"It is often the small steps, not the giant leaps, that bring about the most lasting change."

Queen Elizabeth II

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 30

ACTIVITIES & EVENTS

MON 24 JULY	TUE 25 JULY	WED 26 JULY	THUR 27 JULY	FRI 28 JULY	SAT 29 JULY	SUN 30 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	09h00 Sashni Audiologist		09:00 am Yoga	09:30 am Line Dancing		
1 pm Bridge	2 pm Rummikub		10 am Visual Music	10 am Visual Music		
	2:30 pm Scrabble		2:00 pm Rummikub	10:30 am Bible Study		
5 pm Men's pool/Snooker Waterhole	2:30 pm Craft Class		2:00 pm Bridge	12:30 pm Fish & Chips		
	5 pm Ladies pool/ Waterhole	CHRISTMAS	3:00 pm Pentaque	5 pm Waterhole		
		05:30 Chistmas in July 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.





SALON OPEN ON SATRDAYS

Charmaine the hairdresser have agreed to working two Saturdays per month to assist those residents who are not available during the week.

She will be available on the below Saturdays:

29 July 2023 from 09:00 - 13:00 5 August 2023 from 09:00 - 14:0 19 August 2023 from 09:00 - 14:00 2 September 2023 - From 09:00 - 14:00 16 September 2023 - From 09:00 - 14:00 30 September 2023 - from 09:00 - 14:00 14 October 2023 - from 09:00 - 14:00 28 October 2023 - from 09:00 - 14:00

Bookings can be done with her directly on 073 031 8677

UPCOMING EVENTS

July 2023 Christmas in July - 26th

August 2023 Woman's Day - 9 Aug AGM - 17 Aug

September 2023
Spring day - 1st
Start of Rugby World Cup - 2nd
Arbour day - 9th
Heritage day - 24th
National Braai Day - 24th

IT'S A CELEBRATION

Count your age by friends, not years.

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

ANNIVERSARIES

24 - 30 JULY

27th James & Pauline Green

30th Milne & Emmy Murray

BIRTHDAYS

24 - 30 JULY

26th Kees Segers 27th Iris Haferung 27th Bryan Breval 28th Jan Key

28th Emmy Murray 29th Kees Segers

Therapeutic Colouring "Get together" Thursdays at 10:00 in Lifestyle Centre. Contact Kay Olie Unit 49



WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00 SOCIAL DINNER - WEDNESDAY

MONDAY 24 JULY Cape fishermans pie with gem squash and sweetcorn - R68

TUESDAY 25 JULY Sweet and sour chicken with Asian fried noodles and vegetables - R68

WEDNESDAY 26 JULY Beef lasagne with Italian salad and Mediterranean roasted vegetables - R68

THURSDAY 27 JULY Potato, broccoli and chicken bake with beetroot and carrot salads - R68

FRIDAY 28 JULY Grilled or deep fried Hake with chips, tartar sauce, pea and sweet corn salad and garden salad - R85

WEDNESDAY SOCIAL DINNER

Wednesday night social dinner: Starter per table

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

Mains

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.

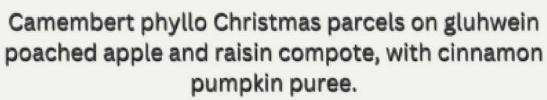
Caramelised Croissant bread and butter pudding with sherry infused fruits, cinnamon creme Anglaise and wild berry syrup

BOOK ON EXT 1209



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

















NATIONAL SCOTCH DAY

In order to be considered scotch, this classy and distinctive spirit must be made in Scotland. It must be fermented from malted barley, aged in oak barrels for at least three years and have an ABV or alcohol content of less than 94.8%. While most scotch is made with barley, water and yeast, other grains can be included.

There are five distinct classifications of Scotch whisky including single malt scotch, single grain scotch, blended malt scotch, blended grain scotch and blended scotch. Scotch is often identified by the region where it was produced and each region has its own characteristics that influence taste. Despite scotch being made in Scotland, you can enjoy the spirit anywhere. Kilt not required.

Pick up a bottle of your favourite scotch whisky from your local liquor store. Whether you prefer yours neat, on the rocks or with a splash of water, grab some friends and savour a glass.