

What's Happening Next Week

9 to 15 March 2020



GREMLINS IN OUR

System

OOPS!

Something Went Wrong!

We always try and keep these Gremlins out, but somehow, they managed to get into our system and caused havoc on our Calendars!

But not to worry, we are getting rid of them.

To make sure that we don't miss any hair appointments that were made, please contact Maureen at Reception on ext. 1200 and confirm your bookings!





Dates to Diarize



kind2hearing
professionals in hearing

Kind 2 Hearing

16 March 2020
10am to 12pm – Care Centre



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,
9 March 2020

8.15am Aquatics

10am Art Classes

10am Knit & Natter

1pm Duplicate Bridge

5pm Snooker / Pool

7pm Rummikub

Tuesday,
10 March 2020

8am Exercise Class

9am Exercise Class

2.30pm Scrabble

5pm Snooker / Pool

Wednesday,
11 March 2020

10am Art Class

2.30pm Christian
Fellowship Group
Meeting

5pm Social Evening

Thursday,
12 March 2020

7.30am Exercise Class

8.30 Aquatics

9am ResCom Meeting

10am Specialist Movies
from the Arts

2pm Visual Music

6.30pm Movie Evening

Friday,
13 March 2020

9am Beginners Line Dancing

10am Line Dancing

10.30am Christian Bible
Study

5pm Waterhole



Wednesday Social

11 March 2020

STARTER

Build your own salad

MAIN

Italian Beef Lasagne

or

Creamy Chicken Korma

Fragrant Basmati Rice

Mediterranean Vegetable Bake

Steamed Broccoli drizzled
with olive oil & Garlic Sea Salt

R55.00 per person

DESSERT

Lavender Shortbread & Vanilla Ice Cream

(Sugar free option – Homemade Apple Sorbet)

R20.00 per person

**CONFIRM BOOKINGS BY WEDNESDAY
09h00 with MAUREEN on EXT 1200**



SUNDAY LUNCH

15 March 2020

STARTER

Build Your Own Salad

MAIN

Roast Leg of Lamb
& Rosemary Gravy

Roast Sweet Potato Wedges
Baked Spicy Eggplant & Tomato
Broccoli, Olive oil & Sea salt
Braised cabbage

DESSERT

Additional charge of R20.00

Chocolate Mirror Tartlet

or

Sugar free dessert:

(Red velvet pancake, cream cheese & honey)

R55.00 PER PERSON

**PLEASE REQUEST GLUTEN FREE OPTION WHEN BOOKING
CONFIRM BOOKINGS BY FRIDAY 16:00 AT THE BISTRO EXT 1209**

WEEKLY LUNCH

9 - 13 MARCH 2020

MONDAY

CRUMBED MIXED VEGETABLES
OR
CHICKEN STRIPS WITH MUSTARD SAUCE & POTATO WEDGES

TUESDAY

MEATBALLS IN NAPOLITANA SAUCE WITH PENNE PASTA
EVEN WITHOUT THE MEATBALLS FOR OUR VEGETARIANS – OUR NAPOLITANA IS
SIMPLY DELICIOUS

WEDNESDAY

CHICKEN ALA KING AND A FRESH GARDEN SALAD
OR
A HEALTHY VEGETARIAN SALAD WITH CHEF'S SECRET DRESSING

THURSDAY

BASIL PESTO RICE SALAD WITH
PORK STRIPS or TUNA

FRIDAY

FRIED OR GRILLED FISH WITH TARTAR SAUCE, CHIPS & COLESLAW
OR
CHICKEN NUGGETS WITH PEPPADEW MAYONNAISE CHIPS & GREEN SALAD

R48.00 P/MEAL

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



Happy Birthday

10th Cynthia Lamb

11th Charmaine Hall

13th Esmé Paul

13th Dave Campbell

14th Patti Bromfield

15th Judy Stowell