What's Happening this week....

23 August – 27 August 2021



Social Activities:

Monday 23 August 2021



9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 5pm Snooker / Pool Waterhole

Tuesday 24 August 2021

9am Therapeutic Exercise Classes
2.30pm Scrabble
2.20pm Embroidery Class
5pm Ladies Pool

Wednesday 25 August 2021

10am Art Class 5pm Social Dinner

Thursday 26 August 2021



12pm Kind to hearing visit day 2pm Bridge 3pm Petanque 10 6pm Movie Night

Friday 27 August 2021

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10.30am Bible Study
12.30pm Fish & Chips Lunch
5pm Waterhole





NATIONAL BOW TIE DAY

National Bow Tie Day on August 28th encourages everyone to wear this style of tie with panache! It's versatile, too. Whether you want to look dapper or humorous, this tie enables you to modify your attire to your mood and atmosphere.

The Croatian mercenaries during the Prussian wars of the 17th century were the originators of the bow tie. This bow tie consisted of a scarf around the neck to hold together the opening of their shirts. Using the name cravat (which derived from the French for "Croat"), the upper classes in France soon adopted this idea.

Styles range to suit attire and occasion. This fascinating article of clothing crosses eras and generations, too. Not only that but men and women both wear bow ties. As a fashion accessory, its statements may be bold or subtle since they come in a broad range of fabrics, colours and sizes.

Some recognizable names from history and fiction have worn bow ties and have worn them well. Winston Churchill, James Bond, Groucho Marx, Orville Redenbacher, Jerry Lewis, Bill Nye, Indiana Jones, Donald Duck and Les Nessman are just a few. The bow tie continues to carry fashion power, today.

HOW TO OBSERVE - National Bow Tie Day

Learn to tie a bow tie. Find your style. Then wear it fearlessly!



23-27 AUGUST 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 23 August	Cheese and bacon burger with chips and side salad	Chicken pie with roast vegetables and gravy
Tuesday Lunch 24 August	Beef Mousakka served with saute potatoes and rattatoulille *	Smoked salmon and butternut cream pasta served with side salad
Wednesday Lunch 25 August	Pork bangers and mash with onion gravy, peas and corn *	Bacon and mushroom quiche served with coleslaw and side salad
Thursday Lunch 26 August	Roast chicken drumsticks, pasta salad and beet salad	Chicken satay with coconut rice and vegetable stir fry
Friday Lunch 27 August	Crisp battered or grilled hake and chips, served with tartar sauce, red cabbage and apple slaw, garden salad per table Bistro R70.00 Home delivery R77.00	Six king prawns grilled, with savory rice and chips, tartar sauce R120 Grilled hake and six king prawns served with chips, lemon butter, peri per and garlic butter – R180

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

Order to be placed by 16:00 prior day

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT
CARD

Meals only available as sit-down meal in Bistro and not available as take away.

Order to be placed by 16:00 prior day

See you there!



PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD.

Please book at Reception EXT 1200 only between 08:00 and 17:00. Please book by 17:00 on Monday.

Wednesday 18 August Social Dinner R95

Potato and leek soup, sour chive cream and croutons (Last soup of the winter season...)

Main Course

Deboned slow braised oxtail phyllo pie, with Parmesan mash, red wine jus and seasonal vegetables

Or

Moroccan chicken with lemon and olives, almond couscous and roasted Mediterranean style vegetables

REAR

Dessert R45

Citrus Crème brulee, crème fraiche and citrus compote

See you there!