites devoted to bridge
- Proven to be good for brain and overall health
- Can be played at high level regardless of age



Aqua Fitness Classes

Monday and Wednesday mornings, **8:50am** No 1 heated pool Blackwall Point Rd *unless advised otherwise* by email. Contact Jan on 9712 3858



Bootcamp: Friday at 8:50am

Mainly for swimmers who want to challenge themselves through swimming drills/exercises. For more information email jancoulter@primusononline.com.au.

Maintenance Issues

Notice any community property around the Cove needing attention? Then email your request to:

maintenance@abbotsfordcove.com

This could refer to pools, tennis courts, pathways, street lights, walkways and lights, community hall, gym equipment or graffiti.

Gardening

For all garden related matters please email: garden@abbotsfordcove.com

Clubhouse Bookings

Contact Strata Associates on 8424 9753

Secret Men's Business

First Monday of each month in the Pavilion commencing at 10am. Ph 9712 3858

Social Tennis

Each Monday, from 1- 3pm on Court 1 opposite the "Pavilion".

Note from the editor

If you have items for future editions or know of interesting events please contact the editor on 9712 7419 or email triciaandeddie@gmail.com

Next ACCA Meeting
29 July 2010
7:00pm at the ACCA Clubhouse

This newsletter is sponsored by
Abbotsford Cove
Real Estate

Thinking of selling or buying at
Abbotsford Cove

Contact Mel Abboud on 9712 2500
Or call in to The Pavilion and have a chat.

Check the website:
www.abbotsfordcoverestate.com.au
No one knows the Abbotsford Cove market better than
Mel Abboud