"If you have been given light, give it to others! Be the candle that enlightens the whole universe."

Path of light

# GET READY!

FOR THE RUGBY WORLD CUP QUARTER FINALS



## **ACTIVITIES & EVENTS**

MON 9 Oct	TUE 10 Oct	WED 11 Oct	THUR 12 Oct	FRI 13 Oct	SAT 14 Oct	SUN 15 Oct
09h00 Water Aerobics 1	09h00 Therapeutic Exercise Class		08:00 am  Therapeutic exercise class	* * * ENGLISH LANGUAGE DAY		
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 Han		11:00 am Therapeutic Colouring	10:00 am Visual Music @House 81	5pm Rugby World Cup Quarter Finals	5pm Rugby World Cup Quarter Finals
1 pm Bridge	2:30 pm Scrabble	14:30 am Christian Fellowship Group	2 pm Bridge 2 pm Rummikub	10:30 am Bible Study		
			3 pm Pentanque	12:30 pm Fish & Chips	WORI	GBY LD CUP™ CE 2023
5 pm Gentlemen pool / waterhole	5 pm Ladies pool/ Waterhole	6 pm Social Dinner	06:00 pm Movie Night	5 pm Waterhole	9pm Rugby World Cup Quarter Finals	9pm Rugby World Cup Quarter Finals

### IT'S A CELEBRATION

Count your age by friends, not years.

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

#### BIRTHDAYS\*

9 - 15 October

11th Jenny Traviss

### ANNIVERSARIES

9 - 15 October

12th Dave & Gillian Campbell

13th David & Sheila Rackley

14th Ernie & Heather Mutch

15th George & Maureen Privett

Arrangements for the rugby world cup will be announced within the week

14th October 17:00

&

21:00



15th October

17:00

&

21:00

### WHAT'S ON THE MENU?

#### THE BISTRO

**MONDAY** 

**9 OCT** 

Quiche Lorraine with potato salad and garden salad - R68

**TUESDAY** 

**10 OCT** 

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

**WEDNESDAY** 

11 OCT

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

**THURSDAY** 

**12 OCT** 

BBQ Haiwian chicken fillet with savoury rice, three bean salad and beetroot salad - R68

**FRIDAY** 

**13 OCT** 

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

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

OKTOBERFEST
SOCIAL DINNER - WEDNESDAY

**WEDNESDAY SOCIAL DINNER** 

**Starter:** 

Greek salad with feta olives and herb croutons

**MAINS:** 

Braised silverside of beef with roast carrots, turnips, and mashed potatoes – R90.00

OR

Roast chicken and roast potatoes with cream spinach and pumpkin – R85.00

Dessert:

Creme caramel with seasonal fruits – R45.00

**BOOK BY MONDAY 16:00**