

# What's Happening this week...

28<sup>th</sup> February 2022 – 4<sup>th</sup> March 2022

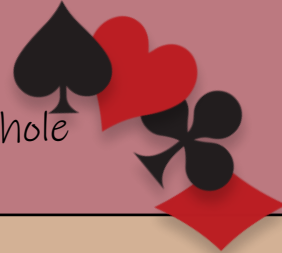




# Social Activities:

## Monday 28<sup>th</sup> February 2022

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



## Tuesday 1<sup>st</sup> March 2022

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

## Wednesday 2<sup>nd</sup> March 2022

10am Art Class  
10am Kind to Hearing  
5.30pm Social dinner

## Thursday 3<sup>rd</sup> March 2022

10am Visual Music @ House 81  
11am Gold Capital  
3pm Petanque  
6pm Movie Night



## Friday 4<sup>th</sup> March 2022

9am Beginners Line Dancing Class  
9.30am Line Dancing - Main Class  
10.30am Bible Study  
12:30pm Fish and Chips  
5pm Waterhole





# NATIONAL OLD STUFF DAY

2 MARCH 2022



## NATIONAL OLD STUFF DAY

Always observed on March 2nd, National Old Stuff Day gives notice to all that old stuff and encourages you to try something new. Well, maybe not ALL the old stuff, but some of it. It's a day to break out of the old routines and experience new ones.

We have all heard the saying, "same old, same old." Well, this is the day to do things differently. There is no limit to how you can change up your day. Take a moment to recognize the things that you do each day. Is there a better, more efficient way? Examine the route you take to work. Evaluate how you fold laundry. Perhaps there's an improved way of cleaning windows.

Maybe it's just a way to brighten your day or someone else's day. Whatever it is, strive to make the day new, not the same old day it was yesterday.

**28 February to 04 March 2022**

| <b>Date</b>                 | <b>Standard Menu – R58.00</b>  | <b>Premium Menu – R68.00</b>   |
|-----------------------------|--|--|
| Monday Lunch<br>28 February | Chicken and mushroom pie with mixed vegetables   | Green Thai chicken curry in coconut milk with basmati rice and pawpaw salsa  |
| Tuesday Lunch<br>01 March   | Pork bangers and mash with onion gravy, broccoli in cheese sauce   | Grilled pork chop with apple sauce, baked potato and broccoli in cheese sauce  |
| Wednesday Lunch<br>02 March | Beef moussaka served with cucumber & tomato salad and tzatziki   | Beef kefta with tomato Chermoula couscous salad and tzatziki   |
| Thursday Lunch<br>03 March  | Cream chicken curry and rice served with tomato sambal and chutney   | Hawaiian BBQ chicken kebab with fried rice and tomato sambal   |
| Friday Lunch<br>04 March    | Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw and garden salad<br>Bistro R75.00<br>Home delivery R82.00 | Deep-fried kingklip and calamari served with chips and tartar sauce R120.00<br>Prawn 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.**

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

*See you there!*

**02 March 2022 – R85**

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

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***Main Course***

**Roast topside of beef with Yorkshire pudding,  
thyme jus, roast potatoes and  
broccoli in cheese sauce**

Or

**Moroccan chicken with apricots,  
dates and almonds served with jewelled basmati rice,  
grilled baby marrow  
and onions in lemon butter**

***Vegetarians option available on request - R70***

***Dessert - R40***

Steamed plum fruit pudding  
with cinnamon custard

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

**Please book at Reception with Tshwanelo only on EXT 1200  
between 08:00 and 17:00.**

**Please book by 17:00 on Monday.**

*See you there!*