# What's happening this week.....

12 April 2021 – 18 April 2021

# Social Activities:

### Monday 12 April 2021

10am Art Classes 10am Knit & Natter 5pm Snooker / Pool Waterhole

#### Tuesday 13 April 2021 National Scrabble Day

9am Yoga 2.30pm Scrabble 5pm Snooker / Pool



# Wednesday 14 April 2021

**National Gardening Day** 

10am Art Class 5pm Social Dinner



#### Thursday 15 April 2021

2pm Bridge 3pm Petanque 6pm Movie Night

#### Friday 16 April 2021

9am Beginners Line Dancing 10am Line Dancing 10.30am Bible Study 12.30pm Fish & Chips Lunch



#### NATIONAL GARDENING DAY

National Gardening Day on April 14th encourages gardeners and would-be gardeners to pick up a shovel and some seeds and kick-off a beautiful year of home-grown bounty.

Whether you want to grow vegetables, fruit, flowers, houseplants, or anything in between, National Gardening Day celebrates a satisfying pastime that you will enjoy for decades. Growing your own food also lets you provide fresh and natural nourishment for your family for a fraction of grocery store prices.

As many gardeners know, the benefits of gardening come from more than the produce. Spending time in the garden also provides physical activity and an opportunity to join with nature.

The observance is a call to action to get out and grow flower or vegetable gardens. No matter how you garden, plant in the ground, in containers, in straw bales or a square foot gardening box. Just garden!



## NATIONAL SCRABBLE DAY

#### NATIONAL SCRABBLE DAY

Each year on National Scrabble Day April 13th recognizes a game played around the world. Originally named Lexiko and then Criss-Cross Words, Alfred Mosher Butts eventually settled on the name Scrabble. The amateur artist and unemployed architect developed the word game in the midst of the depression. Still, it wasn't until 1948, a final name change and a trademark that Butts finally began to produce the game.

Scrabble is played with two to four players who score points by forming words from individual lettered tiles on a board marked with a 15 x 15 grid.

- 1984 Scrabble became a daytime game show on NBC
- 2004 Scrabble was inducted into the National Toy Hall of Fame
- Some cities sponsor Scrabble tournaments on the weekend closest to National Scrabble Day

#### HOW TO OBSERVE - National Scrabble Day

Call your friends and play a game or two of Scrabble! Mix it up, too. There are several ways to play the game if you want to change things up a bit. For example, if you're spending time alone, Scrabble solitaire challenges you at your own game of words. Another version allows players to only play nouns but they earn bonus points for playing nouns that are both a proper noun and an approved Scrabble word.



# 12 – 16 April 2021

Date	MENU
Monday 12 April	Meat loaf, mash and gravy, served with broccoli and sweet corn
Tuesday Lunch 13 April	Grilled BBQ pork chop with apple sauce, potato wedges and creamed spinach *
Wednesday Lunch 14 April	Chermoula rubbed chicken breast with couscous and lentils, roast vegetables and lemon butter sauce *
Thursday Lunch 15 April	Beef lasagne with garden salad *
Friday Lunch 16 April	Crisp battered or grilled hake and chips, served with and tartar sauce, coleslaw and garden salad per table Bistro R70.00 Home delivery R77.00
PLEASE PA M ii T	OTE: NO CASH PAYMENTS WILL BE ACCEPTED. Y BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD Meals eaten or collected at Bistro R55.00, f delivered R62.00 or otherwise specified the R7.00 surcharge covers all packaging ase book your lunch by 16:00 for the next day



#### Wednesday 14th April Social Dinner R75

Chef's salad platter on the table

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Main Course

Chicken coq au vin New parsley potatoes Roasted carrots with ginger and honey

Or

Greek moussaka Chunky tomato, cucumber, parsley and mint salad Sauté potatoes

> Dessert – R35 Chocolate brownie and ice cream