

“Learn to light a candle in the darkest moments of someone’s life. Be the light that helps others see; it is what gives life its deepest significance.”

Roy T. Bennett

### CINNAMON ROLL DAY 4TH OF OCTOBER 2023

A warm buttery bun with sugar, honey, and cinnamon, sweet treats are made of these and who are we to disagree. Everyone loves cinnamon rolls and everyone has their special favourite. Of all of the spices, we love cinnamon the most.

It tastes great and baking with it makes the whole house smell festive. Its even good for your health!



### OKTOBERFEST SOCIAL DINNER 4TH OF OCTOBER 2023

17:30 for 18:00

Oktoberfest really is all things German, from the lederhosen costumes to the oompah music to the Oktoberfest beer. You can be German for a day at Oktoberfest. It dates back to 1810 when King Ludwig decided to invite the entire city of Munich to his wedding.



# ACTIVITIES & EVENTS

MON 2 Oct	TUE 3 Oct	WED 4 Oct	THUR 5 Oct	FRI 6 Oct	SAT 7 Oct	SUN 8 Oct
09h00 Water Aerobics 1	09h00 Therapeutic Exercise Class		08:00 am Therapeutic exercise class			
09:45 Water Aerobics 2		10 am Art Class	09:00 am Yoga	09:00 am Beginners Line Dancing		
10 am Knitter & Natter	2 pm Rummikub		10:00 am Visual Music @House 81	09:30 am Line Dancing		
10 am Art Class	2 pm Craft Class		11:00 am Therapeutic Colouring	10:30 am Bible Study		
1 pm Bridge	2:30 pm Scrabble		2 pm Bridge  2 pm Rummikub	12:30 pm Fish & Chips		
			3 pm Pentanque			
5 pm Gentlemen pool / waterhole	5 pm Ladies pool/ Waterhole	6 pm Oktoberfest Social Dinner	06:00 pm Movie Night	5 pm Waterhole		

# IT'S A CELEBRATION

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

## BIRTHDAYS

**2 - 8 October**

<sup>4th</sup>

2nd Robin Davey

5th Suzie Truran

# OKTOBERFEST

**WEDNESDAY 4TH OF OCTOBER**

**17:30 FOR 18:00**

**BOOK YOUR PLACE WITH RECEPTION 1200  
BY MONDAY THE 2ND OF OCTOBER**



# WHAT'S ON THE MENU?

## THE BISTRO

MONDAY

2 OCT

Beef lasagna with roasted vegetables and green salad - R68

TUESDAY

3 OCT

Mild Chicken curry in cream sauce with steamed rice, peas and tomato and onion salad - R68

WEDNESDAY

4 OCT

Liver and Onions with mash and gravy, butternut and fried cabbage - R68

THURSDAY

5 OCT

Pork fillet stir-fry with fried rice and pawpaw salsa - R68

FRIDAY

6 OCT

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

## OKTOBERFEST

### SOCIAL DINNER - WEDNESDAY

#### WEDNESDAY SOCIAL DINNER

##### Starter:

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German pea and ham soup with cheese and herb croutons

##### MAINS:

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Roast pork belly with apple sauce, German potato salad and red cabbage coleslaw - R105.00

OR

Chicken, parmesan cheese schnitzel with mushroom and blue cheese sauce, parsley mash, fried cabbage and peas - R105.00

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##### Dessert:

Pear and raisin flan and ice cream - R45.00

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

BOOK BY MONDAY 16:00