What's Happening this week...

8th August 2022 – 14th August 2022



Monday 8th August 2022

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

Tuesday 9th August 2022

Public Holiday- Women's day 2pm Art class 2pm Scrabble

Wednesday 10th August 2022

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

Thursday 11th August 2022

2pm Art class 2pm Stitch-In-Time

Friday 12th August 2022

9h30am - Eggs Benedict 7pm Games Evening

Saturday 13th August 2022

Sunday 14th August 2022



August 2022

Date	MENU
MONDAY 8 August	Creamy Butternut Soup Homemade Bread R50.00
TUESDAY 9 August	KITCHEN CLOSED.
WEDNESDAY 10 August	Bacon & Feta, Caramelized Red Onion Quiche, Chips With Garden Salad R65.00
THURSDAY 11 August	Lamb Liver topped with Bacon, Creamy Potatoes, Onion Gravy & Roast Vegetables R65.00
FRIDAY 12 August	Fried Battered Fish & Chips with Lemon Wedges, Chef Choice of Salad and Tartar Sauce R70.00

KINDLY BOOK YOUR LUNCH BY 14H00 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.

IN CELEBRATION OF

WOMEN'S DAY

WE WOULD LIKE TO INVITE YOU TO JOIN US FOR A GLASS OF SPARKLING WINE & FRESHLY BAKED SCONES WITH COFFEE/TEA



Date: Monday, 8 August 2022

Time: 10h30

Please book at the Bistro before 5 August 2022

Price: R50-00 per person

Sonnenhof Bistro

Join us for a Glass of Sparkling Wine and Bacon Eggs Benedict.



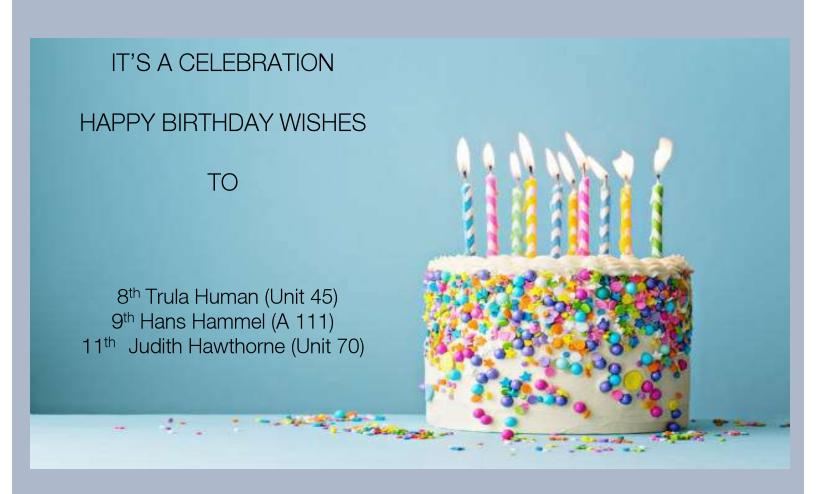
Date: Friday, 12 August 2022

Price: R60 pp

Time: 9h30 - 11h00

Please book at the Bistro by 6 August 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 6.30pm. 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.



Games Evening

Date: Friday, 12 August

Time: 7pm

Venue: Clubhouse

Kindly book with Reception on Ext 3200 by Wednesday, 10 August. You are welcome to bring your own refreshments.



RESIDENTS WALK

19 August 2022

09h30 - 11h00 - 3.6km, 5km and 7km 10h15 - 1km

Join us for our monthly Resident walk.

> Friends & Family Welcome 3.6km, 5km and 7km route 1km Buddy's Garden Route

Maps available at Reception.

BRUNCH OFFERING

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

R60

Book your Spot with Myrle on 3053 by the 12th August 2022 for catering purposes.



FRIDAY, 26th AUGUST 6pm



Join us for our popular social event Friday, 26 August from 6pm. Please book at reception on EXT3200 for catering purposes or to buy a book of tickets for R100.

DR SUMI PADAYACHEE



ARYA STANA BONE & BREAST CARE

A state of the art, dedicated breast & bone imaging centre

To acknowledge Breast Cancer awareness month & World Osteoporosis Day, we invite you to join us for an informative talk on Breast & Bone Health and the importance of screening tests.

Early Detection Saves Lives ...

DATE: 26 August 2022

TIME: 10:00

VENUE: Evergreen Lifestyle Village, Bergvliet

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