

Social Activities:

MONDAY - 22nd May 2023

9am Therapeutic Water Aerobics class 1
9:45am Therapeutic Water Aerobics class 2
10am Knit & Natter
1pm Bridge
5pm Men's Pool & Waterhole

TUESDAY – 23rd May 2023

9am Therapeutic Exercise Classes
2pm Rummikub
2:30pm Scrabble
2:30pm Craft Class
5pm Ladies Pool & Waterhole

WEDNESDAY - 24th May 2023

9am Shopping shuttle to Nicolway Shopping centre 5:30pm Social Dinner

THURSDAY – 25th May 2023

8am Therapeutic Exercise Classes
9am Yoga (Contact Kiloran Ext 1063)
2pm Bridge
3pm Petanque
6pm Movie Night

FRIDAY – 26th May 2023

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



NATIONAL BLUEBERRY CHEESECAKE DAY

National Blueberry Cheesecake day is celebrated every year on May 26. It is a day dedicated to the blueberry cheesecake. Although, originating in Ancient Greece, cheesecakes have today spread to the far corners of the world and each region has its own varieties of cheesecakes.

Cheesecake is a rich dessert cake made with cream and soft cheese on a graham cracker, cookie, or pastry crust. Often, it is topped with a fruit compote or puree. Legend has it that blueberry cheesecakes were fed to the athletes at the Olympic Games in Greece.

Blueberry cheesecakes come in a number of varieties. Some of the most unique blueberry cheesecakes include blueberry mint cheesecakes, chocolate blueberry cheesecakes, and kombucha blueberry cheesecakes.



Shopping shuttle to Nicolway Shopping Centre:

When: Wednesday 24 May 2023

Time: 09:00 departs from Village

12:00 departs from Nicolway back to Village

Cost: R50,00 per person – will be added to your levy account.

Book with Hannah at reception on EXT 1200 by COB on 19 May 2023

Cancellation will be charged in full for bookings who do not arrive on the day,





22-26 May 2023

Date	Standard Menu - R68.00
Monday Lunch 22 May	Ox liver and onions served with Parmesan mash, roast pumpkin, cauliflower in cheese sauce
Tuesday Lunch 23 May	Chicken Chow Mein served with Asian cabbage coleslaw
Wednesday Lunch 24 May	Italian feta stuffed meatballs with tomato and basil coulis, pasta and Italian salad
Thursday Lunch 25 May	Mild chicken curry in coconut milk with potatoes, beans and brinjals, basmati rice and paw-paw salsa
Friday Lunch 26 May	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweet corn salad and garden table salad Bistro R85.00 Home delivery R95.00

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 R78.00 or otherwise specified
The R10.00 surcharge covers all packaging

Order to be placed by 16:00 prior day



Wednesday - 24 May 2023

Starter

Cream of roasted tomato soup with basil pesto crème fraiche and parmesan cheese croutons

Main Course

Kassler pork chops with glazed BBQ and pineapple, mashed potato, cream spinach and pumpkin R85

Or

Grilled chicken fillets with mushroom, bacon and cheese sauce, baked potato, cream spinach and pumpkin — R75

Vegetarian option available on request – R75

Dessert

Malva pudding and custard – R40

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.