

WHAT'S HAPPENING

NEXT WEEK 5 - 11 February 2024

Latest News

WORLD BALLET DAY



World Ballet Day is an annual celebration of ballet held since 2014 in October.

World Ballet Day is a global celebration that brings together over 50 of the world's leading ballet and dance companies for a packed day of dance.

Over the course of the day, rehearsals, discussions and classes are streamed for free across six continents, offering unique behind-the-scenes glimpses of ballet's biggest stars and upcoming performers. Other companies and schools hold local celebrations. Lead co-producer is the Royal Opera House, Covent Garden, London.

#worldballetday

*"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 | 05 Feb

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

Tuesday | 06 Feb

09h00 Therapeutic Exercise Class
09h00 Nature and Birding: Bee Talk
 14h00 Rummikub
 14h30 Scrabble
 17h00 Ladies Pool/Snooker
 17h00 Waterhole

Wednesday | 07 Feb

BALLET DAY
 18h00 Social Dinner



Thursday | 08 Feb

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

Friday | 09 Feb

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

Saturday | 10 Feb

Sunday | 4 Feb



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

6th Stewart Phillips
7th Jane MacConachie

ANNIVERSARIES

6th David & Marion Presbury
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 - 29 JAN

Pork Schnitzel, parsley mash, cheese sauce, spinach and roast butternut

R72

TUESDAY - 30 JAN

Cottage pie with baby marrow in cheese sauce and glazed carrots

R72

WEDNESDAY - 31 JAN

Pork bangers, mash and onion gravy, cauliflower and peas

R72

THURSDAY - 1 FEB

Chicken Mayo health roll with potato and beetroot salad

R72

FRIDAY - 2 FEB

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

R92

WEDNESDAY SOCIAL DINNER MENU

7 FEBRUARY 2024

STARTER

Cream of vegetable and lentil broth with crème fraiche and Parmesan crostini

MAINS

Steak and kidney pie with leek mash roasted carrots fried cabbage R95.00

OR

Crumbed chicken with bacon and cheese sauce on mushroom baby potatoes, with sauté green beans - R95.00

DESSERT

Ice cream, double chocolate sauce with meringues

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



+27 82 920 8135



naghdam@yahoo.com