What's Happening this week...

18^{th October 2021} – 22^{nd October 2021}

Heineken

spus B:

Social Activities:

Monday 18th October 2021

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

Tuesday 19th October 2021

9am Therapeutic Exercise Classes 10:30 Egypt Book Talk

2.30pm Scrabble 2pm Embroidery 5pm Ladies Pool

Wednesday 20th October 2021 Oktober Fest

10am Art Class 5:30pm Social Dinner

oktoberfest

Thursday 21st October 2021

2pm Bridge 3pm Petanque 6pm Movie Night

Friday 22nd October 2021

9am Beginners Line Dancing Class 9.30am Line Dancing – Main Class 10.30am Bible Study 12pm Fish and Chips 5pm Waterhole

Ling Pancing



Morning Book Talk

Ancient Egypt A Glorious early civilization Some special aspects by Gail Nattress

> Tuesday 19th of October 2021 10am for 10:30am





18-22 October 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00
Monday Lunch 18 October	Crumbed chicken topped with ham and melted mozzarella, on cream tomato sauce with savoury rice and roasted pumpkin *	Chicken and bacon slider with melted cheese, fried onion rings, chips and side salad
Tuesday Lunch 19 October	Slow braised beef goulash with buttered pasta and cinnamon glazed carrots 🗱	Beef schnitzel with mushroom sauce, buttered pasta and seasonal vegetables
Wednesday Lunch 20 October	Pork Bangers and mash with onion gravy and mixed seasonal vegetables *	Crumbed pork chop with apple sauce and baked potato, served with coleslaw
Thursday Lunch 21 October	Beef frikadelles in BBQ sauce with sauté potatoes and ratatouille vegetables *	Cheeseburger with potato wedges, braised onions, and side salad with blue cheese dressing
Friday Lunch 22 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 & calamari pot in cream tomato sauce, served with chips R120
PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT, <u>or. CARD</u> 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, or 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

JOIN US AT SOCIAL DINNER FOR

Come dressed in your traditional Bavarian attire. Prizes to be worn for best dressed.

20 Ост 2021

20 October 2021 - R85,00

Cheese & beer corn chowder with bratwurst and Pretzels

Main Course

Pulled Eisbein with Spaetzli dumplings and gravy served with German red cabbage

Or

Chicken schnitzel with fried German potatoes and three cheese sauce, served with side salad

(Vegetarian on request – R70) Spinach and mushroom strudel with Spaetzli, apple cider cream sauce, served with German red cabbage

> Dessert – R45 Apple tart served with ice cream and salted caramel

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BOOK YOUR APPOINTMENT

The audiologist will be in the village

PLEASE BOOK WITH SIPHO AT EVERGREEN HEALTH EXT 1220

Date: 26.10.2021 Time: 9H00-13H00 Venue: Clubhouse boardroom