## What's Happening Next Week

2-8 March 2020



## My Dates to Viarize My



Nedbank Investment Presentation

24 March 2020 4pm to 6pm – Lifestyle Centre

More information to follow





Iced Easter Egg Decoration Class

28 March 2020 10am - Recreation Room

Lyn Turner will be teaching us how to decorate Easter Eggs with icing. Please contact Lyn on ext. 1004 for more information.



## Monday, 2 March 2020

8.15am Aquatics

10am Art Classes

10am Knit & Natter

10am Rococo Bounce

1pm Duplicate Bridge

5pm Snooker / Pool

Tuesday, 3 March 2020

World Hearing Day

8am Exercise Class

9am Exercise Class

2.30pm Scrabble

5pm Snooker / Pool

<u>Wednesday,</u> 4 March 2020

10am Art Class

5pm 100+ Club Draw Social Evening Thursday, 5 March 2020

7.30am Exercise Class

8.30 Aquatics

10am Specialist Movies from the Arts

6.30pm Movie Evening

Friday, 6 March 2020

National Dentist Day

9am Beginners Line Dancing

10am Line Dancing

10.30am Christian Bible Study

5pm Waterhole



Monday, 2 March 2020

BBQ Chicken, Char-grilled Baby Marrow, Red Pepper & Crispy Lettuce – Open Ciabatta Sandwich OR

Roast Beef & Mustard Tagliatelle with Fresh Coriander Tuesday, 3 March 2020

Pancake Day: Choose Your Filling:

Ham, Cheddar Tomato & Chili

Fried Egg Plant, Mozzarella, Red Pepper & Pesto

Chicken Mayo

Wednesday, 4 March 2020

Kale Pesto Egg Salad with Noodles OR Chicken Coconut Pilaf Basil, Potato, Green Beans, Oregano, Chili, Black Beans &

Thursday,

5 March 2020

Carrot Power Bowl, served with Chicken or Tuna

<u>Friday,</u> 6 March 2020

Fried Fish with Tartar Sauce, chips & Coleslaw OR

Chicken Nuggets with Peppadew Mayonnaise, Chips & Green Salad



Starter

Build Your Own Salad

<u>Main</u> R55 per person

Traditional Beef Bobotie
Yellow Bay Leaf Rice

Italian Masala Chicken (Cooked in Masala Wine)
Honey Roasted Carrots
Mixed Herb Oven Dried Tomatoes
Fried Eggplant

<u>Dessert</u> R20 per person

Warm Peach Clobber Cake with Cream

(Sugar Free Option – Strawberries & Cream)



Starter

Build Your Own Salad

Main

Moroccan Roast Chicken
Citrus Reduction Gravy
Baby Potatoes in Salsa Verde
Garlic Parmesan Crumbed Brussel Sprouts
Sweetcorn, Pea & Red Onion Medley
Balsamic Braised Beetroot

Dessert

Butterscotch, Rum & Raison Surprise with a Dollop of Cream

(Sugar Free – Strawberries & Cream)

