

WHAT'S HAPPENING

NEXT WEEK 6 - 12 November 2023

Latest News

Medical Talk

November, the month of awareness for prostate cancer, we will be joined by a well-known urologist, Dr Bradley Wood for a Health talk discussing the prostate.

Refreshments will be served from 10h00 at the lifestyle center.

Book your attendance with Reception EXT 1200



Sunday Lunch

We celebrate poppy day on Sunday the 12th of November with a family Sunday Lunch.

Pin a poppy to your shirt label to honor those who have fallen.

To buy your Remembrance Day poppy, contact Norma Johnston EXT 1111.

*"Take time today
to appreciate
someone who does
something you
take for granted."*



Anonymous

Weekly

PLANNER

Monday | 6 Nov

Colour the World Orange Day

09h00 Water Aerobics 1
 09h45 Water Aerobics 2
 10h00 Knitter & Natter
 13h00 Bridge
 17h00 Pool/Snooker & Waterhole

Tuesday | 7 Nov

09h00 Therapeutic Exercise Class
10h00 Birding Talk
 14h00 Rummikub
 14h30 Scrabble
 17h00 Ladies Pool/Snooker
 17h00 Waterhole



Wednesday | 8 Nov

14:30 Christian Fellowship Group
 17h30 Social Dinner

Thursday | 9 Nov

08h00 Therapeutic Exercise Class
 09h00 Yoga
 10h00 Visual Music @ House 81
 10h00 Art Classes with Nash
 10h00 Therapeutic Coloring "Get Together"
 14h00 Bridge
 15h00 Petanque
 18h00 Movie Night

Friday | 10 Nov

09h00 Beginners Line Dancing
 09h30 Line Dancing
 10h00 Visual Music @ House 81
 10h30 Bible Study
10h30 SA vs Afghanistan ICC Cricket
 12h30 Fish and Chips
 17h00 Waterhole

Saturday | 11 Nov

Remembrance Day

10h00 Dr Wood Medical Talk



Sunday | 12 Nov

12h00 Remembrance Day Sunday Lunch

Remembrance Day
Lest We Forget



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

6th Carl Figge
9th Myrtle De Jong
12th Loraine Phillips

ANNIVERSARIES



WHAT'S ON THE MENU?

THE BISTRO

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY

BOOK ON EXT 1209

MONDAY - 6 NOV

Bacon and mushroom macaroni and cheese with garden salad

R68

TUESDAY - 7 NOV

Mild chicken curry with steamed rice and pawpaw salsa, banana in yoghurt

R68

WEDNESDAY - 8 NOV

Cottage pie with broccoli in cheese sauce and glazed carrots

R68

THURSDAY - 9 NOV

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

R68

FRIDAY - 10 NOV

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

R85

WEDNESDAY SOCIAL DINNER MENU

8 NOVEMBER 2023

STARTER

Greek salad with feta olives and herb croutons

MAINS

Peppered pork fillet with cream of leek sauce, sauté potatoes, glazed carrots, cauliflower and peas.

R85.00

or

Chicken a la king with steamed rice, glazed carrots, cauliflower and peas.

R75.00

DESSERT

Strawberry and vanilla ice cream with meringues, berry compote.

R45.00



Remembrance Day - Sunday Lunch

12th November 2023 at 12:30

Plated starter

Devilled fish with mushy peas

Main course buffet

Roast beef with cream horseradish

Toad in the Hole, pork bangers in Yorkshire pudding with onion gravy

Roast chicken, Vegetable lasagna, Mash potatoes and carrots,

Savoury Rice, Minted peas and Roast pumpkin

Desserts

Bread and butter pudding with raisins and custard Sherry trifle

Ice cream and sweet toffee sauce

Watermelon and mint salad

Cheese and biscuits with seasonal fruits and red onion marmalade

R165.00 residents

R185.00 visitors

R135.00 children under 12yrs

Book with Tshwanelo at reception by
17:00 by Wednesday 8 November 2023

Lest we forget.



Well known Urologist
Dr Bradley Wood

Will give a talk on

The Prostate 'What's the hype?'

Saturday, 11 November



Trouble with the
waterworks?

Refreshments 10:00

The talk starts

@ 10:30



NATURE & BIRDING GROUP

**7th November
10am**

This will be the last meeting before Christmas and the end of 2023. We will meet from 10am for Christmas Refreshments (Tea, coffee and Old Brown Sherry) and eats, followed by identifying Birds of Evergreen calls.



Look out for the Nature and Birding Group stand at the Evergreen Market on Saturday the 25th of November.

For more information
Heather Mutch EXT 1080
Lisa Nuttall EXT 11020



COLOUR THE WORLD

ORANGE DAY

6 NOVEMBER 2023



COLOUR THE WORLD ORANGE DAY

Colour the World Orange Day stands at the front of creating and educating the larger population about a rare condition, but not uncommon, primarily among society's middle-aged members of society. Complex Regional Pain Syndrome, is a neurological discomfort that includes heightened nerve impulses in a specific body site. Symptoms of this syndrome can last for months or years if not identified.

Medical specialists speculate that the condition is a result of a dysfunction in the central nervous system. An injury to the leg or hand can also bring on the syndrome. In history, several medical bodies and independent doctors have tasked themselves with understanding the causes and treatment for this syndrome. Presently, there is no cure for this disorder, so the goal is to relieve pain symptoms associated with the disorder.

Methods include psychotherapy, physical therapy and drug treatment.

Celebrate this day by simply wearing orange. Use this day to learn about the symptoms and treatments of CRPS, find out more about the topic, engage with others online.

REMEMBRANCE DAY

11 NOVEMBER 2023



REMEMBRANCE DAY

Remembrance Day, also known as Poppy Day due to the symbol of the remembrance poppy, is a day observed in Commonwealth member states. Countries such as Australia, Canada, and the United Kingdom observe Remembrance Day on the 11th hour of the 11th day of the 11th month.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilization of over 70 million people and left between nine million and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their dead soldiers.

To honour those who died in both WWI and in other ways, pin a poppy to your shirt lapel. You will be joining millions of Commonwealth residents all over the world in this silent but meaningful gesture.