

WHAT'S HAPPENING

NEXT WEEK 25 - 31 March 2024

Latest News



Easter, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary c. 30 AD.

*A community
is a group of
people who
agree to grow
together.*

Anonymous

Weekly

PLANNER

Monday | 25 Mar

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

Tuesday | 26 Mar

09h00 Therapeutic Exercise Class
 10h00 **Medical talk: Emotional Intelligence**
 14h00 Rummikub
 14h30 Scrabble
 17h00 Ladies Pool/Snooker
 17h00 Waterhole

Wednesday | 27 Mar

Voltano in Village to program pre paid meters

14h30 Christian Fellowship
 18h00 Social Dinner

Thursday | 28 Mar

Voltano in Village to program pre paid meters

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

Friday | 29 Mar

Good Friday - Public Holiday

09h00 Line Dancing
 10h30 Bible Study
 17h00 Waterhole

Saturday | 30 Mar

Sunday | 31 Mar

12h30 Easter Sunday lunch



LET'S CELEBRATE!

Count your age by friends, not years.

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



BIRTHDAYS

126th Andrew Johnson

ANNIVERSARIES

30th Ivar & Pat Skanke



WHAT'S ON THE MENU?

THE BISTRO

MONDAY - 25 MAR

Meat loaf, mash and gravy served with buttered gem squash and sweetcorn
R72

TUESDAY - 26 MAR

Chicken schnitzel with mash, cheese sauce, glazed carrots and peas
R72

WEDNESDAY - 27 MAR

Peppered pork fillet, apple sauce, cream of leek sauce, potato wedges, spinach and pumpkin
R72

THURSDAY - 28 MAR

BBQ Haiwiaan chicken kebab, sweet chilli with fried rice and vegetable stir-fry
R72

FRIDAY - 29 MAR

PUBLIC HOLIDAY - BISTRO CLOSED

OPEN DAILY 08H00 - 16H00

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

BOOK BY 25 MARCH 2024 AT 17:00
WITH TSHWANELO ON EXT 1200

WEDNESDAY SOCIAL DINNER MENU 27 MARCH 2024

STARTER

Butternut and orange soup, topped with cinnamon crème fraiche and pretzel croutons

MAINS

Grilled BBQ pork chop, apple sauce, sauté potatoes, braised red cabbage -
R95.00

or

Chicken paprika in sherry cream sauce, fried pasta noodles and savoury spinach
R95.00

DESSERT

Ice cream, meringues and macerated seasonal fruits
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.

Wishing all
residents a
Happy Easter



**Motivation/
Passion**

Self-Awareness

Emotional Intelligence

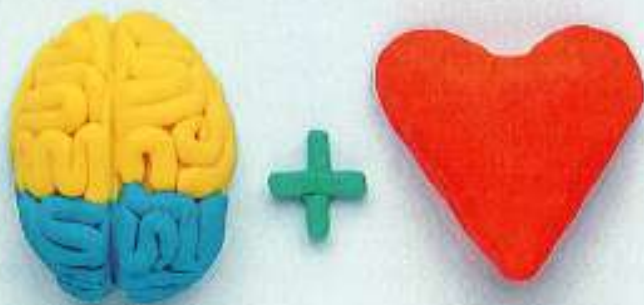
Join us for a talk by

Dr Carol Wootton

Educational Psychologist

**Self-Regulation/
Management**

on Emotional Intelligence
The Thinking Brain & the Feeling Heart



Tuesday, 26 March
@ 10:00 am for 10:30 am
in the Clubhouse