

# WHAT'S HAPPENING

NEXT WEEK 1 - 7 January 2024

## Latest News

### Sunday Lunch

As we enter into the new year, we welcome back some of our social events such as the monthly Sunday Lunch held on the 28th of January at 12h00.

Book at Reception EXT 1200 to confirm your place at the Sunday lunch. Families, friends and loved ones are all welcome to attend.



### Burns Night

Our iconic Burns Social Dinner is taking place this year on the 24th of January at 17h30 for 18h00.

With some great surprises and a pure Scottish menu, it is a great night out to celebrate life and poetry.

24th of January

Book your place and your tables at the Reception Ext 1200.

*"We must accept finite disappointment, but never lose infinite hope."*



**Martin Luther King Jr.**

# Weekly

## PLANNER

### Monday | 1 Jan

**Public Holiday**

09h00 Therapeutic Water Aerobics  
 09h45 Therapeutic Water Aerobics  
 10h00 Knit & Natter  
 13h00 Bridge  
 17h00 Pool & Waterhole



### Tuesday | 2 Jan

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

### Wednesday | 3 Jan

18h00 Social Dinner

### Thursday | 4 Jan

**World Braille Day**

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



### Friday | 5 Jan

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



### Saturday | 6 Jan

### Sunday | 7 Jan





# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

2nd Dawn Hyams  
7th Gerd Pontow

## ANNIVERSARIES

3rd Jac & Rosalin Messerschmidt  
5th Neville & Dorothy Savage  
6th David & Marion Presbury



# 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 - 1 JAN

CLOSED FOR PUBLIC HOLIDAY

## TUESDAY - 2 JAN

Italian meat balls, tomato and basil sauce, spaghetti and roasted veg and green salad

R68

## WEDNESDAY - 3 JAN

Pork Schnitzel with parsley mash, cheese sauce, butternut and cream spinach

R68

## THURSDAY - 4 JAN

Chicken stir-fry with stir-fried veg and fried rice

R68

## FRIDAY - 5 JAN

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

R85

## WEDNESDAY SOCIAL DINNER MENU

3 JANUARY 2024

### STARTER

Cream of chicken and mushroom soup with herb croutons

### MAINS

Beef lasagna and roasted vegetables and Greek salad

**R80.00**

or

Chicken Stir-fry, with stir fried vegetables and fried rice

**R78.00**

### DESSERT

Ice cream, double chocolate sauce with meringues.

**R45.00**

# WORLD BRAILLE DAY

4 JANUARY 2024



## **WORLD BRAILLE DAY**

World Braille Day on January 4 is celebrated to honor the birth of Braille's inventor, Louis Braille. Braille's gift to the world has brightened the lives of millions of people around the world who are blind or visually impaired, and they benefit from his work every day. The day also acknowledges that those with visual impairments deserve the same standard of human rights as everyone else.

The term 'Braille' was dubbed after its creator. Louis Braille was a Frenchman who lost his eyesight as a child when he accidentally stabbed himself in the eye with his father's awl. From the age of 10, he spent time at the Royal Institute for Blind Youth in France, where he formulated and perfected the system of raised dots that eventually became known as Braille.

The date for the event, as chosen by UNGA via a proclamation, marks Louis Braille's birthday. We love to see people coming together to celebrate events and good causes, and World Braille Day on January 4 is one such event!

Braille is an alphabet that can be used to write almost any language and versions are available in Arabic, Chinese, Hebrew, Spanish, and more.

Uncontracted Braille spells out every word, whereas contracted Braille is a shorthand version that abbreviates familiar words.

There's a unique version of Braille specifically for mathematics and science, called the Nemeth Code.

Family classics, such as Uno, Monopoly, and LEGO are available in Braille versions.



# NATIONAL BLOOD DONOR MONTH

JANUARY 2024



## NATIONAL BLOOD DONOR MONTH

Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma.”

Not just in honor of National Blood Donor Month, but in the simple spirit of providing the stuff of life to those who need it most. Donate now. Donate again in eight weeks. Repeat. National Blood Donor Month can inspire people to donate. And those donations can in turn inspire others to donate, creating an exponential increase in blood donations when and where they're needed the most.

What's your blood type? Some examples: O positive donors are needed more often than other blood types. O negative donors are considered "universal donors." AB positive donors are "universal recipients." Every time we donate one pint of blood, the potential is there to save three lives.

The American Red Cross needs 13,000 blood donations every single day to maintain an appropriate blood supply. Fortunately, eligible blood donors can donate blood every eight weeks. The American Journal of Epidemiology reports that blood donors are 88 percent less likely to have a heart attack.