

# WHAT'S HAPPENING

NEXT WEEK 11 - 17 March 2024

## ***National Napping Day*** ***11 March 2024***

### *Health Benefits of Napping*

#### ***Recharge***

Naps boost alertness and improve motor performance. A 20-minute snooze—called a stage two nap—is ideal to enhance motor skills and attention.

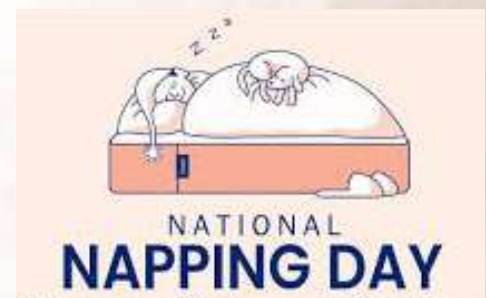
#### ***Zap Stress***

Regular, short naps can help lower tension, which decreases your risk of heart disease.

#### ***Boost Your Mood***

Taking a short 20-minute nap can help erase sleep-deprived irritability and revive energy.

Information courtesy of Sleep.org



# Weekly

## PLANNER

### Monday | 11 Mar

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

### Tuesday | 12 Mar

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

### Wednesday | 13 Mar

14h30 Christian Fellowship  
 18h00 Social Dinner

### Thursday | 14 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 | 15 Mar

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

### Saturday | 16 Mar

National Quilting Day

### Sunday | 17 Mar

St. Patrick's Day





# LET'S CELEBRATE!

*Count your age by friends, not years.*

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



## BIRTHDAYS

11th Charmaine Hall  
13th David Campbell

## ANNIVERSARIES

17th Gerd Pontow & Gunnar Svensson



# WHAT'S ON THE MENU?

THE BISTRO

BOOK BY 11 MARCH 2024 AT 17:00  
WITH TSHWANELO ON EXT 1200

## MONDAY - 11 MAR

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

R72

## TUESDAY - 12 MAR

Italian meat balls, tomato and basil sauce,  
spaghetti and roasted veg and green salad

R72

## WEDNESDAY - 13 MAR

Pork Schintzel with parsley mash, cheese  
sauce, butternut and cream spinach

R72

## THURSDAY - 14 MAR

Cold meats and salads, carrot, beet and  
potato

R72

## FRIDAY - 15 MAR

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

13 MARCH 2024

### STARTER

Asian chicken noodle soup

### MAINS

Slow braised beef bourguignon  
served with cheese mash, green  
beans and onions - **R90.00**

or

Hawaiian sweet chilli, chicken  
kebab, grilled pineapple, fried  
rice and vegetable stir-fry -  
**R80.00**

### DESSERT

Croissant bread and butter  
pudding with sherry-soaked  
fruits and toasted almonds,  
served with cinnamon custard -  
**R48.00**



## EASTER SUNDAY LUNCH 31 MARCH 2024

*12h30-15h00*

### *Starter Platter per table*

Pickled fish with potato salad, garden salad  
and Hot cross buns

### *Main Course*

Roast sirloin of beef with cream horseradish and rosemary jus  
Hawaiian BBQ sweet sticky chicken pieces  
Cream of mushroom and Parmesan penne pasta  
Roast rosemary potatoes  
Seasonal vegetable bake in cheese sauce  
Roast orange and cinnamon butternut  
Savoury rice

### *Dessert*

Marbled white and dark chocolate mousse  
Chocolate marshmallow eggs  
Baked chocolate pudding with caramel custard  
Strawberry and cream tartlets with meringues  
Seasonal fruit in cinnamon syrup  
Vanilla ice cream with chocolate sauce and wild berry sauce  
Cheese platter with fruits and pickled onions,  
cheese straws and savoury biscuits

*Residents - R175.00pp*

*Visitors - R190.00pp*

*Children under 12yrs - R140.00pp*

### *Terms and Conditions.*

Pre pay by Monday 25 March 2024 at 16:00 to secure your booking.  
Tables can be booked with Tshwanelo at reception.  
Bookings will not be accepted unless proof of pre-payment is not provided.  
Cancellations will not be refunded.