

# WHAT'S HAPPENING

NEXT WEEK 8 - 14 January 2024

## Latest News

### National Blood Donor Month

A unit of blood only lasts 42 days after donation and, for this reason, it is important for blood donors to donate regularly. Donors can give blood as often as every eight weeks. There are many SANBS blood donation centers open to the public. To find the location nearest to you, go to <https://sanbs.org.za/>



### Christian Fellowship Group

Christian Fellowship is more than just a gathering of individuals who share a common faith. It's a profound connection among believers who come together to nurture their spiritual lives.

For any residents who are looking to join the group, contact Heather at EXT 1069.



*Faith... all faiths...  
are admonitions  
that there is  
something we  
cannot understand,  
something to which  
we are  
accountable.*

*Faith*

Dan Brown

# Weekly

## PLANNER

### Monday | 8 Jan

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

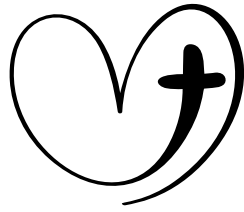
### Tuesday | 9 Jan

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



### Wednesday | 10 Jan

14h30 Christian Fellowship Group  
 18h00 Social Dinner



### Thursday | 11 Jan

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 | 12 Jan

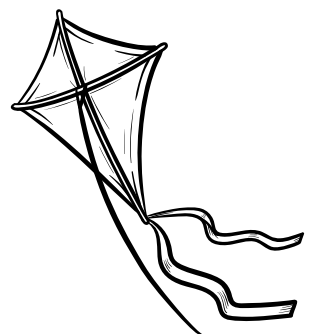
08h00 Line Dancing  
 10h00 Visual Music @ House 81  
 10h30 Bible Study  
 12h30 Fish and Chips  
 17h00 Waterhole

### Saturday | 13 Jan



### Sunday | 14 Jan

**International Kite Day**





# LET'S CELEBRATE!

*Count your age by friends, not years.*

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

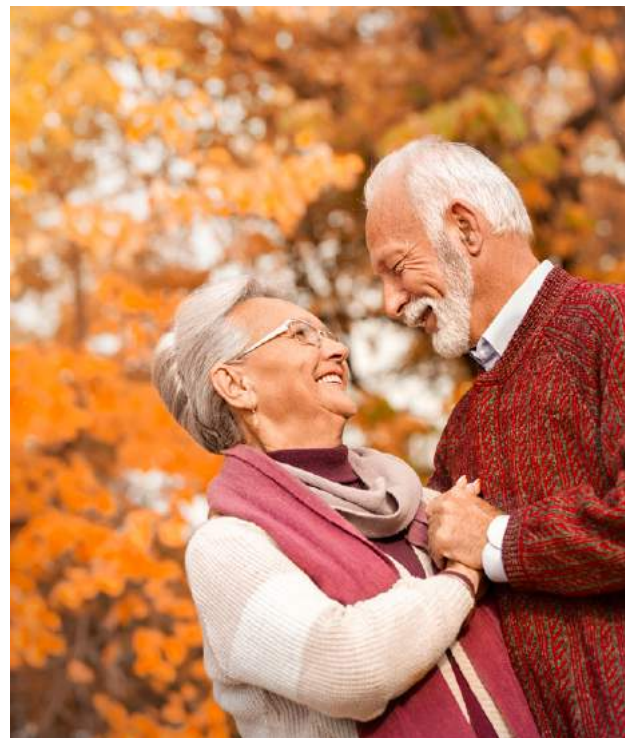


## BIRTHDAYS

- 9th Graham Langmead
- 9th Sue Coombe
- 9th Jenny Hammond
- 12th Lilian Hartsliel
- 13th Pauline Mackie
- 13th Beryl Vercellotti
- 13th Alain Croisier
- 14th Grace Schuurman
- 14th Wally Stewart
- 14th Patrick Broad
- 14th Julie Du Preez

## ANNIVERSARIES

8th Dave & Judy Powell



# 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 - 8 JAN

Chicken mayo health roll with potato salad  
and carrot salad

R68

## TUESDAY - 9 JAN

Beef lasagna with roasted vegetables and  
green salad

R68

## WEDNESDAY - 10 JAN

Ox-Liver, onion gravy, cheese mash with  
fried cabbage and peas

R68

## THURSDAY - 11 JAN

Grilled pork chop, apple sauce saute  
potatoes, saute baby marrows and roast  
pumpkin

R68

## FRIDAY - 12 JAN

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

R85

## WEDNESDAY SOCIAL DINNER MENU

10 JANUARY 2024

### STARTER

Cream of tomato soup with basil  
creme fraiche and herb croutons

### MAINS

Pork schnitzel with saute potatoes,  
mushroom sauce, cream spinach  
and roast butternut.

**R80.00**

or

Mild chicken curry in coconut milk,  
basmati rice and tomato and  
onion sambal

**R78.00**

### DESSERT

Bread and butter pudding with  
custard and ice cream

**R45.00**



# INTERNATIONAL KITE DAY

14 JANUARY 2023



EVERGREEN  
lifestyle

## International Kite Day

Originally, kite flying was a pastime reserved for royalty and the wealthy, but in recent years, it has evolved into a festival open to all, with participants hailing from Japan, Italy, the United Kingdom, Canada, China, Indonesia, Singapore, the United States, Malaysia, Australia, France, and Brazil. International Kite Day originated in India, where it is most popularly observed in the city of Ahmedabad in the northern state of Gujarat. In Hindi, the festival is known as Uttarayan, while in other regions of India, it is known as Makar Sankranti.

If you enjoy traveling and have the opportunity to be in Gujarat on January 14 for the actual event, attending would be the greatest way to commemorate International Kite Day. It will undoubtedly be an unforgettable experience that you will remember for the rest of your life.

Simply buying a kite and taking it to a nearby park to fly it is a fantastic way to celebrate. A breezy day spent with a kite in hand is an immensely enjoyable experience.