

WHAT'S HAPPENING

NEXT WEEK 14 - 20 August 2023

“Nothing can dim the light which shines from within.”

Maya Angelou

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

J

New Art Teacher

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

What's On The Menu

Delicious meals on offer this week!

Wellness
Morning
08h00 - 12h00

Week 33



World Cup Warm up fixtures Sat 19 Aug

Ireland v England
France v Fiji
Wales v SA
Georgia v USA
Italy v Romania

It's A Celebration

Birthday's,
Anniversaries & New Residents

ACTIVITIES & EVENTS

MON 14 AUG	TUE 15 AUG	WED 16 AUG	THUR 17 AUG	FRI 18 AUG	SAT 19 AUG	SUN 20 AUG
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 Book Morning		09:00 am Yoga	09:30 am Line Dancing		
10 am Knitter & Natter			08:00 - 12:00 Wellness Morning	10:30 am Bible Study		
1 pm Bridge	2 pm Rummikub					
5 pm Men's pool/Snooker Waterhole	2:30 pm Scrabble		12:00 pm Village AGM	12:30 pm Fish & Chips	 Rugby World Cup Warm up fixtures Rugby World Cup Warm up fixtures Ireland v England France v Fiji Wales v SA Georgia v USA Italy v Romania	
	2:30 pm Craft Class			2:30 pm Bingo		
	5 pm Ladies pool/ Waterhole	5 pm Social Dinner	06:00 pm Movie Night	5 pm Waterhole		



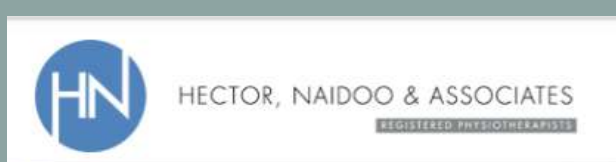
WELLNESS MORNING

17 August 2023 from 08:00 – 12:00

Come listen to Medical Talks and book your space for your Discovery Premier Lite Health check. Or visit the suppliers stands.

Time	Healthcare practitioner
08h30 – 09h00	Dr Tracey Ling (Emergency Centre Doctor)
09h00 – 09h30	Dr Karen Vukovic (Psychiatrist)
09h30 – 10h00	Dr Farai Dube (Cardiologist and Specialist Physician)
10h00 – 10h30	Dr Kgao Ntshwana (Gastroenterologists and Specialist Physician)
10h30 – 11h00	Dr Alex Landmann Neurologist
11h00 – 11h30	Dr Rob Stein (Orthopaedic Surgeon)
11h30 – 12h00	Dr Reyna Daya / Dr Zaheer Bayat Endocrinologist

Or join the fun and peddle to make your own smoothie.



IT'S A CELEBRATION

Count your age by friends, not years.

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

ANNIVERSARIES

14 - 20 AUGUST

BIRTHDAYS

14 - 20 AUGUST

15th	Dick Sheppard
16th	Daphne Larkin
17th	Ron Mackie
18th	Isabella Labuschagne
20th	Pru Hall

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



WHAT'S ON THE MENU?

THE BISTRO

MONDAY
14 AUGUST

Roast tomato soup with
basil crème fraiche,
cheese and ham Panini
- R68

TUESDAY
15 AUGUST

Mild chicken curry in
coconut milk with
basmati rice with
pawpaw salsa and
beetroot salad - R68

WEDNESDAY
16 AUGUST

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

THURSDAY
17 AUGUST

Fettuccini al fredo in
cream mushroom and
ham sauce, served with
Greek salad- R68

FRIDAY
18 AUGUST

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

SOCIAL DINNER - WEDNESDAY

WEDNESDAY SOCIAL DINNER

Starter:

Chicken noodle soup

MAINS:

Slow braised beef shin with
mashed potatoes, cauliflower in
cheese sauce, peas and carrots-
R80.00

OR

Roast chicken with roast potatoes,
cauliflower in cheese sauce, peas
and carrots- R80.00

Dessert:

Crème caramel with seasonal
fruits - R40.00

DAILY MEAL ORDERS BY 09h00
BOOK ON EXT 1209

BOOK BY 17:00 PRIOR DAY



BABY BOOMERS RECOGNITION DAY

We couldn't be more thrilled than to honour a generation of people who were among the largest in the world. Baby boomers (1946 – 1964) refers to the demographic born after the Silent Generation (1928 – 1945) and before Generation X (1965 – 1980). This generation, represents those born during the post-World War II baby boom.

This was an eventful era, early baby boomers were prime instigators of cultural movements like Woodstock and the Summer of Love. During an era of significant societal change, they were also powerful forces to be reckoned with. Baby Boomers lived through a number of significant events. They were the first generation to have Barbie dolls and to receive polio immunizations. The first manned space mission and the first lunar landing were both witnessed by boomers.

If you are a part of the boomer generation, this holiday is the perfect time for reflection. Share the ideas of peace and love that drove your generation with family and friends. Dress in 1950s and 1960s fashion, listen to music from that time and try to remember all of the moments that meant the most to you.

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YOGA

CLASSES

The beautiful essence of yoga is this, a light-hearted physical practice of connection and community. A means for the student to go beneath the surface for both self-development, growth, and healing.

Namaste. May the light in me honour the light in you.



Every Thursday

09:00 am

Lifestyle Centre Gym

Contact Kiloran

EXT 1063