

# WHAT'S HAPPENING

NEXT WEEK 3 - 9 JULY 2023

"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

Week 27

## Christmas in July

Christmas in July social dinner on 26 July 2023 menu

Upcoming Events  
July, Aug & Sept

# 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



DISCOVER THE FUN AND JOY OF PAINTING!

## ART CLASSES

Classes begin in August 2023



+27 82 920 8135



naghdam@yahoo.com

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

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



# ACTIVITIES & FACILITIES

## THERAPEUTIC EXERCISE

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 JULY**

**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  
savory 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**

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**Vegetarian option on request –  
R70**

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**Malva pudding served with  
custard  
R40.00**

**DAILY MEAL ORDERS BY 09h00  
BOOK ON EXT 1209**

26 JULY 2023

# Christmas in July

MENU.

## PLATED STARTER

Camembert phyllo Christmas parcels on gluhwein poached apple and raisin compote, with cinnamon pumpkin puree.

## 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

7 JULY 2023



## 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

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### 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

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#### 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 12 July 2023 at 16:00
4. No cancellations will be accepted or refunded.
5. No deliveries