"For the great doesn't happen through impulse alone, and is a succession of little things that are brought together."

Vincent Van Gogh

Weekly Activities

Your weekly guide to sport & recreational activities in the Village It's A Celebration
Birthday's,
Anniversaries & New
Residents

What's On The Menu
Delicious meals on
offer this week!

New Art Teacher

Residents interested in art lessons across various mediums. Art teacher available from August 2023

Christmas in July

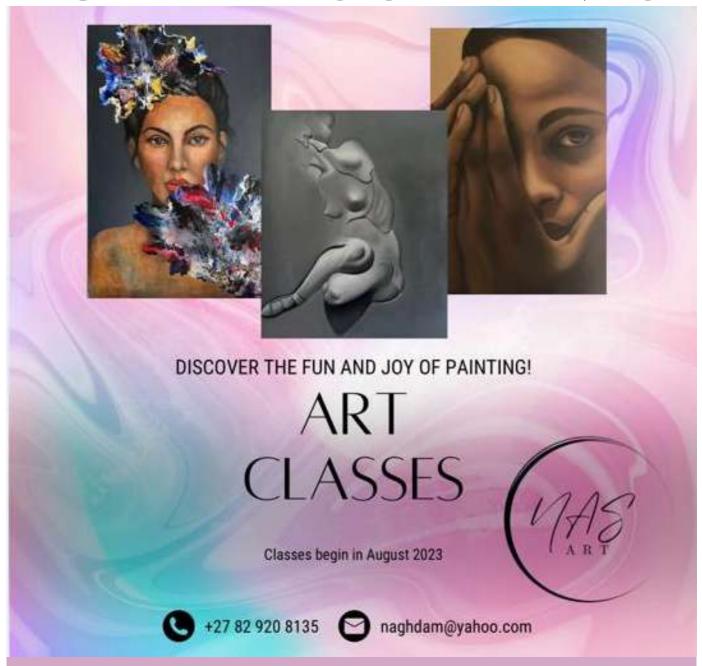
Christmas in July social dinner on 26 July 2023 menu Upcoming Events
July, Aug & Sept

Week 27

ACTIVITIES & EVENTS

MON 3 JULY	TUE 4 JULY	WED 5 JULY	THUR 6 JULY	FRI 7 JULY	SAT 8 JULY	SUN 9 JULY
09h00 Water Aerobics 1 09:45 Water Aerobics 2	09h00 Therapeutic Exercise Class		08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing		
10 am Knitter & Natter			09:00 am Yoga	09:30 am Line Dancing		
1 pm Bridge	2 pm Rummikub		2 pm Rummikub	10:30 am Bible Study		
	2:30 pm Scrabble		2:00 pm Bridge	2:30 pm Fish & Chips		
5 pm Pool/Snooker Waterhole	2:30 pm Craft Class		3:00 pm Petanque			
	5 pm Ladies pool			5 pm Waterhole		
	5 pm waterhole	5;30 pm SOCIAL DINNER	06:00 pm Movie Night	International Peace and love day		

ACTIVITIES & EVENTS



Art teacher who teaches across various mediums from drawing to painting as well as sculpturing. Nas is available to teach at the Village on either Monday/ Fridays. (10:00 - 13:00)

R900.00 per month.

She is available to start teaching in August 2023 as she is overseas doing an exhibition in July 2023.

Interested residents to send Wilma their names and indicate their preferred day being either Monday or Friday.



NAILS BY MARY





JULY SPECIAL

MANICURE AND PEDICURE

R250.00

IT'S A CELEBRATION

Count your age by friends, not years.

Count your life by smiles, not tears. — John Lennon

ANNIVERSARIES

03 JULY

Chappy & Sue Hartley

BIRTHDAYS

3 - 9 JULY

3rd Margo Clarkson **Beryl Sletcher** 5th 5th Dennis Allen Robert Haselum 6th 6th Thomas Kneen 7th James Baird 8th **Dave Powell** Marion Du Preez 9th



ACTIVITIES & FACILITIES

THERAPEUTIC EXCERCISE

Therapeutic exercises suitable for any level of fitness and ability

Anke - 083 386 8558

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Anke - 083 386 8558

YOGA

All level yoga class with a focus on mobility and strengthening of the back.

Desley White - 084 465 1939

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Libby Baker - ext. 1002

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Lyn Turner - ext. 1004

PETANQUE

the objective is to score points by having boules closer to the target than the opponent after all boules have been thrown

Felicity Brandt - ext. 1122

MOVIE NIGHT

Enjoy classics and award winning movies of all genres with fellow residents. Every Thursday evening at 18:00

Chris Edwards - ext. 1089

SALON

Ladies & gents are welcome at the Salon.

Hours Wed / Thu 09h00 - 17h00

Charmaine - 073 0318 677

SWIMMING POOL & GYM

Heated indoor swimming pool and gym for your enjoyment

BRIDGE

The card game that's both intellectually and socially stimulating

Judy Stowell - ext. 1056

POOL

Get together and enjoy a game of pool.

Gents on Monday evenings Ladies on Tuesday evenings

In the Lifestyle Centre

KNIT AND NATTER

Knitting while socialising for an amazing cause.

Elske Fann ext 1076

UPCOMING EVENTS

July

Wimbledon final-Sunday lunch 16th Mandela Day - 18th Christmas in July - 26th August

Woman's Day - 9 Aug AGM - 17 Aug September

spring day - 1st arbour day - 9th heritage day - 24th National Braai Day - 24th

WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00 SOCIAL DINNER - WEDNESDAY

MONDAY 3 JULY Potato and leek soup with ham cheese and tomato roll- R68

TUESDAY 4 JUI Y Penne pasta with chicken and mushroom in tomato and basil sauce, green salad -R68

WEDNESDAY
5 JULY

liver and onions with mash and gravy, buttered squash and carrots- R68

THURSDAY 6 JULY Chicken casserole with savoury rice, green beans and beetroot salad - R68

FRIDAY
7 JULY

Grilled or deep-fried Hake, with chips, tartar sauce, coleslaw and garden salad - R85

WEDNESDAY SOCIAL DINNER

Wednesday night social dinner: Starter per table

Cream of mushroom and leek soup with herb croutons

Mains

Hungarian beef goulash finished with soured cream, parsley dumplings, baby potatoes and roasted carrots and turnips – R80.00

Or

Chicken Picatta, Parmesan crusted served with parsley mash and lemon caper sauce, roasted vegetables R80.00

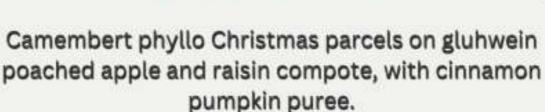
Vegetarian option on request – R70

Malva pudding served with custard R40.00

DAILY MEAL ORDERS BY 09h00 BOOK ON FXT 1209 16 JULY 2023

Christmas in July





PLATED MAIN COURSE.

Sugar baked Kessler loin with apple and cranberry sauce and red wine jus

Rolled chicken breast, with walnut, sage and macerated fruit stuffing, marmalade, and thyme jus.

Nut meg roasted Brussel sprouts with crisp bacon bits.

Roasted parsnips, turnips and carrots in maple syrup butter

Rosemary roasted fondant potatoes.

PLATED DESSERT.

Caramelized Croissant bread and butter pudding with sherry infused fruits, cinnamon creme Anglaise and wild berry syrup

R165.00 per person

Book and pre pay with Bistro by 20 July 2023

Take your receipt with to book your seating with Hannah at reception

Decorate your own table in your own Christmas style.









INTERNATIONAL PEACE AND LOVE DAY

Peace and love doesn't cost a thing, but their power goes far beyond anything words can capture. Different cultures have their concepts of peace. The philosophy of "Ubuntu" among the Zulu teaches that humanity is linked. To the Japanese, "Heiwa" means aligning oneself to the common good. Most cultures seem to agree that the world needs more love and peace.

Peace builds and restores while war destroys and kills. A peaceful world will always be more conducive and healthy. Peace and love go hand in hand because you can't have peace without a loving, accepting, empathetic environment to foster it in. Instead of allowing petty differences to divide us, we should seek to understand and connect with each other

Radiating positive energy doesn't mean you will always get it in return. On International peace and love day, practice forgiveness and turning the other cheek. Confrontation and retaliation are not always the answer. Wishing others peace and love is a simple way to celebrate the day. Don't just say the words, convey them in your thoughts and actions.



SUNDAY LUNCH

The Wimbledon final 16th July -12:30 - 15:00

Starter

Mushroom and biltong soup topped with chive crème fraiche, grated cheddar, and herb croutons.

Main Course

Pepper crusted roast topside of beef with thyme jus and cream horseradish.

Chicken tikka masala in yoghurt and almond sauce

Broccoli and cauliflower in cheese sauce

Penne pasta with basil pesto and roasted tomato sauce

Seasonal vegetables in herb butter

Roast potatoes

Steamed basmati rice

Strawberries and Cream Dessert

Strawberries, meringues and whipped vanilla cream
Strawberry cheesecake
Vanilla and strawberry ice cream with salted caramel sauce
Mini strawberry tartlets and scones with strawberry jam and cream
Cheese platter with cheese straws and grissini sticks

Residents: R165.00pp Visitors: R185.00pp Children under 12yrs: R130.00

Terms and Conditions

- 1. Pre-payment required to secure bookings.
- 2. You will need to produce your pre-paid slip from the Bistro to book your table with Hannah at reception. (No exceptions)
- 3. Bookings close on Wednesday 12July 2023 at 16:00
- 4. No cancellations will be accepted or refunded.
- 5. No deliveries