

WHAT'S HAPPENING

NEXT WEEK 12 - 18 February 2024

Latest News

Valentines day

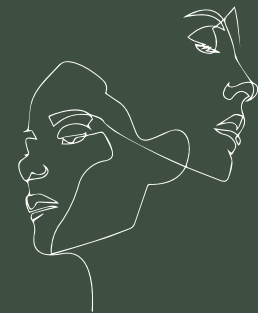


Valentine's Day is a fixed day on the calendar that got lumped into a mid-February holiday on the ancient Roman calendar called Lupercalia—which some historians believe is what led to Valentine's Day being all about love. Lupercalia celebrated fertility, and may have included a ritual in which men and women were paired off by choosing names from a jar. In Ancient Greece, people observed a mid-winter celebration for the marriage of the god Zeus and the goddess Hera.

All you
need is love.
But a little
chocolate
now and then
doesn't hurt.

CHARLES M. SCHULZ

*“Happy Valentines
day to those who
have found love ,in
what ever shape or
form, and to those
who are still
hunting, dont give
up.*



Weekly P L A N N E R

Monday | 12 Feb

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

Tuesday | 13 Feb

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

Wednesday | 14 Feb

VALENTINES DAY

18h00 Social Dinner - music by Ruby Tuesday band.
 100 Club draw.



Thursday | 15 Feb

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

Friday | 16 Feb

09h00 Line Dancing
 10h30 Bible Study
 12h30 Fish and Chips
 14h30 **BINGO**
 17h00 Waterhole

Saturday | 17 Feb

Sunday | 19 Feb



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

- 12th Barbara Black
- 12th Philippe d'Abbadie
- 13th Charles Clarkson
- 15th Heather Allan
- 15th Laurance Squair
- 18th Val Hutton-Wilson
- 18th David Presbury

ANNIVERSARIES



WHAT'S ON THE MENU?

THE BISTRO

BOOK BY 9 FEBRUARY 2024 AT 17:00
WITH TSHWANELO ON EXT 1200

MONDAY - 12 FEB

Chicken Chow mein and vegetable stir fry
R72

TUESDAY - 13 FEB

Spaghetti bolognese with Italian salad and
roast vegetables
R72

WEDNESDAY - 14 FEB

Mild Chicken Curry and rice, paw paw salsa
and banana salad
R72

THURSDAY - 15 FEB

Cold meats and salads, carrot, beet and
potatoe
R72

FRIDAY - 16 FEB

Grilled or deep-fried Hake with chips, tartar
sauce, pea and sweetcorn salad and garden
salad
R92

OPEN DAILY 08H00 - 16H00

DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY
BOOK ON EXT 1209

WEDNESDAY SOCIAL DINNER MENU

14 FEBRUARY 2024

STARTER

Smoked Salmon pate en croute with
ceasar salad

MAINS

Morrocon braised lamb shoulder with
dates, honey and almonds,
Chicken chermoulah in corriander,
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.

Moroccon couscous, saute baby
potatoes in rosemary, cumin and
onion.

DESSERT

Meringue shells filled with pasty
cream, wild berry compote, fresh
strawberries and vanilla cream

R195.00 p person



Ruby Tuesday Live

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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