

Monday 11th April 2022

9am Therapeutic Water Aerobics
10am Art class
10am Knit & Natter
10am – 1pm Flu Vaccinations at Care Centre
1pm Duplicate Bridge
5pm Snooker / Pool + Waterhole

Tuesday 12th April 2022

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

Wednesday 13th April 2022

KEN FORRESTER

9am Shuttle to Broadacres Shopping Centre
10am Art Class
2:30pm Christian Fellowship house 69
2:30pm Val Di Terra Wine Tasting
5.30pm Social dinner

Thursday 14th April 2022

9am Yoga – contact Kiloran (House 63) 2pm Bridge 3pm Petanque 6pm Movie Night

Friday 15th April 2022 PUBLIC HOLIDAY

9.30am Line Dancing Class
9.30am Line Dancing – Main Class
10am Visual Music D House 81
10.30am Bible Study
12:30pm Fish and Chips
5pm Waterhole

Sunday 17th April 2022

12:30PM Easter Sunday Lunch



NATIONAL GARDENING DAY

National Gardening Day on April 14th encourages gardeners and would-be gardeners to pick up a shovel and some seeds and kick-off a beautiful year of home-grown bounty.

Whether you want to grow vegetables, fruit, flowers, houseplants, or anything in between, National Gardening Day celebrates a satisfying pastime that you will enjoy for decades. Growing your own food also lets you provide fresh and natural nourishment for your family for a fraction of grocery store prices.

As many gardeners know, the benefits of gardening come from more than the produce. Spending time in the garden also provides physical activity and an opportunity to join with nature.

The observance is a call to action to get out and grow flower or vegetable gardens. No matter how you garden, plant in the ground, in containers, in straw bales or a square foot gardening box. Just garden!







Wine Tasting with Renowned Wine Maker KEN FORRESTER



Join us for a virtual presentation of Val Di Terra wine.
Wine for tasting and wine paired canapés will be
provided at a cost of R85 per person.

Wine will be for sale by the case of 6 at the event. Family Members are welcome to attend.

Wednesday 13th April 14:30 to 16:30 in the Lifestyle Centre.

Limited to 100 people



11-15 April 2022

Date	Standard Menu - R58.00	Premium Menu - R68.00
Monday 11 April	Fisherman's pie with cheese & herb potato crust served buttered hubbard squash and sweetcorn	Chicken cheese slider and chips with crisp onion rings, ranch dressing & side salad
Tuesday Lunch 12 April	Hawaiian pork stir-fry, fried rice and Asian red cabbage slaw	Crumbed pork chop, apple sauce, baked potato with soured cream and coleslaw
Wednesday Lunch 13 April	Frikkadels in BBQ sauce, creamy parsley potatoes and cream spinach	Greek moussaka served with minted peas and tzatziki
Thursday Lunch 14 April	Chicken and mushroom casserole with rice and cinnamon pumpkin	Chicken schnitzel with mushroom sauce, baked potato and seasonal vegetables in herb butter
Friday Lunch 15 April	Crisp battered or grilled hake and chips, served with tartar sauce, curried bean salad and garden salad Bistro R75.00 Home delivery R82.00	Six grilled prawns with lemon and garlic butter, sweet chilli and chips R120.00 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



13 April 2022 - R75

Starter

Waldorf salad

Main Course

Toad in the hole, thyme gravy and mash, minted peas

Or

Chicken, baby onion and mushroom in cream rosemary sauce, savoury rice and glazed carrots

Vegetarian option available on request - R70

Dessert

White and dark chocolate mousse with wild berry compote - R40

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.