# What's Happening this week...

1 st November 2021 \_ 7th November 2021

# **Social Activities:**

#### Monday 1<sup>st</sup> November 2021

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

#### Tuesday 2<sup>nd</sup> November 2021

9am Therapeutic Exercise Classes 2.30pm Scrabble 5pm Ladies Pool + Waterhole

#### Wednesday 3<sup>rd</sup> November 2021

10am Art Class 5:30pm Social Dinner

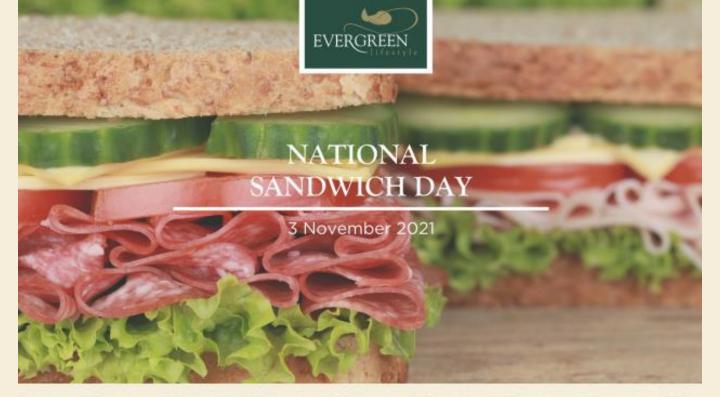
#### Thursday 4<sup>th</sup> November 2021

2pm Bridge 3pm Petanque 6pm Movie Night

#### Friday 5<sup>th</sup> November 2021

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

#### **Saturday 6<sup>th</sup> November 2021** 9.30am Alzheimer's disease talk



#### NATIONAL SANDWICH DAY

Observed annually on **November 3rd**, National Sandwich Day is one of our favorite holidays. The sandwich is believed to be the namesake of John Montagu, the 4th Earl of Sandwich, following the claim that he invented the first ever sandwich. As one of America's most popular lunch items, this day gives us a great reason to enjoy a sandwich.

A sandwich is a food typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein bread serves as a container or wrapper for another food type. The sandwich began as a portable finger food in the Western world, though over time it has become prevalent worldwide.

# ALZHEIMER'S DISEASE

A presentation on Alzheimer's Disease in the Evergreen clubhouse

> Saturday 6 November 09.30 for 10.00

## Debbie Beech

BA Social Work (Stellenbosch) BA Hons. Psychology (RAU)

Ex Regional Manager of Alzheimer's SA



# 01-05 November 2021

Date	Standard Menu – R55.00	Premium Menu – R65.00		
Monday Lunch 01 November	Closed due to Public Holiday Voting	nd		
Tuesday Lunch 02 November	Chicken and spinach lasagr with roast vegetable salad		cken schnitzel with cheese sauce, buttered pasta and seasonal vegetables	
Wednesday Lunch 03 November	Sweet n sour pork with fried i and veg stir fry 🍀		BBQ grilled pork chop with apple sauce and baked potato, served with coleslaw	
Thursday Lunch 04 November	Meatloaf with parsley mash a gravy, roast butternut, and sw potato *	Salmon pasta in cream tomato and basil sauce with side salad		
Friday Lunch 05 November	Crisp battered or grilled ha and chips, served with tar sauce, beet and apple sal 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 cider cream sauce, served with chips R120		
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 M The R7.00 surcharge covers all packaging		PLEASE NOTE: NO CASH PAYMENTS WILL BE A PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT CARD Meals only available as sit-down i Bistro and not available as take Order to be placed by 16:00 prior day	or DEBIT meal in	

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.

### 03 November 2021 – R85

Roast Mediterranean vegetable salad in balsamic and honey dressing with herb crostini

Main Course Steak n kidney pie with parsley mash and seasonal vegetables

Or

Chicken Kiev with potato bake, cheese sauce and seasonal vegetables

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Vegetarian Option on request - R70

Dessert – R45 Honey and whiskey clouds, sugar baked phyllo layered with honey whisky cream on wild berry coulis

