

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

Winston S. Churchill

## HIGHLIGHTS OF THE WEEK

### Monday

10am - House of Sheba Clothing sale

### Wednesday

National Medical Assistants Day

6pm - Social Dinner

### Friday



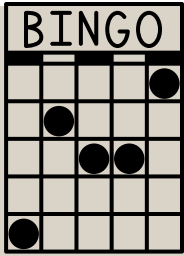
2:30pm - Bingo

9pm - Rugby World Cup Semi-Final

### Saturday

9pm - Rugby World Cup Semi-Final

# ACTIVITIES & EVENTS

MON 16 Oct	TUE 17 Oct	WED 18 Oct	THUR 19 Oct	FRI 20 Oct	SAT 21 Oct	SUN 22 Oct
09h00 Water Aerobics 1	09h00 Therapeutic Exercise Class	National medical assistants day	08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing		
09:45 Water Aerobics 2			09:00 am Yoga	09:30 am Line Dancing		
10AM House of Sheba Clothing Sale			10 am Art Class	10:30 am Bible Study		
10 am Knitter & Natter	2 pm Rummikub		11:00 am Therapeutic Colouring	12:30 pm Fish & Chips		
10 am Art Class	2:30 pm Scrabble		2 pm Bridge	2:30pm BINGO		
1 pm Bridge			3 pm Pentanque			
5 pm Gentlemen pool / waterhole	5 pm Ladies pool/ Waterhole	6 pm Social Dinner	06:00 pm Movie Night - Carlitos Way	9pm Rugby World Cup Semi Finals	9pm Rugby World Cup Semi Finals	

**RUGBY**

# IT'S A CELEBRATION

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

## BIRTHDAYS

**16 - 22 October**

<sup>4th</sup>  
17th Dorothy Savage  
22nd Jac Messerschmidt  
22nd Irene Carroll

**STRONGER  
TOGETHER.**

EVERGREEN  
lifestyle

**BOK  
TOWN**  
OUR BLOOD IS EVERGREEN

EVERGREEN  
lifestyle

**STRONGER  
TOGETHER.**

EVERGREEN  
lifestyle



## Rugby World Cup Semi Finals

**Book your Boktown seat at  
reception by 17:00 Thursday**

**Friday  
20th October  
21:00**

**Saturday  
21st October  
21:00**

# WHAT'S ON THE MENU?

## THE BISTRO

MONDAY

16 OCT

Chicken fillets with mozzarella and sweet chili, savory rice, cream spinach and butternut - R68

TUESDAY

17 OCT

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

WEDNESDAY

18 OCT

Crumbed pork meat balls with stir-fried vegetables and Chinese noodles - R68

THURSDAY

19 OCT

Cottage pie with broccoli in cheese sauce and glazed carrots - R68

FRIDAY

20 OCT

Grilled or deep-fried hake with chips, tartar sauce, Waldorf salad and garden salad - R85

## SOCIAL DINNER - WEDNESDAY

### WEDNESDAY SOCIAL DINNER

#### Starter:

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Cream of mushroom and leek soup with cheese croutons and chive creme fraiche

#### MAINS:

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Pork schnitzel with three cheese sauce, parsley mash and fried cabbage and peas - R80.00

OR

Green Thai chicken curry in coconut milk with basmati rice and pawpaw salsa - R80.00

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#### Dessert:

Chocolate brownies ice cream and chocolate sauce - R45.00

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

BOOK BY MONDAY 16:00

# MEDICAL ASSISTANTS DAY

18 October 2023



## MEDICAL ASSISTANTS DAY

Medical assistants provide clinical and administrative support for physicians and other medical professionals by running the front office, drawing blood, administering vaccinations, taking patients' vital signs and more.

A simple “thank you” will go a long way to showing appreciation to the medical assistants you encounter. But if you are moved to do something more, leave a card or even a small gift to say thank you to the medical assistant for all the extra work they do to make your visit better.

You can even make sure to inform the doctor of those medical assistants who go out of their way to help you. Many medical professionals write letters of recognition or provide bonuses for their medical assistants.

Whether they are behind the scenes or manning the front desk, medical assistants make offices run smoothly. Often overlooked, we spotlight them today and celebrate their important work.



# BINGO

Win your share of prizes  
at our monthly Bingo!

***The 3<sup>rd</sup> Friday  
of Every Month  
2:30pm  
Lifestyle Center***

Contact Heather Morgan  
Ext 1068  
For more information