What's Happening this week...

25th July 2022 - 29th July 2022



Social Activities:

Monday 25th July 2022

9am Therapeutic Water Aerobics

Book Table in front of Clubhouse

10am Art class

10am Knit & Natter

1pm Duplicate Bridge

5pm Snooker / Pool + Waterhole

Tuesday 26th July 2022

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



Wednesday 27th July 2022 Christmas in July Theme

> 10am Art Class 5.30pm Social dinner

Thursday 28th July 2022

9am Yoga – contact Kiloran (House 63)

10am Kind To Hearing

2pm Bridge

3pm Petanque

6pm Movie Night

Friday 29th July 2022

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10:30am Bible Study
12:30pm Fish and Chips
5pm Waterhole



BOOK TABLE

FOR ALL STAFF [domestic & garden] and RESIDENTS,



25 July 2022 In front of Clubhouse From early morning



BOOKS, MAGAZINES, and some CDs, DVDs Come, browse, choose and take home!













25 - 29 July 2022

Date	Standard Menu - R58.00	Premium Menu - R68.00
Monday Lunch 25 July	BBQ Chicken drumsticks, beet and pasta salad	Chicken fillet, sauté potatoes, cheese sauce and roast seasonal
Tuesday Lunch 26 July	Cheese burger and chips with side salad	Cheese, bacon and musroom burger with onion rings, coles salw and potato wedges
Wednesday Lunch 27 July	Chicken a la king with steamed rice and roast pumpkin	Mild chicken curry with rice, tomato and onion sambal, chutney and banana salad
Thursday Lunch 28 July	Frikkadels in BBQ and onion sauce, mash potatoes, sweet corn and peas	Savoury mince pasta bake with cheese crust, roasted seasonal vegetables Greek salad
Friday Lunch 29 July	Crisp battered or grilled hake and chips, served with tartar sauce, mushy mint peas and garden salad Bistro R75.00 Home delivery R82.00	Parmesan crumbed calamari steak served with lemon caper sauce and chips R110.00

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 eaten or collected at Bistro R68.00, if delivered R75.00 or otherwise specified The R7.00 surcharge covers all packaging

Order to be placed by 16:00 prior day

Wednesday 27 July 2022 - XMAS IN JULY

*Includes all three courses (Choice on Main Course) R115.00pp

Starter

Butternut and orange soup topped with cinnamon cream

Main Course

Sugar baked gammon with apple sauce and rosemary jus, roast potatoes, cauliflower and broccoli in cheese sauce

Or

Roast turkey roll with wild mushroom & thyme jus, cranberry sauce roast potatoes, cauliflower and broccoli in cheese sauce

Vegetarian option available on request

Dessert

Festive fruit Christmas cracker, brandied fruit and nuts in sugared phyllo pastry with a twist, served with cinnamon crème Anglaise and wild 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.

See you there!