

# WHAT'S HAPPENING

NEXT WEEK 27 November - 3 December 2023

## Latest News

### Music Show

This is your friendly reminder to bring your wine, put on your dancing shoes and join us for an evening where we go on a journey through nostalgic music brought to you by Ruby Tuesday.

Thursday the 30th of November at 17:30.

Bookings for the event however are CLOSED!

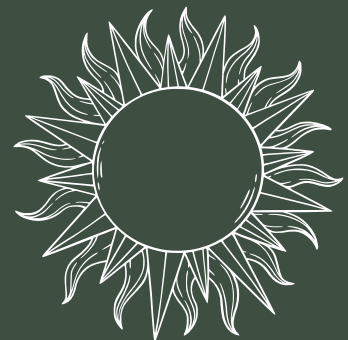


### Advent Begins

Advent begins on Sunday, December 3rd, starting the celebration of the season. During this time of reflection, prayer, and preparation, each moment is a time to thank God for his blessings and mercies. Celebrate advent by spending time serving others, putting up a Christmas tree or read a special Advent devotional.



*“If you want happiness for an hour—take a nap. If you want happiness for a day—go fishing. If you want happiness for a year—inherit a fortune. If you want happiness for a lifetime—help someone else.”*



**Chinese Proverb**

# Weekly

## PLANNER

### Monday | 27 Nov

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

### Tuesday | 28 Nov

**Red Planet Day**  
**09h00 Sashni Audiologist**  
 09h00 Therapeutic Exercise Class  
 14h00 Rummikub  
 14h30 Scrabble  
 14h30 Craft Class  
 17h00 Ladies Pool/Snooker  
 17h00 Waterhole



### Wednesday | 29 Nov

17h30 Social Dinner



### Thursday | 30 Nov

08h00 Therapeutic Exercise Class  
 09h00 Yoga  
 10h00 Art Classes with Nash  
 10h00 Therapeutic Coloring "Get Together"  
 14h00 Bridge  
 15h00 Petanque  
**17h30 Music show by Ruby Tuesday**

### Friday | 1 Dec

10h30 Bible Study  
 12h30 Fish and Chips  
 17h00 Waterhole

### Saturday | 2 Dec

### Sunday | 3 Dec

**Advent Begins**

# Advent



# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

28th Malcolm Taylor  
29th Adi Gough  
1st Penelope Tsandelis  
2nd Judy McLaren

## ANNIVERSARIES

28th Keith & Sue Coombe  
2nd Alain & Gillian Croisier  
3rd Thomas & Coila Kneen



# 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 - 27 NOV

Pork bangers and mash with onion gravy, carrots and peas.

R68

## TUESDAY - 28 NOV

Spinach and feta quiche with Greek salad.

R68

## WEDNESDAY - 29 NOV

Chicken lasagne with garden salad.

R68

## THURSDAY - 30 NOV

Mince curry and rice with tomato salad and pea salad.

R68

## FRIDAY - 1 DEC

Grilled or deep-fried hake with chips, tartar sauce, mushy minted peas and garden salad.

R85

## WEDNESDAY SOCIAL DINNER MENU

29 NOVEMBER 2023

### STARTER

Cream of vegetable soup with creme fraiche and a cheese straw.

### MAINS

Pork stir-fry, vegetable stir-fry and fried rice.

**R80.00**

### or

Chicken pot pie with cream sherry sauce, roast butternut and peas.

**R80.00**

### DESSERT

Chocolate Ice cream banana split.

**R45.00**



# Music Show

THURSDAY | 30 NOVEMBER 2023 | 17H30

Join us for a nostalgic journey of music.  
60's,70's and 80's - 3 Golden Decades of the best music  
brought to you by Ruby Tuesday

Finger food on tables to enjoy with the music.  
Just bring your own drinks and your dancing shoes.

## Platters per table

Baskets of French loaves, cheese straws and Grissini sticks  
Cream cheese and mushroom pate, chicken liver pate  
Butternut, biltong, and feta quiche, Cold meats  
Watermelon and feta salad  
Cold roast beef with horseradish mayonnaise  
Hake goujons and potato salad  
Assorted cheeses, cheddar, Gouda, with fresh fruit

## Something sweet

Choc brownies with berry cream  
White chocolate mousse tartlets

**BOOKINGS FOR THE EVENT ARE CLOSED!**

# RED PLANET DAY

28 NOVEMBER 2023



## RED PLANET DAY

This day recognises the planet which has captivated human observers for countless years, Mars. Right now, we know that Mars is red thanks to photographs beamed back to Earth from American Rovers. For centuries, the naked human eye has been able to detect the reddish tinge of the solar system's fourth planet, glimmering in the sky. Little did scientists know, the red on Mar's surface came from a preponderance of iron oxide, common rust. On Red Planet Day, we celebrate our fascination with Mars, along with all of the scientific advancements into understanding the dusty planet.

One big question was whether Mars held good old fashioned water, the source of any life on a planet. Flyby missions detected polar ice caps. Ancient 'canals' were shown to be an optical illusion, but that didn't stop many believers from presuming that there had previously been civilisations on the fourth planet from the sun.

Even though Mars has only 15% of the Earth's volume and just over 10% of the Earth's mass, around two thirds of the Earth's surface is covered in water, Mars surface gravity is only 37% of the Earth's, meaning you could leap nearly three times higher on Mars.