

29th August 2022 — 2nd September 2022

# **Social Activities:**

## Monday 29th August 2022

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

# Tuesday 30th August 2022

9am Therapeutic Exercise class
9am Sashni Muniker Audiologist
10am Book Club Talk
2.30pm Scrabble
5pm Ladies Pool + Waterhole

# Wednesday 31st August 2022

10am Art Class 5.30pm Social dinner

## Thursday 1st September 2022

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

# Friday 2<sup>nd</sup> September 2022

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

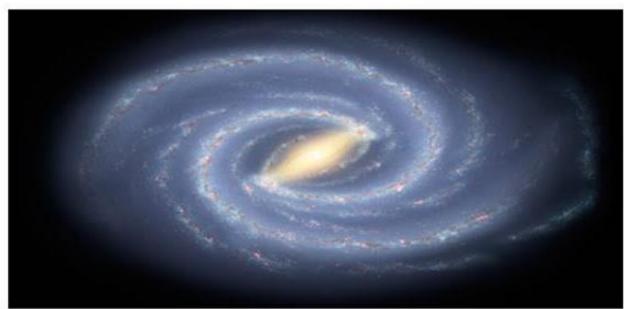


# *Reminder*Prof Graham Hall

# To the Edge of the Universe, But are we alone?

Tuesday, 30<sup>th</sup> August 2022 10am for tea and coffee 10:30am talk starts







# 29 August - 02 September 2022

Date	Standard Menu - R63.00	Premium Menu – R73.00
Monday Lunch 29 August	BBQ cheese burger with braised onions, chips and side salad	Chicken Prego with potato wedges, coleslaw and side salad
Tuesday Lunch 30 August	Beef stroganoff, steamed rice, roast butternut and peas	Asian sticky garlic beef, with fried rice and vegetable stir-fry
Wednesday Lunch 31 August	Frikkadels in tomato sauce with cheese & herb crust, mashed potatoes and roast seasonal vegetables	Beef lasagne, roast vegetables and side salad
Thursday Lunch 01 September	Chicken schnitzel with cheese sauce, sauté potatoes, cream spinach and pumpkin	Peppered pork fillet with mushroom sauce, grilled apples, sauté potatoes, cream spinach and pumpkin
Friday Lunch 02 September	Crisp battered or grilled hake and chips, served with tartar sauce, three bean salad and garden salad Bistro R80.00 Home delivery R87.00	Seafood pot, prawns, mussels and haddock in cider cream sauce, served with 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.  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 - 31st August 2022

#### Starter

Chilled Gazpacho topped with soured cream and garlic croutons

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### Main Course

Beef Schnitzel with three cheese sauce, sauté potatoes and grilled cauliflower – R75

Or

Green Thai chicken curry in coconut milk, with brinjals, beans and potatoes, served with Basmati rice and pawpaw salsa – R75

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Vegetarian option available on request - R70

#### Dessert

Seasonal fruit salad in orange, ginger & cinnamon syrup served with ice cream – 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.

Carrie Hand



17 SEPTEMBER 2022
FROM 09:00 - 14:00
OVER 80 STALLS AND LIVE
ENTERTAINMENT

BROADACRES

43 FREDERICK ROAD

R10.00 ENTRANCE FOR

EVERGREEN broadacres