

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

Mary Anne Radmacher



#### Come and watch the game – and enjoy the gees!!



Monday 25 Sept 2023 Heritage day bring and Braai

> Also knows as: Residents annual Street Braai

Veek 38



## Saturday 23 Sept 2023 at 21:00 SOUTH AFRICA vs IRELAND



### Come and watch the game – and enjoy the gees!!

as we transform the Lifestyle Centre into a vibrant BOK TOWN complete with big screen TV, boeries rolls , and beer on tap from 14:00 onwards

We promise a vibrant and festive atmosphere! competitions and prizes for the Best Dressed and most Passionate Supporters – and an unforgettable experience.

> Invite your friends to come watch the game with you - It's going to be epic!

PLEASE RSVP with reception on Ext 1200 BY THURSDAY 21 September 2023 at 16:00 for catering purposes.

# ACTIVITIES & EVENTS

| MON<br>18 Sept   | TUE<br>19 Sept                            | WED<br>20 Sept                   | THUR<br>21 Sept  | FRI<br>22 Sept                        | SAT<br>23 Sept                         | SUN<br>24 Sept                             |
|--|---|----------------------------------|--|---------------------------------------|--|--|
| 09h00<br>Water<br>Aerobics 1<br>09:45<br>Water<br>Aerobics 2 |   | National<br>Punch Day            | 08:00 am<br>Therapeutic<br>exercise<br>class           | 09:00 am<br>Beginners<br>Line Dancing |  | Heritage Day<br>/<br>National<br>Braai Day |
| 10 am<br>Knitter &<br>Natter                                 | 09h00<br>Therapeutic<br>Exercise<br>Class | Visual<br>music<br>#81           | 09:00 am<br>Yoga                                       | 09:30 am<br>Line Dancing              |  |  |
|  | 2 pm<br>Rummikub                          | 10 am<br>Art class               | 10:00 am<br>Therapeutic<br>Colouring<br>"Get Together" | 10:30 am<br>Bible Study               |  |  |
| 1 pm<br>Bridge   | 2:30 pm<br>Scrabble                       |                                  | 2 pm<br>Rummikub<br>2:00 pm<br>Bridge                  | 12:30 pm<br>Fish & Chips              |  |  |
| 5 pm<br>Pool/Snooker<br>Waterhole                            | 2:30 pm<br>Craft Class                    | 14:30<br>Christian<br>Fellowship | 3:00 pm<br>Petanque                                    |                                       | NORED CUP                              |  |
|  | 5 pm<br>Ladies pool                       |                                  |  | 5 pm<br>Waterhole                     | 21:00<br>South Africa<br>Vs<br>IRELAND |  |
|  | 5 pm<br>waterhole                         | 5;30 pm<br><b>Social Dinner</b>  | 06:00 pm<br>Movie Night                                |                                       |  |  |

# HERITAGE DAY BRING AND BRAAI

Also known as the Residents annual Street Braai

> MONDAY 25 SEPTEMBER 2023 17:00

Bring your own: Meat, salad, crockery, cutlery, glasses and drinks.

## PAP & SOUS WILL BE SUPPLIED

Please confirm your attendance with reception on EXT 1200 by Thursday 21 September 2023

Casual seating - no table bookings required.



# IT'S A CELEBRATION

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

### ANNIVERSARIES

### BIRTHDAYS

#### 11 – 17 SEPTEMBER

#### 18 - 24 September

| 18th | Diane Muller        |  |  |
|------|---------------------|--|--|
| 19th | Sue Hartley         |  |  |
| 20th | Kathryn Park        |  |  |
| 20th | <b>Carol Powell</b> |  |  |
| 21st | Helen Knowles       |  |  |



# WHAT'S ON THE MENU?

| THE BISTRO   | OPEN DAILY 08H00 - 16H00<br>SOCIAL DINNER - WEDNESDAY  |  |  |
|--|--|--|--|
| MONDAY<br>18 SEPTFishermans pie topped<br>with cheese mash, saute<br>baby marrows and<br>  | WEDNESDAY SOCIAL DINNER<br>Starter<br>Cream of tomato soup<br>with basil Creme fraiche                               |  |  |
| TUESDAY<br>19 SEPTChicken schnitzel with<br>mushroom sauce Parmesan<br>mash and glazed carrots and<br>peas - R68                             | Mains<br>Slow cooked beef short rib curry<br>served with steamed rice, pawpaw<br>salsa, banana and yoghurt<br>R80.00 |  |  |
| WEDNESDAY<br>20 SEPT Greek style feta stuffed<br>meat balls in tomato and<br>basil coulis served on<br>penne pasta with Greek<br>Salad - R68 | or<br>Chicken lasagne served<br>with Greek Salad<br>R75.00<br>*****  |  |  |
| THURSDAY<br>21 SEPTBeef and onion pie with<br>cheese mash and gravey,<br>garden peas and sweetcorn<br>– R68                                  | Vegetarian option on request –<br>R70<br>*****<br>Baked apple pudding with<br>cinnamon custard                       |  |  |
| FRIDAY<br>22 SEPTGrilled or deep-fried<br>Hake with chips, tartar<br>sauce, coleslaw and<br>garden salad - R85                               | R40.00   |  |  |

#### 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



