# What's Happening this week...

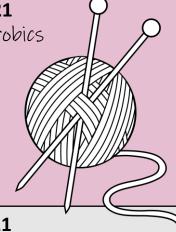
11th October 2021 - 15th October 2021



### Social Activities:

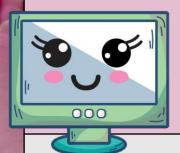
#### Monday 11th October 2021

9am Therapeutic Water Aerobics
10am Art Classes
10am Knit & Natter
1pm Duplicate Bridge
5pm Snooker / Pool
5pm Waterhole



#### **Tuesday 12th October 2021**

9am Therapeutic Exercise Classes
2.30pm Scrabble
2pm Embroidery
5pm Ladies Pool



#### Wednesday 13<sup>th</sup> October 2021

10am Art Class

10am Computer Training
5:30pm Social Dinner

#### Thursday 14th October 2021

2pm Bridge 3pm Petanque 6pm Movie Night



#### Friday 15th October 2021

9.30am Line Dancing Class
9.30am Line Dancing – Main Class
10.30am Bible Study
12pm Fish and Chips
5pm Waterhole







SALE!

## **HOUSE OF SHEBA**

Health comfort and Shoes

October 11 - Club House Time: 10am - 1 pm

Contact: Lulu 081415 3373 Mary 082959 8039

#### 11 to 15 October 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 11 October	Chicken and Mushroom casserole with steamed rice and cinnamon pumpkin *	Avocado, chicken and pecan nut salad with blue cheese dressing and herb croutons
Tuesday Lunch 12 October	Spaghetti Bolognaise with side salad *	Salmon and fennel in dill cream served on taglitelle with side salad
Wednesday Lunch 13 October	Haiwian chicken sir fry with fried rice *	Bacon and mushroom quiche side salad
Thursday Lunch 14 October	BBQ grilled chicken breast with mushroom sauce, potato wedges and seasonal vegetables *	Crumbed pork chop with apple sauce and baked potato, served with coleslaw
Friday Lunch 15 October	Crisp battered or grilled hake and chips, served with tartar sauce, carrot and pineapple and garden salad Bistro R70.00 Home delivery R77.00	Battered hake and six prawns served with chips and tartar sauce Bistro R120  Mussel pot in cream white wine fennel sauce, served with chips R120

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.

PLEASE PAY BY PRE-PAID ACCOUNT, or 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.

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

Order to be placed by 16:00 prior day

13 October 2021 - R85

Chilled Gazpacho topped with sour cream, deep-fried basil, and garlic croutons

#### Main Course

Pepper crusted pork fillet with caramelized apple and onion in cream mustard sauce, served with parsley mash and fried cabbage

Or

Moroccan calamari and mussels in chermoula, with roasted tomatoes and olives, served with jewelled rice and orange salad

(Vegetarian on request)

Dessert

Village Birthday celebration cake serving.

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

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