

What's Happening this week...

26th September 2022 – 2nd October 2022



Monday 26th September 2022

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

Tuesday 27th September 2022

2pm Art class
2pm Scrabble

Wednesday 28th September 2022

11am Anti-Ageing Exercise class
No Social Dinner

Thursday 29th September 2022

2pm Art class

Friday 30th September 2022

6PM Spring Dinner

Saturday 1st October 2022

Sunday 2nd October 2022

IT'S A CELEBRATION

HAPPY BIRTHDAY WISHES

TO

27th Penny Marek (A9)
28th Roy Siegfried (Unit 50)
29th Gael Foster (Unit 48)



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.



September 2022

Date	MENU
MONDAY 26 September	Salmon & Spinach Quiche with Potato Wedges and Garden Salad R65.00
TUESDAY 27 September	Bistro Beef Burger with Mushroom Sauce, Onion Rings and Chips R65.00
WEDNESDAY 28 September	Sweet & Sour Pork Chow Mein with Egg Fried Rice R65.00
THURSDAY 29 September	Chicken Schnitzel, Potato Wedges, Roast Vegetables & Mushroom Sauce R65.00
FRIDAY 30 September	Fried Hake & Chips with Lemon Wedges, Chefs Choice of Salad and Tartar Sauce R75.00

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.

See you there!

TABITA FASHION – Fashion at your doorstep



Tabita Fashions invites you to come and view her fabulous fashion

On 28 September 2022 from 10.30am until 2pm in the Clubhouse.

Our style is classic, timeless, trendy, casual, comfy and affordable.

See you there!

Fashion consultants: ~~Anne~~ & Ruth

Cell: 0833201119

CELEBRATION OF SPRING

Date: 30 September 2022

Time: 6pm

Rsvp Date: 23 September 2022

Price per Person: R165-00

DINNER MENU

**Chicken, Spinach & Feta Roulade
with Dijon Mustard Sauce**

OR

**Lemon & Herb Salmon with Lemon
Butter Sauce**

Parmesan Sautéed Potatoes

Roast Pan Fried Vegetables

Dessert:

Milopita with Vanilla Ice Cream

Or

Mini Cheese plate



MIRIAM'S SHOES

Monday 3rd October 2022
10am-13pm

IN THE CLUB HOUSE

Come and have a look at the variety of shoes for you to choose from.



MUSIC EVENING

PROGRAMME

Dvorak's Cello Concerto

Cellist: Yo Yo Ma

Conductor: Kurt Maser

Beethoven Fidelio Overture

Conductor: Abbado

Kindly book with Reception by Friday, 30 September.
You are welcome to bring your own refreshments.

For more information, please contact Jill Dower on Ext
3032 or Ursula Athiros on EXT 33109



DATE:	Tuesday, 4 October
TIME:	7pm
VENUE:	Lounge