What's Happening this week...

16th May 2022 – 22nd May 2022





Monday 16th May 2022

11:30am Anti-Ageing Exercise class 2:30PM Canasta

Tuesday 17th May 2022

2pm Art Class 2pm Scrabble

Wednesday 18th May 2022

11am Anti-Ageing Exercise class 6:30pm Social Dinner

Thursday 19th May 2022

2pm Stitch in Time 2pm Art Class

Friday 20th May 2022 3PM-CCH PRODUCTIONS-Impersonators

Reminder to bring your own refreshments.

Saturday 21st May 2022

Sunday 22nd May 2022



BISTRO

Our lunch offering includes a special of the day, a selection of breakfast, toasted sandwiches, cake plus hot and cold beverages. Kindly be sure to give us a heads up by 2pm the day before if you would like to order the Daily Special in the Bistro. Kindly note that no cash payments will be accepted. Kindly pay on pre-paid account, credit or debit card.

Social Dinner is hosted every Wednesday evening at 18.30pm. Bookings to be confirmed no later than 12pm on a Monday. Late bookings will not be accepted. No-show or last minute cancellations will unfortunately have to be charged to your account.

GOLF CART

We would like to advise that for Social Dinners/Events we encourage our vulnerable Residents who may require a transfer to and from dinner to kindly book at least one day in advance with Reception to ensure your spot on our Golf Cart.



HOUSKEEPING

Library

Kindly ensure that should you return a book that you place it on the table. Kindly sanitize your hands when taking a book .





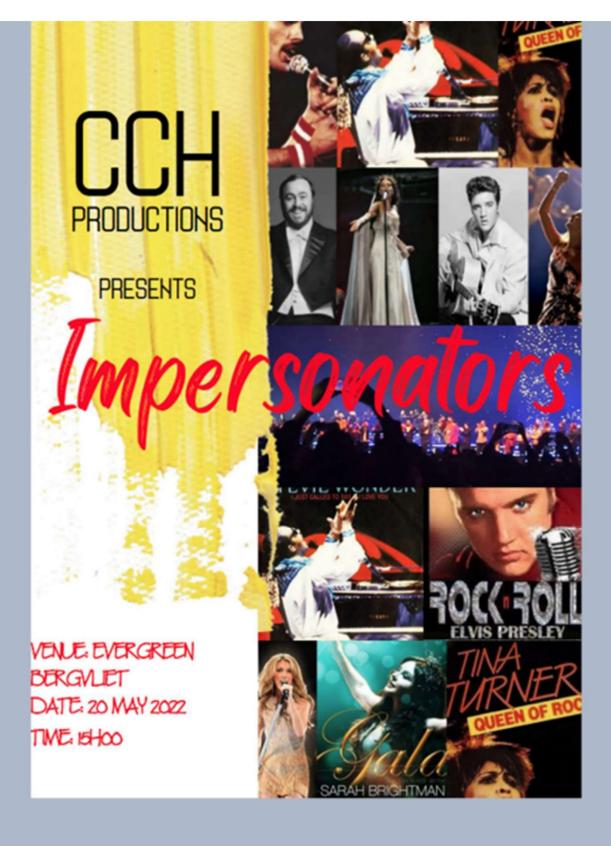
May 2022

Date	MENU
MONDAY 16 May	Homemade Tomato Soup with Grilled Cheese Toast R55.00
TUESDAY 17 May	Cape Malay Bobotie served with Yellow Rice, Sambals & Roast Butternut with Green Beans R65.00
WEDNESDAY 18 May	Three Cheese Quiche with Chips & Garden Salad R60.00
THURSDAY 19 May	Chicken Parmigiana with Cous Cous & Roasted Vegetables R65.00
FRIDAY 20 May	Crumbed Calamari with Savoury Rice served with Lemon Wedges, Garlic Aioli and Coleslaw R70.00

KINDLY BOOK YOUR LUNCH BY 14h30 FOR FOLLOWING DAY. PLEASE ADD AN EXTRA R10.00 FOR TAKE AWAY CONTAINERS AND FOR DELIVERIES, R7.00

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD

See you there!



Kindly book by no later than 18th May with Reception on EXT 3200.



RESIDENTS WALK

27 MAY 2022 09h30 - 11h00

Join us for our monthly Resident walk.

5km and 7km route map available at Reception

BRUNCH OFFERING

Breakfast Croissant filled with Bacon and Egg topped with Rocket Includes a Glass of Bubbles

> R60 Book your Spot with Jenjen on 33007 or Myrle on 3053 by the 24th May 2022

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