

WHAT'S HAPPENING

NEXT WEEK 18 - 24 December 2023

Latest News

Happy Holidays

It is that time of year again where our lovely residents go away for holidays, and our hard-working staff go on their annual leave.

We wish you all happy holidays during this festive season as well as safe journeys for those that are travelling. We look forward to seeing you all again in the New Year!



Christmas Day Lunch

This is your friendly reminder that bookings and payments for our Christmas Day Lunch will be closing on the 18th of December. Ensure that your booking is confirmed with Reception at Ext 1200.

We cannot wait to see your beautifully decorated tables while you enjoy your lunch with friends and family.



"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

#BeKind

Princess Diana

Weekly

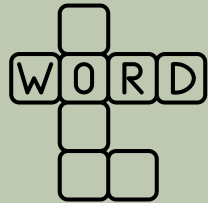
PLANNER

Monday | 18 Dec

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

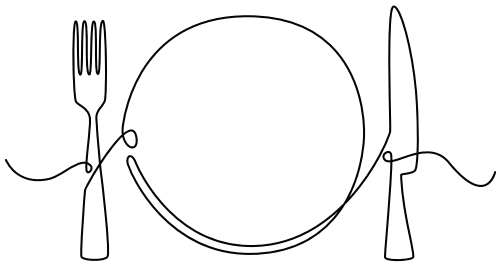
Tuesday | 19 Dec

09h00 Therapeutic Exercise Class
 14h00 Rummikub
 14h00 Scrabble
 17h00 Ladies Pool & Waterhole



Wednesday | 20 Dec

17h30 Social Dinner



Thursday | 21 Dec

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

Friday | 22 Dec

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

Saturday | 23 Dec

Sunday | 24 Dec

*Christmas
 Eve*



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

18th Nick Isaakidis

20th Marion Presbury

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 - 18 DEC

Cold meats and salads, carrot, potato and beetroot.

R68

TUESDAY - 19 DEC

Crumbed tenderized steak with Savoury rice, butternut and cream spinach.

R68

WEDNESDAY - 20 DEC

Chicken Burger and chips with coleslaw.

R68

THURSDAY - 21 DEC

Tagliatelle alFREDO in cream mushroom and ham sauce with Italian salad.

R68

FRIDAY - 22 DEC

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

R85

WEDNESDAY SOCIAL DINNER MENU

20 DECEMBER 2023

STARTER

Cream of potato and lek soup soured creme fraiche and pretzel croutes.

MAINS

Cold meats and salad, potato, carrot and beetroot.

R80.00

OR

Chicken coronation salad with peaches in creamy curry mayonnaise dressing with carrot, beet and potato salad.

R80.00

DESSERT

Fruit mince pie with brandy, cinnamon custard.

R45.00



Salon News

Mary will be **OPEN** and taking bookings for all manicures and pedicures on the:

21st of December
28th of December

Book your appointments for Mary at
Reception EXT 1200

Charmaine the Hairdresser however
will be **CLOSED** from the
21st of December until the 3rd of
January.

Book your appointments directly with
Charmaine on 073 031 8677