

WHAT'S HAPPENING

NEXT WEEK 4 - 10 December 2023

Latest News

Christmas Social Dinner

Chicken liver pate, sugar baked gammon, baby vegetables, soft served vanilla ice cream... just some of the items on this year's Christmas menu. Enough to make your mouth water. And, to top it all off, entertainment will be provided while by Jannie Moolman. What an extravagant event it is going to be!



Ugly Sweater Day

As we head swiftly into the Holiday Season, we cannot think of a more fun way to get into the spirit of the season than by wearing your favorite Christmas jumper.

We look forward to seeing you all in your favorite Christmas themed outfits at one of our Christmas themed events in December.



*"Life is a one time gift.
Use it in best possible
manner. So love,
laugh, live, be
yourself, be happy
and have trust in
God."*



**Anurag Prakash
Ray**

Weekly PLANNER

Monday | 4 Dec

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

Tuesday | 5 Dec

**LIFESTYLE CENTER CLOSED
FOR CHRISTMAS
FUNCTION SET UP**



Wednesday | 6 Dec

17h30 Christmas Social Dinner



Thursday | 7 Dec

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

Friday | 8 Dec

Ugly Sweater Day

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



Saturday | 9 Dec

Sunday | 10 Dec

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LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

- 4th Elske Fann
- 5th Carole Saayman
- 8th Rose-Marie Bryson
- 8th John Perry
- 8th Lynn Miller
- 10th Joe Rebelo

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 - 4 DEC

Cape Malay fish cakes with savoury rice, tomato and onion salad and coleslaw.

R68

TUESDAY - 5 DEC

Chicken a la king with steamed rice and minted peas.

R68

WEDNESDAY - 6 DEC

Cottage pie with broccoli in cheese sauce and glazed carrots.

R68

THURSDAY - 7 DEC

Grilled Pork Chop, apple sauce saute potatoes, fried cabbage and pumpkin.

R68

FRIDAY - 8 DEC

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

R85

WEDNESDAY SOCIAL DINNER MENU

6 DECEMBER 2023

STARTER

Chicken liver pate crostini with red onion marmalade, grilled pear, cinnamon pumpkin puree.

MAINS

Sugar baked Gammon with apple sauce.

Roast sage and onion chicken fillets with fruit and nut stuffing served with red wine jus.

Vegetable lentil curry in coconut cream.

Baby vegetables in herb butter. Roast cauliflower and blue cheese bake.

Basmati rice.

Baby potatoes with caramelized onions and bacon

DESSERT

Soft served vanilla ice cream surprise.

CHRISTMAS JUMPER DAY

8 DECEMBER 2023



CHRISTMAS JUMPER DAY

The most magical time of the year brings with it Christmas Jumper Day which will be celebrated on the 8th of December this year. From ugly sweaters to cozy mock necks, we can't think of a more fun way to get into the spirit of the season than wearing your favourite Christmas jumper. Better yet, celebrate the joy of giving by raising funds for a great cause on Christmas Jumper Day.

While it is fun to see reindeers, elves and famous characters on clothing everywhere, the day serves a more important agenda. The primary focus of the tradition is to raise awareness and money for children who are in need. The money is used to aid kids to be healthy, stay nourished with food, acquire education, and change their future.

Christmas brings with it the gift of giving. Donate generously or volunteer in local events if there are any being hosted near you. Your contributions will make a difference. Flaunt your brightest sweater or just be comfortable in your tackiest ugly sweater. Whether it is with your friends or family, see how has the most remarkable knitwear.

While it is undoubtedly a light-hearted celebration, it is also a time to reflect on our blessings and be grateful for all the good, the bad, and most importantly, the belief in miracles and better things to come.

6 DECEMBER 2023

Christmas Social Dinner

MENU

Plated Appetizers

Chicken liver pate crostini with red onion marmalade, grilled pear, cinnamon pumpkin puree

Main Course

Sugar baked Gammon with apple sauce
Roast sage and onion chicken fillets with fruit and nut stuffing
served with red wine jus
Vegetable lentil curry in coconut cream
Baby vegetables in herb butter
Roast cauliflower and blue cheese bake
Basmati rice
Baby potatoes with caramelised onions and bacon

Dessert

Christmas soft served vanilla ice cream surprise

Entertainment: Jannie Moolman

Book and pre pay by Friday 01 December 2023
Round tables of 10 per table only.

R250.00 per person

Bring a Christmas gift

to the Christmas Social Dinner

As we do every year, we ask that you please donate a toy for an under privileged child.

Collection basket in Lifestyle Centre.

We would like to make a goodie bag for each child as well, so if you have not had a chance to buy a toy you are welcome to donate cash towards the goodie bag.



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REMINDER

It is that time of year when the year-end functions happen for the social clubs.

Please check in with reception at the lifestyle center to confirm your function date to ensure that no overlap of events occurs.

Should you be requiring any set up or equipment for your event, a function form will need to be filled out and returned to reception before the function date.

Thank You



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