

Social Activities:

Monday 16th May 2022

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

Tuesday 17th May 2022

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

Wednesday 18th May 2022

10am Art Class 2pm Rummikub 5.30pm Social dinner 100 CLUB DRAW



Thursday 19th May 2022

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

Friday 20th May 2022

9am Beginners Line Dancing Class

9.30am Line Dancing – Main Class

12:30pm Fish and Chips

10.30am Bible Study

2pm BINGO

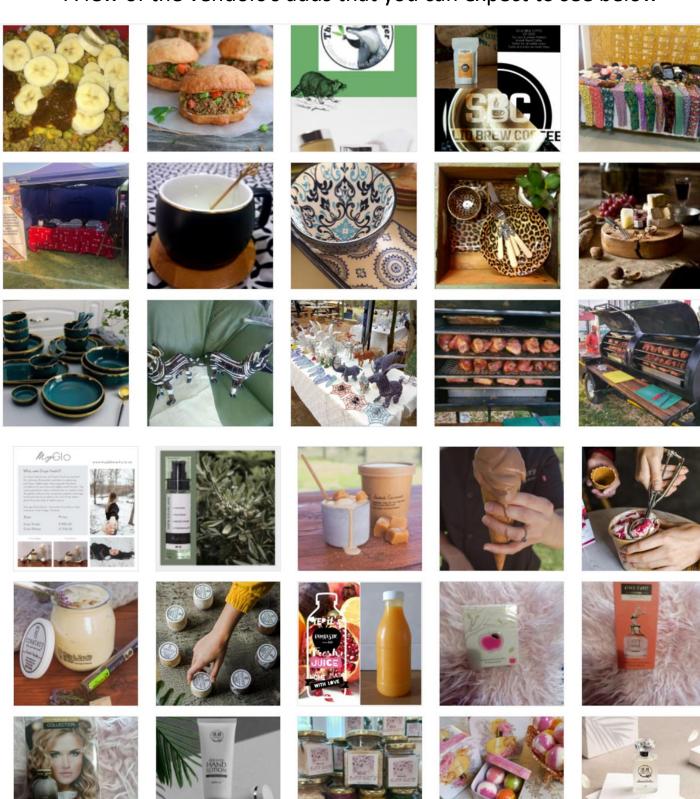
5pm Waterhole

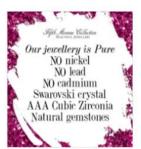
Saturday 21st May 2022

Cooking Demo

This Saturday's Market at the Club House 10:00 – 15:00

A few of the vendors's adds that you can expect to see below









































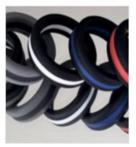






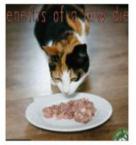






















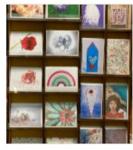
























































16 - 20 May 2022

Date	Standard Menu - R58.00	Premium Menu – R68.00
Monday Lunch 16 May	Grilled Boerewors, tomato and onion gravy, mashed potatoes, grilled sweetcorn and baby marrow	Boerewors kebab tomato and onion gravy, with baked potato, sour cream Roasted corn on the cob and side salad
Tuesday Lunch 17 May	Chicken lasagne with seasonal vegetables and side salad	Chicken in pesto cream sauce, tagliatelle, toasted almonds and side salad
Wednesday Lunch 18 May	Steak n kidney pie, parsley mash, glazed carrots and peas	Minute steak, chips and egg, served with peas
Thursday Lunch 19 May	Pork Schnitzel, potato wedges, cheese sauce, cauliflower and butternut	BBQ pork and pineapple kebab , served with fried rice and vegetable stir-fry
Friday Lunch 20 May	Crisp battered or grilled hake and chips, served with tartar sauce, Waldorf salad and garden salad Bistro R75.00 Home delivery R82.00	Seafood casserole of haddock, prawns, mussels and calamari in cream tomato broth with toasted bruschetta, garlic mayonnaise and chips R125.00

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



Wednesday 18 May 2022 - R80

Starter

Asian chicken noodle soup

Main Course

Sweet n sour pork, fried rice and vegetable stir fry

Or

Moroccan chicken with Mediterranean roast vegetables and buttered couscous

Vegetarian option available on request - R70

Dessert

Creamy warm rice pudding with raisin and nuts – 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.