



**What's
Happening
Next Week**

**27 January 2020 – 2
February 2020**

Social Activities



Monday,
27 January 2020

National Chocolate Cake Day

- 8.15am Aquatics
- 10am Art Classes
- 10am Knit & Natter
- 10am House of Sheba Clothing
- 1pm Duplicate Bridge
- 5pm Snooker / Pool



Tuesday,
28 January 2020

- 8am Exercise Class
- 9am Exercise Class
- 2pm Craft Afternoon
- 2.30pm Scrabble
- 5pm Snooker / Pool



Wednesday,
29 January 2020

National Puzzle Day

- 10am Art Class
- 5pm Social Evening



Thursday,
30 January 2020

National Croissant Day

- 7.30am Exercise Class
- 10am Specialist Movies from the Arts
- 6.30pm Movie Evening

Friday,
31 January 2020

National Hot Chocolate Day

- 9am Beginners Line Dancing
- 10am Line Dancing
- 10.30am Christian Bible Study
- 5pm Waterhole



Craft Afternoon

Tuesday, 28 January
2020

2 pm



CALLING ALL CRAFTERS Especially those who enjoy sewing

Let's get together for an afternoon of fun on Tuesday, 28 January 2020 at 2pm in the Lifestyle Centre. This inaugural get-together will be free, although coffee or tea may be ordered for your own account from the Lifestyle Centre. Please feel free to join us, even for a chat!

There will be a short demo on how to make a small ironing board for your sewing projects, using items you already have in your home. After that, we'll make a patchwork fabric glasses case (will be supplied by Marilyn).

A small kit will be made up of the materials you need, for each person attending. All you will need to bring are:

- Fabric cutting scissors
- Pins and needles
- Rulers or tape measures
- Pen and paper

However, if you have a sewing machine and extension cord, cutting mat, roller cutter, iron and board, buttons and lace, that would be a great help as well. We can help you transport your machine to the Lifestyle Centre.

NB In order to make up the correct number of kits, we need to know if you'll be attending by **Wednesday, 22 January 2020**.

Hope to see you there!

Enquiries:

Elsie Fann (ext. 1078 or SMS 083 384 5492) | Marilyn MacIschlan (ext. 1065 Please note I can't access messages on my internal phone) or SMS 082 770 6022)



WEEKLY LUNCH

27-31 JANUARY 2020

MONDAY

Mexican chicken wrap
With salsa salad

TUESDAY

Fish cakes with
Sweet chilli sauce served
With Chef's salad

WEDNESDAY

Chicken Korma
Served with Basmati rice
And sambals

THURSDAY

Penne Bolognaise
And green salad

FRIDAY

Fried fish with tartar sauce,
Chips and salad of the day

R48.00 P/MEAL

CONFIRM BOOKINGS BY 09H00 ON RESPECTIVE DAYS AT THE BISTRO EXT 1209



WEDNESDAY MEXICAN SOCIAL

29 January 2020

STARTER

**Garden salad with
Avocado dressing**

MAIN MEAL

**Make your own wrap buffet
Choice of chicken or pulled pork
Variety of sambals and slaw.**

R55.00 p/p

DESSERT

Churros

R20.00 p/p

CONFIRM BOOKINGS BY TUESDAY 16:H00 AT THE BISTRO EXT 1209



SUNDAY LUNCH

2 FEBRUARY 2020

From 12h30 onwards

STARTER

Vegetable Tian

Technically, a tian is any casserole cooked in an earthenware vessel by the same name, it refers to some kind of layered vegetable dish that's gratinéed (browned on top) in the oven. Zucchini and other squash are very common in tians, as are eggplant and tomato

MAIN

Roast BBQ Chicken

Served with
Dill baby potatoes
Turmeric Cauliflower
And honey beetroot

DESSERT

Pavlova

R76.00 PER PERSON

CONFIRM BOOKINGS BY TUESDAY 16:00 AT THE BISTRO EXT 1209