

# WHAT'S HAPPENING

NEXT WEEK 29 January - 4 February 2024

## Latest News

### Seeing Eye Dog Anniversary

An appreciation for all of the dogs who act as their owners' eyes and ears. The devotion and taught abilities of these particular canines keep them safe and enable them to operate as fully functional persons. Apart from guiding their owners, guide dogs also provide security. This day is meant to recognize the school that educates them.



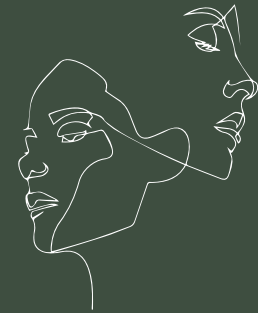
### Sashni Audiologist

Audiologists are health care professionals who specialize in hearing and balance disorders. They work with patients of all ages. They educate their patients on the effects of noise on hearing and fit them with protective hearing devices, hearing aids, and assistive listening devices.

Make your booking with Sashni on 079 891 6637.



*"Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny."*



**Steve Maraboli**

# Weekly P L A N N E R

## Monday | 29 Jan

### **Seeing Eye Guide Dog Anniversary**

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

## Tuesday | 30 Jan

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



**Sashni Munnisunker**  
Audiology

## Wednesday | 31 Jan

10:00 Sales morning  
 18h00 Social Dinner

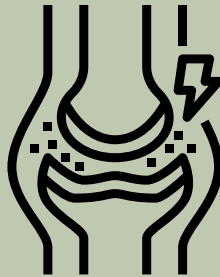
## Thursday | 1 Feb

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

## Friday | 2 Feb

### **Rheumatoid Awareness Day**

09h00 Line Dancing  
 10h30 Bible Study  
 12h30 Fish and Chips  
 17h00 Waterhole



## Saturday | 3 Feb

## Sunday | 4 Feb



# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

29th Kirsten Chalker  
30th Gunter Veiz  
30th Elsbeth Burkhalter

## ANNIVERSARIES

3rd Harold & Barbara Black



# 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 - 29 JAN

Chicken pie, mash and gravy with buttered  
gem squash and peas

R68

## TUESDAY - 30 JAN

Slow braised beef with steamed rice, roast  
pumpkin and cream spinach

R68

## WEDNESDAY - 31 JAN

Spaghetti bolognese with roasted  
vegetables and green salad

R68

## THURSDAY - 1 FEB

Chicken a la king with steamed rice, minted  
peas and carrots

R72

## FRIDAY - 2 FEB

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

R92

## WEDNESDAY SOCIAL DINNER MENU

31 JANUARY 2024

### STARTER

French onion soup with cheese  
croutons

### MAINS

BBQ Pork chop with apple sauce,  
cheese mash and sauteed  
vegetables and cream spinach

**R80.00**

or

Crumbed chicken frikkadels with  
Savoury rice, tomato and basic  
sauce, sauteed vegetables and  
cream spinach

**R78.00**

### DESSERT

Seasonal summer fruits with berry  
coulis and vanilla ice cream

**R45.00**



**VALENTINES' DAY SOCIAL EVENING**

**14 FEBRUARY 2024 17H30**

**PLATED STARTER**

**SMOKED SALMON PATE EN CROUTE, WITH CAESAR SALAD**

**MAIN COURSE**

**MOROCCAN BRAISED LAMB SHOULDER WITH DATES, HONEY AND ALMONDS  
CHICKEN CHERMOULA IN CORIANDER, LEMON AND CAPER BUTTER SAUCE  
PENNE PASTA IN CREAM TOMATO AND BASIL SAUCE, OLIVES AND FETA  
BABY VEGETABLES IN ROCKET PESTO BUTTER  
ROAST BUTTERNUT IN CINNAMON AND ORANGE  
MOROCCAN COUSCOUS  
SAUTÉ BABY POTATOES IN ROSEMARY, CUMIN, AND ONION**

**PLATED DESSERT**

**ROSEWATER MERINGUE SHELL FILLED WITH PASTRY CREAM, WILD BERRY COMPOTE,  
FRESH STRAWBERRIES AND VANILLA ICE CREAM.**

**R195.00PP**



DISCOVER THE FUN AND JOY OF PAINTING!

# ART CLASSES

Contact below to book your class



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