

WHAT'S HAPPENING

NEXT WEEK 26 February - 02 March 2024

Latest News

International Repetitive Strain Injury Awareness Day



Repetitive Strain Injury (RSI) Awareness Day is February 29th*. As the only "non-repetitive" day of the year, it's the ideal date to devote to raising awareness of repetitive strain injuries

Repetitive strain injuries are soft-tissue injuries, also known as work-related musculoskeletal disorders (WMSDs), debilitating conditions that limit normal daily activities and cause persistent pain. The term covers a group of overuse injuries that affect the muscles, nerves and tendons of the neck, upper and lower back, shoulders, arms and hands. Some of the common WMSDs are carpal tunnel syndrome, tendonitis, rotator cuff syndrome, epicondylitis (tennis elbow). They are commonly caused by repetitive or forceful actions or working in an awkward position. Insufficient time to heal, heat or cold, vibration, pace of work or stress are risk factors that can also play a role.

Leap years occurs every four years when an extra day is added to the calendar year. In order to keep our seasons timely, adding an extra day is necessary.

Here's why:

Earth's complete orbit around the sun is approximately 365.25 days. If we neglect to account for the quarter of a day over time, that would delay the onset of astronomical seasons and our calendar months would not resemble what we know of each seasonal pattern.

According to **The Old Farmer's Almanac**, without leap days, the calendar would be off by 5 hours, 48 minutes, and 45 seconds more each year.

After 100 years, the seasons would be off by 25 days! Eventually, the months we call February and March would feel like summer in the Northern Hemisphere



Weekly

PLANNER

Monday | 26 Feb

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

Tuesday | 27 Feb

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

Wednesday | 28 Feb

International Repetitive Strain Injury Awareness Day

18h00 Social Dinner

Thursday | 29 Feb

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

Friday | 01 Mar

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

Saturday | 02 Mar

Sunday | 03 Mar



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

26th Feb	Atholie Preacher
27th Feb	Graeme Pollock
1st March	Robert Lloyd
2nd March	Sheila Rackley
3rd March	Gillian Croisier

ANNIVERSARIES

26th Feb	Charles & Irene Carroll
2nd Mar	Willie & Hester Kilian



WHAT'S ON THE MENU?

THE BISTRO

BOOK BY 26 FEBRUARY 2024 AT 17:00
WITH TSHWANELO ON EXT 1200

MONDAY - 26 FEB

Beef Lasagne with Italian salad and roasted mediterranean vegetables

R72

TUESDAY - 27 FEB

Chicken schnitzel with mash, cheese sauce, glazed carrots and peas

R72

WEDNESDAY - 28 FEB

Peppered pork fillet with apple sauce, potato wedges, spinach and pumpkin.

R72

THURSDAY - 29 FEB

Barbecue chicken pieces with fried rice, and vegetable stir-fry.

R72

FRIDAY - 01 MAR

Grilled or deep-fried Hake with chips, tartar sauce, coleslaw 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

28 FEBRUARY 2024

STARTER

Carrot Cumin soup with roasted tomatoes

MAINS

Italian meat balls filled with feta, spaghetti and cream tomato and basil sauce, roasted Mediterranean style vegetables

R80.00

Or

R80.00

Orange roasted chicken with poppy seed pasta noodles, sauté broccoli and almonds

R80.00

DESSERT

Banana Crème brulee, brandy snap biscuit, chocolate crumb

R55.00 p person



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ART CLASSES

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