What's Happening this week...



Social Activities:

Monday 31st January 2022

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

Tuesday 1st February 2022

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

Wednesday 2nd February 2022

10am Art Class 5:30pm Social Dinner

Thursday 3rd February 2022

2pm Bridge 3pm Petanque 6pm Movie Night

Friday 4th February 2022

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

GOLD CAPITAL

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YOUR LUXURY JEWELLERY
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LUXURY WATCHES

KRUGERRANDS AND GOLD COINS
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Will be at the Lifestyle Centre on the 31st of Jan from 9am-2pm





Feb 2022

Date	Resident	
2nd	Peta Nesbitt	
6th	Stewart Phillips	
7th	Jane MacConachie	
13th	Charles Clarkson	
15th	Heather Allan	
15th	Laurance Squair	
18th	Val Hutton-Wilson	
18th	David Presbury	
20th	Bev Jackson	
21 st	Milly Haestier	
23 rd	Joanna Wrogemann	
24th	Hans Van Wijk	
25th	Henning Brandt	
26th	Atholie Preacher	
27th	Barry Forbes	
27th	Graeme Pollock	

congratulations to you all!



31 January - 04 February 2022

Date	Standard Menu - R58.00	Premium Menu – R68.00
Monday Lunch 31 January	Pork Bangers and mash with onion gravy, buttered peas and corn	Toad in the hole with parsley mash and onion gravy, fried cabbage
Tuesday Lunch 01 February	Sweet n sour pork, fried rice and vegetable stir-fry	Pork Schnitzel with mushroom sauce, saute potatoes abd seasonal vegtables
Wednesday Lunch 02 February	Beef bobotie with yellow raisin rice and cinnamon pumpkin	Beef meatballs, tomato and basil sauce on spaghetti with Parmesan cheese and side salad
Thursday Lunch 03 February	Chicken lasagne with side salad	Grilled chicken fillet, with lemon caper sauce on lemon sweet potato mash and fried cauliflower
Friday Lunch 04 February	Crisp battered or grilled hake and chips, served with tartar sauce, Waldorf salad and garden salad Bistro R75.00 Home delivery R82.00	Grilled Kingklip and chips with lemon butter sauce R120.00 Calamari and mussel pot in cider cream sauce, served with chips R120.00

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

Meals eaten or collected at Bistro R58.00, if delivered R65.00 or otherwise specified

The R7.00 surcharge covers all packaging 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



02 February 2022 - R75

Salad platter per table

Roasted Mediterranean salad in balsamic dressing with feta, olives and croutons

Main Course

Sugar baked gammon with thyme jus and apple sauce Roast potatoes and cinnamon pumpkin

Or

Chicken and broccoli bake in cheese sauce with herb crust Served with parsley mash and glazed carrots

Vegetarian option available on request - R70

Dessert - R45

White and dark layered chocolate mousse and berry compote

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.

Sunday Lunch - 13 February 2022

Soup

Cream of butternut and orange soup with grilled apple and croutons

Main Course

Deboned roast leg of lamb with mint jelly and rosemary and honey jus

Chicken coq au vin

Savoury rice

Roast potatoes

Green beans and roast pumpkin

Cream of tomato and basil pasta

Dessert

Strawberry cheesecake with seasonal berry compote

Vanilla Ice cream with salted caramel sauce

Fresh fruit platter

- Residents R145.00
 - Visitors R165.00
- Children under 12 R125.00