

WHAT'S HAPPENING

NEXT WEEK 4 - 10 March 2024

Latest News

International Woman's Day

**INTERNATIONAL
WOMEN'S DAY MARCH 8,
2024**

Let's #InspireInclusion to help forge a better, more inclusive world for women



International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement. IWD gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

Why does International Women's Day matter?

IWD is a day to recognise how far we've come towards gender equality, and also how far we have left to go. Back in 1911, only eight countries allowed women to vote, equal pay for equal work was unheard of – if women were allowed to work at all – and reproductive rights were non-existent.

We have come a long way. Whereas once women couldn't vote, we're now leading countries. While we once faced restrictions on where we worked, we're now running corporations. In countries such as Australia we have rights our grandmothers could only have dreamed about, but we still don't have complete equality. And the majority of the world's women aren't anywhere near as close to that goal as we are.

More than 100 years ago, that first march was about ending harmful workplace conditions, equal rights, equal pay, and an end to exploitation. And sadly, those aims are still relevant today.

*Simplicity is the
most difficult
thing to secure
in this world;
it is the last
limit of
experience and
the last effort of
genius*

Weekly

PLANNER

Monday | 4 Mar

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

Tuesday | 5 Mar

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

Wednesday | 6 Mar

18h00 Social Dinner

Thursday | 7 Mar

08h00 Therapeutic Exercise Class
 09h00 Yoga
 10h00 Visual Music @ House 81
 10h00 Art Class
 11h00 Town Hall meeting
 14h00 Bridge
 15h00 Petanque
 18h00 Movie Night

Friday | 8 Mar

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

Saturday | 9 Mar

Sunday | 10 Mar



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

- 5th Peter McMurray
- 5th Pauline Green
- 5th Val Diesel
- 7th Aileen Langmead
- 10th Cynthia Lamb

ANNIVERSARIES



WHAT'S ON THE MENU?

THE BISTRO

BOOK BY 4 MARCH 2024 AT 17:00
WITH TSHWANELO ON EXT 1200

MONDAY - 4 MAR

Pork bangers, mash and onion gravy,
cauliflower and peas

R72

TUESDAY - 5 MAR

Cottage pie with baby marrow in cheese
sauce and glazed carrots

R72

WEDNESDAY - 6 MAR

Ox Liver mash and onion gravy with fried
cabbage and peas

R72

THURSDAY - 7 MAR

Chicken mayo health roll with potato and
beetroot salad

R72

FRIDAY - 8 MAR

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

6 MARCH 2024

STARTER

Cream of cauliflower soup with
cheese and herb croutons

MAINS

Sticky garlicky Asian pork, fried rice
and vegetable stir-fry

R85.00

Or

Chicken fillets with cream of
mushroom and cheese crust,
parsley mash, peas and carrots

R80.00

DESSERT

Individual lemon meringue pie,
served with vanilla ice cream

R48.00



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