



WHAT'S HAPPENING NEXT WEEK

18-24 NOVEMBER 2019

SOCIAL ACTIVITIES

Monday, 18 November 2019

- 8.15 Aquatics
- 10am Art Classes, Knit & Natter
- 1pm Duplicate Bridge
- 5pm Snooker / Pool

Tuesday, 19 November 2019

- 8am Exercise Class
- 9am Exercise Class
- 9am – 1.30pm Audiologist
- 10am Book & Coffee Morning
- 2.30pm Scrabble
- 5pm Snooker / Pool

Wednesday, 20 November 2019

- 10am Art Classes
- 5pm Social Evening

Thursday, 21 November 2019

- 7.30am Exercise Class
- 10am Specialist Movies from the Arts
- 10am Coffee & Cake Day
- 11am National Gingerbread Cookie Day
- 6.30pm Movie Evening

Friday, 22 November 2019

- 10am Line Dancing
- 10.30am Bible Study (#24)
- 12pm – 3pm Sales Coffee
- 2.30 Bingo!
- 5pm Waterhole

MENU

Monday, 18 November 2019

- Portuguese Steak with mash potato & seasonal vegetables

Tuesday, 19 November 2019

- Sweet and sour tempura pork, served with lentil rice and seasonal vegetables

Wednesday, 20 November 2019

- Chicken and mushroom pie, served with parsley mash and seasonal vegetables

Thursday, 21 November 2019

- Beef meatballs and tomato relish, spaghetti and seasonal vegetables

Friday, 22 November 2019

- Fried or Grilled Hake with Chips and Salad

SOCIAL EVENING – 20 NOVEMBER 2019

MENU

ROLLER BALL BOOKINGS EVENING

Pre Drinks from 5pm & Dinner at 6pm

R55pp

Confirm Bookings by Tuesday, 6pm at The Bistro on ext. 209

STARTERS

Caprese Salad with a Twist

MAIN MEAL OPTION 1

Homemade Bacon and Feta Quiche

served with a Greek Salad and Butternut Couscous Salad

MAIN MEAL OPTION 2

Creamy Grilled Chicken and Broccoli Pasta Bake

served with a Greek Salad and Butternut Couscous Salad

THURSDAY, 21 NOVEMBER 2019



**NATIONAL
GINGERBREAD
COOKIE DAY**

Decorate Your Own Gingerbread Man
R30 Gets You A Cappuccino & Gingerbread Man
Decorations On The Table And A Prize For the Best Decor

REMINDER – SOCIAL ICE CREAM EVERY TUESDAY

**SOCIAL
ICE CREAM**

R30

**CREATE
• YOUR FAVORITE •
ICE-CREAM**

Every Tuesday between 10h00 & 11h00

Choose your Ice-Cream 3 scoops
• Chocolate Strawberry or Vanilla & add
your own toppings from the building table •

REMINDER – COFFEE & CAKE DAY



COFFEE AND CAKE DAY

THURSDAYS AT 10:00

Indulge in the best
cappuccino and a small
slice of cake to make your
morning even better than
having a midnight snack
only for R30.00

