



NEXT WEEK 23 - 29 OCTOBER 2023

"Blessed are those who give without remembering and take without forgetting."

Elizabeth Bibesco















RUCBY WORLD CUP FINALS

BRONZE FINAL 27 OCTOBER 21:00 FINALS 28 OCTOBER 21:00

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, food and beverages from 20:00 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 26 October 2023 at 16:00 for catering purposes.

ACTIVITIES & EVENTS

MON 23 Oct	TUE 24 Oct	WED 25 Oct	THUR 26 Oct	FRI 27 Oct	SAT 28 Oct	SUN 29 Oct
09h00 Water Aerobics 1 09:45 Water Aerobics 2			08:00 am Therapeutic exercise class	09:00 am Beginners Line Dancing		National Cat Day
10 am Knitter & Natter	09h00 Therapeutic Exercise Class		09:00 am Yoga	09:30 am Line Dancing		
	2 pm Rummikub 2:30 pm Scrabble		10:00 am Therapeutic Colouring "Get Together"	10:30 am Bible Study		
1 pm Bridge	2:30 pm Craft Class		10:00 am Art Class	12:30 pm Fish & Chips		
5 pm Pool/Snooker Waterhole	arts & crafts		2 pm Rummikub 2:00 pm Bridge			
	5 pm Ladies pool		3:00 pm Petanque	5 pm Waterhole	21:00 RWC FINAL	
	5 pm waterhole	5;30 pm Social Dinner	06:00 pm Movie Night	21:00 RWC 3rd & 4th Place Play-off	RUGBY WORLD CUP FRANCE 2023	

IT'S A CELEBRATION

Count your age by friends, not years.

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

ANNIVERSARIES

23 - 29 OCTOBER

BIRTHDAYS

23 - 29 OCTOBER

24TH Chris Edwards
24TH Stewart Cloete
25TH Nello Vercellotti
28TH Erika Barton
29TH Cecil Fann
29TH Sue Jackson



WHAT'S ON THE MENU?

THE BISTRO

MONDAY 23 OCT Beef Stroganoff with steamed rice, glazed carrots and fried cauliflower - R68

TUESDAY 24 OCT Cold Meats and salads, carrot, potato and beetroot - R68

WEDNESDAY 25 OCT Chicken and broccoli bake in a mild sweet curry sauce with cheese crust, steamed rice and tomato, onion salad - R68

THURSDAY 26 OCT

Beef mince pastry with gravy, fried cabbage and sweet pumpkin - R68

FRIDAY 27 OCT

Grilled or Deep-fried hake with chips, tartar sauce, coleslaw and garden salad - R68 OPEN DAILY 08H00 - 16H00 SOCIAL DINNER - WEDNESDAY

WEDNESDAY SOCIAL DINNER

Starter
Butternut and orange soup topped with cinnamon and honey cream.

Mains

Beef Moussaka served with Greek salad and tzatziki

R80.00

or

Chicken thighs in cream white wine sauce with mushrooms and peas served with steamed rice

R80.00

Vegetarian option on request -

R70

White and Dark Chocolate Mousse with berry compote

R40.00

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