

WHAT'S HAPPENING

NEXT WEEK 17 - 23 JULY 2023

"As we work to create light for others, we naturally light our own way."

Mary Anne Radmacher

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 29

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.

ACTIVITIES & EVENTS

MON 17 JULY	TUE 18 JULY	WED 19 JULY	THUR 20 JULY	FRI 21 JULY	SAT 22 JULY	SUN 23 JULY
09h00 Water Aerobics 1 09:45 Water Aerobics 2	Nelson Mandela Day		08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing		
10 am Knitter & Natter	09h00 Therapeutic Exercise Class	Visual music #81	10:00 am Therapeutic Colouring "Get Together"	09:30 am Line Dancing		
1 pm Bridge	2 pm Rummikub		09:00 am Yoga	10:30 am Bible Study		
	2:30 pm Scrabble		2 pm Rummikub 2:00 pm Bridge	12:30 pm Fish & Chips		
5 pm Pool/Snooker Waterhole	2:30 pm Craft Class		3:00 pm Petanque			
	5 pm Ladies pool		3:00 pm RAC Meeting	5 pm Waterhole		
	5 pm waterhole	 5:30 pm SOCIAL DINNER	06:00 pm Movie Night			

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)

R210 per lesson. Which is R69 per hour.
or 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.

DISCOVER THE FUN AND JOY OF PAINTING!

ART CLASSES

Classes begin in August 2023



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naghdam@yahoo.com

IT'S A CELEBRATION

Count your age by friends, not years.

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

ANNIVERSARIES

18 - 23 JULY

BIRTHDAYS

18 - 23 JULY

18th Caroline Brickett
21st Gunnar Svensson
21st Sue Stirton
23rd Lynn Turner



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

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
17 JULY**

**Roast tomato soup
with basil creme
fraiche, spinach and
feta phyllo parcel-
R68**

**TUESDAY
18 JULY**

**Chicken lasagne with
garden and beetroot
salad – R68**

**WEDNESDAY
19 JULY**

**Grilled pork chop,
cheese sauce, mash
potatoes, pumpkin and
fried cabbage- R68**

**THURSDAY
20 JULY**

**Macaroni and cheese
with bacon, mushroom
and tomato, spinach
and feta salad – R68**

**FRIDAY
21 JULY**

**Grilled or deep-fried
Hake, with chips, tartar
sauce, mushy minted
peas and garden salad –
R85**

WEDNESDAY SOCIAL DINNER

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

Chicken noodle soup

Mains

**Beef lasagne served with creamed
spinach and roasted vegetables
and Italian salad
R75.00**

Or

**Chicken Prego with potato wedges
and coleslaw and roast corn
salad-
R75.00**

**Vegetarian option on request –
R70**

**Bread and butter pudding with
nuts and raisins, sugared
cinnamon crust served with ice
cream
R40.00**

**DAILY MEAL ORDERS BY 16:00 PRIOR DAY
BOOK ON EXT 1209**



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

Therapeutic Colouring "Get together"

Thursdays at 10:00
in Lifestyle Centre.
Contact Kay Olie Unit 49

ART THERAPY

AN ANTI-ANXIETY
COLOURING BOOK

