

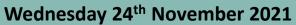
Social Activities:

Monday 22nd November 2021

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

Tuesday 23rd November 2021

9am Therapeutic Exercise Classes
10am Gold Capital
2.30pm Scrabble
2:30pm Embroidery
5pm Ladies Pool & Waterhole



10am Art Class 5:30pm Social Dinner

Thursday 25th November 2021

2pm Bridge 3pm Petanque 6pm Movie Night

Friday 26th November 2021

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



GOLD CAPITAL

WE WILL BUY YOUR LUXURY JEWELLERY AT THE BEST PRICE!

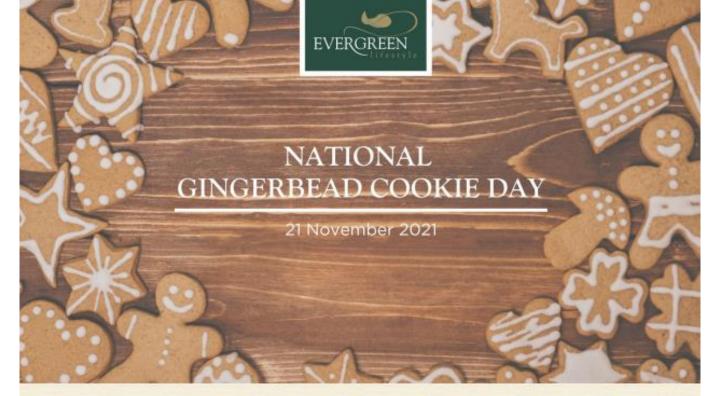


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NATIONAL GINGERBREAD COOKIE DAY

National Gingerbread Cookie Day on November 21st encourages us to grab the rolling pin and cookie cutters. The baking will warm the home and decorating will inspire us to design tasty cookies while making memories!

HOW TO OBSERVE - Gingerbread Cookie Day

Invite friends to help you bake and decorate. Get the children involved and continue family traditions.

Read the story of the gingerbread man.

Host a gingerbread design contest. While everyone is decorating, be sure to provide plenty of supplies. This is still important even if you're hosting an online gingerbread design contest. You don't want your home team to run out of icing or sprinkles just for zoom team B to zoom ahead with an abundance of supplies. One way to keep your gingerbread designs moving is by setting up stations. Start with icing, followed by sprinkles, edible glitter, and decorative piping. Then set up a drying station.

Once everyone finishes, assign bragging rights to these categories:

- Most colourful
- Neatest icing and sprinkle usage
- Best use of icing
- Most original design

Everyone should enjoy a good laugh and savour their hard work with a glass of milk and a tasty cookie!

LOOK FORWARD TO SEEING YOUR PHOTOS and GINGERBREAD COOKIE ARTWORK



BOOK YOUR APPOINTMENT

The audiologist will be in the village

PLEASE BOOK WITH SIPHO AT EVERGREEN HEALTH EXT 1220

Date: 23.11.2021 Time: 9H00-13H00

Venue: Clubhouse boardroom

22 - 26 November 2021

Date	Standard Menu - R55.00	Premium Menu – R65.00
Monday Lunch 22 November	Spaghetti Bolognaise topped with Parmesan cheese, served with side salad *	Pesto penne with seafood and peas
Tuesday Lunch 23 November	Cheese burger with braised onions and chips, served with coleslaw	Cheese and bacon burger with mushroom sauce, potatoe wedges and onion rings, coleslaw
Wednesday Lunch 24 November	Chicken a la king with steamed rice and roasted pumpkin *	Chicken Caesar salad with crisp bacon bits, garlic and herb croutons and creamy lemon and Parmesan dressing
Thursday Lunch 25 November	Pork bangers and mash with onion gravy, peas and corn *	Tagliatelle alfredo in cream ham and mushroom sauce, topped with Parmesan cheese and side salad
Friday Lunch 26 November	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw and garden salad Bistro R70.00 Home delivery R77.00	Six prawns with grilled or fried hake and chips - R120 Mussel pot in cream cider sauce 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. 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



24 November 2021 - R75

Book by 17:00 on Monday

On the table

Deconstructed Greek salad

Main Course

Greek moussaka with ratatouille and sauté potatoes

Or

Moroccan chicken with grilled lemon, buttered almond couscous and cucumber mint salad

Vegetarian Option on request – R70

Dessert - R40

Grilled peaches and ice cream with strawberry sauce

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.