

What's Happening this week...

22nd August 2022 – 28th August 2022



Monday 22nd August 2022

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

Tuesday 23rd August 2022

2pm Art class
2pm Scrabble

Wednesday 24th August 2022

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

Thursday 25th August 2022

2pm Art class
2pm Stitch-In-Time

Friday 26th August 2022

7pm-Pub Night

Saturday 27th August 2022

Sunday 28th August 2022



August 2022

| Date | MENU |
|--|--|
| MONDAY 22 August | Cream of Mushroom Soup with Homemade Bread R50.00 |
| TUESDAY 23 August | Pasta Primavera with Bacon, Roasted Tomatoes, Basil Pesto & Garlic Bruschetta R60.00 |
| WEDNESDAY 24 August | Sweet & Sour Chicken Stir-Fry with Egg Fried Rice R65.00 |
| THURSDAY 25 August | Pork Schnitzel, Potatoes Wedges, Roast Vegetables & Mushroom Sauce R65.00 |
| FRIDAY 26 August | Fried Hake & Chips with Lemon Wedges, Chef Choice of Salad and Tartar Sauce R70.00 |
| <p>KINDLY BOOK YOUR LUNCH BY 14H00 FOR FOLLOWING DAY. PLEASE ADD AN EXTRA R10.00 FOR TAKE AWAY CONTAINERS AND FOR DELIVERIES, R7.00</p> <p>PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.</p> | |

See you there!

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

26th Joan Misplon (Unit 35)
30th Tertia Harrod (Unit 13)



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.

Dear Resident

Please make sure that you pick up your dog's poo while walking your dog.





***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

T: (021) 794 1207 | E: info@aryastana.co.za
www.aryastana.co.za



CANASTA NIGHT



DATE: Friday, 2 September
TIME: 7pm
VENUE: Clubhouse

You are welcome to bring your own refreshments. Please book with reception on Ext 3200 by Wednesday, 31 August.

For more information, please contact Jacky Orton on Ext 3031.



MUSIC EVENING

PROGRAMME

Beethoven 5th Symphony (Conductor Gustavo Dudamel, with the Simon Bolivar Orchestra)

Rodrigo – Concerto de Aranjuez (Guitarist Pepe Romero with the Danish National Symphony Orchestra)

Kindly book with Reception by Friday, 2 September. You are welcome to bring your own refreshments.

After the programme, a discussion will be held about the way forward. It would be good if a group of residents could run the Music Evening. For more information, please contact Jill Dower on Ext 3032.



DATE: Tuesday, 6 September
TIME: 7pm
VENUE: Lounge