

WHAT'S HAPPENING

NEXT WEEK 11 - 17 SEPTEMBER 2023

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

Mary Anne Radmacher

STRONGER TOGETHER

EVERGREEN lifestyle

BOK TOWN
OUR BLOOD IS EVERGREEN

EVERGREEN lifestyle

STRONGER TOGETHER

EVERGREEN lifestyle



SUN 10 SEP 17:45
SPRINGBOKS VS SCOTLAND
STADE DE VELODROME, MARSEILLE



RUGBY WORLD CUP 2023

TEAM ANNOUNCEMENT

STARTING XV

1. STEVEN KITSHOFF
2. MALCOLM MARX
3. FRANS MALHERBE
4. EBEN ETZEBETH
5. FRANCO MOSTERT
6. SIYA KOLISI @
7. PIETER-STEPH DU TOIT
8. JASPER WIESE
9. FAF DE KLERK
10. MANIE LIBBOK
11. CHESLIN KOLBE
12. DAMIAN DE ALLENDE
13. JESSE KRIEL
14. KURT-LEE ARENDSE
15. DAMIAN WILLEMSE

REPLACEMENTS

BONGI MBONAMBI - OX NCHE - TREVOR NYAKANE
RO SNYMAN - MARCO VAN STADEN - DUANE VERMEULEN
GRANT WILLIAMS - WILLIE LE ROUX

Week 36



History of SA and Scotland games:

Details	Played	Won by Scotland
In Scotland	20	5
In South Africa	7	0
Neutral venue	1	0
Overall	28	5

*STRONGER
TOGETHER.*

EVERGREEN
lifestyle

**BOOK
TOWN**
OUR BLOOD IS EVERGREEN

EVERGREEN
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*STRONGER
TOGETHER.*

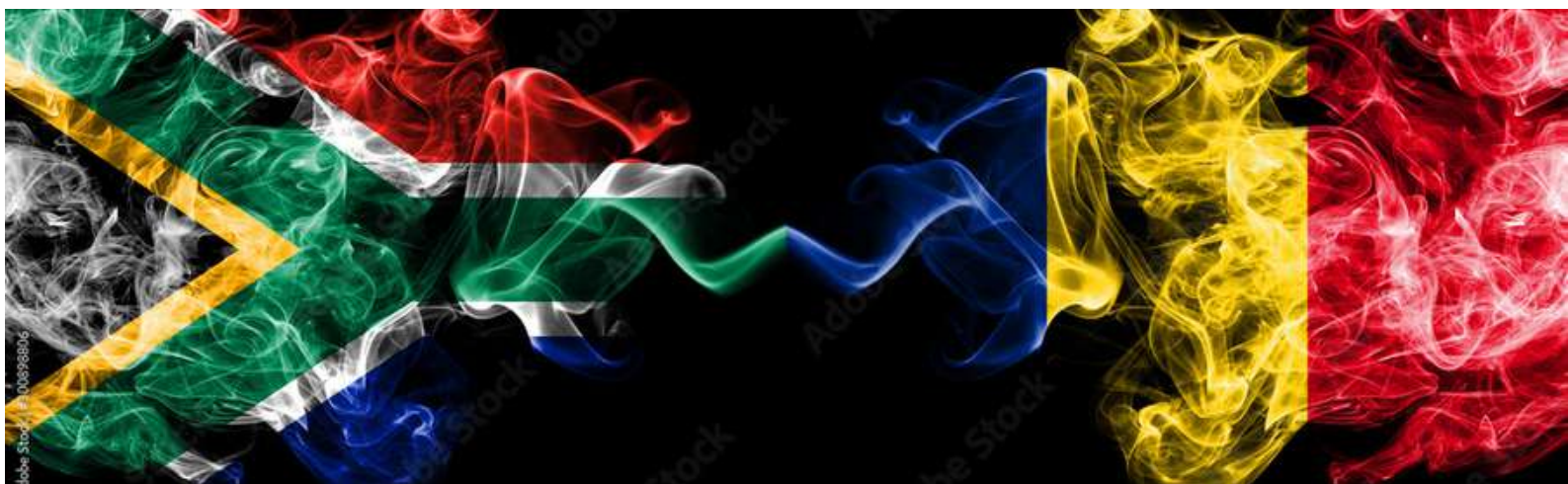
EVERGREEN
lifestyle

Sunday 17 September 2023 @15:00

SOUTH AFRICA VS ROMANIA



Book at reception for your free
Boerie roll and Beer.



ACTIVITIES & EVENTS

MON 11 Sept	TUE 12 Sept	WED 13 Sept	THUR 14 Sept	FRI 15 Sept	SAT 16 Sept	SUN 17 Sept
09h00 Water Aerobics 1 09:45 Water Aerobics 2		International Chocolate Day	08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing		
10 am Knitter & Natter	09h00 Therapeutic Exercise Class	Visual music #81	09:00 am Yoga	09:30 am Line Dancing		
10 am House of Sheba	2 pm Rummikub	10 am Art class	10:00 am Therapeutic Colouring "Get Together"	10:30 am Bible Study		15:00 South Africa Vs ROMANIA
1 pm Bridge	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	14:30 Christian Fellowship	3:00 pm Petanque	14:30 pm Bingo 		
	5 pm Ladies pool			5 pm Waterhole		
	5 pm waterhole	 5:30 pm Christmas in July Social Dinner	06:00 pm Movie Night			

IT'S A CELEBRATION

Count your age by friends, not years.

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

ANNIVERSARIES

11 – 17 SEPTEMBER

11th Henry & Henrietta Dobrowolski

17th Henning & Felicity Brandt

17th Nello & Beryl Vercellotti

BIRTHDAYS

11 – 17 SEPTEMBER

11th Linda Brennan

12th Felicity Brandt

12th Edna Grenfell

14th Renate Johnson

15th Heather Mutch

15th William Park

16th Norma Stewart



WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 – 16H00

SOCIAL DINNER – WEDNESDAY

**MONDAY
11 SEPT**

**Chicken, potato and
broccoli bake in cheese
sauce, served with spinach
and roast butternut
R68**

**TUESDAY
12 SEPT**

**Cape Bobotie with
yellow rice, tomato and
onion salad and
banana salad- R68**

**WEDNESDAY
13 SEPT**

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

**THURSDAY
14 SEPT**

**Greek Mousakka served
with Tzatziki and Greek
Salad – R68**

**FRIDAY
15 SEPT**

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

WEDNESDAY SOCIAL DINNER

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

**Chilled Vichyssoise with chive
Creme fraiche and herb crouton**

Mains

**BBQ Pork loin chop with grilled
pineapple, apple sauce, mash
potatoes and peas
R80.00**

Or

**Baked orange chicken with penne
pasta, peas and carrots
R85.00**

**Vegetarian option on request –
R70**

**Strawberries and meringues
served with vanilla
ice cream
R45.00**

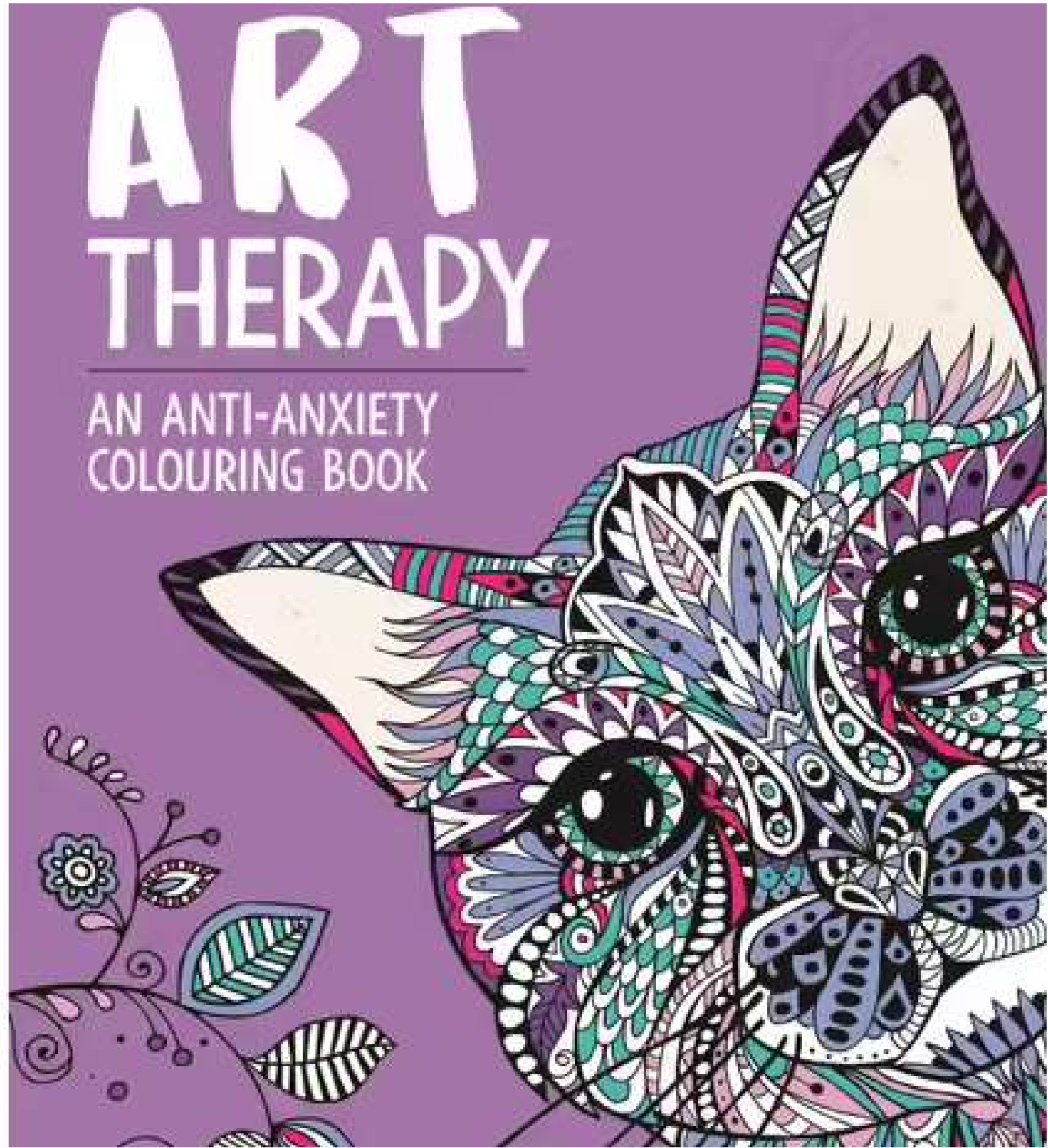
**DAILY MEAL ORDERS BY 16:00
PRIOR DAYBOOK ON EXT 1209**

Therapeutic Colouring "Get together"

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

ART THERAPY

AN ANTI-ANXIETY
COLOURING BOOK



as our chests
swell with
infectious pride,
we offer to our
boys in
green and gold
two vital words of
support.

MOER HULLE.



Nando's
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