

# WHAT'S HAPPENING

NEXT WEEK 21 - 27 August 2023

“In the end, it's not the years in your life that count. It's the life in your years.”

Abraham Lincoln

## Weekly Activities

Your weekly guide to sport & recreational activities in the Village

## 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!

## Therapeutic Colouring

iihoo

Week 34



## World Cup Warm up fixtures

Spain v Argentina  
England v Fiji  
Georgia v SCT  
Italy v Japan  
Ireland v Samoa

## It's A Celebration

Birthday's,  
Anniversaries & New  
Residents

# ACTIVITIES & EVENTS

MON 21 AUG	TUE 22 AUG	WED 23 AUG	THUR 24 AUG	FRI 25 AUG	SAT 26 AUG	SUN 27 AUG
09h00 Water Aerobics 1  09:45 Water Aerobics 2	09h00 Therapeutic Exercise Class		 National Burger Day	09:00 am Beginners Line Dancing		
		10 am  Art Class	08:00 am  Therapeutic exercise class	09:30 am  Line Dancing		
10 am Knitter & Natter	2 pm Rummikub		09:00 am Yoga	10:30 am Bible Study	 Rugby World Cup Warm up fixtures	
10 am  Art Class	2:30 pm Scrabble		11:00 am  Therapeutic Colouring	12:30 pm Fish & Chips	Spain v Argentina England v Fiji Georgia v SCT Italy v Japan Ireland v Samoa	
	2:30 pm Craft Class	2:30 pm  Christian Fellowship	2 pm Bridge  2 pm Rummikub	5 pm Waterhole		
1 pm Bridge	2:30 pm  Christian Fellowship		3 pm Pentanque	Wear your jersey in support.  		17:45 pm France v Australia
5 pm Men's pool/Snooker Waterhole	5 pm Ladies pool/ Waterhole	 5 pm Social Dinner	06:00 pm Movie Night	20:30 pm NZ v SA		

# IT'S A CELEBRATION

*Count your age by friends, not years.*

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

## ANNIVERSARIES

**21 - 27 AUGUST**

23rd Arthur & Ness Hills  
26th Chris & Sue Edwards

## BIRTHDAYS

**21 - 27 AUGUST**

21st Harold Black  
22nd Sue Edwards  
24th Cliff Preacher  
27th George Privett  
27th Peter Hubner

Therapeutic Colouring  
"Get together"  
Thursdays at 11:00  
in Lifestyle Centre.  
Contact Kay Olie Unit 49



# WHAT'S ON THE MENU?

## THE BISTRO

MONDAY  
21 AUGUST

Cape Malay fish cakes  
with potato salad and  
tomato and onion salad  
- R68

TUESDAY  
22 AUGUST

Hunters chicken, in  
mushroom and red  
wine sauce served with  
Parmesan mash and  
glazed carrots - R68

WEDNESDAY  
23 AUGUST

Greek style feta stuffed  
meat balls in tomato and  
basil coulis served on  
penne pasta with Greek  
Salad- R68

THURSDAY  
24 AUGUST

Chicken and  
mushroom pie with  
cheese mash and  
gravey, garden peas  
and sweetcorn - R68

FRIDAY  
25 AUGUST

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

## SOCIAL DINNER - WEDNESDAY

### WEDNESDAY SOCIAL DINNER

#### Starter:

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Cream of pumpkin soup with  
cinnamon crème fraiche

#### MAINS:

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Pork schnitzel with mushroom  
Sauce, sauté potatoes, roast  
butternut and fried cabbage -  
R75.00

OR

Chicken, broccoli cheese bake,  
potatoes, roast butternut and fried  
cabbage - R75.00

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#### Dessert:

Baked chocolate pudding with  
custard and caramel sauce -  
R40.00

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

BOOK BY MONDAY 16:00





## NATIONAL BURGER DAY

Burgers are a convenient fast food and delicious to eat. A burger can be made in a variety of ways and served with different toppings to suit the taste of the one eating it. This is why it's one of the most liked foods and appreciated and enjoyed by so many.

The closest thing resembling a burger was first made in the 1<sup>st</sup> century A.D. in Rome, this was ground minced meat dish prepared with pine nuts, peppers, and flavourings of wine and garum. It took more centuries for the meat to be tenderized and eaten on the go in the 13<sup>th</sup> century A.D by the Mongols.

A burger is best enjoyed with eaten with other people. Celebrate the day by doing the best thing possible, eating a burger. Visit your favourite burger place and enjoy the day. Or spice things up and try a new burger recipe. It is the perfect day to get creative in the kitchen.

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# SCRABBLE®

Scrabble has been a longstanding favorite for many people and it is a great way to spend some time with friends and family, as well as a fun game to learn new words.

**Join us every Tuesday**

**14:30**

**Lifestyle Centre**

Contact Bev Jackson EXT 1006

For more information