

"Finally, my winter fat is gone. Now I have Spring Rolls"

Wear a Spring hat fit for a King or Queen! Show it off & The best Spring hat shall win a prize.

Come join us at the Club House on the 6th of September at 12h30.

May the best HAT wins!



— PLANNEK <i>(</i> )								
MON: 02 Sept	TUE: 03 Sept	WED: 04 Sept	THU: 05 Sept	FRI: 06 Sept	SAT: 07 Sept	SUN: 08 Sept		
<b>9h00</b> Water Aerobics 1	<b>9h00</b> Therapeutic exercise	8h15 Lower back group class	<b>08h00</b> Therapeutic Exercise	<b>9h00</b> Line dancing	<b>12:00</b> Arbour Day Planting			
<b>9h45</b> Water Aerobics 2	<b>14h00</b> Rummikub	9h00 Broadacres Shopping Centre	10h00 Visual music #81 & Art Class	<b>10h00</b> Visual Music #81	<b>15h00</b> Pentanque			
<b>10h00</b> Knit & Natter	<b>14h00</b> Scrabble	<b>9h15</b> Walking group class	<b>14h00</b> Bridge	10h30 Bible Study 12:30 Spring Lunch & Hat competition	17:00 Springbo k VS New Zealand			
<b>13h00</b> Bridge	<b>16h00</b> Ladies pool & Waterhole	<b>11h15</b> Hip & knee group	<b>14h00</b> Rummikub	<b>17h00</b> Waterhole				
<b>16h00</b> Men's Pool & Waterhole	<b>17:00</b> Waterhole	<b>14h00</b> Canasta	<b>15h00</b> Pétanque					
<b>17:00</b> Waterhole		<b>18h00</b> Social Dinner	<b>18:00</b> Movie night	EVE bro	RGRI a d a c	EEN festyle res		



#### MONDAY

Chicken Alfredo, with a sundried tomato pesto, Greek salad and grilled baby marrow - R72

### **TUESDAY**

Beef stroganoff, cheesy mash, stuffed gem sqaush and three bean salad - **R72** 

#### WEDNESDAY

Hunters chicken, port and mushrooms with parsley potato, cinnamon roasted butternut and baby marrow-R72

# **THURSDAY**

Seared Ox Liver with mushroom and rosemary sauce, roasted potatoes and green beans & red onions- R72

### **FRIDAY**

Grilled or deep-fried Hake, with chips or baked potato, tartar sauce, mushy minted peas and garden salad - **R92** 

# **SATURDAY**

Only A la Carte menu available

# SUNDAY

Capri Starter salad with rocket.

Lemon roasted chicken & minted pork neck with rosemary spuds & creamed spinach with butternut squash - R135



OPEN DAILY 08H00 - 16H00
DAILY MEAL ORDERS BY 16:00 THE PRIOR DAY
BOOK ON EXT 1200

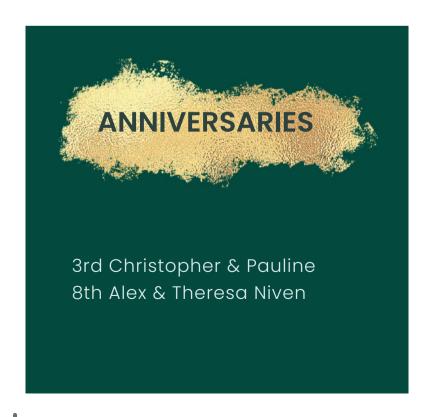
# LET'S CELEBRATE!

Count your age by friends, not years.

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











# Starter

Butternut Soup with butternut chips and creme fraiche

# **Main Course**

Sweet and sour crispy pork with stir-fried noodles, Asian sesame potatoes - **R95** 

or

Butter chicken, cucumber Rita salsa, poppadum, curried rice & stir-fry veg - R85

# **Dessert**

Chocolate fondant, Chantilly cream - R45



# SHOPPING SHUTTLE WEDNESDAY 04 SEPTEMBER 2024



The bus will pick you up at 09:00 from the Village. Driver will wait till 11:30 to bring you back to the Village.

# **Broadacres Shopping Centre**

Cost: R50.00 per person per trip.
This will be charge to your levy account.
No cash / No shows will be charged

Please book your seat with Tshwanelo at Reception on EXT 1200 by Monday at 17:00







By Lana & Nicci



- Book now with reception

#### **GENTS**

Cut & Shave R 150
Shave R 100

Highlights

Free
Cappuccino
with all Friday

# **LADIES**

พลรก	R /U
Wash, Set and Blow-dry	R 200
Spray, Cut and Quick Dry	R 150
Wash, Cut, Set and Blow-dry	R 220
Perm Short Hair	R 360
Perm Medium Hair	R 390
Perm Long Hair	R 450
Half Head, Cut, Blow-Dry & Set Full Head, Cut Blow-Dry & Set Own Colour, Treatment, Cut & Blow	R 400 R 430 R400
Fint, Cut, Set and Blow-Dry Fint With own Colour & Set	R 430 R 380
Fint With own Colour, Set & Blow-Dry	R 400

Available for bookings on Tuesdays and Fridays in the Salon Bookings to be made with Tshwanelo at reception On Ext 1200

bookings