

What's Happening this week....

03 May - 09 May 2021

Social Activities:

Monday 03 May 2021

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

Tuesday 04 May 2021

National Bird Day

9am Therapeutic Exercise Classes
2.30pm Scrabble
5pm Snooker / Pool
Waterhole



Wednesday 05 May 2021

10am Art Class 5pm Social Dinner

Thursday 06 May 2021

National Nurse Day

2pm Bridge 3pm Petanque 6pm Movie Night



Friday 07 May 2021

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10.30am Bible Study
11am Mother's Day <u>Event...</u>
12.30pm Fish & Chips Lunch
Waterhole

Sunday 09 May 2021

Mother's Day

12.30pm Mother's Day Lunch





NATIONAL BIRD DAY

During the spring, migrating birds move to their summer nesting grounds. It's an excellent time for those new to birdwatching to learn to identify birds by species. Enthusiasts also know that birds will migrate through backyards and stop for a rest, a bite to eat, and a drink if the right habitat is provided. They stand prepared by their windows with binoculars and watch as new visitors arrive daily. Whether it's an oriole, a tree swallow, the ruby-throated hummingbird, or an American Finch, you'll want to make sure you've prepared food, natural habitat and water sources for your guests.

However, it's not just the passers-by that get birdists excited. It's the long term residents and those of the greater outdoors. Year after year they watch robins collect their nesting material or chickadees caring for their brood. They wander through nature preserves seeking a glimpse of a varied thrush or a prairie warbler.

When they do, they are often graced with a privileged view of a bald eagle soaring above them.

Enjoy the pleasure of viewing and listening to the birds in your neighbourhood. Share your favourite birdwatching experiences. While you're out and about, take photos and look them up to identify your local birdlife.

How many Birds can you spot in your Village?



NATIONAL NURSES DAY

National Nurses Day is observed annually on May 6. On this day, we raise awareness of all nurse contributions and commitments and acknowledge the vital role nurses play in society. This day is also the first day of National Nurses Week and is sometimes known as National RN Recognition Day.

National Nurses Week begins May 6 and ends on May 12, which is the birthday of Florence Nightingale (May 12, 1820 - August 13, 1910). Florence Nightingale was a celebrated English, social reformer, statistician, and the founder of modern nursing. She became well-known while taking care of the wounded soldiers during the Crimean War. Nightingale was dubbed "The Lady with the Lamp" because of her habit of making rounds at night.

HOW TO OBSERVE - National Nurses Day

Recognize nurses everywhere. Celebrate their dedication and commitment to their patients and their profession. Tell someone about the excellent care you've received from a nurse.

When you visit the doctor or have surgery, follow the instructions they give you, especially follow up care. Ask questions, so they know when you need more information. They can't read your minds.

Give nurses you know a shout out and thank them for their hard work, especially during these challenging times.



MOTHER'S DAY

Mother's Day is a time-honoured tradition of recognizing the women in our lives who raised us, dried our tears, and well, mothered us. Everyone has one or has someone who is like a mother to them.

On the second Sunday of May, we honour those women who are our mothers. Whether we shower her with gifts, take her to a fancy dinner or make her a homemade card, what moms want most is to be surrounded by the love of her family. Knowing the people they love are safe, sound, and healthy is a mom's number one priority.





Come and join us for a special Pamper, Cake and Tea in the Club House!!!



MAY 2021

ONLY TAB BETWEEN THE COLUMNS - DO NOT HIT ENTER OR THE SPACE BAR TO CREATE SPACES.

THIS TEMPLATE IS SET UP TO PRINT IN A3.

ested chicken drumsticks, savoury rice, cream mushroom sauce and peas* eef and cream spinach lasagne with Greek salad* and mushroom casserole with new parsley potatoes and
and muchroom eaccorolo with new parelov notatoes and
broccoli in cheese sauce*
et n sour pork with fried rice, carrot pineapple salad *
attered or grilled hake and chips, served with tartar sauce, I cabbage and apple coleslaw, garden salad per table Bistro R70.00 Home delivery R77.00

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD
Meals eaten or collected at Bistro R55.00, if delivered R62.00 or otherwise specified
The R7.00 surcharge covers all packaging
*Re-heating guide, set oven to 160 deg C and warm gently for 15-20min

See you there!



Wednesday 05 May Social Dinner R75

Chef's Table Salad Platter

Main Course

Sweet sticky ginger beef with coconut rice and vegetable stir-fry

Or

Italian chicken with tomato, basil and olives, buttered Parmesan pasta, grilled baby marrows and roast peppers

Dessert - R35

Peach cobbler and vanilla ice cream with toffee sauce