

# WHAT'S HAPPENING

NEXT WEEK 10 - 17 JULY 2023

"Happiness is not by chance, but by choice."

Jim Rohn

### Weekly Activities

Your weekly guide to sport & recreational activities in the Village

Join us on Sunday at 15:00 for the Wimbledon men's final to be aired on the Big screen TV in the Lifestyle Centre

### 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 28

### Christmas in July

Christmas in July social dinner on 26 July 2023  
Rescom will decorate a table for those who can not decorate their own. please indicate when booking that you wish to be seated at the Rescom decorated table.

13 July 2023

Therapeutic colouring "Get Together"

# ACTIVITIES & EVENTS

MON 10 JULY	TUE 11 JULY	WED 12 JULY	THUR 13 JULY	FRI 14 JULY	SAT 15 JULY	SUN 16 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		10am Visual Music #81	09:00 am Yoga	09:30 am Line Dancing		
1 pm Bridge	2 pm Rummikub	2:30pm Christian fellowship group	11 pm Therapeutic Colouring "Get Together" 	10:30 am Bible Study		
	2:30 pm Scrabble			12:30 pm Fish & Chips		12 pm Wimbledon Sunday lunch 
5 pm Pool/Snooker Waterhole	2:30 pm Craft Class		2 pm Rummikub  2:00 pm Bridge			15 pm Wimbledon Men's final on big screen TV in Lifestyle Centre
	5 pm Ladies pool		3:00 pm Petanque	5 pm Waterhole		
	5 pm waterhole	 5:30 pm SOCIAL DINNER	06:00 pm Movie Night	World Youth Skills 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.

Or R210 per session. Which is R69 per hour.

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.

# 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

**10 - 17 JULY**

17th Ian & Elaine Gladstone

## BIRTHDAYS

**10-17 JULY**

10th Kate Van Rooyen

10th Idonea Prentice

11th Arthur Hills



# 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  
10 JULY**

**Pork Schnitzel with  
chive mash, cheese  
sauce, spinach and  
carrots- R68**

**TUESDAY  
11 JULY**

**Robust winter  
vegetable soup with  
cheese and tomato  
health roll – R68**

**WEDNESDAY  
12 JULY**

**Crumbed Chicken  
strips with sweet chili,  
fried rice and vegetable  
stir fry- R68**

**THURSDAY  
13 JULY**

**Beef Goulash with  
cheesy mash potatoes,  
saute green beans and  
sweet corn – R68**

**FRIDAY  
14 JULY**

**Grilled or deep-fried  
Hake, with chips,  
tartar sauce, Waldorf  
salad – R85**

## WEDNESDAY SOCIAL DINNER

**Wednesday night social dinner:  
Starter per table**

**Cream of tomato soup topped  
with basil cream served with  
garlic and herb crostini**

### Mains

**Pork fillet served with three  
cheese sauce, parsley mash  
and minted peas  
R75.00**

Or

**Chicken and mushroom pie with  
mash and gravy, served with  
glazed carrots and peas  
R75.00**

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**Vegetarian option on request –  
R70**

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**Chocolate brownie, ice cream and  
salted caramel sauce  
R40.00**

**DAILY MEAL ORDERS BY 16:00 PRIOR DAY  
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.**

# WORLD YOUTH SKILLS DAY

15 JULY 2023



## WORLD YOUTH SKILLS DAY

According to the U.N., the objective of World Youth Skills Day is to 'celebrate the strategic importance of equipping young people with skills for employment, decent work, and entrepreneurship.' Events in honour of the day tend to involve opportunities to provide young people with spaces for dialogue with educational institutions, employers, policymakers, and development partners.

One of the best ways to help youth is to give them access to education and other are many scholarships available to help them do this. The upskilling of the youth has become increasingly important in light of the world slowly shifting to sustainable development.

World Youth Skills day is very important in the journey of upskilling the world's young people. Talk about the day on social media to spread awareness. As an adult, we should offer to guide young people looking to learn skills you know. It may help them to build their future.





# 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



Join us for a Therapeutic Colouring ""Get Together""  
In the Lifestyle Centre on:

Thursday 13 July 2023 at 11 pm

Please book with reception in order for us to ensure we  
have enough Colouring paper and pens available





# MANDELA DAY ELDERLY CARE PACKAGE

*Drive*

13 – 18 July 2023

If you want to make a difference this Mandela Day please consider donating towards making care packages for elderly person in need.

Donations can be put in baskets at reception. This will then be used to put into individual care packages and distributed.

  
EVERGREEN  
lifestyle  
broadacres

# Nails by Mary



**JULY SPECIAL**

MANICURE AND PEDICURE

**R250.00 each**